



Summer 2014

 Forward to a Friend

I LOVE SUMMER!!! People are happy, smiling, eating healthy foods and are more active. Summer also brings an abundance of nutrient dense foods, including berries (loaded with antioxidants), tomatoes, sweet bell peppers (good vitamin C source any lycopene that protects skin against the sun), and protein-filled grilled fish, chicken and burgers. By simply making healthy choices daily, you can help prevent or alleviate some common hot-weather woes. One thing I think we forget about is how the sun can wreck havoc on our bodies. Throughout this newsletter I go over some of my tips on how to stay healthy and enjoy your sunshine!

I will be running a back to school special for all new or returning clients. Email me for more information: sharon@therichterreco.com

Nutrition News

**Sharon's
Suggestions**



Dry or Damaged Skin?

Summer means sun, shorts, sandals, bathing suits, and bronzed skin. Sun exposure is, essentially, subjecting yourself to sun damage. Of course it is practically impossible to avoid the outdoors altogether but taking preventative measures can make a huge difference. Sun exposure isn't necessarily bad - it is a key source of Vitamin D. As with all good things, however, keep exposure in moderation. The ideal maximum is 15 minutes before 10 a.m. or after 2 p.m. Anything over is considered overexposure, and any exposure during midday - when the sun is at its harshest - should be limited (if not altogether avoided).

With the warmer weather you are sweating more and your skin is less supple. In addition salt water and chlorine have a drying effect. Sunburns and bug bites are also saboteurs of healthy skin.

Dry Hair?

We all hear time and time again that the sun can be harmful to our skin but often forget that the warmer seasons with exposure to sun,



Some tips to keep skin healthy:

Help heal weathered skin with foods such as raspberries, blueberries, and strawberries, which are rich in antioxidants and vitamin C. Protein, in the form of lean meats, beans, nuts, and seeds, are also key. Keep dryness at bay by drinking lots of water. Dehydration results in dry skin, frown-lines, spots, a sluggish complexion and a lack of "glow". Calcium can also be lost through sweating, so it's a good idea to replace it by eating low-fat dairy products like skim milk, yogurt, and cottage cheese.

Dry Hair:

Toss some lean burgers or shrimp kabobs on the grill, or make a three-bean salad or other protein-rich meal because hair consists of protein fibers called keratin. Eating foods rich in vitamin B-5 (found in yogurt and avocados), vitamin B-8 (in liver and cooked eggs), folic acid (in fortified cereals, beans and vegetables such as spinach, broccoli, Swiss chard and kale), calcium (in milk and yogurt), and zinc (in meat and fish) can reduce hair

salt water, and chlorine chemical residues can come together to cause damage to our hair.

There's a protective coating on hair called the hydrolipidic film; if you have dry hair, that film is broken down somewhat and when you add sun, salt water, and chlorine, you can destroy the film altogether. The result is that moisture located deep in the core of the hair shaft evaporates. Hair looks, feels, acts, and actually is, crying out for moisture. Hair will have a dry look and feel, but can also be frizzy, unmanageable, have problems holding a curl or style, and even take longer to dry. In its worst form damage causes the ends of the hair to split, and breakage can begin.

Like skin, hair is comprised of proteins that need moisture to function. But, unlike skin which has its own supply of moisture from within, when hair's moisture is lost it is gone and dead.

[See Sharon's Suggestions for dietary suggestions to help alleviate or avoid muscle cramping.](#)

loss and replace dull hair with shiny hair. Fruits such as oranges, kiwi and strawberries are high in Vitamin C that helps with circulation to your scalp and helps the blood vessels that feed hair follicles. Omega-3 Fatty Acids are known to be great for hair and skin.

They are found in salmon, walnuts, and flaxseeds. Stay hydrated! Water will flush out any toxins in your body that could be clogging the roots of your hair.

Muscle Cramping:

To prevent muscle cramps associated with dehydration, consume plentiful amounts of beverages and foods rich in water, such as fresh fruits and vegetables. While people's specific hydration needs vary, start by aiming for 64 oz. of fluid per day and/or an amount that results in clear or pale-yellow urine. If you feel thirsty, you may already have some level of dehydration. Additional hydrating foods include popsicles, broth-based soups, fruit and vegetable juices, smoothies and herbal tea. One can replenish electrolytes with a sports drink but look for those without high fructose corn syrup and not too much sugar. My preference is to use coconut water. Fish and seafood provide valuable amounts of protein and nutrients that may help prevent muscle cramping, including magnesium and calcium. Fish and seafood particularly rich in magnesium include prawns, oysters, herring, haddock, halibut, salmon, mackerel, lobster and sardines. Canned sardines, salmon and tuna, which contain trace amounts of bone, provide valuable amounts of calcium. Canned salmon is an important calcium source for people with lactose intolerance.

Dairy products, including milk, yogurt and cheese are useful for preventing muscle cramps related to calcium deficiency. Potassium-rich foods include bananas, raisins,

sweet potatoes, and spinach. Don't forget that you are losing salt, so it is ok to include a moderate amount in your diet. Maybe have an extra pickle with your burger!

Conditioning Corner

Muscle Cramps

Richter's Recipe

Halibut with String Beans,
Tomatoes, Scallions, Shallots and
White Wine



Muscle cramps are involuntary muscle contractions characterized by muscle tenseness and pain. What causes them?

Muscle cramps result from overexertion and dehydration. In the summer time when the weather is much warmer it can cause us to sweat and lose body fluids at a much faster rate. When you don't have enough fluid in your system, it leads to an electrolyte imbalance that causes your muscles to cramp up. Sodium, calcium, and potassium are the main electrolytes lost through sweating during exercise.

Stretching before taking part in sports or activities can help. Flexible muscles retain water better than tight ones, reducing the incidence of muscle cramping. If you do get a cramp, use gentle stretching to relax the muscle, unless the cramp is the result of an injury.

[See Sharon's Suggestions for dietary suggestions to help alleviate or avoid muscle](#)



Ingredients

1 pound string beans
4- 7oz pieces of halibut
2 TBSP olive oil
¼ cup dry white wine
¼ cup fresh lemon juice
2 TBSP butter
5 scallion whites only, thinly sliced
2 shallots thinly sliced
2 TBSP capers, drained
1 large tomato, seeded and cut into 8ths sea salt and pepper.

- 1) In boiling water, cook string beans for 2 minutes keeping them still crunchy
- 2) In ½ TBSP olive oil sautee shallots until golden
- 3) Add string beans and cook 3-4 minutes, keeping sting beans still crunchy
- 4) Set aside and keep warm
- 5) Salt and pepper both sides of halibut
- 6) Use remaining 1 ½ TBSP olive oil over

cramping.

medium heat sautee halibut about 3 minutes each side until golden brown

7) Plate halibut over string beans

8) Remove oil from pan and add lemon juice and wine and cook over medium heat until it starts to boil

9) Add butter and cook until it reduces to about half

10) Add capers, tomato and scallions. Cook about 2 minutes until tomatoes start to soften

11) Pour sauce over halibut and string beans

Servings 4 Calories: 420 Fat: 17g
Carbohydrates: 10g Fiber: 3g Protein: 51g

Why Sharon?

I am a Registered Dietitian and for the past ten years have based my private practice in New York City. My main objective is to help others achieve a healthier lifestyle by incrementally creating attainable mental and physical goals. [Click here](#) to learn more!

Let's Get Started!

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