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Healthy and Delicious Thanksgiving Dinner Side Dishes

Thanksgiving may be a time for feasting and elaborate multi-course meals, but that doesn't mean that it has to be unhealthy! If you want to make some healthy dishes for yourself and your family this Thanksgiving, try out some of these healthier side dishes. They're sure to please, and your family will thank you!

Creamy Mashed Cauliflower ¹

Ingredients:

- 8 cups bite-sized cauliflower pieces (approximately 1 cauliflower head)
- 4 cloves garlic, crushed and peeled
- ½ cup nonfat buttermilk
- 1 tsp butter
- ½ tsp salt
- Freshly ground black pepper

Steam garlic and cauliflower until very tender, 12-15 min.

Place the cauliflower, garlic, buttermilk, butter, salt, and pepper into a food processor and process until the mixture has a smooth, creamy consistency.

Sweet Potato Fries

Ingredients:

- 4 sweet potatoes, cut into large french fry shaped strips
- 1 TBSP water
- 2 TBSP Italian seasoning
- ½ tsp lemon pepper
- salt and black pepper to taste
- 2 TBSP olive oil

Preheat oven to 400 degrees Fahrenheit.

Place the sweet potato strips on a microwave safe sheet with the water. Microwave for 5 minutes on full power.

Drain. Toss sweet potato strips with the oil and spices. Place fries on a baking sheet in a single layer and bake for about 30 minutes (or until the outside of the fries are crispy), turning the fries at least once.



1 - eatingwell.com/recipe/248887/creamy-mashed-cauliflower

2 - allrecipes.com/recipe/91914/ts-sweet-potato-fries/

Beware of Genetic Testing Scams



A new scam is taking hold where seniors are asked to take genetic tests. In the scam, patients are asked for their personal information genetic information. Scammers can then commit identity theft and interfere with the Medicare system.

There are generally two tests involved. The first test for a genetic predisposition to cancer is called **CGx**. The second test, called **PGx**, analyzes how the body will handle and react to certain medications.

Most importantly, never give out your Social Security or Medicare numbers to people you don't know, unless it's within a professional context such as a doctor's office or hospital.

You should only take DNA tests with the supervision and approval of a doctor you know and trust.

nbcnews.com/health/aging/genetic-testing-scam-targets-seniors-rips-medicare-n1037186

How to Reduce Your Heart Disease Risk

According to research studies by the American Heart Association, nearly half of all Americans have some kind of cardiovascular disease. While many patients believe that their best bet for maintaining a healthy heart and circulation comes from the doctor and pharmaceuticals, experts argue that this isn't necessarily true. Rather, lifestyle changes seem to have the biggest, most lasting impact on circulatory and heart health.

Exercise is a simple, effective way to reduce heart disease risk even in people who are genetically predisposed to heart and circulatory disease. Experts recommend that patients get six to seven days of exercise of 30 to 45 minutes at a time. Strenuous exercise isn't necessary. Just taking a walk on a regular basis can significantly reduce heart disease risk.

In addition to exercise, healthy eating is essential in the prevention of heart disease. The diet that has been researched the most in terms of its impact on heart health is the Mediterranean Diet which contains a lot of healthy oils and fresh fruits and vegetables.

Those at risk of heart disease need to lower their stress levels, which is easier said than done, of course, but stress can significantly increase the risk of heart disease and cardiovascular issues. Lowering stress levels is all about relaxation and paying attention to your basic needs. Exercise can promote relaxation, but so can a routine that factors in daily opportunities for enjoyment.



Every American can benefit from eating a healthy diet, exercising regularly, and taking time to relax and de-stress. Changing these simple lifestyle factors can have a greater positive impact on heart health than any pharmaceutical or surgery currently available in modern medicine.



1 - popsci.com/half-americans-cardiovascular-disease

Little Known Facts About Thanksgiving



Thanksgiving Meats -

Turkey is traditionally the centerpiece of the Thanksgiving meal, but during the original Thanksgiving feast, turkey may not have been on the menu at all! Instead of turkey, settlers likely ate ducks, geese, and swans at the first Thanksgiving.¹

A Lot of Pumpkin -

Thanksgiving is filled with an incredible amount of food and consumption, so it's no surprise to find the amount of food eaten increases during this holiday. It's estimated that 50 million pumpkin pies are eaten on Thanksgiving Day, and that's second only to the even more popular apple pie!²

Bountiful Harvest - Today, Thanksgiving is a 1-day celebration. But the first Thanksgiving was three days long due to a shockingly good year with an abundant harvest!²

1- housebeautiful.com/lifestyle/a22792044/thanksgiving-fun-facts

2 - goodhousekeeping.com/holidays/thanksgiving-ideas/a35457/thanksgiving-trivia

New Theories on the Obesity Epidemic

While many theories exist about the obesity epidemic in the United States, a number of studies have emerged supporting the idea that obesity is caused by nutritional deficiencies that negatively impact the thyroid gland and metabolism. Front-runners include iodine and magnesium, two essential nutrients. Diets of mostly ultraprocessed foods with poor nutrient profiles can contribute to obesity.

Americans are notoriously deficient in iodine. Bromine occurs in white bread products, drinks such as gatorade and citrus sodas, and swimming pools. Fluorine and chlorine found in the water supply, are both endocrine disruptors that seriously impact the thyroid gland, causing unexplained weight gain or sometimes weight loss. Iodine supplements can offset the effects of these endocrine disruptors, but initially, these supplements may cause a rash which will become less pronounced after weeks or sometimes months, depending on bromine exposure.

A big perk of taking iodine is that it significantly reduces the



risk of reproductive cancers including breast cancer.

Magnesium is another big

player that can negatively impact our metabolism when the body is in short supply.

Magnesium is deficient in American soils so locally grown fruits and veggies may be deficient. Magnesium supplements can help the body recalibrate its metabolism and can also do wonders for the heart and circulation. Using magnesium oil, severely deficient individuals may experience itching as blood vessels open up to admit as much magnesium as possible.

More research is urging Americans to avoid ultraprocessed foods and seek supplementation of magnesium and iodine in order to lose weight. In addition to weight loss, may patients are also finding that their overall health improves substantially as a result of taking supplements and eating more healthfully.

1 - scientificamerican.com/article/a-new-theory-of-obesity/
2 - huffingtonpost.com.au/2017/07/10/what-foods-contain-magnesium_a_23024245
3 - vitamindwiki.com

It Happened In



November 1, 1993 – On the first day of November in 1993, the European Union as we know it today first came into existence. The Union came to be as a result of the historic Maastricht Treaty.

November 9, 1989 - The Berlin Wall, constructed in 1961, is first opened after nearly 30 years of separation between East and West Germany. It was a symbol of the end of the Cold War.

November 17, 1558 - Queen Elizabeth I ascends the English throne at age 25. She would reign until she was 69 in 1603, and would become known as one of England's greatest monarchs.

November 24, 1859 - Charles Darwin's book *On the Origin of Species by Means of Natural Selection* was first published, theorizing that all living creatures descended from a common ancestor.

historyplace.com/specials/calendar/november.htm

Money May Not Be Your First Priority When Planning for Retirement

Retirement planning isn't what it used to be.

Today, retirees look forward to more than passively waiting out their golden years. While finances are a critical factor in retirement planning, there are other variables to consider as well and some of them may, in fact, be more important than money.

Many retirees recognize the importance of staying active and cultivating a sense of purpose, community, and an active social life. Working in retirement can heighten a person's quality of life as they grow older, but it might be wise to consider ways to cut back on the number of hours and the stress level involved with work. As increasing numbers of seniors continue to work many years past their retirement age, they benefit from supplementary income and meaningful activities to do on a regular basis.

Where you choose to live is another important concern which can impact other areas of your life – including work, healthcare, and cost of living. Downsizing and moving to more affordable locations in the nation or in the world has become increasingly possible



with online job opportunities, allowing seniors to work from home. Lower healthcare costs in other countries are a huge incentive for retirees to consider an expat lifestyle.

Today's retirees consider the cost of healthcare in old age as a key factor in their lifestyle equation. A lifetime income plan will provide sufficient income to pay for healthcare during retirement. Individuals differ in terms of how high they want their activity level to be if they want to continue working through retirement. A realistic retirement plan is about more than simply stockpiling enough reserves to get through the retirement years. In fact, money may be a low-priority up against other lifestyle factors such as location, to continue to work or not to continue to work, and healthcare accessibility.

forbes.com/sites/stephenchen/2019/07/22/why-money-is-the-last-thing-you-need-to-think-about-as-you-approach-retirement