



Health Lines

Heart to Hearts Inc. is a non-profit wellness organization whose mission is to educate individuals about healthy lifestyle choices.

May – August 2019

Kate Denby will demonstrate Let Your Yoga Dance® on June 19 at the Conscious Eating Dinner

by Liz Hagen

Kate Denby is scheduled to present Let Your Yoga Dance® to Heart to Hearts members on June 19. LYYD is an hour-long program of gentle movement to music based on yogic practices and developed especially for people who would not feel comfortable in one of the typical yoga studios in our area.

Kate, who has three children, was born in Baltimore, MD and has lived in the Princeton area most of her life. She worked at ETS for many years. From 1988 to 1995, she worked at the Princeton Friends school, wearing many hats as an administrator. “I was director of admissions, financial aid, community service and more,” she said. “Those were wonderful years.”

Her third son was dyslexic, so Kate became interested in Special Education. She qualified as a Special Ed teacher and taught privately. She also served as a reading specialist at Princeton Junior school.

Kate was interested in yoga at college, and has practiced it regularly since the 70s. During a “burnout period” she visited the Kripalu Center for Yoga and Health in Stockbridge MA, and met Megha

Buttenheim, a gifted teacher. Inspired by this experience, Kate decided to move on and try something different. She wound down her teaching career, got certified as a yoga teacher last fall, and found herself experiencing a life-changing process.

“Some people are teachers and others are not,” she says. “I had no practice in teaching large numbers of people, but teaching LYYD felt right, and I got good feedback. This was special; there’s a feeling of community and people really connect with each other.”

Kate does not over-emphasize the dance element in LYYD, but she uses music to help people relax and make it easier to move. “They get the benefits of movement without any of the anxiety of performing,” she says.

Her mentor, Megha, incorporated music from around the world and tried not to make her classes too aerobic but with a deliberate flow. LYYD classes are based on the seven chakras, or energy centers of the body, starting with the Root, the



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lowest center and moving upwards to the Crown, which is the top of the head. Kate tries to pick songs that fit each chakra. “If necessary, people can do LYYD in a chair and still get their heart rates up. The goal is to practice regularly,” she says.

Kate plans to reach out to adult school programs and senior centers. She is hoping to start a program at The Princeton Adult School in October and will go back to Kripalu for training in serving special populations, such as people with memory loss.

Kate is delighted to bring LYYD to Heart to Hearts because of its health benefits, especially stress management.

SAVE THE DATE

2019 Conscious Eating Dinner, Wednesday, June 19, 6 p.m. at Project Freedom

Join us and celebrate healthy eating!



Letter from Terry Tucker, President

At this time, we celebrate springtime, a season of renewal, blooming flowers and budding trees. At Heart to Hearts, we have the added privilege of celebrating our loyal community of supporters who have renewed their membership with us, many increasing the amount by adding a donation. This demonstration of support renews my belief that we have made a positive impact on you and your family. As you know, your membership dollars help us to offer products and services that focus on improved health and wellness. From my heart to yours, I thank you.

2019 is promising to be a banner year for Heart to Hearts. We introduced a fantastic new stress management program in January, Stress Mastery, brilliantly taught by America's #1 Stressologist, Carol Rickard. Divided into monthly workshops, and being offered through November, the classes are filled with helpful tools to effectively control stress. If you didn't sign up for the workshop series, but wish to benefit from Carol's expertise, don't fret. Walk-ins are welcome and pay only \$25 per session.

For our member meetings, we strive to present stimulating topics and engaging speakers. In March, we heard from OncoSec Medical's Chief Clinical Officer, Kellie Malloy, about the role of clinical trials in medicine. At our April Annual Meeting, Dr. Sajina Prabhakaran discussed healthy alternatives to pain management. We look forward to the upcoming member meeting, on May 14, when James Scaffidi, CEO of ZyCal Bioceuticals, will present *Growth factors in a capsule. Protocol for bone tissue regeneration.*

It's almost time for our Conscious Eating Dinner, and this year, we have added a special feature to the festivities. Kate Denby, certified instructor of Let Your Yoga Dance®, will demonstrate this relaxing and healthful exercise program. Heart to Hearts plans to offer classes in the fall, so we are grateful to Kate for sharing her talent and whetting our appetites with this sneak peek performance. Mark your calendar for Wednesday, June 19. You won't want to miss this collaborative event, where many Heart to Heart members and the Project Freedom Nutrition Group bring and share a healthy dish.

Our members love our fundraising events, and we love organizing them. Our favorite docent at Princeton University Art Museum, Marianne, didn't let us down and led us through a fascinating tour on March 30. Budding artists demonstrated their artistic talent on April 27 at our Art From The Heart Paint Party. Plan on dining at Bonne Assiette in Pennington, anytime in May, for our Dine Out, Do Good event. The restaurant is donating 15 percent of your meal charge to us. Finally, don't miss our May 18 trip to Winterthur to see the lovely DuPont home and gardens, in addition to enjoying *Costuming THE CROWN*, an exhibit featuring 40 iconic costumes from the Emmy® award-winning series about Queen Elizabeth II.

We are especially excited that November marks the 20th anniversary of Heart to Hearts. We are in the planning stages of this special event, and more details will follow.

I would be remiss if I didn't mention how grateful I am for the volunteer efforts of many. Special mention goes to Pat Flowers, Liz Hagen, Stan Wilk, Jr. and Liz Wilk for going above and beyond. Without the help of volunteers, we couldn't achieve as much as we do. As the phrase goes, "Hope springs eternal". Hope for the best, even in the face of adversity. Your support reminds me that there is always reason for optimism.

Terry

"Heart to Hearts is the best. Terry really cares about telling me how to keep my body in good health. With the help of the supplements she has recommended, I feel really good, and my latest micronutrient tests came back with no deficiencies. The great numbers tell the story!" — Gloria A., 2019

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Programs and Meetings

Dietary Detox

Environmental toxins can and often do become trapped in our body's organs and tissues, which over time can negatively impact health and wellness. A dietary detoxification program can rejuvenate vitality by supporting the body's natural process of detoxification. Our program provides step-by-step instructions, a structured food plan, and nutritional supplements, all under the guidance and monitoring of medical professionals.

Micronutrient Testing

Micronutrient testing sheds light on nutritional deficiencies that often go undetected with routine testing and which can help identify the root cause of many health conditions. Conducted by licensed professionals, our micronutrient testing program includes extensive blood analysis, individual and group counseling, and personalized recommendations for addressing deficiencies through dietary changes and medical grade supplements.

HealthCare Portfolio Workshop

Keeping track of your medical visits, medical history, and medications can be overwhelming, especially if you have the added responsibility of caring for others. The HealthCare Portfolio workshop teaches you how to organize and manage all that information in one easily accessible binder. Get organized and learn about the services you need to help you stay healthy.

Member Meetings

Member meetings are held at the Heart to Hearts office, 4 Princess Road, Bldg., 200, Suite 205, Lawrenceville, and begin at 7:00 p.m. Attendance is free to members. There is a \$10 charge for non-members and guests. Refreshments are provided. A brief Q&A session follows each presentation.

Tuesday, May 14 James Scaffidi, CEO and President of ZyCal Bioceuticals Healthcare Company, Inc., will address "Growth Factors in a Capsule: Protocol for bone tissue regeneration." The mission of ZyCal Bioceuticals is to offer innovative, premium nutritional bone and joint products that enrich people's lives. ZyCal Bioceuticals manufactures Ostinol™, a dietary supplement supporting healthy bones and joint cartilage.

"I've been with Heart to Hearts for 20 years, and I want to thank Terry Tucker for helping me and my 83-year old mother live healthier lives. We both have more energy and our blood work has improved. I no longer take pills for my sugar. My sugar is excellent now. I'm feeling so much better, and I think it's because I now exercise, eat better, and take the supplements Terry recommended."

— Marilyn A., 2019

Classes

Tai Chi

Experience the ancient art of Tai Chi, which has evolved over centuries to become a means of alleviating stress and anxiety, a form of "meditation in motion." No experience necessary. Walk-ins welcome. Fee: \$10, collected at time of class. Classes held on Wednesdays from 3-4:00 p.m. Instructor: Liz Wilk.

Tai Chi class dates: May 15, June 12, July 17, August 14.

Ask the Doctor: Micronutrient Testing

Dr. Kate Thomsen will lead an informative group discussion about micronutrient testing and be available for questions. Potential topics may include: benefits of micronutrient testing, function of vitamins, minerals, and antioxidants, potential health problems caused by micronutrient deficiencies, and interpretation of results. Class date: June 11.

Stress Mastery

Conducted by Carol L. Rickard, LCSW, America's #1 Stressologist, these workshops are part of our 2019 Stress Mastery Workshop series. Learn the tools to take control of stress as you participate in this interactive program led by an engaging speaker. Walk-ins pay \$25. All workshops begin at 7 p.m. Workshop dates: May 1. June 5. July 3. August 7.

Special Events

Month of May. Dine Out, Do Good.

Bonne Assiette, a charming French-American restaurant in Pennington, has graciously offered to donate 15 percent of your dining total to Heart to Hearts. Enjoy lunch or dinner, and go as many times during May as you like, but don't forget to mention Heart to Hearts. See flyer on Page 9 for details.

May 18 Fundraiser

Winterthur exhibit, Costuming THE CROWN, features 40 iconic costumes from the beloved Emmy® award-winning Netflix series, a dramatized history of the reign of Queen Elizabeth II. More details to follow.

June 19 Conscious Eating Dinner

Pot luck, buffet style celebration where attendees bring healthy food items to share.

For more information about our programs and events, refer to CALENDAR FOR MAY – AUGUST 2019 (last page).

Interested in Micronutrient Testing?

Testing is done by appointment only.

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Mindful Eating

by Jacki Chadwick

When I get weary of preparing the “same old, same old” dishes, I often direct my attention to an ingredient with which I have little experience. This tactic, I find, not only beefs up my food knowledge, but it often reverses prior biases I had toward certain ingredients.



Such was the case, recently, when I focused on fresh fennel. Since I never cared for the taste of black licorice or anise-flavored drinks, I had always avoided using fennel. Little did I know that fresh fennel lends a gentle, slightly sweet anise flavor to recipes.

Today’s featured recipe, **Fennel Roasted with Potatoes, Peppers and Sausage**, completely shattered my preconceived notion that eating fennel was like chewing on Twizzlers. If you are already a licorice fan, you’ll be happy to know that the fennel bulb is nutrient rich and offers many health benefits.

Just one cup of fennel contains almost 20 percent of the daily value of immune-boosting vitamin C. It is also a very good source of dietary fiber, potassium, manganese, copper, phosphorus and folate. If you are watching your waistline, you’ll be happy to learn that a cup of sliced fresh fennel bulb is only 27 calories.

If meal preparation has become a tiresome chore, try adding something totally new. You may discover something wonderfully unexpected and healthful.



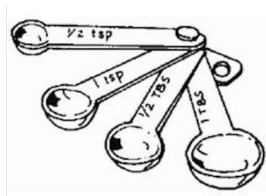
Fennel Roasted with Potatoes, Peppers and Sausage

(Source: *Weight Watcher* magazine, winter 2019, modified)

Serves four

Ingredients

- 1 (1-lb) fennel bulb, trimmed, cored, and cut into ¼-inch slices or wedges (See Note)
- 1 medium red bell pepper, cut into ¼-inch strips
- 1 medium green bell pepper, cut into ¼-inch strips
- ½ pound baby potatoes, quartered
- ½ cup thinly sliced onion
- 1 Tbsp. minced garlic
- 4 tsp olive oil
- 1 Tbsp. balsamic vinegar
- 2 tsp Dijon mustard
- ¼ tsp kosher salt
- ¼ tsp black pepper
- 1/8 tsp red pepper flakes
- ¾ pound precooked chicken sausage, cut into ¼-inch slices (I used mild Italian, but any variety will work)
- 3 Tbsp. grated Parmesan cheese (optional)
- 1 Tbsp. chopped fennel fronds



Preparation

1. Position a rack in the middle of the oven. Preheat oven to 425°.
2. Combine fennel, red and green peppers, potatoes, onion, and garlic in a large bowl. In a small bowl, combine oil, vinegar, mustard, salt, pepper, and red pepper flakes; stir until well combined.
3. Add oil mixture to vegetables; toss to combine.
4. Add sausage; toss to combine. Transfer to a 9 by 13-inch casserole dish.
5. Roast uncovered, about 15 minutes. Uncover, roast 10 minutes more. Remove from oven and sprinkle with cheese; roast until fennel and potatoes are tender and browning a bit, about 5 minutes more. Garnish with chopped fennel fronds.

Note: The stalks of fennel are tough and usually not eaten; save the fronds for garnish.

** Some recipes may contain ingredients that are not recommended for everyone. When in doubt, always check with a health professional.*

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CALENDAR FOR MAY-AUGUST 2019

Programs are held at the Heart to Hearts office unless otherwise specified.

May 1	Stress Mastery Workshop, <i>Manage Your Emotions</i> , 7 p.m.	June 11	Micronutrient Class with Dr. Kate Thomsen, 7 p.m.
May 6	Myofascial Release Therapy (by appointment only)	June 12	Tai Chi, 3 p.m.
May 14	Member Meeting, James Scaffidi, CEO ZyGal Bioceuticals, 7 p.m.	June 19	Conscious Eating Dinner at Project Freedom, 6 p.m.
May 15	Tai Chi, 3 p.m.	July 3	Stress Mastery Workshop, <i>Summer Session, Open Discussion</i> , 7 p.m.
May 18	Fundraiser. Winterthur tour and exhibit, <i>Costuming THE CROWN</i>	July 17	Tai Chi, 3 p.m.
May 21	Board Meeting, 7 p.m.	August 7	Stress Mastery Workshop, <i>Summer Session, Open Discussion</i> , 7 p.m.
June 5	Stress Mastery Workshop, <i>Have a SOLID Foundation</i> , 7 p.m.	August 14	Tai Chi, 3 p.m.



Left: Tai Chi with Liz Wilk

Below: Art From the Heart painting party



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A Non Profit Wellness Organization