

Overnight Slow Cooker Oatmeal

TIP OF THE WEEK:

Remember:

If you want a different outcome, you need to try a different approach (stop, assess, ask for help).... Doing more of the same action will only precipitate more of the same outcome.

Ingredients:

- 1 cup steel cut oats
- 4 cups water
- Fresh or dried fruit
- Nuts of choice
- Honey or maple syrup (optional)

Directions:

1. Set up the night before.
2. Place oats and water in crock pot with dried fruits of choice.
3. Cook on low for 8 hours
4. Serve with nuts, and other desired toppings.



Image from : [pinterest.com](https://www.pinterest.com)

Get the Facts - Protein Supplements

Myth:

Protein supplements will destroy my kidneys, will make me fat, will make me bulky, are only for bodybuilders, are like steroids, and will make me crazy.

Fact:

I have heard these statements from different people and I will try to tackle them all in this issue. First thing's first, similar to what has been stated in previous issues, technically nothing will make you "fat" or gain weight if you consume less of it in terms of calories than you are burning in a day. That being said, I will focus on protein supplementation with calories remaining constant (isocaloric conditions).

As far as calories go, there are three main components that house all the calories we eat: fats, carbohydrates, and protein. Some people call these "macro-nutrients" or "macros." Many studies consider the effects of increasing or even overloading fats and carbs in the diet but there has been little to no investigation on overloading protein. This may be where the fear of protein supplementation came from – a lack of information and research. To expel the danger myth, one study in 2014 examined protein overload. Male and female athletes consumed 4.4g/kg per day of protein (160 lbs = 73kg = 320g protein per day). As a reference, the national food guidelines suggest 50 grams per day. These individuals followed this diet for 8 weeks and analyzed renal function as well as body composition. Results showed no marked renal dysfunction. Lean body mass only slightly increased compared to a lower, but still high (1-2.5 g/kg per day) protein diet group. The conclusions drawn from this study, although this mass amount of protein won't hurt, it likely won't help too much either.

Everyone could benefit from increased daily protein intake. I don't mean an extra 30 lbs of meat per day, more like one protein shake instead of that chipotle burrito or vending machine candy bar. Substituting a 300 calorie, high fat or carbohydrate meal with a 300 calorie protein shake will help in a few ways. First, protein metabolism requires more energy than fat or carbohydrates. This is called the "thermic effect" and the thermic effect of protein is about 20-25% of its energy content whereas fats and carbs live around 7-9%. So, eating protein burns more calories compared to an isocaloric (same number of calories) carb meal. Second, when you do go to the gym, whether to burn fat or gain muscle, there will be a protein requirement for the muscle to heal. Just 40 extra grams of protein may aid in recovery efficiency and timing, meaning muscle will heal faster and will be stimulated to grow more than without.

I'd like to add one last statement toward the myth "protein is like steroids and will make you crazy." Protein is a naturally occurring macronutrient. The building blocks of protein in powders are the same seen in meats, beans, veggies, etc. They are simply amino acids and are all broken down into the same components before absorption. Dietary amino acids have no signaling role in the body and do not act as exogenous or stimulate endogenous steroids which means they have no direct effect on your behavior or mood. However, new data are showing that one particular amino acid, Leucine (a branched chain amino acid) may play a role in initial stimulation for muscle growth after resistance training. So, for those gym rats trying to put on an extra pound or two of muscle, think about leucine supplements after lifts.

Conclusion:

Protein is not a scary, harmful substance to avoid. Just make sure to look at all the nutrition facts so there aren't a bunch of extra calories from fats and carbs along with the protein. After the gym, regardless of your routine, protein supplements aid in recovery and muscle growth so you can get better faster. Also, a shake will make you feel more full than that Subway sandwich or Moe's taco salad.

Article: Adam Heilmann, M2

References:

- Antonio, J., Peacock, C. A., Ellerbroek, A., Fromhoff, B., & Silver, T. (2014). The effects of consuming a high protein diet (4.4 g/kg/d) on body composition in resistance-trained individuals. *Journal of the International Society of Sports Nutrition*, 11(1), 19. doi:10.1186/1550-2783-11-19
- Klein, D. (2014, April 1). Protein: Is it really as bad as they say it is? *A*, 12-15.

Roanoke Christmas Parade



Downtown Roanoke hosts the “Dickens of a Christmas” festival each December. The festival kicked off last week with the tree lighting ceremony. Tonight is the Christmas parade. Dickens of a Christmas runs from 6:00 to 10:00 PM tonight. The parade is at 7:00 PM. If you are looking for something festive to do in Roanoke tonight, check it out.

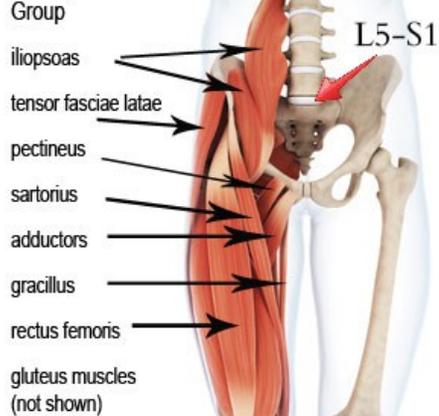
<http://www.downtownroanoke.org/events/signature-events/dickens-of-a-christmas>

Exercise What You’re Learning



Figure 6.1

The Hip Flexor Group



Training comes with injury risk. Avoid injury by consulting a trainer regarding form & weight.

Images from: healthline.com, lowbackpainprogram.com, mobilityguardian.com, pinterest.com

Wellness Weekly Challenge

Be your own best advocate! It's often easy to remind ourselves of our imperfections; but today, write down (don't just ponder) 3 things about yourself that are awesome!

- 1.
- 2.
- 3.

I'M NOT
PERFECT
I'M
AWESOME!

Night at Home - Carrot Apple Ginger Soup

Ingredients:

- 3 Tbsp Olive Oil
- 1 Small yellow onion, sliced
- 1 clove garlic, minced
- 2 Tbsps fresh ginger, peeled & grated
- 1 small apple, peeled and sliced
- 4 to 5 cups sliced, peeled carrots (about 1 1/2 lbs)
- 4 cups vegetable broth
- Pinch of nutmeg
- Salt and pepper to taste

Directions:

1. Heat olive oil in a large pot over medium heat. Add onions and cook until softened and translucent, about 5 minutes. Add ginger and garlic and cook for 1 minute, until fragrant. Add sliced apples and diced carrots and cook for 3 minutes more.
2. Turn flame to medium-high and add vegetable broth. Bring to boil. Reduce flame to low and simmer, uncovered, until carrots and apples are softened, about 30 minutes. Remove pan from the flame and let rest for 10 minutes.
3. Blend the soup in batches in a blender. Be sure not to fill the blender more than halfway full and leave the lid slightly ajar to allow steam to escape the blender (you can also opt to leave soup in the pot and use a submersible hand mixer if you have one).
4. Add vegetable broth to blended soup mixture. Add nutmeg, salt and pepper to taste.
5. Leftovers will keep for 4 days (covered) in the refrigerator. Soup also freezes well (if you freeze it, thaw it in the refrigerator before reheating).

