



HEART HEALTHY RECIPE



Basic Sautéed Kale

Ingredients:

- 1 tablespoon plus 1 teaspoon extra-virgin olive oil, divided
- 1-1 1/2 pounds kale, ribs removed, coarsely chopped
- 1/2 cup water
- 2 cloves garlic, minced
- 1/4 teaspoon crushed red pepper
- 2-3 teaspoons sherry vinegar or red wine vinegar
- 1/4 teaspoon salt

Directions:

Heat 1 tablespoon oil in a Dutch oven over medium heat. Add kale and cook, tossing with two large spoons, until bright green. Add water, reduce heat to medium-low, cover and cook, stirring occasionally, until the kale is tender, 12 to 15 minutes. Push kale to one side, add the remaining 1 teaspoon oil to the empty side and cook garlic and crushed red pepper in it until fragrant. Remove from the heat and toss together. Stir in vinegar to taste and salt.

Nutrition Facts (per serving): 102 calories, 5g total fat, 195mg sodium, 12g carbohydrate, 2g fiber, 4g protein

6 Natural Ways to Boost Energy

Try these easy, natural ways to get a shot of energy this winter.

- **Space out.** Give your multitasking mind a rest with a few minutes for daydreaming or chatting with a friend.
- **Go for a walk.** Research has shown that the more steps people take each day, the higher they rate their overall mood and energy level.
- **Hydrate.** Dehydration can lower concentration and fatigue the body.
- **Have a snack.** Combine protein and complex carbs (ex. a hard-boiled egg with whole wheat toast, an apple and peanut butter, cheese and crackers) to energize the body and keep blood sugar levels balanced.
- **Meditate.** Take time every day to slow down and focus on your breathing.
- **Hit play.** Research shows that background music can help boost focus, energy, productivity, and happiness.

SOURCE: READER'S DIGEST



Stay Bikini-Ready Through Winter

You've worked hard to stay fit all summer, so you don't want to throw it all away when winter arrives. Don't skip breakfast and get plenty of sleep at night. Also, try to work out at least five times a week for hour-long sessions and don't be afraid to work up a sweat. To keep moving all day long, incorporate stretching and short walks into your work schedule. Holiday meals can wreak havoc on a healthy diet, so if you do indulge over the weekend, be ready to get back into good habits during the week. Don't let a weekend ruin an entire month.

SOURCE: SELF

Antibiotic Smarts

Antibiotics can be helpful, but taking them when they aren't needed can actually increase your risk for getting an antibiotic-resistant infection in the future. Colds, the flu, bronchitis, and most sore throats are caused by viruses, which can't be fought with antibiotics. Consult your doctor to find out if you have a virus or a bacterial infection, and always take antibiotics exactly as prescribed. Never stop taking them because you are "feeling better" – you should always finish the entire prescribed course of treatment.

SOURCE: CDC

4 Myths about Lice

It's an itchy topic, but with kids in school, lice can be a problem. Here, we dispel four common lice myths.

Lice are very contagious. It takes head-to-head contact for lice to spread, and they can only live on an object – like a comb, hat, or pillow – for about 24 hours.

Lice are resistant to available treatments. There are several over-the-counter medications and prescription treatments that have proven to work well. Cetaphil is a popular treatment (leave on head overnight, shampoo and comb in the morning).

You have to wash everything. In a recent study, lice were found on only 4% of the pillowcases of people infested. It doesn't hurt to wash bedding and hats, but it's not necessary to scrub the entire house.

Lice = bad hygiene. Lice don't harm you, and they aren't a sign that a child is "dirty." Simply treat them and be done.

SOURCE: PARENTING



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