

WELLNESS FOR *you*

June 2022

BeWell

TEAM MEMBER
NEWSLETTER

ELIOR NORTH AMERICA

Financial Wellness through Principal

This month we would like to shift our focus a bit and address another aspect of wellness: Financial Wellness!

Our 401(k) administrator, Principal, will be hosting an upcoming webinar that we hope you attend. The webinar, *A 4-Step Financial Wellness Checkup*, will be hosted on Wednesday, June 15th (additional details and dial-in information below). This webinar will cover four important steps to help improve your overall financial wellness. The mid-year mark is a perfect time to understand how much progress you've made towards your goals – and celebrate all the progress you've made!

Webinar Details:

Time: 2:00 – 2:30 PM Eastern Time
Dial-in Number: +1 (312) 248-9348
Dial-in ID: 935849
Dial-in Passcode: 5333
Webinar ID: 0c6d0b7a5ab0

What is Financial Wellness or Well-Being?

Financial well-being is a state of being wherein a person can fully meet current and ongoing financial obligations, can feel secure in their financial future and is able to make choices that allow one to enjoy life.

Join the webinar on June 15 to learn more!

Why Your Gut Health Matters

Talk about gut health has gone mainstream and you've probably heard something about it. But what is it and why does it matter? Let's take a closer look.

Gut health refers to the physical state and physiological function of all parts of the gastrointestinal system or digestive tract. Emerging research has shown that gut health influences overall health. How we digest, absorb and metabolize revolves heavily on the bacteria (AKA microbiome) found in our digestive tract. Additionally, 60-70% of our immune system is in our gut. While researchers and health professionals are just beginning to understand how gut bacteria influences health, we do know that when bacteria is out of balance within the digestive tract, the gut (and immune system) will not function optimally.

What are signs of an unhealthy gut? Typical symptoms are diarrhea, constipation, heartburn, gas and bloating but may also cause mood disturbances, increased stress, sleep disturbances, skin irritation, food intolerances, fatigue, weight changes, autoimmune disorders, sugar cravings or carb cravings.

What should you eat to support gut health? Foods high in certain types of fiber, known as prebiotics, feed the good bacteria. Examples of prebiotic foods: leeks, onions, garlic, jicama,

asparagus, Jerusalem artichokes, tomatoes, cucumbers and radishes. Probiotic foods, or cultured or fermented foods, add good bacteria into your gut. Examples of probiotic foods: kefir, yogurt, kimchi, krauts, kombucha, miso, and tempeh. Ultimately, a diet focused on plenty of fiber from vegetables, fruits, nuts and seeds and a variety of probiotic foods will give your gut what it needs.

Are there foods to avoid? Processed and cured meats and excessive intake of simple sugars, refined carbohydrates, artificial sugars and alcohol. Eat these foods in moderation: dairy, meat, coffee, red wine and foods with synthetic emulsifiers like polysorbate 80 and carboxymethylcellulose.

Are there any other lifestyle habits that support gut health? Stress reduction, 7-9 hours of sleep at night and regular exercise are also important for gut health.

Want to learn more about the microbiome? Start with reviewing this website: <https://www.hsph.harvard.edu/nutritionsource/microbiome/>

The Microbiome Diet Reset by Mary Purdy, MS, RDN is an easy-to-read guide on how to eat for a healthy microbiome.



Garlicky Whole Grain Spaghetti with Tomatoes

Ingredients

8 oz Spaghetti, whole grain
2 quarts Water
1/4 cup Olive oil, extra virgin preferred
1 1/2 tbsp Garlic, minced
2 lbs. Cherry tomatoes, halved
1/2 tsp Salt
1/2 tsp Black pepper, ground
1/2 cup Parsley, fresh, chopped
1/4 cup Basil, fresh, chopped
1/4 cup Parmesan cheese, shredded (optional)

Directions

1. Bring a large pot of water to a boil. Add spaghetti and cook 8-10 minutes or until al dente; drain and rinse.
2. In a large skillet, gently heat the oil and sauté the garlic until fragrant. Add the tomatoes and continue to sauté until they become tender, about 3-5 minutes. Add the cooked pasta, salt, pepper, parsley and basil and toss until well combined and heated throughout. If using, serve sprinkled with 1 tbsp of Parmesan cheese per serving (2 cups).

Yield: 8 cups

Nutrition Facts

Serving Size: 2 cups (with cheese)
Calories: 310
Total Fat: 16g
Saturated Fat: 3g
Trans Fat: 0g
Cholesterol: 0mg
Sodium: 310mg
Total Carb: 45g
Fiber: 9g
Total Sugars: 12g
Protein: 9g