

# REMEDY NEWSLETTER

NOVEMBER 26, 2018

*Topic of the Week:*

## KALE: WHAT IS IT GOOD FOR?

Kale gets a pretty bad rap. Even some of the healthiest eaters turn up their nose at the stuff. We get it- biting into a raw head of kale isn't the best tasting snack in the world. But before you give up on adding kale to your diet, hear us out.

Kale is one of the most nutrient-dense foods that earth has to offer, surpassing all of its cruciferous cousins (like broccoli, cauliflower, and brussels sprouts). Just one cup of kale delivers: more than a day's-worth of vitamins A, K, and C; 3 grams of protein; 2 grams of fiber; and traces of omega-3 fats for only 33 calories. It's also packed with antioxidants that help to lower blood pressure and protect your cells from free radicals-- win!

So how do we work this superfood into our diets to ensure we reap all of the benefits? You could blend it up in a smoothie (we promise you won't taste it) with some healthy fruits for a vitamin-rich breakfast. If you're feeling more brave, kale makes the perfect base for a salad. Make sure to massage the kale with your hands, as this process (called mechanical digestion) helps to break down the compounds and reduces bitterness. You can do this with water or a little bit of olive oil. You can also toast up kale chips in the oven for a crunchy snack. However you choose to enjoy it, you can know you're doing your body a HUGE favor.



@theremedyexchange

The Remedy Exchange

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## COMMUNITY EVENTS

12/6/18



### PHOTOGRAPHY NIGHT

We see so many of your #TheRemedyExchange pictures on Instagram every day! If you want to bring your Instagram feed to the next level (or just enhance your photography skills), join us for a photography class. Guest instructor Edwin Penelba is a photographer and a veteran of the US Coast Guard,

and he uses photography to express his world view. In this class, he will teach us how to maximize the potential of our cell phones for photography so that we can still take beautiful pictures when we have little-to-no resources. Our gorgeous mural will be the subject for the evening's class, but the skills you learn can be applied to anything that catches your eye! Enroll now so you don't miss out. The event begins at 6:30pm at 41 Tuttle Street in Wakefield.

12/20/2018

### RAISING THE BARRE

Boston Barre Studio of Saugus is coming to town! Barre classes focus on performing isometric exercises (holding your body still while contracting the target muscle), increasing core strength, and toning your entire body. A ballet bar is used to help you balance during the isometric exercises. You'll be feeling the burn by the end of this workout. But don't worry- we'll have a smoothie bowl waiting for you when you're done. Grab your spot today, and we'll see you at 6:30pm!



## TAKE YOUR ORDER TO THE NEXT LEVEL.

We have a wide range of superfood add-ins ready to bump up the nutritional impact of your next visit.

Collagen: AKA beauty powder because it promotes skin elasticity as well as healthy hair and nails, leaving you looking your best

MCT Oil: helps to promote fat-loss and weight control

Spirulina Powder: a green algae powder that is packed with amino acids and vitamins that keep your body going

Acai Powder: acai berries are loaded with anti-oxidants that fight against free-radicals in the blood

Protein Powder: protein is essential for building muscle and aids in satiety

Spinach or Kale: leafy greens are loaded with iron and fiber

Add any one of these to your favorite item- your body will thank you