

The Foundations of
Wellbeing

November 7-9th, 2021

At The Historic Gasparilla Inn
Boca Grande, Florida

BB&R

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THE GASPARILLA INN & CLUB

www.the-gasparilla-inn.com
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Welcome to the 2021 Foundations of *Wellbeing* Experience

We are thrilled that each and every one of you are here with us at the beautiful Gasparilla Inn.

We will be spending the next two days rediscovering what it means to take care of ourselves (mind, body and spirit) all while learning to deepen our connection with those around us. Our intention for our time together is that this experience is transformational for you and that you will leave feeling refreshed, relaxed and ready to make small (or maybe big) changes that will lead you on a path to creating the life you love. By being here you have made the decision to put your health first - congratulations!

The group of speakers and health experts that are joining us this year are beyond incredible. We are excited for them to share their knowledge and expertise covering topics from sleep, to COVID-19, to DRAMA to sexual health, and so much more. And what better place to be right now, than right here at the beautiful Gasparilla Inn.

Enclosed in this booklet you will find the daily schedules, maps of the island, and helpful information to support you during these next few days and beyond.

We look forward to being together, and as always, remember to live, love and breathe,

Doro & Tricia





Sunday, November 7th

Arrival & Check-In, 3:00 pm - 5:00 pm

The Sharp Room

Stop by The Sharp Room for welcome hors d'oeuvres, to make your “Deep-Dive” experience selection and to pick up your welcome bag with information for the exciting days ahead!

Welcome Cocktails & Dinner, 6:30 pm

The Golf Club Gazebo

Guests are invited to enjoy health inspired craft cocktails and an intimate dinner. Meet and greet with your fellow guests to kick off your journey to a better, healthier you!

Monday, November 8th

Silent Morning Meditation, 6:30 am

The Beach Club Pavilion

Capture the stillness of those first moments of wakefulness with a beautiful candlelit meditation led by Doro. All are welcome.

Sunrise Yoga, 7:00 am

The Moon Pool at The Beach Club

Join Keith Mitchell for a peaceful yoga session that will align your mind, body and environment.





Keith Mitchell is a former All-Pro NFL football player turned internationally renowned Celebrity Yogi. As a Motivational Mindfulness Coach, Holistic Health and Wellness Advocate, Community Activist and Humanitarian, he is committed to providing holistic tools that help others achieve optimal health, harmony and aliveness to the fullest degree. A life changing football injury left Keith partially paralyzed, he utilized Yoga and Meditation to fully recover, he now shares his inspirational transformation with others as a highly sought speaker.

Beachside Breakfast, 7:50 - 9:00 am

The Beach Club Dining Pavilion

Session 1

Covid-19: 18 Months Later

Dr. Seetha Lakshmi, 9:00 - 9:45 am

The Gulf Room at The Beach Club

Tampa General Hospital is leading the way, nationally and statewide, battling COVID-19. As TGH innovates new ways and conducts ground breaking research to save lives, Dr. Seetha Lakshmi will present COVID-19: 18 Months Later. You'll learn about the new Global Emerging Diseases Institute and how to best protect yourself and your family.



Seetha Lakshmi, MD, serves as Tampa General Hospital's Medical Director of the Global Emerging Diseases Institute, Associate Hospital Epidemiologist, and a consultant for TGH Prevention Response Outreach. In addition, Dr. Lakshmi is an assistant professor for the Division of Infectious Diseases and International Medicine at USF Health Morsani College of Medicine. Dr. Lakshmi completed her fellowship in infectious diseases from the University of Miami, Jackson Memorial Hospital. She is board certified in both infectious disease and internal medicine.

Session 2

Solving Chronic Pain by Restoring Balance

David Starbuck Smith, 9:45 - 10:30 am

The Gulf Room at The Beach Club

David explores the physical and emotional components, causes, and solutions to acute and chronic muscle and joint pain. If you have physical pain or are nursing injuries, this is information that will change your life!



David Smith is an Exercise Therapist, Author and Speaker who specializes in treating chronic musculoskeletal pain by restoring physical and emotional balance. His goal is to help others resolve their temporary or chronic physical and emotional pain in order to live happier and more fulfilling lives. David is a former college and professional tennis player who became a specialist in anatomy, biomechanics and physiology after graduating from UC Berkeley with a pre-med degree in Integrative Biology. He ran his own Exercise Therapy clinic in downtown San Francisco for 16 years and worked weekly with the San Francisco 49'ers for two seasons. He's also been a student of metaphysics and psychology for 25 years and is fascinated by the link between emotional and physical pain.

Session 3

The Easy and Delicious Approach to Anti-Inflammatory Cooking

Amanda Haas, 10:45 am - 11:30 am

As a lifelong allergy sufferer who developed chronic joint pain, heartburn, stomach, and back problems in her adult life, Amanda's health struggles have led her to gastroenterologists, allergists, rheumatologists, and alternative healers of all types. After years of testing for everything from Celiac disease to bone cancer, an allergist pointed out that inflammation was the root cause of all of her ailments. His suggestion? Remove the inflammatory ingredients from her diet and see how she felt.



By removing the ingredients that trigger inflammation in most people, Amanda was surprised by her body's immediate positive reaction. But over time, she recognized that most people were hesitant to try an anti-inflammatory diet for fear they wouldn't be able to enjoy any of their favorite foods. Determined to share what she'd learned, Amanda decided to create anti-inflammatory recipes that were so delicious, her readers wouldn't feel deprived of their favorite foods.

We will join Amanda as she discusses the perceived obstacles to eating an anti-inflammatory diet, and how she has managed to cook her way back to better health with a few small changes.



Amanda Haas is an accomplished food writer, cooking instructor, video host, and cookbook author. She has contributed to over a dozen cookbooks and written three of her own, including *The Anti-Inflammation Cookbook: The Delicious Way to Reduce Inflammation and Stay Healthy* (Chronicle Books, 2016) and *The Vibrant Life: Eat Well, Be Well* (Chronicle Books, 2019). Amanda is currently a culinary ambassador for Traeger Grills and consults for other brands she loves, including Hestan Cue Cookware, Miele appliances, California Strawberries, and Breville. In 2018, she launched her own brand *amandahaascooks*. Prior to that, she spent 7 amazing years overseeing the test kitchen as the Culinary Director of Williams Sonoma, and is a graduate of Tante Marie's Cooking School. Amanda's work has been featured in *The Every Girl*; *The San Francisco Chronicle*; *Taste of Home*; *Katie Couric's Wake-Up Call*; and on the cover of *Sunset Magazine*.



Session 4

The Great Age Reboot: Preparing For A Younger Tomorrow

Dr. Mike Roizen, 11:30 am - 12:30 pm

The Gulf Room at The Beach Club

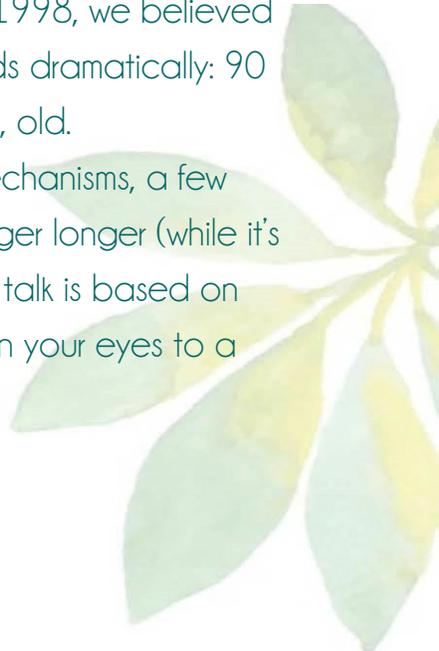
Sometime in the not-too-distant future, your medical landscape will look like this — you will 3D-print a new organ to replace a diseased one, a robot will remove plaque from your arteries, and if you have the gene that shows you're predisposed to colon cancer, a snip and you will cut that gene out of your DNA, and colon cancer out of your future.

Some 100 years ago, most people couldn't imagine a world with antibiotics or immunizations, let alone MRI-guided robotic surgery performed on a patient in an operating room in Cleveland, Tennessee, by a surgeon in Cleveland, Ohio.

But these breakthroughs are commonplace. And by 2030, it will not be uncommon for people to be able to live to 115 years and even 130. That jump—30 or more years of living in just 10 years—is unprecedented. You may be asking, what does this look like? What should you do to prepare to be younger? After all, who wants to live longer if it just means living older? Nobody.

But hear us out: you won't just be living longer. Instead, you'll be extending the period between ages 30 and 60 to between 30 and 90. In 1998, we believed age 60 could be the new 40. In 2030, that potential expands dramatically: 90 could be the new 40. Old age wouldn't be, well, old.

Of the 14 major areas of developing research in aging mechanisms, a few treatments that become commonplace will help you stay younger longer (while it's impossible to predict which ones, we have our guesses). This talk is based on Dr. Roizen's new book, *The Great Age Reboot* and will open your eyes to a fascinating subject.





Dr. Roizen initiated and developed the RealAge concept to motivate behavior change. He has served as Cleveland Clinic's first Chief Wellness Officer from 2007 to 2019, and founding Chair of its Wellness Institute. The Clinic's Wellness Programs helped the clinic save over 1.050 billion dollars for its 101,000 employees and dependents over 11 years compared with national averages, and help over 43.6% of participants achieve 6+2 normals® for health. He is certified in Internal Medicine and Anesthesiology. He is a Phi Beta Kappa graduate of Williams, AOA from UCSF School of Medicine. He now serves Cleveland Clinic as Chief Wellness Officer Emeritus, and is a Professor, Learner College of Medicine of the Cleveland Clinic at Case Western Reserve University.

Lunch with a View, 12:30 pm - 2:00 pm **The Beach Club**

Deep Dive Optional Sessions 2:00 pm - 4:00 pm

Dive even deeper with your favorite health expert from the morning OR spend the afternoon exploring the beautiful island of Boca Grande by bike or kayak.

Please make your selection at the event check-in at The Sharp Room.

Cooking Demo with Amanda Haas (2:00 pm - 3:00 pm)

Foundations of Yoga with Keith Mitchell (2:00 pm - 3:00 pm)

Postural Alignment Therapy with David Starbuck Smith (3:00 pm - 4:00 pm)

Dive Deeper into your Health Questions with The Doctors (3:00 pm - 4:00 pm)



Sunset Soiree, 6:00 pm

(Arrive early to view the sunset at 5:41 pm)

The Beach Club

Join us beachside for breathtaking sunset views of the Gulf of Mexico and a beautiful meal, thoughtfully prepared by The Gasparilla Inn's head chef, Gabriel Maldonado. After dinner entertainment by a local Boca Grande singer.

Tuesday, November 9th

Silent Morning Meditation, 6:30 am

The Beach Club Pavilion

Join us for another beautiful candlelit meditation led by Doro, and capture the stillness of those first moments of wakefulness.

Sunrise Yoga, 7:00 am

The Moon Pool at The Beach Club

Join Keith Mitchell as you continue to build on your yoga practice to align your mind, body and environment.

Beachside Breakfast, 7:50 am - 9:00 am

The Beach Club Dining Pavilion

Session 5

A Radical New Conversation: How to Lose the Drama in Your Life

Jim Dethmer, 9:00 am - 9:45 am

The Gulf Room at The Beach Club



Drama, both personally and professionally, is natural and normal. But drama is costly. It saps our energy and causes stress and relational difficulty. In this discussion, we will discuss what causes drama, the cost of drama and how to reduce drama if we choose to. We will explore what it looks like to create a drama free life.



Jim Dethmer is a coach, speaker, author, and founding partner at The Conscious Leadership Group. He has personally worked with over 150 CEOs and their teams to integrate conscious leadership into their organizations. Jim also leads monthly Forums for select leaders in Chicago and New York, and trains coaches through The Conscious Leadership Group. He has spoken at Conscious Capitalism, Wisdom2.0, Mindful Leadership Summit, Northwestern University Kellogg School of Management, and USC School of Medicine Greenville (where conscious leadership is part of the curriculum). He is co-author of High Performing Investment Teams, and The 15 Commitments of Conscious Leadership, and an Amazon bestseller (2015). Jim lives in Chicago with his wife Debbie, and in Michigan, their soul's home, when they're recharging during the summer months.

Session 6

Sexponential Medicine

Dr. Amy Killen, 9:45 am - 10:30 am
The Gulf Room at The Beach Club

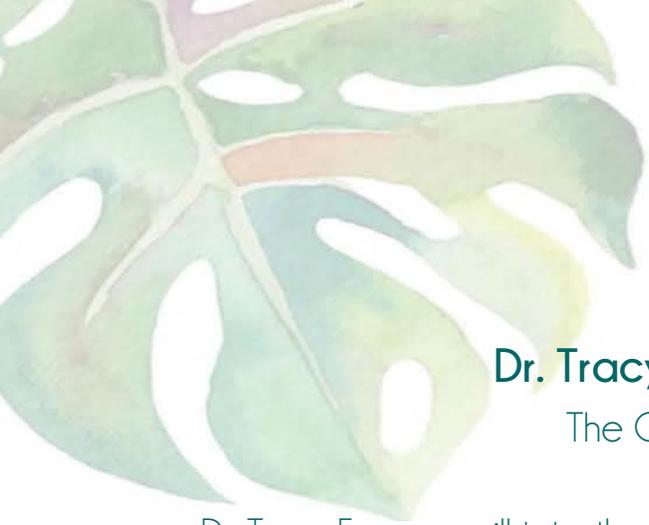
Just as medicine and science are advancing at exponential speeds, so too is sexual medicine. Dr. Killen joins us this morning to explore "Sexponential Medicine." It's a world where old-fashioned healthy lifestyle and mindfulness meets innovations in artificial intelligence, where functional genomics meets hormone optimization, where light, heat, oxygen and sound-based therapies meet injectable biologics and biometric tracking.

Exponential Medicine is about using innovations across multiple disciplines to help people maintain sexual vitality and move towards sexual longevity, because who wants to live forever with a sexual system that can't keep up?



Amy Killen, MD is an anti-aging and regenerative physician specializing in sexual optimization, aesthetics and longevity medicine. Board certified in emergency medicine with ten years of experience, Dr. Killen saw the impact of unchecked chronic disease and disability from the front lines before transitioning to anti-aging and regenerative medicine. An international speaker, clinical practice owner, medical director of a national regenerative medicine physician training course, author, and frequent media guest, Dr. Killen has become an outspoken advocate for empowering people look and feel their best by merging lifestyle modification, integrative medicine, bio-identical hormones, energy modalities and stem cell therapies. After treating a number of prominent biohackers and longevity-seekers, Dr. Killen and her colleague, Dr. Harry Adelson pioneered the Full Body Stem Cell Makeover, one of the most innovative regenerative procedures currently available. In her portion of the procedure, Dr. Killen combines stem cells and exosome injections with light, sound and other energy-based therapies to give patients unparalleled synergistic regenerative effects for skin, hair and sexual systems. Or, as a recent headline in The Times London said about her, "Can't get no satisfaction? This woman can help (She's a doctor)". to jump in?





Session 7

The Doctor Is In

Dr. Tracy Freeman, 10:30 - 11:15 am

The Gulf Room at The Beach Club

Dr. Tracy Freeman will take the time during her presentation to explain to us what the difference is between conventional medicine and functional medicine. She will describe why it is important to identify the “root cause” of disease in the body vs. simply treating the symptoms of an illness. Come ready with your questions!



Dr. Tracy Freeman has successfully merged the worlds of conventional and holistic medicine. Her work reflects the philosophy that we have an innate constitution that allows healing with the right tools. Dr. Freeman further feels that the body does everything for a reason and that her job is to uncover the process that has led to pathological states. By gently assisting the patient in finding homeostasis, the inherent physiology is allowed to flourish again. Her practice focuses on holistic primary care to both prevent disease and assist in healing.



Session 8
The Mindful Community Collective
Zenka Caro, 11:30 am – 12:15 pm
The Gulf Room at The Beach Club

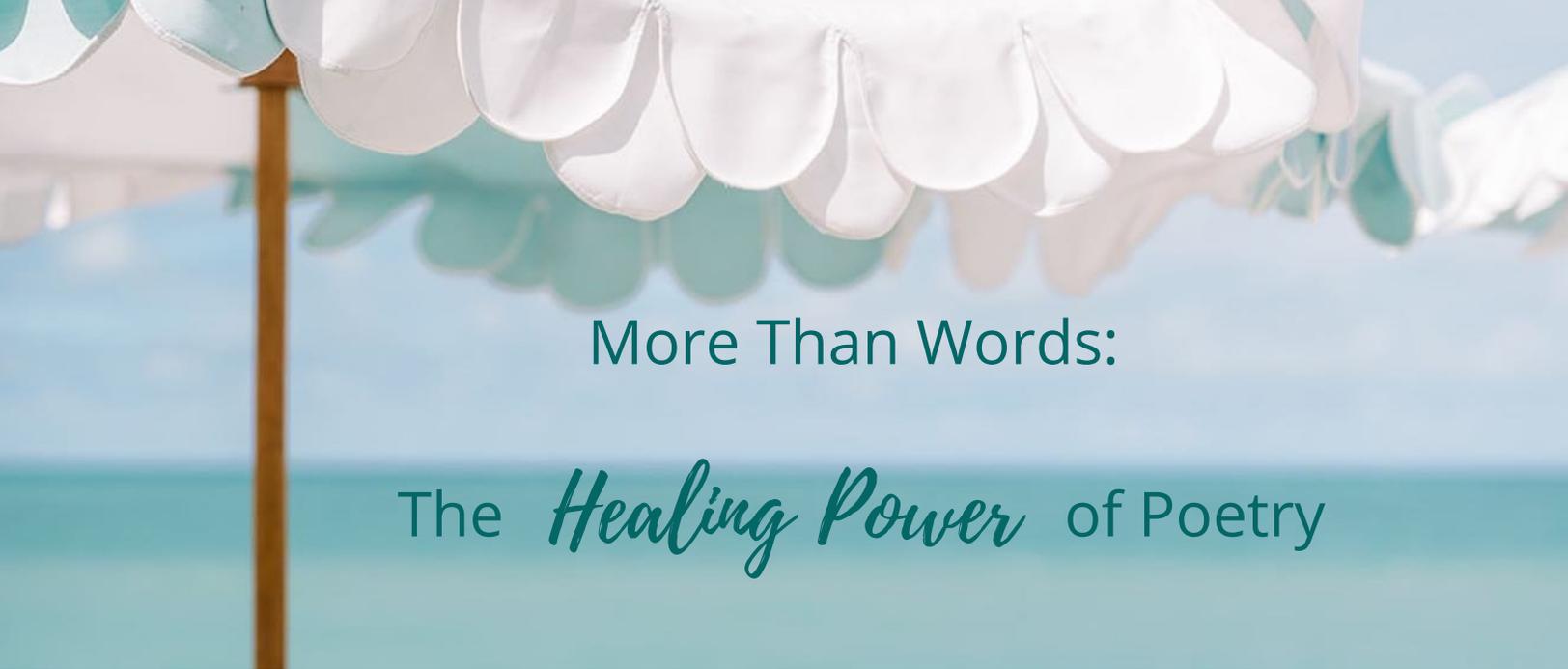
The wellness movement is having an aha-moment. New research is showing how truly holistic our health is. Though we know a lot about superfoods and exercise, what we didn't realize was that our relationship health has more impact on our physical health than things like obesity, drinking and smoking. The Mindful Community Collective, or MC², is a science-backed corporate and community wellness program that increases connection, belonging, and physical health. BB&R designed the program to allow people to practice six core habits. Deep listening, turning judgement into curiosity, finding your breath, speaking your truth, practicing forgiveness and embracing joy all play a part in creating a foundation for resilience and wellness in our lives.



Zenka is a futurist and strategic planner focused on building collaboration infrastructures to scale global consciousness and wellness. She is an expert in whole systems thinking, human centered design, frontier technology, and augmented reality. Zenka graduated with honors with a Bachelor of Science from Northwestern University. She worked designing interactive software and streaming products for Akamai Technologies before founding a software development company. She has been working with BB&R for over a decade to bring cutting edge, holistic health into the mainstream.

Lunch with a View, 12:15 pm – 1:15 pm
The Beach Club





More Than Words:

The *Healing Power* of Poetry

In a world where fast is the new slow, it's important to take a few minutes for ourselves and do something to provide a bit of respite. We suggest reading poetry as a way to unwind - here's why...

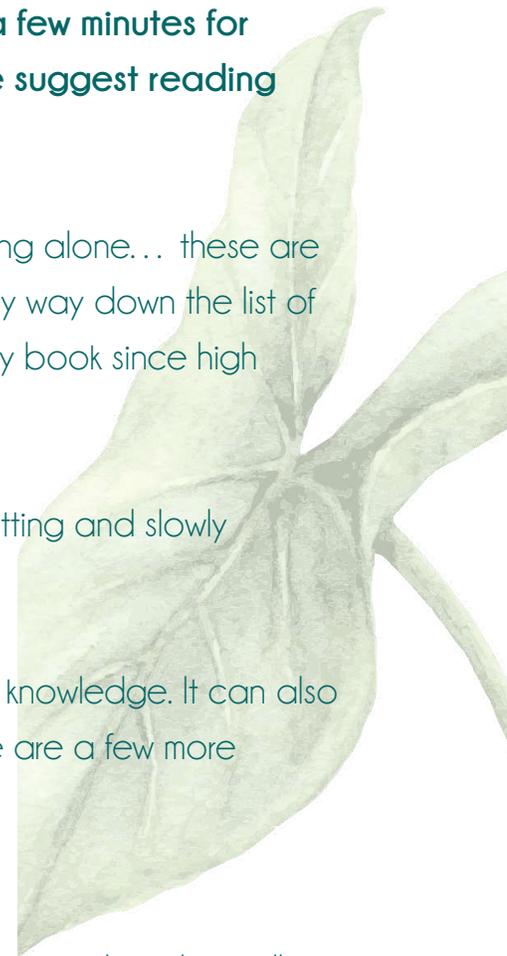
Pouring a glass of wine, booking a massage, spending an evening alone... these are all things we do to try and take care of ourselves. Poetry is usually way down the list of remedies, in fact, most of us probably haven't picked up a poetry book since high school.

Skimming the pages of a fast-paced novel is one thing but just sitting and slowly reading a short verse or two is quite another.

Reading poetry serves as a digital detox and also expands our knowledge. It can also provide a great escape to somewhere new and wonderful. Here are a few more reasons why reading poetry is good for our health...

It slows us down

The pace of life moves so fast - from answering emails while taking a walk, to hurriedly making an online clothing purchase. Taking time out to read a poem, letting yourself slowly absorb each verse, will slow you down naturally. Try reading the words aloud, soaking in the meaning of each word.





It widens our vocabulary and cultural knowledge

Reading poetry gives us a rare opportunity to interact with the very best of wordsmiths, increasing our vocabulary through the use of interesting words in beautiful ways. There's a freedom in the way poets can express themselves that prose rarely matches, and it helps teach us to be more imaginative in our thought and how we express ourselves. There are many great poets to choose from, from all different centuries and cultural backgrounds, and they all provide different insights into humanity, opening our eyes to a world of different experiences.

It prevents isolation and depression

Reading other people's experiences, both bad and good, helps us to realise we're not alone in what we're going through. We take comfort in knowing we are not isolated in our struggles, that somebody has felt this way before. If you're anxious, melancholy or grieving, the poet's words mean that you no longer have to feel alone, and poetry can give hope for the future and even some excellent advice.

It can boost your mood

Poetry isn't just for leaning on during hard times. Reading a poem that encapsulates how it feels to be deliriously happy, or perfectly tranquil, or deeply in love, can make you feel euphoric. It's one of the reasons that sharing poetry is so popular at weddings.

It can provide calm

Reciting a silly poem when you're feeling like you're going to lose your cool is a good way to regain composure. Letting the words wash over you helps you to take a second out of reality and realise that what you're currently mad about will pass. Try memorising a happy or humorous poem to recite when you feel your blood pressure rising.





Why I Wake Early

by Mary Oliver

Hello, sun in my face.
Hello, you who make the morning
and spread it over the fields
and into the faces of the tulips
and the nodding morning glories,
and into the windows of, even, the
miserable and crotchety-

best preacher that ever was,
dear star, that just happens
to be where you are in the universe
to keep us from ever-darkness,
to ease us with warm touching,
to hold us in the great hands of light-
good morning, good morning, good morning.

Watch, now, how I start the day
in happiness, in kindness.



The Peace of Wild Things

by Wendell Berry

When despair for the world grows in me
and I wake in the night at the least sound
in fear of what my life and my children's lives may be,
I go and lie down where the wood drake
rests in his beauty on the water, and the great heron feeds.
I come into the peace of wild things
who do not tax their lives with forethought
of grief. I come into the presence of still water.
And I feel above me the day-blind stars
waiting with their light. For a time
I rest in the grace of the world, and am free.





Kindness

Naomi Shihab Nye

Before you know what kindness really is
you must lose things,
feel the future dissolve in a moment
like salt in a weakened broth.
What you held in your hand,
what you counted and carefully saved,
all this must go so you know
how desolate the landscape can be
between the regions of kindness.
How you ride and ride
thinking the bus will never stop,
the passengers eating maize and chicken
will stare out the window forever.
Before you learn the tender gravity of kindness
you must travel where the Indian in a white poncho
lies dead by the side of the road.
You must see how this could be you,
how he too was someone
who journeyed through the night with plans
and the simple breath that kept him alive.
Before you know kindness as the deepest thing inside,
you must know sorrow as the other deepest thing.
You must wake up with sorrow.

You must wake up with sorrow.
You must speak to it till your voice
catches the thread of all sorrows
and you see the size of the cloth.
Then it is only kindness that makes sense
anymore,
only kindness that ties your shoes
and sends you out into the day to gaze
at bread,
only kindness that raises its head
from the crowd of the world to say
It is I you have been looking for,
and then goes with you everywhere
like a shadow or a friend.



The Guest House

Rumi

This being human is a guest house.
Every morning a new arrival.

A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.

Welcome and entertain them all!
Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out
for some new delight.

The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.

Be grateful for whoever comes,
because each has been sent
as a guide from beyond.





Love After Love

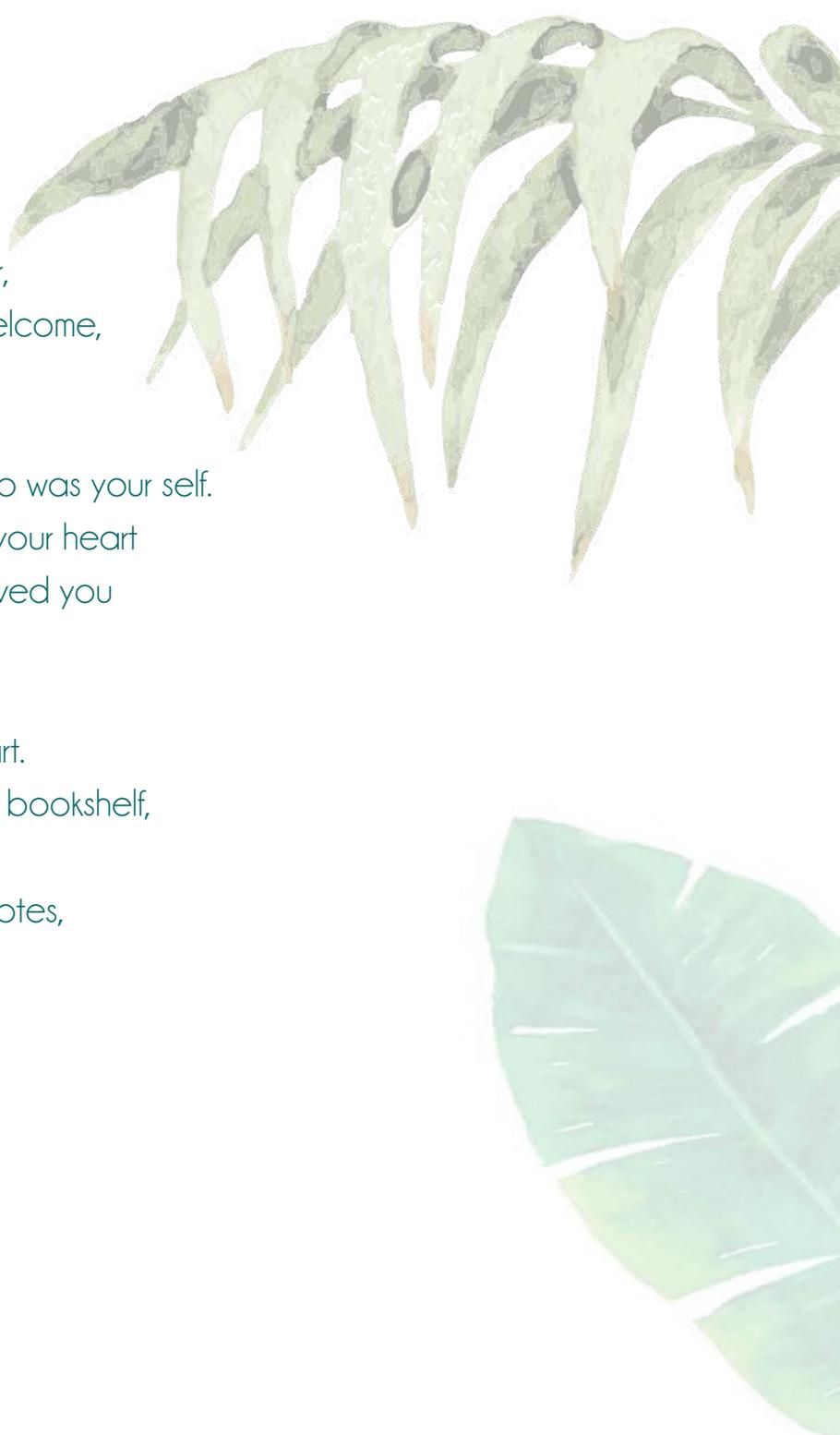
Derek Walcott

The time will come
When, with elation,
You will greet yourself arriving
At your own door, in your own mirror,
And each will smile at the other's welcome,

And say, sit here, Eat.
You will love again the stranger who was your self.
Give wine. Give bread. Give back your heart
To itself, to the stranger who has loved you

All your life, whom you ignored
For another, who knows you by heart.
Take down the love letters from the bookshelf,

The photographs, the desperate notes,
Peel your image from the mirror.
Sit. Feast on your life.





A Blessing for Equilibrium

John O'Donohue



Like the joy of the sea coming home to shore,
May the music of laughter break through your soul.

As the wind wants to make everything dance,
May your gravity be lightened by grace.

Like the freedom of the monastery bell,
May clarity of mind make your eyes smile.

As water takes whatever shape it is in,
So free may you be about who you become.

As silence smiles on the other side of what's said,
May a sense of irony give you perspective.

As time remains free of all that it frames,
May fear or worry never put you in chains.

May your prayer of listening deepen enough
To hear in the distance the laughter of God.





Don't Hesitate

Mary Oliver

If you suddenly and unexpectedly feel joy, don't hesitate.

Give in to it.

There are plenty of lives and whole towns destroyed or about to be.

We are not wise, and not very often kind. And much can never be redeemed.

Still, life has some possibility left.

Perhaps this is its way of fighting back, that sometimes something happens better than all the riches or power in the world.

It could be anything, but very likely you notice it in the instant when love begins.

Anyway, that's often the case.

Anyway, whatever it is, don't be afraid of its plenty. Joy is not made to be a crumb.



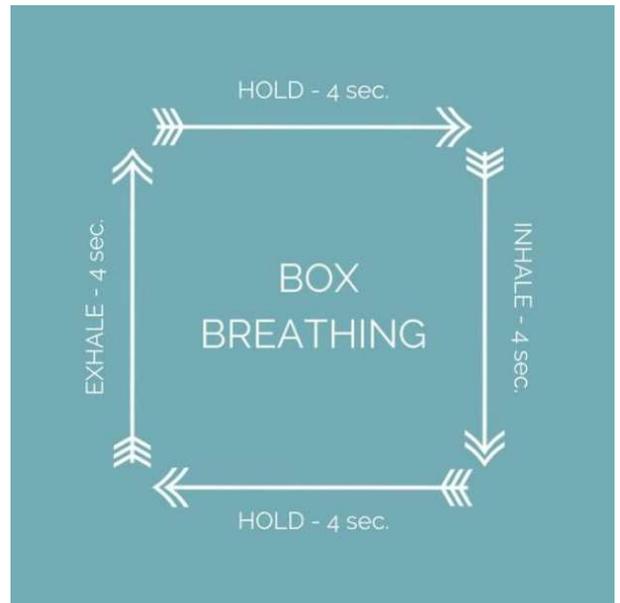


Coloring has the ability to relax the fear center of your brain, the amygdala. It induces the same state as meditating by reducing the thoughts of a restless mind. This generates mindfulness and quietness, which allows your mind to get some rest after a long day at work.



Box Breathing

Box Breathing also known as square breathing is a technique that has been positively associated with everything from better sleep and improved heart health, to mental clarity, reduced anxiety and depression along with improved cognitive function. It is used around the world in doctors and therapists offices, yoga studios and even for Navy Seals to help with the stress and anxiety that comes with their job.



STEP 1

Inhale through the nose to a count of four, lungs should be completely full of air.

STEP 2

Hold the air in your lungs for a count of four.

STEP 3

Exhale through the mouth to a count of four, all of the air should be out of the lungs.

STEP 4

Hold the lungs in an empty state for a count of four.

STEP 5

Repeat steps one through four for a total of at least 5 minutes. If ready, you can increase to a count of 8.



Coconut Ginger Sea Bass in Parchment with King Trumpet Mushrooms and Bok Choy

by Amanda Haas



When I write cookbooks, I tend to isolate myself, relying on my own instincts to develop the recipes before sharing them with friends and family for feedback. During this book's creation, I opened myself up for feedback a little sooner, and what happened? Magic! Belle English, an amazing recipe developer and test cook, suggested the addition of coconut milk, and it sang!

With the health benefits of ginger, garlic, mushrooms, bok choy, and coconut milk all in one place, this recipe will make you feel as great as it tastes. Also, serving the fish in its parchment is always a total showstopper. No one has to know it's a piece of cake.

INGREDIENTS

- Four 4 oz sea bass fillets
- Kosher salt
- Freshly ground black pepper
- 1/4 cup toasted sesame oil
- 1/4 cup tamari
- 1/4 cup coconut milk
- 1 tsp grated lime zest plus 2 tbsp fresh lime juice, plus lime wedges for serving
- 1 tbsp grated fresh ginger
- 2 tsp honey
- 2 garlic cloves, minced or grated
- 8 oz King Trumpet mushrooms, thinly sliced lengthwise
- 2 heads baby bok choy, cut into 1/4 in slices on the bias
- 3 green onions, thinly sliced, dark green parts reserved for garnish
- Toasted sesame seeds for garnish (optional)

INSTRUCTIONS

- Preheat the oven to 400°F. Cut four pieces of parchment, each 18 inches long.
- Season the fish with a small pinch each of salt and pepper. In a medium mixing bowl, whisk together the sesame oil, tamari, coconut milk, lime zest and juice, ginger, honey, and garlic. Reserve 6 Tbsp of the marinade.
- Add the fish to the remaining marinade and toss to coat. Cover and marinate at room temperature for 20 minutes.
- Combine the mushrooms, bok choy, and green onion whites in a bowl. Season lightly with salt and pepper. Drizzle with the reserved marinade and toss to coat.
- Place a handful of the mushroom mixture in the center of a piece of parchment. Place a fish fillet on top, and add another handful of mushrooms. Bring the long sides of the paper together, and fold the top edges down together to create a 1 in [2.5 cm] seam, then continue to fold down tightly over the fish and vegetables. Twist the open ends of the parchment in opposite directions to prevent steam from escaping. Place the packet on a baking sheet. Repeat the process with the remaining ingredients and parchment.
- Bake until the packets are browned and have puffed up, about 15 minutes.
- Transfer each packet to a plate and let stand for 5 minutes. Using sharp scissors, cut an X into the center of each packet, and carefully pull back the parchment. Sprinkle with green onion greens and sesame seeds, if using. Serve immediately with lime wedges.



Green Bean and Snap Pea Salad with Mustard Vinaigrette

by Amanda Haas

I am a huge fan of Yotam Ottolenghi's vegetable recipes. He can turn the simplest ingredients into magical masterpieces. One recipe of his that I still crave is a green bean salad with wild rice and loads of fresh tarragon. He uses a coarse grain mustard for the vinaigrette so you get this beautiful contrast in textures and flavors. Promise me you'll try the coarse-grain mustard in this version as well. It adds an unexpected pop to every bite! Thank you, Yotam, for inspiring me to give vegetables the center stage more often.



FOR THE SALAD

- Kosher salt
- 2 lb. 910 g green beans, trimmed
- 8 oz 225 g snap peas
- 1 Tbsp extra-virgin olive oil
- 1/3 cup pine nuts
- 8 oz. 225 g snow peas, trimmed and sliced on the bias
- 2 cups 60 g pea shoots, optional
- ½ cup 20 g roughly chopped fresh mint, tarragon, or combination of the two

MUSTARD VINAIGRETTE

- ¼ cup 60 ml) fresh lemon juice
- 2 Tbsp minced shallot
- 2 Tbsp coarse-grain mustard
- 1 Tbsp honey
- ½ cup 120 ml extra-virgin Olive oil
- Kosher salt
- Freshly ground black pepper

INSTRUCTIONS

- Bring a large pot of water to a boil and add 2 Tbsp salt. Prepare an ice bath in a large mixing bowl (3 parts ice to 2 parts water).
- Blanch the green beans until bright green and barely softened, about 3 minutes. Transfer to the ice bath until cooled, then transfer to a paper towel-lined plate to dry. Blanch the snap peas until bright green and slightly softened, about 2 minutes. Transfer to the ice bath, then transfer to a paper-towel lined plate.
- In a small skillet over medium heat, heat the oil. Add the pine nuts and a pinch of salt, and cook until fragrant and golden brown, about 3 minutes. Let cool completely.
- To make the mustard vinaigrette: In a small bowl, combine the lemon juice, shallot, and mustard, and let sit for about 5 minutes. Whisk in the honey. Slowly whisk in the oil until smooth. Season with salt and pepper.
- To assemble the salad: Combine the blanched green beans and snap peas and raw snow peas in a large bowl. Add the pea shoots, mint, pine nuts, and $\frac{1}{2}$ cup of the vinaigrette. Toss to combine, adding the remaining vinaigrette as desired, and serve.



Fish en Papillote with Tomatoes, Corn, and Asparagus

by Amanda Haas



Cooking fish in parchment packets seals in moisture while creating a beautiful presentation with loads of flavor. Learn this technique and use it over and over again with any type of fish and your favorite seasonal vegetables.

INGREDIENTS

- Four 4-oz fish fillets, such as halibut, salmon, or snapper, pin bones removed
- Kosher salt
- Freshly ground black pepper
- Extra-virgin olive oil for drizzling
- 2 lemons, preferably Meyer, ends trimmed, cut into 12 slices about 1/8 in. thick
- Kernels from 2 ears of corn
- 16 asparagus spears, bottoms trimmed, sliced on the bias into 1/2-in pieces
- 1 cup cherry tomatoes (optional if nightshade sensitive)
- 2 Tbsp finely chopped assorted herbs, such as basil, chives, parsley, tarragon, and dill

INSTRUCTIONS

Preheat the oven to 400°F. Cut four pieces of parchment paper each 18 in. long

Place a fish fillet on the center of a piece of parchment. Season with a small pinch each of salt and pepper, then drizzle with olive oil.

Place three lemon slices on each fillet, overlapping them slightly to cover the fish. Sprinkle one-fourth each of the corn, asparagus, tomatoes (if using) evenly around the fish, then drizzle with a little olive oil and season again with a small pinch each of salt and pepper.

Bring the long sides of the paper together, and fold the top edges down together to create a 1-in seal, then continue to fold down tightly over the fish and vegetables. Twist the open ends of the parchment in opposite directions to prevent steam from escaping.

Repeat the process with the remaining ingredients and parchment. Place the packets on a baking sheet. (If not baking immediately, refrigerate for up to 4 hours.)

Bake until the packets are lightly browned and have puffed up, about 15 minutes. Transfer each packet to a plate and let stand for 5 minutes. Using sharp scissors, cut an X into the center of each packet and carefully pull back the parchment and sprinkle with herbs. Serve immediately.



Curry-Roasted Cauliflower with Haas Sauce

by Amanda Haas



My friend, blogger, and amazing cookbook author Ronny Joseph Lvovski and I have lots in common, including a love of cauliflower. He and I both believe if you roast it at a really high heat, it's a game changer! In Ronny's new cookbook "The Primal Gourmet Cookbook: It's Not a Diet if It's Delicious," he has a recipe for whole-roasted cauliflower that looks incredible.

We decided to take the flavors of my "Curry-Roasted Cauliflower with Haas Sauce" and combine it with Ronny's technique. The result? As Ronny says, "It's the lowest-key flex of low-key flexes." You put this recipe on your table and people won't be able to talk about anything else! The secret? You have to blanch the cauliflower first so the inside is cooked through well enough before putting it in a hot oven, allowing it to be cooked through while it gets incredibly crispy and delicious on the outside! Confession: I ate an entire one coming out of the oven last week. It's that good.

You can make the "Haas Sauce" up to 5 days in advance and keep it refrigerated until you're ready to use!



Ingredients

- 1 head of cauliflower, about 1 1/2 lbs
- Kosher salt
- 2 tbsp extra virgin olive oil
- 1 clove garlic, grated
- 1 tsp curry powder
- 1/2 tsp ground turmeric
- Freshly cracked black pepper
- 1/3 cup chopped, roasted, salted almonds
- 1/4 cup currants, rehydrated and drained
- 2 tsp grated lime zest

For the Haas Sauce

- 3 tbsp Sherry vinegar
- 1 tbsp Dijon mustard
- 3 garlic cloves, peeled
- 2 cups loosely packed parsley leaves
- 1 cup loosely packed basil leaves
- 1 cup loosely packed mint leaves
- 3/4 cup extra virgin olive oil
- Kosher salt (optional)

For the Haas Sauce

- In a food processor, combine the vinegar, mustard, and garlic. Pulse a few times to break up the garlic.
- Add the parsley, basil, and mint and pulse until evenly chopped. Scrape down the sides of the bowl.
- Then, with the motor running, add the olive oil until a thick sauce forms.
- Taste and adjust salt as desired.
- Store in an airtight container in the refrigerator for up to 1 week.

For the Cauliflower

- Bring a large pot of water to a boil and preheat oven to 450 degrees F.
- Trim the stem of the cauliflower so that it can stand upright. Season the water with 1 tablespoon salt and submerge the cauliflower, stem side up. Cook for 10-12 min or until tender.
- In a bowl, combine the oil, garlic, curry powder, turmeric, 1/2 tsp salt, and 1/2 tsp pepper. Drizzle the mixture all over the cauliflower and massage it to coat. Roast the cauliflower, stem side-down, until golden brown and slightly charred, 25-30 minutes.
- Transfer to a serving platter, garnish with almonds, currants, and lime zest. Serve immediately.

Amanda's California Cocktail

by Amanda Haas



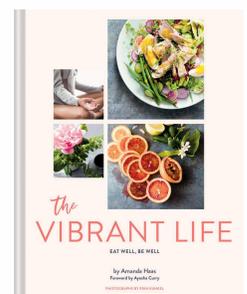
I am obsessed with St-Germain, the elderflower liqueur that takes everything from basic to delightful in one sip. It pairs so nicely with floral gins and vodkas. I love to use it when friends tell me they only like vodka, but want something a little different. A splash of this in your vodka cocktail along with some citrus feels like what the rest of the world imagines life to be like in California- light, sunny, and happy! If you prefer to serve this up, it would be delicious shaken and served in a martini glass without the added soda water or garnishes.

Ingredients

- 1 1/2 oz high-quality vodka, such as Blue Ice, Tito's, or Grey Goose
- 1/2 oz St-Germain liqueur
- 1 slice of grapefruit plus 1 tbsp fresh grapefruit juice
- Soda water
- 1 sprig rosemary

Instructions

1. Combine the vodka, St. Germain, and grapefruit juice in a cocktail shaker. Add ice and shake.
2. Strain into a glass that has ice cubes in it. Add the slice of grapefruit so it's sitting vertically in the glass.
3. Top with soda water and garnish with a rosemary sprig. Serve.



12 Tips for Dealing with Stress

Stress happens when we have a cognitive miss match between what reality is on the one hand and what we expect it to be on the other.

1. Focus on what you can control
2. Go for a walk
3. Color
4. Talk about it
5. Breathe
6. Look for opportunities in life's challenges
7. Dance it out
8. Treat yourself
9. Reminisce about the good times
10. Ask for a hug
11. Go to bed earlier
12. Smile



Water Tips

Wellness You Can Live



Water is THE SINGLE most important nutrient for our body.

- You can live 5-7 weeks with no food.
- The longest an adult can live without water is 5 days.

Athletic performance decreases when we are as little as 2% dehydrated.



If you eat a lot of starches, increase your water.



Every day our bodies lose 6-12 cups of water just by living, and this water must be replaced.



Bananas are 70% water, apples are 80%, and tomatoes are 90% water.



Dehydration is behind many of our aches and pains, and just not feeling good.



SIGNS OF NOT DRINKING ENOUGH WATER:

1. Headaches
2. Fatigue
3. Irritability
4. Constipation
5. Dry Skin
6. Morning Drowsiness



mindful
community
collective

Connecting communities
one relationship at a time.

Bright Bold & Real has been in the wellness space for over 20 years, educating companies and communities about the latest trends and solutions in holistic health.

Our latest program, the Mindful Community Collective, is designed to offer new tools to leaders and companies to spread knowledge of how to stay connected and resilient.



8 Week MC² Crash Course

The solution is here. Our crash course is backed by metrics and is proven to increase physical and mental health in 8 weeks. Participants will bond in small teams of 8 and with a buddy one-on-one. Everyone leaves with a transformational experience which includes 6 core habits which takes the stress out of work interactions and relationships.

Interactive Course Design

We use best practices in behavioral science to improve company culture and we use wellness metrics to measure lasting change in your organization.

Transformational Experience

- Innovative, self-driven online platform
- Humor, video, text, comics, and movie clips for every type of learner
- Mastery through hands-on learning
- Comprehensive resource library to go deeper
- Supplemental material covering the latest science in brain, gut, and heart health and how to sleep and de-stress.
- Optional weekly guided meditation
- Mindful minutes for bite-sized learning

6 Core Habits

Take theory into practice
with hands-on learning.



Healthy Samoa Cookies

Ingredients:

- Medjool dates – the medjool dates add such a nice caramel flavor and make these Samoas taste like the real deal! You can buy medjool dates that are already pitted on Amazon and Thrive Market.
- unsweetened shredded coconut – be sure to grab unsweetened instead of sweetened! dark chocolate chips to keep this recipe lower in sugar, vegan and dairy-free.
- coconut oil – this is used to help make the melted chocolate thinner, which makes it easier to dip the Samoas. The coconut oil also helps harden the chocolate in the freezer. You can skip it, but your melted chocolate will likely be pretty thick. I recommend using refined coconut oil if you don't want any coconut flavor!

Directions:

TOAST COCONUT – Pre-heat oven to 400°F. Spread the shredded coconut onto a baking sheet for toasting. Place in oven for 3-5 minutes, until coconut is a light golden brown color.

PROCESS – Add dates and toasted coconut into the bowl of a food processor. Pulse until mixture is combined and starts to form a ball of dough.

FORM COOKIES – Remove from the food processor, roll 1 Tablespoon size pieces of dough into a ball and then shape into a round cookie. Using a straw or chopstick punch a hole in the middle of the dough. Move the straw or chopstick around a bit to make the hole wider, if needed. At this point you'll likely need to reshape the cookie a bit.

CHILL – Place all cookies on a sheet lined with parchment and transfer to the freezer to harden up a bit.

MELT CHOCOLATE – While cookies are in the freezer, add chocolate and coconut oil to a shallow microwave-safe bowl and melt in 20-30 second increments until the chocolate is melted enough to drizzle.

COAT – Grab cookies from the freezer and dip each one in the chocolate to coat the bottom. Place cookies on the parchment and use remaining chocolate to drizzle over top the cookies.

FREEZE – Transfer cookies back into the freezer for 10-15 minutes to let the chocolate harden.

Once they've hardened you'll be able to easily remove the cookies from the parchment paper.

ENJOY – If you want to enjoy them right away, let them sit out on the counter for a few minutes.



Palio Twix Bars

Ingredients:

For the shortbread crust:

$\frac{2}{3}$ cup (85g) coconut flour

3 tablespoons (63g) pure maple syrup

$\frac{1}{3}$ cup (66g) coconut oil, solid, use refined for no coconut flavor

For the caramel filling:

$\frac{1}{2}$ cup (128g) creamy almond butter, I also love making these with cashew butter, or use sunflower seed butter or tahini for a nut-free option

$\frac{1}{3}$ cup (111g) pure maple syrup

$\frac{1}{3}$ cup (66g) coconut oil, melted, use refined for no coconut flavor

1 teaspoon vanilla extract

$\frac{1}{4}$ teaspoon kosher salt

For the chocolate topping:

$\frac{1}{4}$ cup (50g) coconut oil, melted, use refined for no coconut flavor

$\frac{1}{4}$ cup (21g) cocoa powder

2 tablespoons (42g) pure maple syrup

$\frac{1}{4}$ teaspoon flaky sea salt, optional



Directions:

Preheat the oven to 350°F. Grease a 14×5" tart pan or 8×8" square pan with coconut oil (I recommend lining the pan with parchment paper as well if your pan doesn't have a removable bottom). Put coconut flour in a bowl. Add the maple syrup and stir until fully combined and crumbly. Add the room temperature coconut oil and mix until a large dough ball forms, pressing out any clumps of coconut oil. I used my hands at the end to bring the dough fully together.

Press the dough into the prepared pan. Bake for 9-11 minutes, or until golden brown around the edges. Let cool completely. For the filling, combine all of the ingredients in a small saucepan and heat until all of the ingredients are melted and thoroughly combined. Pour over the crust and let cool in the refrigerator until set before topping with chocolate layer. For the chocolate topping, whisk together all of the ingredients and pour over the cooled caramel layer. Smooth evenly and sprinkle with flaky sea salt. Let cool until set. Slice into 1-inch slices, or 16 squares. Keep stored in the refrigerator.

Stretching Tips

Wellness You Can Live

Stretching keeps the muscles flexible, strong, and healthy, and we need that flexibility to maintain a range of motion in the joints. Without it, the muscles shorten and become tight. Then, when you call on the muscles for activity, they are weak and unable to extend all the way.

Focus on Flexibility



Strive for Symmetry



Don't Bounce



Use Good Posture While Stretching



Hold Your Stretch



BENEFITS OF STRETCHING

1. Flexibility
2. Mobility
3. Prevents injury
4. Improves posture
5. Improves sleep & eases anxiety

Food is Medicine

Wellness You Can Live

While certain foods may trigger chronic health conditions, others offer strong medicinal and protective qualities.

Boost Your Immunity With Food

Zinc

- Chickpeas
- Cashews
- Salmon
- Tahini
- Cocoa Powder



Vitamin C

- Kiwi
- Red Peppers
- Tomato Juice
- Strawberries
- Oranges



Iron

- Lentils
- Edamame
- White Beans
- Dried Apricots
- Spinach



Vitamin E

- Avocado
- Squash
- Olives
- Almonds
- Broccoli



But Wait There is *More*

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Speakers on Doro & Tricia's

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You can expect insightful conversations about health and

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Ep. 121: Doro and Tricia on the "Growing Bolder" Series with Marc Middleton



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Ep. 64: Zenka Caro - The Future is Better Than Ever, Hop In The Driver's Seat



Ep. 108: The Importance of Blood Sugar with Dr. Mike Roizen - Anesthesiologist, Internist, Author, and Chief Wellness Officer at the Cleveland Clinic



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