



Simple Roasted Butternut Squash

Looking for an easy way to add some tasty vegetables to your diet or holiday meal? Try this Butternut Squash Recipe. It's simple. It's healthy (Butternut squash is high in vitamin A needed for good eyesight, a healthy immune system, and proper organ function.) And you only need a few ingredients.⁵

Ingredients

- 1 butternut squash
- 2 T olive oil
- 2 cloves, garlic, minced
- Salt and pepper to taste

Directions

1. Preheat oven to 400°F.
2. Peel, seed, and cut butternut squash into 1-inch cubes.
3. Toss butternut squash with olive oil and garlic in a large bowl.
4. Season with salt and black pepper.
5. Arrange coated squash on a baking sheet.
6. Roast in the oven until squash is tender and lightly browned. About 25 to 30 minutes. calories per serving.

This is Your Brain on Stress...Any Questions?

Recognize stress & take action to protect your brain

Remember the anti-drug commercial from the 80s?

Actor John Roselius holds up an uncooked egg in an empty-looking kitchen.

“This is your brain.” Then he points to a sizzling pat of butter in a hot frying pan. “This is drugs.”

He cracks the egg and drops it into the frying pan. It sizzles and pops, and then Roselius delivers the message in dramatic fashion. “This is your brain on drugs. Any questions?”

It's no secret illegal drugs are bad for your brain. But if you let chronic stress simmer on the back burner for weeks, months, or years, it can be just as bad.

The trouble with too much stress

New research suggests that chronic stress can impair memory, reduce brain function, and lead to cognitive decline over time.² Researchers found that people living with chronic stress tend to have higher levels of the stress hormone cortisol.

“The faster pace of life today probably means more stress,” says lead researcher Dr. Sudha Seshadri.

“When we are afraid, when we are threatened in any way, our cortisol levels go up ... It's never too early to be mindful of reducing stress.”

Feeling stressed out? Take a deep breath. Go for a walk. Talk things out with someone you trust. Laugh more. And get professional help if you need to. You'll feel better and live longer.



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7. Spice things up with garlic, thyme, oregano, basil, cayenne, curry, and other herbs. Avoid or limit salt.

Eating this way can protect your heart, lower blood pressure, and reduce stroke risk. It may

also help prevent some kinds of cancer, preserve memory, and control blood sugar. Hungry for better health? Follow the Mediterranean Diet.

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References

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4. Ramaswamy, A., et al. (2020). Patient satisfaction with telemedicine during the COVID-19 Pandemic: Retrospective Cohort Study. *Journal of Medical Internet Research*, 22:9. From: <https://tinyurl.com/nscbt2ts>
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Ask the Wellness Doctor:

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