

FREE



iBody[®] DIRECTORY

Whole Health & Wellness
QUICK START GUIDE

In this edition:

**CHANGE DOESN'T HAVE
TO BE A DIRTY WORD**

WHY EAT ORGANIC

**10 WAYS TO BURN
CALORIES AT WORK**

**5-Day Clean-Eating
MEAL PLAN!**

2013 Edition
iBodyDirectory.com

*Where wellness is a fun,
lifelong journey taken with
a community of support.*



FROM THE PUBLISHER

Thank you for picking up the 2nd publication of the iBody® Wellness Directory. We've had the opportunity to get to know many natural health and wellness businesses last year and have met several new ones this year. We're delighted to introduce them to you in this new & improved directory, now with a Quick Start Guide to whole health and wellness.

Staying healthy in today's fast-paced, stressful and slightly toxic environment is challenging. As a wife and mother working two jobs and maintaining a household, I know first-hand how hard it is to make time for personal wellness. I have also witnessed six family members in the last six years die from preventable disease and understand the dire situation our society is in.

True wellness encompasses mind, body and spirit. It requires us to listen carefully to our body when it speaks to us. This takes practice and fortunately this book is full of local professionals who want to help you learn how to do this and achieve your health goals once and for all.

I'm honored to say many of the people behind the businesses in this book are friends and there are many more in Springfield



I'm eager to meet. These are the people who can provide you with the tools you need to overcome the daily challenges and inspire hope.

I invite you to join me and Team iBody®. By joining our team, you gain shared accountability, emotional support, and camaraderie. While having fun and meeting people, you'll soon become the change you'd like to see in the world. Thirty-three percent of children today are already overweight or obese. It's up to us to pull together and lead by example for the next generation. It's never too late to start.

I'm looking forward to meeting you!

*All my best in health and gratitude,
Christy*



*Are you ready to feel better?
Let our community help!*

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Acupuncture

Originating in ancient China, Acupuncture treats patients by manipulating thin, solid needles that have been inserted into acupuncture points in the skin. According to Traditional Chinese medicine, stimulating these points can correct imbalances in the flow of energy through channels known as meridians.

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Chiropractic

A complementary and alternative medicine health care profession concerned with the diagnosis, treatment and prevention of disorders of the neuromusculoskeletal system and the effects of these disorders on general health. The main chiropractic treatment technique involves manual therapy, including manipulation of the spine, other joints, and soft tissues; treatment also includes exercises and health and lifestyle counseling.

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Corporate/Workplace Wellness

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Health - it's what we all want and need. Unfortunately, most of our lifestyles don't promote good health. In America we spend almost twice as much on healthcare as any other country yet our life expectancy is 50th in the world. Two thirds of us are overweight or obese and one half of us will become diabetic or pre-diabetic. Literally 75 percent of our health conditions are self inflicted.

The good news is that some individuals and companies are doing something about it. Taking responsibility for your own health and the environment you create for others is the first step. Many companies are implementing wellness programs, health promoting policies and procedures, and implementing on site medical care. Be part of the solution – it all starts with you. Here's to your health!



Roughly 75% of healthcare spending goes to treating preventable diseases.
- Centers for Disease Control

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10 WAYS TO BURN MORE CALORIES AT WORK

According to *Forbes* online, sedentary time at work is high, leading to dangerous circumstances for the many employees working up to nine hour workdays. Studies show that sitting for four hours or more per day can lead to chronic disease including diabetes, cancer and depression. Make a copy of this article and tape it to your desk at work. Get up, stand up – stand up for your health!

1. Get up, stand up. You burn more calories standing than sitting. Try standing while talking on the phone. Walk to your co-worker's desk to ask a question instead of sending an email or an instant message.

2. Keep fitness equipment at work. There are many small fitness tools you can utilize at work like arm bands or angle weights. Turn your office chair into an exercise machine by doing arm or leg curls, leg lifts or shoulder exercises while on conference calls.

3. Drink more water. Proper hydration not only helps eliminate toxins and waste from your system, it also provides the proper lubrication for your joints, muscles and neuromuscular system.

4. Take walk breaks. Walking briskly for 15 minutes will burn more than 50 calories.

5. Snack often. Keep your metabolism engaged by eating small, healthy snacks throughout the day.

6. Work out on your lunch break. Whether you find a class close to the office, go for a walk around the building or load your favorite exercise video on your smartphone or TV in the breakroom, you will be surprised how productive you can be in 30-45 minutes. You don't have to do it every day. Start small and add as you go.

7. Form a team. Instead of being afraid of what your co-workers might think, ask them to join you. Shared accountability, emotional support, commitment and camaraderie will go a long way in the workplace environment.

8. Set an alarm on your calendar. We all know how easy it is to get sidetracked at work with the hustle and bustle of the day. Set reminders to carry out your plan and you'll have a higher success rate.

9. Breathe. Pranayama is a powerful breathing technique used by yogis to clear and cleanse the body and mind. In addition to burning a few calories, it also tones and massages the internal organs and heats your body, stimulating your metabolism.

10. Be gentle with yourself. The only way you will successfully accomplish anything is to love yourself and give yourself permission to make mistakes. Write down positive affirmations and focus on them if you get off track. Positive thoughts are powerful building blocks to personal, mental health.

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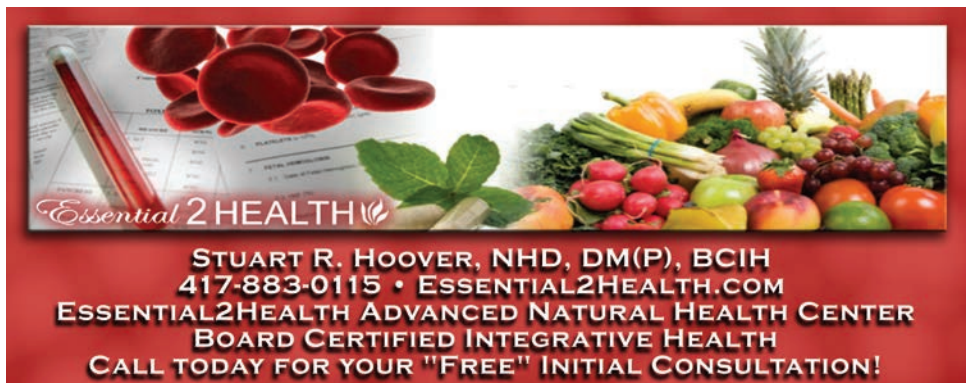
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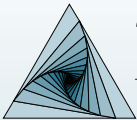
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WHY IS ORGANIC FOOD IMPORTANT?

by Brandie Schwartz, Certified Holistic Health Coach, A.A.D.P., C.H.H.C., Owner of Eat Your Medicine (see our ad on page 18)

Organic. This is the new buzz word. But, is it all hype or are there really benefits to eating organic? Indeed, studies have been done to suggest that benefits exist to go organic.

There are two main reasons to eat organic. The first one is that organic foods generally contain more nutrients than their non-organic counter parts. A study done at the University of California-Davis entitled Comparison of the Total Phenolic and Ascorbic Acid Content of Freeze-Dried and Air-Dried Marionberry, Strawberry, and Corn Grown Using Conventional, Organic, and Sustainable Agricultural

Practices, Asami, D. K., et al. (Journal of Agricultural and Food Chemistry February 2003, Vol. 51, No.5) stated that organically grown berries contain up to 58 percent more natural antioxidants than non-organic berries. This is simply one example of the many that have been found to support the benefits of consuming organic produce. Plain and simple, organic foods are more nutrient dense. You will get full on less food because your body will know it is getting what is needed. Less food consumed leads to smaller waist lines and fatter

wallets (if you eat less, you buy less).

Secondly, organic foods are safer to eat due to the methods used to protect the crops. By definition, organically grown produce does not contain commercially produced pesticides or fertilizers. It is illegal to do so. Consider that many vegetables that we eat are roots. If the roots absorb the pesticides, because that is what roots are designed to do, to whom does the pesticide get transferred? The consumer. That is you and me. And these pesticides linger in the environment for decades. Consider the outlawed pesticide, DDT. It was banned for agricultural use in 1973. Yet, as recently as 2006, thirty-three years after DDT was made illegal to use, the University of California at Berkeley found that in utero exposure to DDT was linked to delayed development in young children.

The scholarly research exists to support the benefits of going organic. Please support your local farmers. These providers of wholesome real food need our support. By supporting them, you ensure the continued availability of nutrient-dense food that is free from toxins. If you have never visited a farmer's market, you will be pleasantly surprised at what you find. There are many new and wonderful foods available from people that are happy to share their knowledge with you. Good luck in your journey and go organic!

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CHANGE DOESN'T HAVE TO BE A DIRTY WORD

*by Melissa Miller Young, MLC, Master
Certified Life Coach, Zen Life Solutions*

Do you wish you could stress less, lose weight, get in shape, cut back on the carbs, make lifestyle changes, stop smoking, or go to a yoga class? Guess what, you can do what you want to do, and it all starts with change. Not huge, dramatic, or drastic change, just change. Whether it's what you have for breakfast or what you do in your spare time, simple, systematic changes can get your life moving in the direction that you want it to go.

For many, change is a dirty word. After all, we have control where we are now, we are familiar with our lives today, and we need to do a few things to get ready to make a change, right? Wrong. Change can start today, after all it is a part of life, and necessary to move us from where we are to where we want to be.

To get started, you need to set a goal and commit. Don't think radical lifestyle change, think one goal at a time. If you are trying to change everything, you are not very likely to actually change anything. You have to focus on one thing at a time, make a plan, take small steps, and build from there.

Once you have the stick-to-itiveness in place to accomplish the first goal, you will have some momentum on your side, and the next goal will be a whole lot easier. And in the process, you will realize that change isn't such a bad thing after all!



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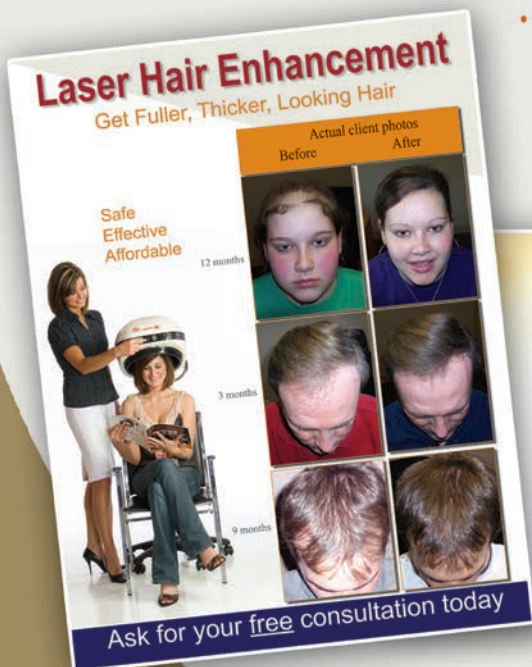
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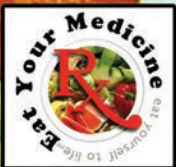
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What makes it clean?

The basic principles behind the movement toward clean eating are founded on whole nutrition. With practice, cooking and eating clean recipes is easy, even during busy weeknights. Plan your menu ahead of time and keep your pantry stocked with healthy “clean” foods. These dishes come together in less than an hour and most use simple ingredients. Have questions? Feel free to contact the business who shared the recipe.

Day 1:

Breakfast: Muffin tin omelet and 1 cup of mixed berries

Lunch: Two bean vegetable chili

Dinner: Honey mustard roasted salmon

Day 2:

Breakfast: Chia seed pudding

Lunch: Smoked egg and salmon salad

Dinner: Meat free taco salad

Day 3:

Breakfast: Crock pot steel cut oats

Lunch: Quinoa salad

Dinner: Minestrone soup

Day 4:

Breakfast: Fruity breakfast wrap

Lunch: Sesame broccoli salad over brown rice

Dinner: Shitake miso soup

Day 5:

Breakfast: Sweet potato breakfast casserole

Lunch: Turkey wrap

Dinner: Beefy brown rice taco

T = tablespoon
tsp = teaspoon
C = cup
lb = pound
oz = ounce

Muffin Tin Omelet

(Eat Your Medicine • See ad on page 18)

1 dozen eggs

½ C of milk

Grated cheese

Toppings of choice (ie; bacon, sausage, veggies, cheese, etc.)

Salt and pepper to taste

1. Crack all eggs in bowl.
2. Add milk, salt, and pepper.
3. In greased muffin tin, pour equal amounts of egg mixture.
4. Top with toppings of choice.
5. Sprinkle with cheese.
6. Bake at 350 for 15 minutes or until fluffy and brown

FIVE DAY CLEAN EATING PLAN

Two-Bean Vegetable Chili

(Eat Your Medicine • See ad on page 18)

- 2 tsp olive oil
- 1 medium chopped onion
- 2 red bell peppers, chopped small
- 2 medium zucchini and or yellow squash, chopped small
- 1 large sweet potato, chopped small
- 2 tsp ancho or chipotle chili powder
- 1 15 oz can unsalted pinto beans
- 1 15 oz can black beans
- 1 14.5 oz can fire-roasted diced tomatoes
- $\frac{3}{4}$ C salsa
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ tsp cumin powder

1. Heat oil in large saucepan over medium heat until hot. Cook onion 5 mins or until softened, stirring occasionally. Add red bell pepper, squash and sweet potato; cook 2 minutes, stirring occasionally. Stir in chili powder and cumin.
2. Add tomatoes, salsa beans and salt, bring to a boil over high heat. Reduce heat to medium; simmer, covered 15 minutes or until vegetables are tender. Top with cheese and cilantro.



Honey Mustard Roasted Salmon

(Eat Your Medicine • See ad on page 18)

- 4 5 oz. Salmon fillets
- 2 T brown mustard
- 1 T honey
- $\frac{1}{2}$ C of panko bread crumbs
- 1 T of smoked paprika
- 2 tsp of olive oil
- $\frac{1}{2}$ tsp of salt

1. In a 400 degree oven, place salmon on a small, foil-lined baking sheet.
 2. Spread honey mixed with mustard on top of salmon.
 3. Combine panko, paprika, and salt into a small bowl: stir in oil.
 4. Sprinkle over salmon patting lightly to adhere.
 5. Bake 10 - 14 minutes until brown and salmon begins to flake.
- TIP: Panko are coarse bread crumbs usually found next to other bread crumbs or in the Asian food section.

Chia Seed Pudding

(Glow-Nutrition • See listing on pages 9 & 18)

(Can be made the night before for a breakfast on the go!)

- 4 T of chia seed
- 1 C unsweetened coconut or almond milk
- $\frac{1}{8}$ tsp stevia extract or 1 T maple syrup
- 1 small handful of dried fruit (*I like goji berries*)

1. Whisk ingredients together in a small glass bowl or container with a lid. Cover and let set for 15 minutes or overnight.

FIVE DAY CLEAN EATING PLAN

Smoked Egg and Salmon Salad

(Glow-Nutrition • See listing on pages 9 & 18)

Great for Breakfast, lunch, or brunch!

Serves 4-6

4 hardboiled eggs, chopped
6-8 oz of wild salmon smoked & flaked
1 C of arugula, coarsely chopped
1 T of Dijon mustard
1 T creamed yogurt (strained Greek yogurt), or sour cream
1 tsp freshly grated horseradish (opt.)
Juice of half a lemon
Salt and pepper to taste

Method 1: Combine all ingredients together in a bowl.

Method 2: Combine egg yolks, mustard, yogurt, lemon juice and spices in a food processor and blend until smooth and creamy. In a separate bowl, toss together chopped egg whites, flaked salmon, and chopped arugula. Fold in egg yolk mixture, stir to combine. Salt and pepper to taste. Serve as a sandwich on sprouted grain toast. *Note: Cover and let stand for 30 minutes at room temperature before serving for flavors to set.*

Crockpot Steel Cut Oats

(Eat Your Medicine • See ad on page 18)

2 C steel cut oats
4 C almond milk
1 T coconut oil
1 C dried fruit (cherries, raisins, etc.)
1 T cinnamon

Place all ingredients in crockpot on warm setting. Cover and cook overnight.

Meat Free Taco Salad • Serves 2

(Glow-Nutrition • See listing on pages 9 & 18)

Two 10" sprouted grain tortillas (or crushed tortilla chips)

1 can of prepared pinto beans
½ avocado
½ head of romaine (or bok-choy for this recipe this week or leftover romaine from the week before), shredded and chopped
1 C of shredded organic cheddar cheese or manchego cheese (optional)
1 tomato, chopped
¼ C red onion, chopped
¼ C green onion, chopped

Dressing:

¼ tsp minced garlic
2 T of plain yogurt
1 T hot sauce
Juice of half a lime

1. Preheat oven to 350. Combine all dressing ingredients in a food processor or blender and blend until smooth. Thin with water until you reach the desired consistency. Set aside while you prepare the salad.
2. Line oven safe bowls with the tortillas and set inside the oven for about 20 minutes or until crisp.
3. Heat beans over medium heat in a small sauce pan until hot.
4. When shells are crisp remove carefully from oven and lift out of bowls. Transfer to a plate and fill half the bean mixture into the bottom of the tortilla bowls. Layer with cheese, romaine, red onions, tomato avocado; top with more cheese and green onion. Serve with yogurt dressing, tortilla chips, and salsa.

FIVE DAY CLEAN EATING PLAN

Quinoa Salad

(Glow-Nutrition • See listing on pages 9 & 18)

- 1 C dry Quinoa
 - 1 T olive oil, avocado oil, or walnut oil
 - 2 C organic chicken or veggie broth
 - ½ white onion (chopped)
 - 1 can chickpeas (drained and rinsed)
 - 3 green onions (chopped)
 - ½ C toasted walnuts (coarsely chopped)
 - ½ C pomegranate seeds (optional)
 - ½ dried cranberries or persimmon fruit
 - Salt and pepper to taste
 - Lemon juice to taste (fresh squeezed)
 - 1 ½ C arugula or fresh parsley, chopped
- Dressing:
- ½ tsp whole grain mustard
 - 2 T sherry vinegar
 - 1 tsp raw local honey
 - ½ C walnut oil or extra virgin olive oil

Rinse the quinoa in water and transfer to your iron skillet. Over medium-low heat and a metal whisk, toast quinoa for about 5 minutes, stirring constantly with the whisk. Add chopped onion and olive oil and bring the heat up to medium. Continue toasting quinoa over medium heat for about another 5 minutes whisking regularly. Add the broth and cook uncovered for 30 minutes or until "the tails pop" on the quinoa and most of the liquid has absorbed. Remove from heat and let the quinoa come to room temperature. Transfer to a large glass or metal bowl.

Whisk together your sherry vinegar, honey, and mustard and then gradually whisk in the walnut oil until it is emulsified. Set aside.

Minestrone Soup

(Glow-Nutrition • See listing on pages 9 & 18)

- ¼ C olive oil
- 1 small onion, coarsely chopped
- 1 carrot, diced
- 1 stalk of celery, diced
- 4 garlic cloves, crushed
- 4 lbs prewashed and cut kale (6 C)
- ½ lb of organic potatoes diced
- 2 C of shredded cabbage
- 1 zucchini, diced
- 1(28oz) jar petite diced tomatoes
- 1 C gluten free pasta of small elbow macaroni or shells
- 5 ¼ C organic chicken broth (42 fl oz)
- 3-4 C filtered water
- 1 tsp of dried oregano
- 2 T of dried parsley or ¼ C fresh
- ¾ tsp salt
- ½ tsp black pepper
- 1 ½ C cannellini beans
- Juice of half of a lemon

Soak beans overnight with a pinch of salt. Cover soaked beans with 2 inches of water and bring to a boil with 1 tablespoon of unrefined salt and piece of kombu or pinch of sea vegetables. Cook for 1 hour. Set aside.

Sauté onion, carrot, garlic, and celery until soft. Add oregano, salt, pepper, and parsley. Add tomatoes, zucchini, cabbage, and potatoes and continue to cook for 5 minutes more. Add broth and cook for 30 minutes. Puree half the bean mixture with 1 cup of cooking liquid and add to the pot along with the beans, dry pasta, and kale. Season to taste and cook for 10 more minutes or until pasta is tender. Remove from heat and add lemon.

FIVE DAY CLEAN EATING PLAN

Fruity Breakfast Wrap

(The Nude Foodie • See listing on page 19)

- 1 sprouted grain tortilla
- 2 T almond butter
- 5 grapes, halved
- 2 strawberries, sliced
- 6-8 fresh blueberries
- 1 tsp local raw honey
- 2 tsp cacao nibs

Warm the tortilla in a skillet. Mix the almond butter and honey together and spread on warm tortilla, sprinkle on fruit and cacao nibs. Roll and devour. (You may substitute fruit that is in season)

Sesame Broccoli Salad over Brown Rice

(The Nude Foodie • See listing on page 19)

- 1 C long grain brown rice, cooked
- 2 heads of broccoli, cut into florets
- 1 mango, cubed
- 1 avocado, cubed
- 2 tsp toasted sesame oil
- 2 tsp seasoned brown rice vinegar
- 2 tsp tamari (wheat free soy sauce)
- 1 tsp honey
- 1 T black sesame seeds
- 3 green onions, sliced on diagonal
- 3 T cilantro, removed from stem
- Red chili flakes, for garnish (optional)

Lightly steam broccoli, until it is just tender with a little crunch left. Rinse under cold water to stop the cooking process. Shake in colander to remove excess water, and then add to a bowl with mango & avocado. Mix together the sesame oil, vinegar, honey, tamari. Pour over broccoli mix, add sesame seeds & green onions, toss. Serve over brown rice and garnish with cilantro & red chili flakes.

Shiitake Miso Soup

(The Nude Foodie • See listing on page 19)

- ½ yellow onion, diced
- 3 cloves garlic, minced
- 2-3 C shiitake mushrooms, remove stems and slice
- 1 C maitake mushrooms, sliced (optional)
- 2 carrots, sliced in half moons
- ½ C daikon radish, sliced in half moons
- 3 to 4 T red miso
- 1 T mirin (optional)
- 1 T tamari
- 8 C water or vegetable stock
- Toasted sesame oil, enough to cover bottom of pan

Heat oil in pan on medium high heat. When warm, add in onions and cook for about 3 minutes, stirring occasionally. Add in garlic, carrots, and mushrooms and continue to sauté for an additional five minutes. Add in tamari and mirin, stir to pull browning from the bottom of the pan, then add in daikon radish and stock or water. Cook until all veggies are soft. When ready to serve, remove about 2 cups of stock from the pot and place in a bowl with the miso, stir until dissolved and add back into pot. Adjust seasoning and garnish with fresh cilantro and/or red chili flakes.



FIVE DAY CLEAN EATING PLAN

Sweet Potato Breakfast Casserole

(The Nude Foodie • See listing on page 19)

1 large sweet potato, sliced thin
½ red bell pepper, diced
1 C cooked black beans
1 C baby spinach
¼ C red onion, diced
Smoked sea salt
Paprika
Black pepper
Cumin
Virgin coconut oil, melted
1 avocado

Preheat oven to 400. Toss the sweet potato slices with just enough coconut oil to cover, ½ teaspoon smoked salt, and pinch of black pepper. In a separate bowl toss beans, peppers onion, and spinach with 2 tsp paprika, 1 tsp smoked salt, 1 tsp cumin, and 2 t coconut oil. Arrange sweet potatoes in a 9x13 glass baking dish and place in the oven for 20 minutes, or until the sweet potatoes are just barley tender. Top with black bean mix and return to the oven for 10 more minutes. Serve with fresh avocado slices.

Turkey Wrap

(Eat Your Medicine • See ad on page 18)

Whole grain tortilla
Sliced natural turkey breast
Cream cheese
Red pepper strips
Avocado slices

Beefy Brown Rice Taco

(Eat Your Medicine • See ad on page 18)

1 lb ground beef
1 C brown rice
2 large diced potatoes
1 diced bell pepper
1 diced onion
1 diced and seeded jalapeño
1 lemon
2 T coconut oil
Salt, pepper, garlic powder, oregano, cumin and chili powder to taste

1. Place rice in 2 cups of boiling water and cook for 30 minutes. When it comes to a boil, turn down to simmer and cover
2. Add coconut oil to heated skillet. Place all veggies in skillet until potatoes are soft.
3. Add and break up ground beef.
4. Add all seasoning to taste.
5. Squeeze whole lemon into meat mixture.
6. Cook until meat is brown.
7. When done, add cooked rice and 1/2 cup of water.
8. Cover and simmer for 10 minutes.
9. Serve with beans on taco shells or tortillas



Prenatal Resources

Many new and expecting parents are looking for additional options for natural pregnancy plans and comforting services. These businesses are some who provide these options in Springfield.

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Notes

Notes

This iBody® Directory and related projects are made possible by many community members and business owners. Special thanks to the following for their outstanding contributions this season: **Denee' Hughes** for her undying enthusiasm, vision and dedication to this project; **Brian McCann** for his support and community leadership with Team iBody®, **Brandie and Bear Schwartz** for their time and talents spent helping with the 2013 renewal season; and **Grace Rybarczyk** and **Cina Canada** for the photos provided in the meal plan and recipes.

Have you found this directory and quick start guide to be a valuable resource? If you're a wellness-related business and would like to join our community, we invite you to contact us at 417.812.5592 or info@ibodydirectory.com to get started today. To learn more, visit us online at www.ibodydirectory.com or join us at an upcoming meet-up.



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Simple Organized Savings offers free classes to help you efficiently and effectively manage your life. Classes are taught by local professionals with experience in couponing, clean eating, gardening, cooking and freezing, meal planning, home organization, time management, and more. Visit www.simpleorganizedsavings.com for more information.



Ozark Greenways, formed in 1991, is a 501c3 non-profit group of private citizens in greater Springfield, Missouri, working to preserve the Ozarks' natural heritage for public use and enjoyment by developing a greenway trail network. Greenways are linear park trails preserving ribbons of nature throughout the urban area, typically following stream corridors or abandoned railroad right-of-way. These hard-surfaced paths have minimal grade and provide free public access for non-motorized uses; bicycling, walking, running, skating and wheelchairs. For more information, visit them online at www.ozarkgreenways.org.



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Heart of the Ozarks is a charity that is focused on bringing together the community to take care of the needs in the community of north Springfield. We operate a large food pantry, provide free drug and alcohol recovery counseling, Christmas gifts for families, and cooking and shopping classes to help families learn to stretch limited grocery budgets. To get more information or donate, please go to www.hoto.org.



The Healthy Living Alliance is made up of over 24 organizations in our community. We connect existing health partners with specific needs in schools & businesses. In our first 2 years, we've worked with 12 neighborhoods and look forward to continuing to expand our efforts. You may have seen Yoga on Park Central Square – look for classes to return in 2013. Let's Live Healthy, Springfield! To see what's going on visit www.hlaspringfield.org or find us on facebook.



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