

# NEWS



## WEEKLY HEALTH & NUTRITION ROUNDUP

August 28th - September 1st, 2017



Hey there, everyone! Felicia Irons here. Welcome to another edition of V.E. Irons exciting new blog series titled '**Weekly Health and Nutrition News Roundup!**' We're excited to have you here as we breakdown our week's top 10 stories from around the web.

In this weeks news, we learned that one of the reasons Amazon purchased Whole Foods was to help it boost online grocery sales and that the move has helped the giant e-retailer to expand its product roster -- Great news for all of us out there who are on a budget. And in environmental news, we learned how antidepressants are being found in the brains of fish, due to human waste being released into the waters of the Great Lakes. This is a field of growing concern, especially as the use of such chemicals expands. Read more about this and other exciting topics below!





AUGUST 28TH - SEPTEMBER 1ST, 2017

# Weekly Health & Nutrition News Roundup!



## PROTEIN-PACKED VEGETARIAN RECIPES

From **Cooking Light**: Anyone who eats a vegetarian diet knows that one of the most common questions asked is “Where do you get your protein?” But this gallery of recipes is your answer. We rounded up our favorite meat-free meals that also pack a serious punch of protein. With over 20 grams of protein per serving, these dishes are anything but rabbit food. Our hearty meals will keep you full and nourished by using vegetarian protein sources like tofu, eggs, lentils, tempeh, cheese, and beans.

## 4 WAYS TO RESET YOUR HEALTH AFTER LABOR DAY

From **Time | Health**: Summer can feel like one looong semi-vacation—and it's easy to fall into the trap of the “anything goes” vacay mindset for oh, three whole months. If you've indulged more often than you planned (hello, BBQ, ice cream, and many glasses of frose!), you may be itching to get back on track, and recommit to clean eating this fall. Here are a few simple ways you can prepare to hit reset after Labor Day.

## GRAIN BOWLS: THE NEW SUPER BOWLS

From **Consumer Reports**: Frozen meals don't often get high marks for healthfulness or flavor. But in this tests of 26 power bowls, 15 received a high enough overall score to make the recommended list.

## YOU CAN BUY WHOLE FOODS PRODUCTS ON AMAZON NOW. HERE ARE THE BEST DEALS WE FOUND

One of the reasons Amazon purchased Whole Foods was to help it boost online grocery sales, and right away the move has helped the e-retailer expand its product roster.

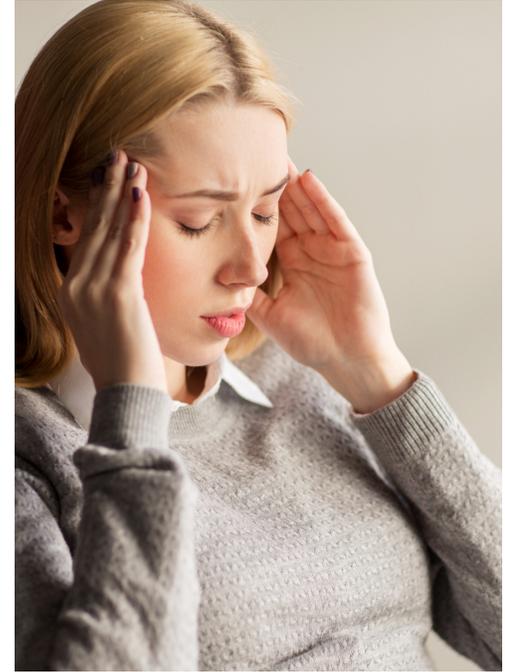
## 5 HEALING BONE BROTH RECIPES FOR YOUR BODY, GUT, SKIN, AND SOUL

From **HealthLine.com**: The food world is buzzing about the healing power of bone broths. It's said that for thousands of years, bone broth concoctions have helped many ailments and may strengthen the blood or support your kidneys. But many of these claims don't have scientific evidence — most of them are anecdotal and culturally passed down.



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## ANTIDEPRESSANTS FOUND IN FISH BRAINS IN GREAT LAKES REGION

From **PHYS.org**: Human antidepressants are building up in the brains of bass, walleye and several other fish common to the Great Lakes region, scientists say. In a new study, researchers detected high concentrations of these drugs and their metabolized remnants in the brain tissue of 10 fish species found in the Niagara River.

## 5 'HEALTHY' FOODS NUTRITIONISTS SAY ARE A WASTE OF MONEY

From **Health.com**: You can probably guess that bagels, soda, candy, and potato chips rarely make it into a nutritionist's grocery basket. But some of the other items they refuse to eat may surprise you. Don't waste your money on these supposedly good-for-you products, which are actually among the worst.

## HOW YOU COULD BE UNKNOWINGLY HARMING YOUR PET

From **INQUISITOR**: A recent study reveals how food allergens are not only detrimental to people, but also to our animal friends.

## IS CANDIDA SYNDROME REAL?

From **NutritionFacts.org**: Does the presence of Candida in the stool correlate with "Candida-hypersensitivity" symptoms, such as headaches and tiredness? And what happens when people are placed on a high-sugar diet?

## TRY THIS SIMPLE AND EFFECTIVE METHOD TO HELP RELIEVE SCIATIC NERVE PAIN

From **The Hearty Soul**: Sciatic pain can be debilitating and leave you feeling hopeless. But there are natural remedies that can bring you some much-needed relief. Here's a recipe for a popular one.



That's it for this week! Thanks so much for reading! If you enjoyed this post, please be sure to check our blog again next week for another edition of the VEI Weekly Health And Nutrition Roundup!

- Felicia Irons, VE Irons, Inc., Social Media Director