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Donna Sonkin's Tips For A Healthy New Year

Posted: Monday, January 01, 2007

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Ahh... 2007 baby! A fresh start. A new chance. You can feel it in your bones, "this year will be different." But let's face it, sometimes you can get overwhelmed and the proverbial candle burns at both ends.

Some of you are working and doing an MBA. For some, you have moved to a new city, started a new job, maybe you've met a new girl or just want to keep your current flame happy. All of which requires massive brain function, a great immune system and an abundance of energy. Here are a few suggestions to keeping yourself alert, healthy, bursting with great energy and loving every moment of it!

DRINK MORE WATER:

The body is 85% water and even a 2% dip can turn the most alert gent into a brain fogged nincompoop so, make sure that you stay as hydrated as possible. I make my clients practically strap a bottle of water to their hips! You could all just keep one at your desk, a small one in your gym bag, a jug in the fridge, a pitcher by the bed, you get the idea – if you find water "boring" squeeze some lemon juice into it or toss in a sprig of fresh mint. Just get it on into your body.

BUILD IMMUNITY:

And you thought that immunity was only for reality TV stars! You are what

Donna's Energy Recipes

Morning Power Smoothie

This smoothie recipe is a wonderful combination of flavors giving you a way to enjoy the nutritional benefits of berries. The added tahini/ almond butter and yogurt will help to sustain you for a healthy fruit pick me up.

Prep and Cook Time: 5 minutes

- ½ cup frozen organic blueberries OR strawberries, OR any other berry
- ¼ cup good quality organic (no hormone no antibiotic) plain yogurt
- 1 cup apple juice
- 1 TBS tahini OR almond butter (raw)
- ½ banana (frozen)
- ½ tsp vanilla
- 1 teaspoon honey OR maple syrup OR agave nectar

**You can add a teaspoon of ground flaxseed meal OR oat bran for extra fiber.*

you eat — no statement is truer when it comes to being healthy and cold-free during the winter months. To keep healthy turn to your “super foods” list and try to add them in when ever possible – for example:

- At breakfast ...make a smoothie with frozen organic blueberries, good quality yogurt, and juice, (sidebar)
- Make a quick omelet with some broccoli
- Oatmeal with walnuts
- For lunch... take some salmon (wild preferably), whole grains and spinach, or get a double whammy when adding tomatoes to a lean roasted [naturally raised] turkey sandwich on whole grain bread.
- Snacks ... keep an orange in your gym bag, switch in green tea for your afternoon latte (save \$\$\$ and lose a couple pounds in the process!) bring a handful of trail mix in a zip lock bag, walnuts, raisins and dark chocolate chips (packed with antioxidants and over 300 naturally occurring brain boosting chemicals)
- Dinner is simple ... red wine, brown rice, beans and chicken (naturally raised when possible) from take out, Chinese shrimp and broccoli with brown rice (steamed with the sauce on the side, squeeze lemon or lime for a fantastic zingy flavor) or pumpkin ravioli with chard.
- Dessert...a big bowl of blueberries (take frozen ones add date sugar (available at the health food store) and puree in food processor – five minute - easy sorbet! Or have some oat bars (sidebar)

SLEEP!

Remember when you were a kid and “lights out!” meant something? If you are a big late night T.V. watcher, shut it off. If you are on the phone explain to your buddies that you **need** sleep! They will understand I promise. If you go straight for the email or even worse surfing for internet romance – stop yourself cold and set boundaries on how much time you will allow yourself to surf – the biggest thing to remember is that whatever feels so pressing and important can just as easily get done tomorrow. An easy way to get the sleep “ball” rolling is to start winding down the moment you enter your house. I change into comfortable clothes right away and start dinner, and then I do all of that other stuff. It is also good at this point to make your lunch or get your clothes ready for the following day. A simple breath focusing meditation will also allow sleep to come easily. Other ways to wind down:

- Take a hot shower or bath with lavender oil
- Drink a cup of chamomile tea
- Listen to relaxing music
- Read something soothing
- Rub one out

EXERCISE:

This is a prickly subject for some and a no brainer for others – you either love the gym or hate it. For those who love it, I applaud you. For those who hate it here are some pointers:

- Try to remember the physical activities that you enjoyed as a child and do those ... take a Karate class, go ice skating with friends, join a basket ball or volley ball league - there is a cool co-ed league called [Zog Sports](#) where sexy fit ladies and other dudes play dodge ball and immerse themselves in all sorts of hijinx, shenanigans and horseplay.
- Use your own two feet, wherever I go I throw my tennis shoes in my bag and scam! I sometimes walk upwards of 80 blocks – it is a great time to get some thinking done, I also love to upload lectures to my MP3 player (try [www.itunes.com](#) or [www.iamply.com](#)) and take the chance to learn something new. I use my feet as transportation and get some heart pumping exercise to boot. Walking to work is always a fantastic way to start the day.
- Use the stairs whenever possible.

Blend all ingredients in a blender until smooth. Approximately 350 calories. Enjoy!

Outstanding Oatmeal-Chocolate Chip Bars:

- 1 cup raisins
- 1 cup unsweetened organic apple juice
- ¼ cup good quality walnut oil (I used 1/8 softened butter, 1/8 walnut)
- ½ cup organic whole wheat pastry flour or spelt flour
- ½ cup oat bran
- 1 cup organic rolled oats
- ½ teaspoon ground cinnamon
- Dash ground cloves
- Splash vanilla extract
- ¾ cup malt sweetened chocolate chips or carob chips
- ½ cup chopped walnuts or chopped almonds

Soak raisins in apple juice overnight. The next day, preheat oven to 375 ...puree raisin/juice together in blender, add oil, and blend again. Combine rest of ingredients in bowl, mix well. Add raisin mixture – stir until mixed well. Spread in a deep baking pan that is about 9 inches long and 5 inches wide @ 375 for 15-20 minutes or until lightly brown. Remove from oven and cut with a spatula - Makes around 12 bars.

Donna's Autumn Breakfast Porridge

- 2/3 cup water
- ¼ cup unsweetened almond milk
- ¼ cup pumpkin puree (may use apple sauce)
- 1/3 cup --oats/ Bobs 5 grain breakfast porridge (total mostly porridge and about 2 tbs. rolled oats
- Raisins (a handful)
- Cinnamon to taste
- Vanilla extract 1 teasp.
- Maple syrup to taste (1 tbs.)
- 1 teaspoon psyllium husk (optional)

**Handful of crushed almonds or walnuts (optional)*

Put liquids in pot first then add the rest of ingredients bring to boil stirring often, shut flame off cover with lid let stand for 5 – 10 mins

320 calories (**without** nuts). Use organic whenever possible.

Enjoy!

-Show you lady friend a little extra something special.

SELF CARE:

Self care is just that, massage, an old school shave with the whole hot towel treatment, manicures, pedicures cooking for yourself, taking a long bath, going through your clothes and donating whatever you do not absolutely love, keeping your home environment tidy and pleasing to the eye, basically treating yourself as you would someone that you really love and like ... because you do!

FUN!

Have fun darn it!

- Invite the fella's over for Texas hold 'em
- Have an '80's movie night – heck, drink each time they say “oh my G-d!” or “cool!”
- Go to a wine tasting
- Start a tradition of a once a month couples dinner night
- Borrow a friend's dog and walk through the park
- Join a charity organization or political group
- Take a cooking class (mine!)
- If you're single tell your friends that you want to get fixed up

The bottom line is to really understand that even though you are busy you can still have a life. It just takes some planning ahead. Most important thing is to know that you deserve to be joyous and healthy! It is your life and it can be what ever you wish it to be!

I give you these suggestions with love and wishes for a year and a life filled with health, joy, laughter, happiness and fun!

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Donna Sonkin is a Certified Holistic Health Counselor accredited with the American Association Of Drugless Practitioners. Donna's **[“Get Thin For The Camera”](#)** program is devoted to helping actors, models and performers of all types achieve their optimum weight through a 'whole food nutrition' approach.

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