



July 2020 Newsletter

## How to create a bedroom oasis that's optimal for excellent sleep



Can't sleep? You're not alone. Only 11% of Americans say they get excellent sleep on a regular basis, while 18% report poor or not good sleep quality, and the rest are somewhere in between.\*

With all of the stress today, your bedroom should be a sanctuary you can retreat to - a place where you can rest and relax before drifting off to sleep. Here are a few things to consider when creating your own bedroom oasis that's optimal for sleep.

**Bed and bedding** - There's nothing like a comfortable mattress, soft sheets, plush pillows and a cozy blanket to calm you. Another way to enhance relaxation is adding a weighted blanket, like Tranquility, while resting or sleeping. Weighted blankets are designed to help you relax, fall asleep, stay asleep and wake up rested by applying deep touch pressure that can help reduce stress and promote a feeling of calm.

**Lighting** - Lighting is just as important. Opt for lamps with soft-white bulbs instead of overhead lights for a more soothing glow. Overhead lights can be harsh and uninviting.

**Décor** - From shag rugs and furniture to accent pillows, artwork and wall paint, keep the color scheme of your room light and airy. It's soothing on the eyes and makes for a more tranquil atmosphere.

**Aromatherapy** - Scientific studies have proven that some scents, like lavender and jasmine, have a calming, relaxing effect and can be great in the bedroom to help soothe you before bedtime. Consider adding a diffuser and essential oils.

**Decluttering and eliminating "noise"** - Did you know clutter can actually magnify emotions of stress, anger or exhaustion? Clutter can be considered "visual noise" and a huge distractor when settling down



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"We must learn to live together as brothers or perish together as fools."

– Martin Luther King Jr.

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to relax and recharge. Try clearing items off your dresser, nightstands and other surfaces by using organizers or containers.

Experts also recommend cooling temperatures and cutting back on electronics in the bedroom.

"Creating an optimal sleep environment is the key to falling asleep faster and staying asleep throughout the night," says lifestyle expert Jenn Falik. "I find keeping my bedroom a cool 65 degrees, eliminating electronics in the room and having cozy bedding and my Tranquility weighted blanket, sets me up for the best night's sleep possible."

<https://www.brandpointcontent.com/article/36128/how-to-create-a-bedroom-oasis-that%E2%80%99s-optimal-for-excellent-sleep>

## So, what's the deal with beef and heart health?



As Americans think about eating for a healthy heart, many feel they're forced to choose between a healthy diet and their love of beef. But, contrary to some misinformation on this topic, you can have both. The Mediterranean diet was just ranked the #1 Overall Diet in 2020 and the #2 Best Diet for Heart Health by U.S. News & World Report. And according to a report from the Dietary Guidelines Advisory Committee, many Mediterranean countries eat as much, or more, red meat than the U.S.

While coverage of this popular diet can include recommendations to limit red meat, research from a recent 2018 Purdue University study found that following a Mediterranean-style eating pattern that includes lean red meats, like lean beef, is just as effective in supporting a healthy heart as a Mediterranean-style diet that limits red meats. This finding is the latest in the growing body of scientific research demonstrating lean beef can be part of healthy eating patterns to support heart health. This research also means people have more flexibility and options when it comes to healthy eating. A cut of cooked fresh meat is considered lean when it contains less than 10 grams of fat, 4.5 grams or less of saturated fat and less than 95mg

## Trivia Game

**I have a cake and a table named after me, and I'm used all round the world. What am I?**

- A. Carrot
- B. Kitchen
- C. Bundt
- D. Coffee

**What is the longest that an elephant has ever lived (that we know of)?**

- A. 86
- B. 142
- C. 49
- D. 17

**If you drop me I'm sure to crack, but give me a smile and I'll always smile back. What am I?**

- A. Egg
- B. Goldfish Cracker
- C. Mirror
- D. Smart phone

**How many points is the letter X worth in English-language Scrabble?**

- A. 10
- B. 8
- C. 11
- D. 7



of cholesterol.

More key findings include:

- Following a Mediterranean-style eating pattern including 7 to 18 ounces of lean, fresh red meat per week was shown to improve cardiometabolic disease risk factor profiles.
- Including 18 ounces of lean, fresh red meat per week as part of a Mediterranean-style dietary pattern was found to be more effective in lowering LDL cholesterol than a similar eating pattern that only included 7 ounces of lean, fresh red meat. The average American consumes 18 ounces of red meat per week.
- Study participants following a Mediterranean-style dietary pattern including up to 18 ounces of lean, fresh red meat per week saw reductions in total cholesterol, LDL-cholesterol and blood pressure.

"The big takeaway from the growing body of evidence is that Americans who are trying to eat healthier and improve their heart health can still enjoy lean beef while improving cholesterol and blood pressure," said Shalene McNeill, Ph.D., R.D. at the National Cattlemen's Beef Association, a contractor to the Beef Checkoff. "By having this additional flexibility in their diets, Americans are more likely to stay the course and adopt healthy eating patterns long-term."

Here are a few easy tips for integrating red meat into a Mediterranean-style eating pattern from the Beef Checkoff.

### 1. Look for lean cuts of fresh beef

When it comes to lean cuts the options are endless. Some fan favorites include:

- Top sirloin
- Strip steak (top loin)
- Tenderloin steak
- 95% lean ground beef

Still feel lost? When shopping lean beef, look for the word "round" or "loin." These words are a telltale sign of a lean cut.

### 2. Pay attention to portion size

To reap the benefits of including lean beef in a Mediterranean-style diet, focus on eating up to 18 ounces of lean beef over the course of a week. For reference, a 3-ounce cooked serving of lean beef is about the size of

## Cheeseburger Meatloaf



**Serves:** 8  
**Prep Time:** 20 mins  
**Cook Time:** 60 mins  
**Total Times:** 1 hr 20 mins

### Ingredients

- 2 pounds ground beef
- ¾ cup fresh bread crumbs
- ½ cup minced onion
- 2 eggs, beaten
- 1 ½ teaspoons salt
- 1 ½ teaspoons ground black pepper
- 3 cups shredded Cheddar cheese

### Directions

1. Preheat oven to 350 degrees F.
2. In a large bowl, combine the beef, bread crumbs, onion, eggs, salt and pepper, and mix well. Pat out meat mixture into a 14x18 inch rectangle on a piece of wax paper. Spread cheese over the meat, leaving a ¾ inch border around the edges. Roll up jelly roll fashion to enclose the filling and form a pinwheel loaf. Press beef in on both ends to enclose the cheese. Place in a 10x15 inch baking dish.
3. Bake in the preheated oven 1 hour, or until internal temperature reaches 160 degrees F.

<https://www.allrecipes.com/recipe/16189/cheeseburger-meatloaf/?internalSource=recipe%20hub&referringId=200&referringContentType=Recipe%20Hub&clickId=cardslot%2084>



a deck of cards.

### 3. Aim for a complete plate

Mediterranean-style eating patterns are often characterized with high consumption of fruits, vegetables, whole grains, nuts/seeds and olive oil. Be sure to complement the lean red meat at the center of the plate with these Mediterranean musts.

Looking for satisfying recipes that can help you incorporate lean beef into a Mediterranean-style eating pattern? Visit [BeefItsWhatsForDinner.com](http://BeefItsWhatsForDinner.com).

<https://www.brandpointcontent.com/article/36008/so-what%E2%80%99s-the-deal-with-beef-and-heart-health>

## 5 simple ways to protect the ocean



It's sometimes easy to get caught up in how vast the ocean is, but we need to be reminded of its importance and vulnerability. The ocean contains up to 80% of life on Earth, and provides an important source of fish protein to more than 3 billion people on our planet. To celebrate National Oceans Month, here are five small actions people can take to make a lasting impact on a healthy ocean and make sure we can enjoy the seafood we love for years to come:

**Reduce plastic pollution:** One major but simple way to prevent plastics from ending up in the ocean is to refuse single-use plastics. Look for ways to make sustainable swaps around the home, like using reusable silicone bags instead of single-use plastic bags to store food, or #cutoutcutlery by opting out of single-use cutlery in food deliveries. For more information and ideas, look to organizations like Shedd Aquarium.

**Choose sustainable seafood:** Rely on nonprofit organizations like The Marine Stewardship Council (MSC) to make the connection from ocean to plate. For over 20 years, the MSC has been on a mission to end overfishing and help preserve our seas for future generations. The canned tuna we stock in our pantries can encourage ocean-friendly fishing. The fish sticks we cook for our kids can help protect a whole ecosystem.



Choosing seafood with the MSC blue fish label is one way to help protect the ocean's big blue future.

**Find ocean-friendly products:** In addition to reducing the amount of plastic we use, shop brands that create with the ocean in mind. Using terms like "ethical," "sustainable," and "ocean-friendly" when online shopping will take you to companies like Happy Earth or United by Blue that make everything from apparel and accessories to pet products so every member of the family can have a positive impact on the ocean.

**Use less energy:** At home or on the go, committing to a smaller carbon footprint can be done in just a few small steps. Create simple habits at home, like turning off the lights when leaving a room and unplugging electronics when not in use. When heading out, check to see if the destination is within walking or biking distance instead of driving. Walking will support a healthy ocean and your own health.

**Keep learning:** The more you know about the ocean and its inhabitants, the more you can do to protect them and encourage others to do the same. From online resources like the Ocean Project, MSC, and the Shedd Aquarium, to museums and exhibits, seek out information that leads to an ocean-friendly future.

Share the small changes you're making to protect the ocean with your friends and family. The simple acts you take could inspire others to do the same, leading to a community that's united in conserving our one shared ocean.

<https://www.brandpointcontent.com/article/36357/5-simple-ways-to-protect-the-ocean>

