



# Creating Wellness™

## Lifestyle Letter

### Wellness News

#### Creating Wellness in the Workplace

"Wellness" is a big buzz word these days in the corporate arena. There are many factors that make this not so surprising. Did you know that 80% of people feel stress on the job, and nearly 40% say they need help in managing stress? No wonder the World Health Organization describes stress as a "World Wide Epidemic." Another startling statistic is that 61% of Americans are currently overweight, and 27% are currently obese. This percentage is double what it was in 1980, and is increasing at a rate of 10% a year! In addition to this, nearly 80% of the obese people now have diabetes, high blood pressure, coronary heart disease or other ailments. In general, health care costs are skyrocketing and the health of the average American is plummeting.

The solution is that many businesses are looking to implement an effective wellness program. Companies that offer wellness programs to their employees have happier and more productive staff. Creating Wellness offers a Wellness program that presents employees with a proven method to improve their lifestyle in all three dimensions – Physical, Biochemical, and Psychological – or as we like to say "Be Fit. Eat Right. Think Well." Creating Wellness helps replace negative lifestyle stressors (such as high blood pressure, poor diet, and emotional stress) with positive lifestyle habits that help improve an employee's life in the areas they desire the most!

*cont'd on next column.*



Isn't it great news that now the great success that individuals have found with Creating Wellness can be experience by your entire company! Not to mention the benefits your company will reap with a successful wellness program! To learn more about how we can bring wellness to your company, speak with your Creating Wellness chiropractor today!

### Creating Wellness Supplements

Did you know that Creating Wellness has the highest rated nutritional supplement available? The Creating Wellness Vitalize supplement line includes a Men's Formula, Women's Formula and Senior Women's Formula. Creating Wellness also produces a Weight Management product – Metabolize – and a Joint Support product - Mobilize.

So what sets the Creating Wellness supplements apart from the competition? Our core formula, Vitalize, is now featured in the Comparative Guide to Nutritional Supplements as one of the "Best in Class" wellness products. In just its first year on the market, the Vitalize brand has amazed the nutritional industry by achieving the highest rating available – the Five Star, Gold Medal rating – in the 4th Edition of the Comparative Guide to Nutritional Supplements.

Creating Wellness uses comprehensive vitamin formulas with the OPTIMUM amounts of ingredients, not minimum. Most products shoot only for the minimum RDA (recommended dietary allowances) requirement, which are simply enough to prevent nutritional deficiency, not for optimizing nutritional health.

To find out more about the Vitalize supplement line talk with your Creating Wellness Chiropractor.



**Be Fit. Eat Right. Think Well.**

## Notes from the Editor

Ah- those lazy days of summer! What could possibly be better? I know. How 'bout a "feels like I slaved all day" super delicious "I'm tired of the grill already" healthy dinner??!! Well- I just happen to know of one of those and have decided to share this recipe with you! Just something I dreamt up in my spare time (REALLY!!).

Please remember, this is a casual no frills kind of throw together recipe so the amounts are determined by your individual taste buds. Experiment with different veggies and spices as you see fit.

*-Spray a sauté pan with olive oil or a non-stick cooking spray*

*-Add chopped onion, garlic, zucchini and tomatoes (I cook the onion a bit first as they will take a little longer than the other ingredients to soften)*

*-Add Italian seasoning and seasoned salt (I use "Goya Adobo" in most everything I whip up)*

*-Sauté above ingredients until cooked through (not mushy)*

*-Cover and move this pan to a side burner (keep on low heat). The mixture will get a bit liquidy as the tomatoes cook*

*-In a separate pot, boil up some water and cook your favorite whole wheat pasta*

*-When the pasta is finished cooking- drain into a colander that has (conveniently) been placed over another pot containing raw shrimp. (The shrimp will start to pinken immediately after the hot water hits it.)*

*-Remove the colander holding the drained pasta and set aside*

*-Place the pot with the hot water and shrimp back on a burner to finish the cooking process. Please note- shrimp cooks quickly so keep an eye on it- it could be a minute or less if you are cooking a small amount of shrimp.*

*-Drain the shrimp when cooked to your liking.*

*-Toss the chopped onion, garlic, zucchini and tomato mixture with the pasta and shrimp and ENJOY!!!*

Please note- if your chopped onion, garlic, zucchini and tomato mixture does not produce enough liquid, add a 1/2 can of fat free chicken or vegetable broth to the mix. It will increase the liquid (for easier tossing) without altering the taste.

I made this the other night and my husband was way impressed! My kitchen smelled great when he walked in after work (as did my office the next day when I brought in leftovers for lunch!). And I really got a ton of praise for a small amount of actual "work" as I whipped it up super fast (the chopping took me longer than anything else so hit your local salad bar for already chopped veggie options to make this recipe come together even quicker!)

I promise you can go back to being really "lazy" after the dishes are done!!!

Wishing you a Happy AND Healthy Summer!

*Yours in wellness,  
Deb Martin &  
the Creating Wellness team*



## Wellness Wisdom

- *When you are drinking your 8 – 8 ounce glasses of water each day this summer (which is a must in the sun and heat!) make it cool water to experience a temporary boost in your metabolism. You can't beat that!*
- *Did you know that exercising for just 3 hours a week will prevent the on-set of diabetes? Why not start a walking club at work? You can get your exercise on your lunch break and help bring wellness to your company in one step!*

