



# Tamaya Wellness Program

*A partner in your wellness journey.*

ISSUE 53

August

2023

## Cucumbers and Their Nutritional Benefits - Shelley Rael, RDN

Cucumbers are not only a refreshing and hydrating vegetable, but they also offer valuable nutrition. They have a high water content and low-calorie count, making them an excellent addition to your meals or as a snack option.

One of the major health benefits of cucumbers lies in their hydration properties. With their high-water content of approximately 96%, cucumbers help keep the body hydrated and maintain optimal bodily functions, including healthy digestion.

Cucumbers contain vitamin K, important for bone health and blood clotting, and vitamin C, an antioxidant that helps the immune system and collagen production. Additionally, cucumbers provide small amounts of potassium, magnesium, and manganese.

Cucumbers are rich in antioxidants, compounds associated with a reduced risk of chronic diseases, including heart disease and certain types of cancer. The presence of anti-inflammatory properties in cucumbers may also contribute to their potential health benefits.

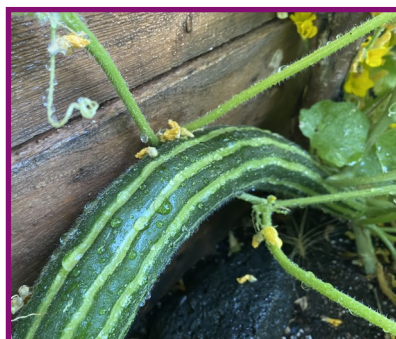
Peeling a cucumber can impact its nutritional content and potential health benefits. The cucumber skin contains various nutrients, including dietary fiber and certain vitamins and minerals. When you peel a cucumber, you may lose some of these nutrients. The exact nutrient content can vary depending on the variety of cucumber. Still, generally, the skin contains a significant portion of the cucumber's fiber and vitamins A, C, and K.

Lemon cucumbers offer similar health benefits to regular cucumbers with some unique characteristics. Lemon cucumbers, as their name suggests, have a

round shape and yellowish skin, resembling a lemon. They have a slightly sweeter and milder flavor compared to traditional cucumbers.

Lemon cucumbers share the same hydrating and low-calorie properties as regular cucumbers and are a good vitamin C and potassium source. The vibrant yellow color of lemon cucumbers indicates the presence of beta-carotene, which is essential for eye health and immune function.

Cucumbers are a nutritious addition to a well-balanced diet, whether enjoyed as a refreshing snack, added to salads, or used in various culinary creations.





# Cucumber & Avocado Salad

## TAMAYA WELLNESS PROGRAM

### •Ingredients:

- 2 Cucumbers, thinly sliced
- 1 or 2 Avocado, diced
- 1 small Red Onion, thinly sliced
- 1 Tbsp Fresh Dill, chopped
- 2 Tbsp Extra Virgin Olive Oil
- 1 Tbsp Lemon Juice
- Salt & Pepper to Taste

### •Directions:

1. In a large bowl, combine the sliced cucumbers, diced avocado, and sliced red onion.
2. In a separate bowl, whisk together the olive oil, lemon juice, chopped dill, salt & pepper.
3. Pour the dressing over the cucumber mixture and gently toss to coat all the ingredients.
4. Let the salad sit for about 10 minutes to allow all the flavors to meld together.
5. Serve chilled & ENJOY!



## Gardening: Critters that are Good for Your Garden

Yes! There are a few known critters that your garden benefits from. These “pests” aid in pollinating, fertilization, assist with pest control, improve soil health, and supports ecological balance. While some common pests aid in destroying your hard work on your beautiful garden, others improve its growth.

**Toads and frogs.** Some may not think they are the cutest of creatures, but these amphibian friends are helpful in your garden. They feed on slugs, snails and other insects that wreak havoc on your garden. Cool fact: toads can eat up to 10,000 bugs in a summer!

**Bats and birds.** Birds eat grasshoppers, cutworms, and harmful beetles. Bats keep the mosquito population down. Hummingbirds are great pollinators! Plant some flowers in your garden and watch them flock!

**Earthworms and centipedes.** These critters work hard to keep your garden’s soil rich. They burrow underground and allow water and air to reach the roots.

**Bees.** Bees are crucial for pollination and do wonders for your garden.

**Ladybugs.** Lady bugs are great for managing aphid, mite, and scale populations. They are attracted to plants like chives, cilantro, dill, and marigold.

**Garter snakes.** What? Wait. Garter snakes? They may startle you at first sight, but these are great garden guests. They help control pests such as crickets, grasshoppers, and other insects.

So, the next time you see these creatures in your garden, remember they could be the thing your garden needs to help it thrive!





# ***AUGUST is National Wellness Month***

***focus on self-care & healthy routines to feel like your best self!***



**In August, celebrate National Wellness Month by prioritizing your self-care, managing stress, and promoting healthy routines.**

How can you celebrate wellness month?

Make it a goal to try one of these many ways to boost your wellness each day.

- Spend time outside.
- Drink more water.
- Practice deep breathing.
- Get enough sleep and make adjustments for better sleep habits.
- Take a social media break.
- Call a friend or family member.
- Exercise. Just 30 minutes of exercise per day can be a major mood-booster.
- Go for a walk outside with family, friends, or your pet.
- Add more fruits and veggies to your meals.
- Learn to meditate.
- Recognize and accept emotional states.
- Take time for yourself.
- Eat right.
- Remove negative self-talk.
- Join a yoga or aerobics class.
- Forgive yourself.
- Commit to self-love.
- Continue to learn.

