



LIVING WELL. ARTFULLY. CLEVERLY.

Newsletter

Copy
of Past
Edition

August 14, 2024, Edition

Dear Friend,

Welcome to the 6th edition of the LWAC newsletter! I hope you are all having a terrific summer, and I know some of you are just trying to stay cool! Time flies when you're having fun, so don't forget that summer will end sooner than you think. Just enjoy yourself and you will be just fine. I am excited to share more news about arthealthnut.com and I continue to enjoy all the facets of what living well really means. I want to thank all the new subscribers and as we continue to grow, I always look forward to hearing your feedback.



Friendly reminder, new artwork is coming in September, along with a 2025 calendar!

In this edition, we are including the following:
Art Spotlight – Raspberry Judie: The Rising Star

Quote of the Week – Henri Matisse

Don't Let Stress "Un-Alive" You

Grateful and Kind Regards – Testimonial

4 Nutrient-Dense foods that have captured our attention

Blackberry Well – Inspiration on Canvas

With gratitude,

A handwritten signature in black ink that reads "Kevin".

Kevin Whitehurst
CEO and Founder of Arthealthnut

Art Spotlight

Raspberry Judie: The Rising Star

featuring Judie Janelle



Step into the luminous world of "Raspberry Judie: The Rising Star," a captivating painting that introduces **Judie Janelle**, an emerging sensation who is poised to become the next big name in the realm of music and wellness. Dressed in a striking red jacket adorned with delicate raspberry embellishments, Judie stands at the forefront, exuding confidence and charm. Her vibrant spirit and healthy glow are captured beautifully, making her presence undeniably magnetic. Behind Judie, the artwork subtly features the shadows of legendary stars, paying homage to the greats who have come before her and still inspire the sky. "Raspberry Judie: The Rising Star" is perfect for those who appreciate the fusion of art and narrative, adding a touch of elegance and inspiration to any space.

"Nothing can be accomplished without love."

—Henri Matisse

Wellness on My Mind

Don't Let Stress "Un-Alive" You

Introduction

In today's fast-paced world, many people find themselves under a tremendous amount of stress. Stress is a significant deterrent to wellness, and understanding how to manage it effectively is crucial for maintaining overall health. This article provides valuable tips and reminders for managing stress, aimed at the ArtHealthNut community. The good news is that stress management is supported by a wealth of scientific evidence, reflecting its widespread impact on our lives.

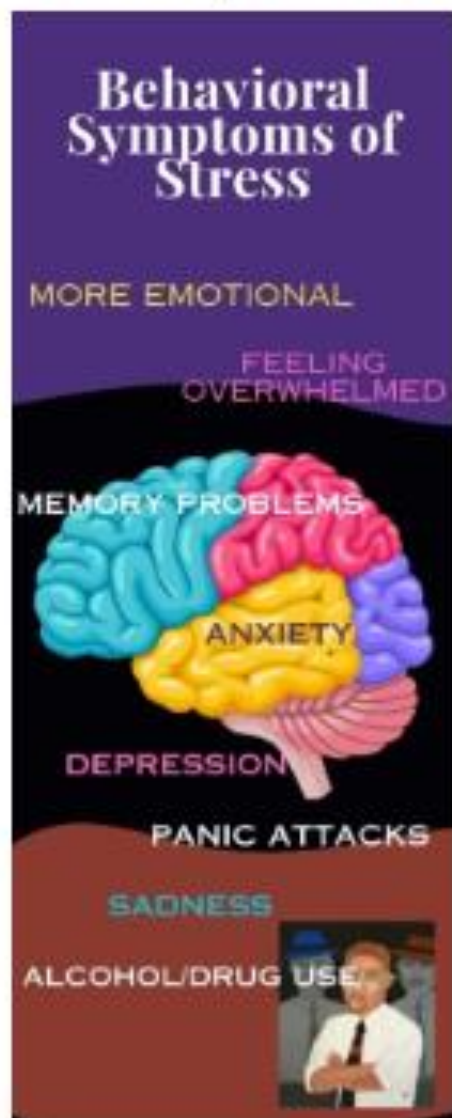
Stress Explained

Stress is a normal psychological and physical reaction to the demands of life. While a small amount of stress can be beneficial, motivating you to perform well, daily challenges such as traffic, deadlines, and bills can push you beyond your ability to cope. Your brain is equipped with an alarm system for your protection. When it perceives a threat, it signals your body to release a burst of hormones that increase your heart rate and raise your blood pressure,



preparing you to deal with the threat. Once the threat is gone, your body is meant to return to a normal, relaxed state. However, the constant demands of modern life mean that many people's alarm systems rarely shut off.

Stress responses help your body adjust to new situations. While stress can be positive, keeping you alert and motivated, it becomes problematic when stressors continue without relief or periods of relaxation.



Types of Stress

Understanding the different types of stress is key to managing it effectively:

1. Acute Stress: Short-term stress that comes and goes quickly. It can be positive or negative, like the excitement of riding a roller coaster or the tension of an argument.

2. Episodic Acute Stress: Occurs when acute stress happens frequently, preventing you from returning to a calm state. This is common in high-pressure professions like healthcare.

3. Chronic Stress: Long-term stress that persists for weeks or months, often due to ongoing issues like marital troubles or financial problems.

Additionally, Emotional Stress arises from normal emotional responses such as worry, fear, anger, and sadness. While these are part of life, when stress interferes with your daily activities, it becomes unhealthy.

Stress Triggers

Common stress triggers include:

- Studying for a big test
- Preparing for a work presentation
- Arguments with friends or loved ones
- Tight deadlines
- Small, cumulative problems like traffic jams and spills
- Major life changes such as illness, death, marriage, divorce, financial issues, moving, having a baby, and retiring

Symptoms and Health Effects of Stress

Stress can manifest in various symptoms, affecting your health even when you don't realize it. Chronic stress can lead to physical, psychological, and behavioral symptoms, including:

- **Physical:** Exhaustion, chest pain, high blood pressure, stomach problems, weakened immune system, and stress rashes
- **Psychological:** Anxiety, depression, panic attacks, and headaches
- **Behavioral:** Sleep disturbances, changes in eating

Health Risks of Stress

Your brain's alarm system releases hormones that prepare you for "fight or flight." However, when this system is constantly activated, it can lead to health issues like high blood pressure, heart disease, and stroke. Managing stress is crucial for preventing these health problems.

Stress can cause short-term spikes in blood pressure, and while there's no definitive link to long-term hypertension, the hormones released during stress can damage arteries, potentially leading to heart disease. Managing stress through regular exercise, mindfulness, and relaxation techniques can improve heart health and overall well-being.

Managing Stress

Effective stress management involves a combination of strategies tailored to your lifestyle:

- 1. Physical Activity:** Regular exercise, such as walking, yoga, or tai chi, can boost your mood and reduce stress.
- 2. Healthy Lifestyle:** Eat a balanced diet, get enough sleep, and avoid excessive screen time. Reduce intake of fatty foods, caffeine, and sugar.
- 3. Relaxation Techniques:** Practice mindfulness, meditation, deep breathing exercises, or listen to soothing sounds.
- 4. Social Support:** Connect with friends, family, or support groups for emotional and practical support.
- 5. Time Management:** Prioritize tasks, say no to unnecessary commitments, and manage your schedule to reduce stress.
- 6. Humor and Fun:** Laugh more, watch comedies, or engage in activities that make you happy.
- 7. Mindfulness and Meditation:** Focus on the present moment and actively redirect your thoughts to positive or comforting memories.

Conclusion

Stress is an inevitable part of life, but by identifying stressors and practicing effective stress management techniques, you can mitigate its negative impacts. Maintaining a healthy lifestyle, seeking social support, and incorporating relaxation practices into your daily routine can help you manage stress effectively. Remember, managing stress is an ongoing process, and seeking professional help when needed can further support your efforts to live a healthier, more balanced life.

[StressManagement: Meditation, Relaxation, Health Benefits \(clevelandclinic.org\)](#)

[Stressmanagement Stress basics - Mayo Clinic](#)



Grateful and Kind Regards

KKWhitehurst is an awesome artist and creator. His work has been showcased in my home for 18 years and is always referenced by people that visit! He has created personal pictures of myself with my pets that captured so much realism its unbelievable. Once I married my spouse, he created a portrait that was so realistic. He is and will be the only person to present art in my home. Thank you for your exceptional creativity!

Timothy Walker

ARTIST IN A MINUTE.COM

Four Nutrient-Dense Foods that have Captured our attention.

In the spirit of living well, nutrient-dense foods offer a delightful blend of health benefits and culinary intrigue. **It's astonishing how many superfoods remain underappreciated and underutilized, despite their sustainability and abundance.** Our exploration into the world of superfoods has revealed some gems that not only enrich our diets but also tantalize our taste buds. Here, we spotlight four nutritious foods that are sure to intrigue and seamlessly integrate into your cooking repertoire. Chosen for

their exceptional health benefits and delightful flavors, these foods promise to elevate both your wellness and culinary experiences.



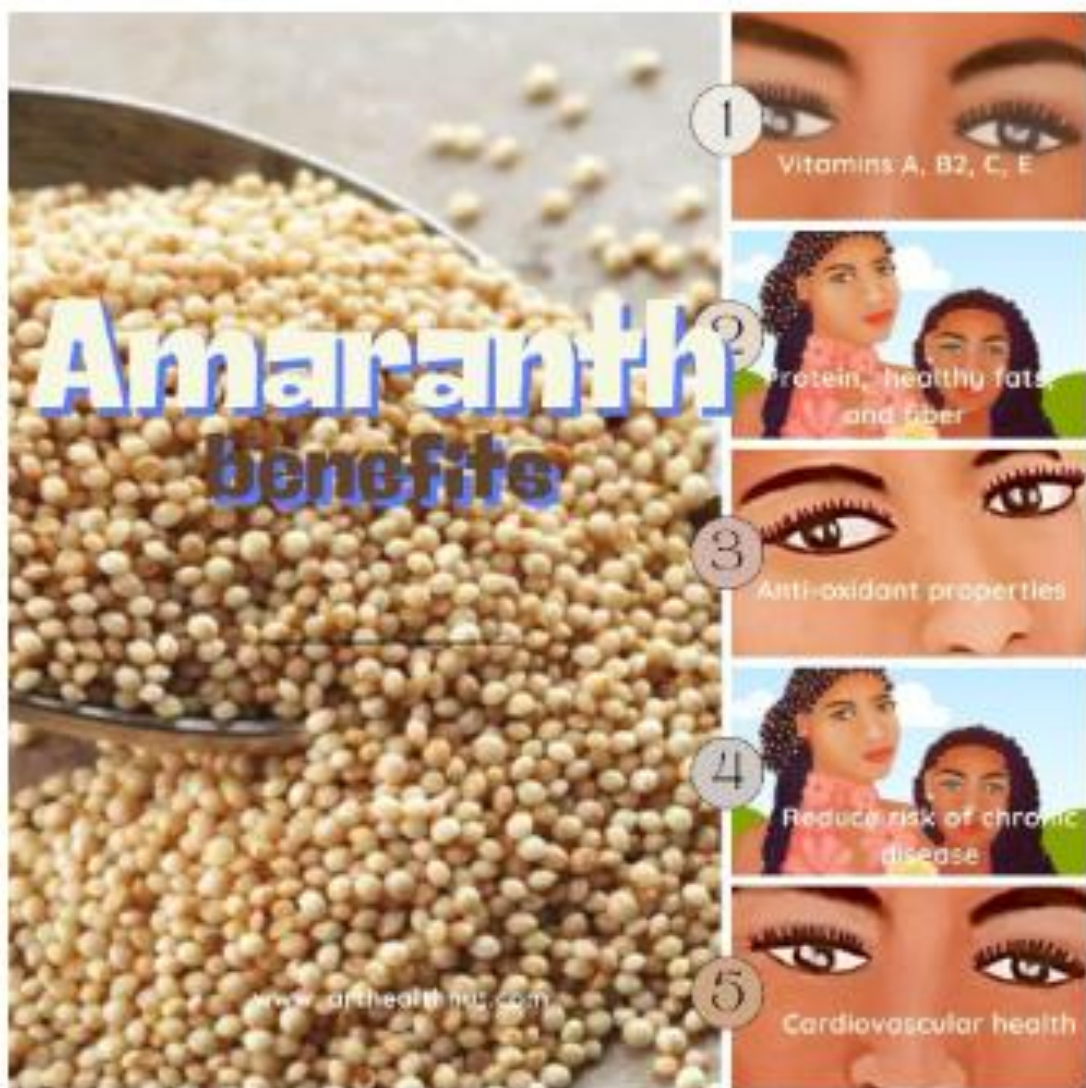
Yacon

Yacon, a tuberous root native to the Andes, is gaining global recognition for its remarkable health benefits and versatility. **Rich in fructooligosaccharides (FOS), a natural prebiotic, Yacon supports gut health by promoting beneficial bacteria growth.** Its low glycemic index makes it an excellent natural sweetener for diabetics, while its high fiber content aids in digestion and weight management. Packed with antioxidants, vitamins, and minerals, Yacon helps combat inflammation and boosts overall wellness. Ideal for innovative, health-conscious individuals, Yacon can be enjoyed raw, in salads, or as a syrup, enhancing both flavor and nutritional value in a variety of dishes.

[The Yacon Opportunity - A Gut-Boosting Superfood](#)

Amaranth

Amaranth, an ancient grain cherished by the Aztecs, is a **powerhouse of nutrition and innovation**. Packed with high-quality protein, including essential amino acids like lysine, amaranth supports muscle growth and repair. It's rich in fiber, vitamins A, C, and K, and minerals such as calcium, iron, and magnesium, promoting overall health and well-being. Amaranth's potent antioxidants help combat inflammation and chronic diseases.



This gluten-free grain is versatile in the kitchen, ideal for everything from porridge to salads. For the health-conscious and globally minded, amaranth offers a nutrient-dense, sustainable food source that marries tradition with modern dietary needs.

[Current Production Scenario and Functional Potential of the Whole Amaranth Plant: A Review | IntechOpen](#)

Purple Potatoes

Purple potatoes, vibrant in both color and nutritional value, are a **superfood** revered for their **antioxidant properties, derived from anthocyanins**. These compounds help reduce inflammation and combat chronic diseases. **Rich in fiber, vitamins A and C, potassium, and manganese, purple potatoes support heart health, boost immunity, and enhance digestion**. Their low glycemic index makes them an excellent choice for maintaining stable blood sugar levels. Perfect for the innovative, health-conscious individual, purple potatoes can be enjoyed in a variety of dishes, from salads to baked goods, adding both visual appeal and a nutritional boost to any meal.

Benefits of Purple Potatoes



- 01 Rich in antioxidants. Reduction of inflammation and oxidative stress.
- 02 Essential vitamins and minerals and high fiber content
- 03 Beta-carotene and Vitamin A for Eye health
- 04 Brain Health: the antioxidants in purple potatoes may improve cognitive function

WWW.ARTHEALTHNUT.COM

[Why purple sweet potatoes belong on your holiday table | University of California](#)

Quinoa

Quinoa, revered as an ancient grain from the Andean region, is celebrated for its exceptional nutritional profile and versatile culinary applications. **Rich in high-quality protein, essential amino acids, fiber, and vital minerals such as magnesium and iron**, quinoa supports overall health and wellness. Its low glycemic index makes it ideal for maintaining stable blood sugar levels, while its abundant antioxidants combat inflammation and chronic diseases. As a gluten-free superfood, quinoa's adaptability in various dishes—from salads to main courses—makes it a staple for health-conscious, innovative individuals seeking to enhance their diets with nutrient-dense ingredients.



QUINOA BENEFITS

Quinoa is a complete protein, containing all nine essential amino acids.

- Excellent plant-based protein source
- Rich in Dietary Fiber, vitamins, and minerals
- Low Glycemic Index
- Significant Antioxidant properties

www.arthealthnut.com Living Well. Artfully. Cleverly.

[What is Quinoa? A Guide to the Peruvian Superfood - Peru For Less](#)

Good Resources for Recipes of these four intriguing foods.

There are numerous sources out there to prepare these foods. To give you a head start, below are some good websites. Enjoy!

[\[quinoa\] Results from Allrecipes](#)

[17 Best Purple Potato Recipes You'll Ever Try - Insanely Good \(insanelygoodrecipes.com\)](#)

[10 Irresistible Yacón Recipes You Need to Try Today - Your Gourmet Guru](#)

[18+ Amazing Amaranth Recipes \(Sweet & Savory\) - Nutriciously](#)

Blackberry Well: Inspiration on Canvas

Featuring Roshaun



Shop Now

In a clever portrayal of the good life, blackberries are the focal point of a handsome man and his white cat. **"Blackberry Well," is the essence of well-being and manifests in a vibrant celebration of life experiences and optimism. Here, Roshaun stands as a testament to the power of wellness and the beauty of life.** With blackberries cleverly disguised as hair, Roshaun portrays a man who is confident and comfortable in his wellness. The white cat adds an element of passion and love for animals, along with having its own personality. With each brushstroke, "Blackberry Well" resonates with themes of healthy mindset, personal growth, and the profound satisfaction of living well.

We invite you to join us on our social media platforms

