



Work/Career

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We spend more hours per day working than doing any other activity. While we choose our life partners carefully, we often find ourselves in work situations that are less than fulfilling. Day in and day out we go to a job that doesn't really express who we are or what we believe in. Often we feel powerless to change the situation. This is not a nourishing lifestyle. No matter how well we are eating, if we dislike our job, it will drain us of energy and vitality.

Ideally your work is stimulating, you feel confident in doing it, you can completely immerse yourself, time stops and the outer world fades away. You are totally absorbed and energized by it. You are passionate about it. In today's world you can have more than one career; you can switch and do something new. You can give notice and receive a raise instead.

How can you find the work you love?

On a piece of paper write down all the things that you enjoy doing, including your hobbies, things that fascinate you, subjects you read about with great curiosity – make it an exhaustive list. Then look at it again and circle the things that are most important to you. Look at these topics and brainstorm on how you could combine them into a new line of work or career.

Loving the work you have

Look at your work situation now and define what's missing. What could be improved? Take steps to change the situation. Instead of sitting back and complaining, be pro-active. Stand up for yourself. Voice your concerns. If nothing else helps – change your attitude. Look at your job from the perspective that it pays your bills, it provides you with the material goods you need for living ... Find all the positive points. Create a distance – don't allow problems and stress at work to affect you – deal with them in a professional manner – but don't let them enter your heart and soul. Create a mirror in your mind and let it all bounce back. Stay autonomous.

If you can not find a job that you love - try to love the job that you have.

Food Focus: Oils and Fats

All oils and fats are not created equal. Heavily processed, hydrogenated, partially hydrogenated, refined and low quality oils used in commercially prepared and packaged foods, can be extremely damaging to the body. However, fats and oils from high-quality sources and whole foods can steady our metabolism, keep hormone levels even, nourish our skin, hair and nails and “grease our engines” to keep the body functioning smoothly.

Our bodies need fat to insulate and keep us warm, and to protect and hold our organs in place. Consuming fats helps us feel grounded, and gives us a sense of comfort and of being soothed. When there is a healthy percentage of high-quality fat in a meal, it gives us a lasting feeling of energy, fulfillment and warmth. Signs of insufficient high-quality fats in

the diet are brittle hair and nails, dry skin, always feeling hungry after a meal and feeling cold. When there is an excess amount of fats and oils in the diet, especially of the heavily processed and refined kind, a person can experience weight gain, skin breakouts, high blood pressure, liver strain and an overall feeling of mental, physical and emotional heaviness. Try adding fat and oil to your meals through sauces, dips and dressings containing the healthy options mentioned below, and see which your body agrees with and leaves you satisfied.

For baking, try organic butter, ghee (clarified butter) and coconut oil because they do not break down when used at higher temperatures. When sautéing and stovetop cooking at moderate temperatures, try organic extra virgin olive oil. Oils like flaxseed, sesame, toasted sesame, walnut and pumpkin seed are best used unheated in salad dressings and sauces, or drizzled on top of salads, veggies or grains before serving.

Other healthy fats are found in nuts, seeds and their butters, such as almond butter or tahini (sesame seed butter). Whole foods such as avocados, olives and coconuts are great sources of healthy fats, along with the high-quality fats in cold water fish such as wild salmon and sardines as well as in organic eggs.

When selecting oil, buy the highest quality products you can afford since they are the best support for your health. Good words to look for on the label are organic, first-cold-pressed, extra-virgin and unrefined. Words to avoid are refined and solvent extracted. Unless the label states unrefined you may assume that it is refined.

Recipe of the Month: Savory Tahini Sauce

Prep time: 5 minutes

Yields: 1 cup

Ingredients:

½ cup tahini (sesame seed butter)

¼ cup water

3 tablespoons lemon juice

2 tablespoons tamari (or soy sauce)

2 tablespoons maple syrup

1-2 cloves of garlic, minced

pinch of cayenne (to your taste)

Directions:

In a bowl briskly whisk together the tahini and water until combined. It will look separated at first: just keep whisking!

Add remaining ingredients and whisk until combined.

Adjust flavors to your taste. Add additional water if you want it thinner.

Serve with grains and greens.

*Tahini sauce keeps refrigerated for up to one week