

Hello and welcome back to the Wellness committee column!

We are here to provide you and your family with wellness related information and easy to implement strategies for maximizing your health.

This past Friday, Dr. Stephen Franson spoke to the entire teaching staff on inside –out wellness outlining the Bonfire life style principles of toxicity and deficiency. He reviewed the three health domains of EATING, MOVING and THINKING and what we need to do to maximize our health potential and minimize sickness and disease. It was well received and we hope that this will have a trickledown effect on our students and beyond.

Please go to www.bonfirehealth.com for more information.

This week's topic is SUGAR and how it affects our body. We are just about to head into the time of year where sweets, treats and goodies become abundantly available and who can resist-right?! Without going too much into detail, it is safe to say that sugar is one of the most damaging substances in our diet. Sugar in all forms (white, brown, honey, maple syrup, agave etc) causes a spike in our blood sugar and taxes the pancreas and other glands. Ultimately, this causes a depletion of nutrients as the body tries to metabolize the sugar and a drop in the strength of our immune system.

Now we don't want to rain on the Holiday parade but we DO want you to have a consciousness around this so that you can make changes accordingly. It starts with awareness and ends with action. Make a commitment this holiday season to choose wisely, learn to say "no thank you" a bit more and you will be rewarded with better health and feeling stronger. The sugar ups and down will also cause us to feel more STRESSED and who wants that in the midst of all the busyness?

So what to do to fend off the cravings?! Providing your body with high density nutrition with healthy fats (olive oil, coconut oil, avocados, raw nuts) along with protein and greens will make you much less likely to crave sweets and make you feel waaaay better afterwards! Teach your kids to make smarter choices; fill up on HAPPY, HEALTHY food rather than SICK and SAD food! Ask them what kind of body they want; sick and sad or happy and healthy?! These are life skills and an awareness that will lay a foundation for a healthier life for you and your loved ones.

We suggest that everyone has a consciousness around this as we bring holiday treats to school for various events; Let's talk to our kids and have them help find goodies that aren't so full of sugar. They, their class mates and teachers will be better off and stay healthier in the months to come! Health always flows from the inside out!

Cheers,

The Wellness committee at SHS