

## March 2021

Well we have now been through the sugar slippery slide of Halloween candy overindulgence (because you hoped some “Trick or Treaters” might show up), increased baking for Thanksgiving (because you hoped some family might show up), and then consumed too many Christmas sweets (because family actually DID show up)! January comes and you jump on some crazy diet and fall off the wagon right in time to enjoy more sugary sweets for Valentine's Day with your sweetie!

So now March is here and it is difficult to say “NO” to the sugary temptations you have enjoyed over the past 5 month and you have a terrible cold. The struggles with sugar overconsumption & cravings are real and it is no surprise that you get sick after all the holidays as sugar is an anti-nutrient and suppresses the immune system to a point that providing protection from the common cold, the flu or even COVID-19 is virtually impossible.

So what can you do at the start of a new season to reduce sugar cravings and improve your immune system? **2 things...**

### GO TO BED!

- Sleep deprivation increased the production of our natural “hunger hormone” making us crave highly processed sugary foods & drinks for energy.
- Make sure you get 7-8 hours of sleep each night by turning off your phone, not watching the news close to bed time and practicing a meditation practice before bed such as praying, breath work or gratitude journaling.

### DRINK WATER!

- Water improves digestion, elimination, reduces pain, lubricates our joints, fuels our cells, transports chemical messengers throughout the body and keeps you feeling focused and energized so you don't rely on sugary foods/drinks
- With adequate hydration before meals you will feel satiated which will prevent overeating and you are less likely to reach for that cookie or muffin.

### This month's featured recipe: ORANGE CUCUMBER INFUSED WATER

#### Ingredients

1 orange, sliced  
½ lime, sliced  
½ large cucumber sliced  
1 handful fresh mint, torn to release juices  
2 quarts spring water

#### Directions

1. Wash the produce and peel if desired.
2. Place all ingredients into a large glass pitcher.
3. Add the water and allow to sit at room temperature for a few hours or in the refrigerator for at least 1 hour to infuse the flavors into the water.
4. Pour water into a glass using a strainer if you don't want floaties in your water. Enjoy!

NOTE: You can continue adding more water to your pitcher for up to three days. After that discard fruit and create a fresh new combination.

*Jennifer Cole Conn, NFC, CMINHP, CFMC, CCNE & QUALITARIAN Food Integrated Training, Inc. [fitonyourfork@gmail.com](mailto:fitonyourfork@gmail.com)*

