

MEMPHIS

HEALTH + FITNESS

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(Not Sodium)

*the
Food
issue*

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ON THE COVER

22 Sherry Rollins of KQ Bistro +
Kimchi Fried Rice

28 Dreamy Fig & Ricotta Breakfast Tart

30 Quit Obsessing & Love Your Body

LIVING WELL

8 Advice on ACL Tears From a Surgeon

10 COVID-19 Vaccine Facts

FIT MEMPHIS

14 Regina Hill Recovers On Raleigh's
New Trails

SUSTAINABLE MEMPHIS

16 Urban Farm Created By David
Vaughan

18 Memphis Tilth's Emily Oppenheimer
Runs the St. Jude Garden

20 Ultrarunner Jennifer Payne Sharing
the Joys of Farming

FOOD+NUTRITION

24 Emilee Hudsmith Kickstarting a
Career in the Kitchen

26 Roasted Red Snapper

32 Eating Disorders Affect People of
Every Color, Gender & Size

34 Dieting Vs. Eating Disorders

36 Eating For Optimal Athletic
Performance

IN EVERY ISSUE

6 Editors' Page

26 Weekend Warriors:
Ellen Bransford, Runner
Brian Crowder, Runner

42 Trainer Spotlight: Sharaze Colley

44 Where To Find An Issue!





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On the Cover:

Sherry Rollins

Photo by Tindall Stephens

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Amy is passionate about growing the health and fitness community, as she's done for the last 25 years. Along with triathlons, cycling tours, and road/trail races, she's marked off several bucket list marathons in Chicago and New York City. When not working out, she is always looking for the best cheat meal.

3 Tindall Stephens / Photographer

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Alexandra is a passionate freelance writer and marketing communications professional. When she isn't glued to a keyboard, her pastimes include pursuing her only bucket list item of seeing all seven continents (of which she has already been to five!), attending kick-butt workout classes, and trying new recipes.

7 Halle Griggs / Contributing Writer

A graduate research assistant by day and Bikram Yoga instructor by night, Halle is currently pursuing her Ph.D. in Rhetoric, Writing, and Technical Communication at The University of Memphis. She enjoys reading, running, blogging, fall weather, and a glass of red wine.

2 Laurenne Hom / Editor in Chief

Laurenne is a full-time editor and freelance Sr writer who loves to spend time outside with her (great big fluffy) dog. Surfing, cycling, and pilates are her favorite ways to stay fit when she can pull herself away from work. She's always up for something deep fried.

4 Lucy Harrison / Contributing Writer

Lucy is a native Memphian and marketing professional currently working at ServiceMaster. An avid runner, she enjoys participating in 5Ks and running on the Green Line with her German Shepherd, Samson.

6 Zoë Kirchoff / Social Media Editor

Zoë is a Saint Louis native and recent graduate of Rhodes College. When she's not trying to squeeze a workout into her busy schedule, Zoë loves trying new food, taking walks in Overton Park, and hanging out with her two cats.

8 Kelsey Lawrence / Contributing Writer

An award-winning journalist with a love for outdoor adventure, Kelsey is a Memphis-based freelance writer who enjoys telling stories that inspire others to get outside and explore beyond their comfort zones. She enjoys camping, hiking, yoga and winter waterskiing. She did grow up in North Dakota, after all.

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7 Things We're Into This Spring



1 **Herb Gardens** are so easy and can fit right in your window sill. Having the basics like parsley, basil, and thyme adds so much fresh flavor to your food. Sprout them yourself or pick up a starter from a nursery or grocery store.

2 I'm putting **homemade dressings** on top of everything—from salads to steamed veggies! **Once Again's Tahini With Lemon** is my go-to base for its nutty and bright flavor.



3 As the world brightens up, **Vitamin C** serum is boosting my complexion, adding a healthy glow and softening fine lines.

4 Natural nut butters are the new standard. This simple **stirring gadget** makes it so easy to get that creamy consistency you love without making a mess.



5 **Roasted Truffle Marcona Almonds** have totally changed my snack game. I pick them up at Trader Joe's or Whole Foods.



6 This season, spring cleaning never stops! (Especially with a super fluffy dog.) **Eco-friendly, refillable cleaning products** (less packaging!) are a must in my household. **Blueland**, **Brandless**, and **Grove Collaborative** are good places to start.



7 **K-Pop** is quickly making its way to the top of my workout playlist. I'm grooving to the bands like **BTS**, **Pentagon**, and **Super Junior**.



WELCOME TO FIST BUMP SEASON

IT'S THAT TIME OF
YEAR AGAIN.
WE'RE ALL BEING
A LITTLE MORE
CAREFUL THESE
DAYS AND HOUSE
CALLS MAKE
THAT A BREEZE.
BECOME A PRO
HEALTH MEMBER
AND WE'LL COME
TO YOU!

We also should all focus on the important global movement toward strengthening our own immunity and taking responsibility for our own individual health. One thing we know about any illness is that an optimized immune system is your best defense.

We see house calls as a major benefit to community health. If we can see patients at home we think this is highly beneficial to the health of individuals and the community at large. When we make house calls, we strive to keep our patients safe in their homes and take all precautions we would take in the clinic.



Advice on ACL Tears from an Orthopedic Surgeon



Anterior cruciate ligament (ACL) tears are one of the more common, potentially debilitating knee injuries with more than 200,000 occurring annually in the United States.

WHAT IS THE ACL?

It's one of the four main stabilizing ligaments of the knee, and when it is torn the bones that form the knee joint move an abnormal amount.

SYMPTOMS OF A TEAR

A tear can cause pain as well as dysfunction that manifests as some or all of the below symptoms. Often people who tear the ACL do not trust it enough to continue to participate in rigorous physical activity. Some even have difficulty with normal daily activities such as walking, bending, climbing stairs, etc. Common symptoms include:

- **A popping noise and the feeling of the knee giving way out from under the body**
- **Pain with swelling**
- **Loss of full range of motion**
- **Tenderness along the joint line**
- **Discomfort while walking**

DO I NEED TO HAVE SURGERY?

Surgery is not always required when the ACL is torn. For active people, however, surgery is often necessary to restore stability to the knee and to prevent future injury.

A NON-OPERATIVE APPROACH

In order to be a reasonable candidate for non-operative treatment, several criteria must be met. If your knee still feels stable during normal daily activities and you are willing to give up high-intensity sports and exercise, then you may be able to be treated without surgery. A small number of patients are able to return to vigorous physical activities after non-operative treatment of an ACL tear, but they are relatively uncommon and it is often

Dr. Saenz is a board-certified orthopedic surgeon, and has a special interest in arthroscopic surgery of the shoulder and knee as well as knee and hip replacement surgery. He is committed to helping patients to fully understand the nature of their injury or condition, as well as maximizing all non-operative treatment measures before proceeding with surgery. For more information visit Orthosouth.org or call 901.641.3000.

difficult to identify which patient will be able to do so. To have any reasonable chance of success with a non-operative approach, a comprehensive rehabilitation program should be completed under the supervision of a qualified physical therapist in concert with consultation with your orthopedic surgeon.

WHEN TO AVOID SURGERY

Advanced age is not in and of itself a reason to avoid surgery. A person's activity level is a much more important determinant of the appropriate treatment course. Non-operative treatment would typically be recommended for people with pre-existing moderate-to-severe arthritis in their knee.

THE RISKS OF NOT GETTING SURGERY


People who choose to not get surgery should understand that there are risks when returning to demanding physical activity on an ACL-deficient knee. These include damage to the cartilage in the knee that could lead to the earlier development of arthritis as well as injuries to the meniscal cartilage. Both of these complications associated with a loose, ACL-deficient-knee can often lead to the need for surgery to relieve pain and have potential long-term consequences for the health of your knee.

SURGERY IS OFTEN THE ANSWER


The simple fact is that the large majority of active people who tear their ACL will require reconstructive surgery to restore stability to the knee so that it's safe return to unrestricted physical activity. Often acute ACL tears have other associated cartilage injuries that occurred at the time of the initial injury and this would be an indication to proceed with surgery in almost all cases. If you wish to return to a sport, exercise regimen, or occupation that requires pivoting, planting, or quick direction changes, you will almost certainly benefit from reconstructive surgery.

Fortunately, the science and technology of ACL reconstruction as well as the development of advanced, minimally-invasive surgical reconstruction techniques mean that a return to unrestricted physical activity is not only possible, but likely. ACL reconstruction surgery, combined with a rehabilitation program to re-establish strength and coordination, leads to excellent outcomes with high patient satisfaction rates. While an ACL tear often feels like a devastating injury, rest assured that many thousands of patients successfully complete the reconstruction and rehabilitation process every year and come out stronger and ready to get back to doing the things they love. Your physical therapist and orthopedic surgeon have walked through this process with many patients over the years and will be there to support, guide, and encourage you through the process.

If you tear your ACL, consult with an orthopedic surgeon to help you make a decision about the treatment course that is right for you..




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Know the Facts About COVID-19 Vaccines

COVID-19 has changed the way we live. We've learned to adapt and make the most of life, but we're all looking forward to the day when we can get back to normal. That day is coming, with a shot of hope. With highly effective vaccines, we're slowing the spread of COVID-19. The responsibility is ours, as a community, to protect our loved ones, and assist in ending this pandemic.

IT TAKES ALL OF US.

We all have to do our part to beat COVID-19. Join us in protecting yourself, your family, friends, and our community by

getting vaccinated. It can help protect you from the virus or from becoming seriously ill. It can stop the spread of the virus and grow the number of people in our community who are protected, making it harder to spread.

WHAT YOU SHOULD KNOW ABOUT THE VACCINES.

The COVID-19 vaccines authorized by the FDA have gone through rigorous clinical trials and have been thoroughly tested. Thousands of people in all adult age groups and populations were included in vaccine studies.

ALL AUTHORIZED VACCINES ARE EFFECTIVE.

All COVID-19 vaccines currently available in the United States are very effective at preventing the disease. If the vaccine is prescribed as more than one dose, it is essential to complete the vaccine series for optimal protection.

SIDE EFFECTS ARE NORMAL.

The most common side effects are mild pain in the arm at the injection site, feeling tired, headache, body aches, chills, and fever. These are normal and a sign that your body's immune system is working properly.

WIDESPREAD VACCINATION IS IMPORTANT.

On a personal level, vaccination will protect you and your family from the spread of the virus and/or severe illness. It will enable you to continue working, going to school, and resuming a more normal lifestyle. On a community level, the more people who are protected, the better chance we have of stopping the spread of the virus and ending this pandemic.

IT'S UP TO US!

The future of the virus is up to each of us. So we encourage you to get informed. Talk to your doctor. Get a shot. And let's get back to how we want to live.

And remember, stopping a pandemic requires using all the tools we have available—wearing your mask, washing your hands, keeping your distance, and getting vaccinated!

Get the facts about the vaccine at Methodisthealth.org/yourshot.



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Roadshow

My Favorite Place To Work Out

My name is **Karen Lombardo**. I'm proud to tell you about my gym, Burn Boot Camp Collierville.

Why do I LOVE Burn so much?

I have a really busy and hectic work schedule as the General Manager at Roadshow BMW/MINI, so I need a fitness routine that can give me maximum results but still efficiently fit into my daily routine. In 2020, I got really bored with my daily fitness regimen. A friend recommended that I check out Burn Boot Camp Collierville. I joined last November, and it's already made a huge difference in my life.

The majority of the members at Burn Boot Camp Collierville are female, which makes it a really comfortable atmosphere for women of all strengths and fitness levels. Each week, Burn HQ releases a workout plan that generally includes three strength days and three cardio days. Each workout is designed to accommodate beginners, lifelong athletes, and even those who are pregnant or working with an injury.

Every workout feels like I'm getting personal training in a group setting. Burn's certified trainers correct form, modify exercises, and encourage and inspire everyone so they can reach their goals. They even share nutrition nuggets and health reminders on social media, so I feel like I'm connected to my fitness goals all



Kristen Albaugh, Operations Manager/Support Trainer & **Andrea Glass**, Head Trainer

day long. I've never worked out with trainers who truly care this much about their members.

One of the things you will love the most about Burn Boot Camp Collierville is the community feeling. All the trainers and members have been so welcoming and encouraging since I joined. I really like when we have partner workouts so I can get to know others at the gym, and Burn even hosts monthly member events to provide opportunities for members to get to know each other outside of boot camp. The community aspect of Burn makes it a very special place to be!



By Karen Lombardo, General Manager, Roadshow BMW/MINI, and proud Burn Boot Camp Collierville Member.



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A full-page photograph of two Black women standing on a modern, curved concrete walkway with large glass railings. The woman on the left is wearing a bright pink long-sleeved athletic top with black sleeves and black leggings, with her hands on her hips. The woman on the right is wearing a light green long-sleeved athletic top with black sleeves and black leggings, with her hands at her sides. Both are wearing sneakers and smiling at the camera. The background shows the multi-story glass and steel structure of a modern building.

Raleigh's New Trails. Regina's New Life.

Having grown up in Memphis, **Regina Hill**, 58, has seen city linchpins come and go, neighborhoods change for better...and worse. And similar to Memphis and its neighborhoods, she's even seen her life do a complete 180. After suffering a work injury in 2002, Regina lost her job, all of her worldly possessions, and was told she would never walk again.

But you'd have to know Regina to understand—there's no way she would let that happen.

Her journey to becoming one of the faithful walkers at the new Raleigh Civic Center (previously home to the former Raleigh Springs Mall) was wrought with uncertainty and disappointment. But one thing is certain—Regina Hill is a fighter.

Regina's Path To Recovery

Regina had moved to Dallas after living in the North Memphis neighborhood of Douglass for most of her life. She started working as an AS-400 computer operator for a well-known airline and had perfect attendance for four years. One day in 2002, she had to transport 70+ pounds of back-up tapes in an oversized backpack with her arms full. This caused the beginning of a lifelong problem, now known as Thoracic Outlet Syndrome, in her neck and upper/lower back, which led to perpetual spinal injuries and nerve damage.

Despite her loyalty, the company falsified documents, denied her workers' compensation claim, and essentially left her ineligible for healthcare. She could no longer work due to pain and nerve damage and fought from 2002 to 2005 to get disability. She ran into roadblock after roadblock to get healthcare...but she was determined to keep moving.

"I knew I needed to stay active, even though I couldn't resume my previous workout regimen," Regina explains. "I knew that walking would help keep my muscles toned and help during recovery once I started having my surgeries."

For 15 years, she was in and out of emergency, operating, and recovery rooms every few weeks, going under the knife more than 100 times. She credits her commitment to walking as the one thing that saved her life—as well as a little help from God.

The Will To Keep Walking

Regina says, "Walking is the only thing that keeps me going. It helps me keep my head up and feel like I'm going to be alright. Without fitness, you're not alive!" Her mom, 74, is a retired X-ray technician and goes on regular walks with her daughter. Her dad is 76 and still cuts yards!

"You don't have to be physically fit already to come out and get your walk on," Regina adds. "You don't have to do the full trail. Start with a shorter distance around the skate park. Once you walk and feel that blood flowing, it gives you energy, makes you

feel alive. And a by-product is seeing the inches fall off. Even in two weeks, you see a big difference."

Regina and her mother, **Virgie**, began walking together in Douglass Park in 2018. But due to changes in the neighborhood and unwelcome gang- and drug-related activities, she no longer feels comfortable there. However, they find the trails around the lakes, which double as catchment basins designed to help with neighborhood flooding, at the new Raleigh Civic Center to be more pleasant and safe.

"We feel so safe and comfortable knowing that the police precinct and the new Raleigh Library are right there on the grounds. It helps us walk with confidence," Regina says. "And we love looking at the kids in the skatepark riding bikes and doing tricks. It lets you know there is still life in Memphis, in North Memphis, in Raleigh!"

The pair began walking at the new Raleigh Civic Center, designed by OT Marshall Architects, as soon as the trails were completed early in 2020, even before the City of Memphis officially opened the buildings later that year. When news of the pandemic hit, Regina and Virgie were already safely walking outside and practicing social distancing.

"We didn't let the pandemic stop us. We put on our masks and kept stepping," she says.

"We have a whole gym upstairs, but it's no fun. I like to feel like I'm going somewhere. I don't like being isolated. We run into friends, church members. It's just nice being outside!"

In learning of Regina's story, Tom Marshall, CEO of OT Marshall Architects and former Raleigh resident said, "I'm so thrilled to hear that during a pandemic, the walking trails are meeting the community's needs, just as they were designed to do, giving them an outlet to connect with their loved ones and the community. I couldn't be prouder to know that this project is helping people regain their lives and preserving their physical and mental health!"

Inspiring Others To Move

Regina walks for an hour and a half at least three days a week (if the weather is above 40 degrees). Sometimes she goes five or even seven days.

"In spite of all I've gone through, I'm still trucking along," she says. "I want to show people if I can do it, anyone can. You don't have to have gone through health challenges like me to take care of yourself. Every day you wake up, that's another chance to get it right."

Regina has more surgeries scheduled back in Dallas, and will return to Memphis to recover. You can bet you'll see her back on the trails at Raleigh Civic Center. Regina Hill isn't slowing down any time soon.

This Flourishing Urban Farm is Serving Students and the Community



David Vaughan, 33, spends his days working among flowers, herbs, and fruit trees in a thriving educational farm that he helped to create in February 2013. The Urban Farm at New Hope Christian Academy is more than just a garden. It's a beautiful green space with woodchip walking paths, seating areas, and bountiful educational opportunities. It continues to flourish and evolve year after year.

David only had about three months of gardening experience when he joined the Peace Corps and brought a community garden back to life at a psychiatric ward in West Africa. "It was in Senegal where I fell in love with horticulture and gardening," he says. "Not only was it therapy for patients and their families, but it also became a therapy for me in that big jump from America to West Africa."

When he returned to Memphis two years later, a family friend and long-time teacher at New Hope Christian Academy, Mary Leslie Ramsey, invited David to share in her vision of how an empty lot across the street from the school could be transformed.

"The school took a big gamble," he says. "I was an idealistic former Peace Corps volunteer who had done some stuff, but had mostly just researched the techniques I was trying to implement, and they trusted me and put a lot of faith in me."

With help from his mentor and fellow horticulturist, Chris Cosby, an elaborate and interactive gardening experience was designed. New Hope Christian Academy is 90% donation funded, which includes the operation of the Urban Farm. The Farm is a culmination of donors and volunteer support under David's guidance and leadership.

Vegetable beds can be found on higher land, while a grove of Bald Cypress trees can be found down below where they're ready and waiting to soak up draining water. "The Bald Cypress trees also provide shade, so we have a little shady nook with tree stumps where classes can come out," David says. "There are enough seats for a whole class to use that space

and a little table in the center of the Bald Cypress grove."

During a regular year, the school hosts special events using the Farm and its produce to give students the chance to try new vegetables and recipes. There is an outdoor kitchen in the heart of it for older students who are interested in cooking classes. Even the youngest, smallest students are invited to participate.

"Kindergarteners put the seeds in the ground in May and by the time summer ends and school is back, the sunflowers are 10 to 12 feet tall. The students who planted get to come back and see how incredible the growth was in just those few months," David explains.

"This is so important to the school—having a safe, green space that students can interact with."

While the educational opportunities in the Farm are endless, the space is about much more than just learning. It is geared toward inspiring students and generating excitement about nature and its beauty.

"Right now, you have a lot of people in the general area that don't have access to green space around their house or apartment," David says. "So that's part of why this is so important to the school—having a safe, green space that students can interact with."

While the students and the teachers are given a beautiful place to teach classes outside, the benefits of the Farm are also reaching parents and New Hope alumni—as well as bringing joy to the surrounding community.

David is proud to welcome New Hope graduates to return in the summer as paid interns. And you'd never know there is a chain-link fence surrounding the property. Covered in thornless blackberry vines, it blends in while inviting people passing by to enjoy a quick snack.

"We don't harvest any of the blackberries on the outside of the fence," David explains. "There are so many people who stop and pick berries. That's one small thing, but it goes a long way because it's fresh healthy produce that people from all around can come pick and enjoy."

The school's cafeteria staff creates recipes using produce from the Farm, but there is often plenty leftover. Prior to the COVID-19 pandemic, the school would host impromptu produce stands at dismissal. With no set prices and just a donation jar available, the students' parents were able to pick out fresh produce to take home. Throughout the pandemic, the staff has been pre-packing produce bags to share with parents instead.

The students aren't the only ones learning life lessons from the Farm. It has a certain allure for adults as well.

"When you have a beautiful space that's really well designed, people gravitate toward it," David says. "Every year, I continue to learn things out here and when you work with a space this long, the space teaches you more than any person could."

David hopes the Farm continues to inspire students, teachers, their families, and those in the community who are able to share in it.

"I think it's so important to realize that a garden space can be so much more and include things that aren't necessarily 'productive' in the edible way to add beauty or create a sense of wonder and place," he explains. "You walk into the space and you're not just looking at plants, you're looking at a space that has a story and you're invited to participate in that."

St. Jude Garden & Memphis Tilth Team Up To Provide Produce For Patients

Derived from Old English, the word “tilth” refers to good soil, particularly with respect to sowing seeds. It’s only fitting that this definition is the inspiration behind the local nonprofit Memphis Tilth.

Established in 2015, Memphis Tilth is focused on promoting a sustainable, equitable, and environmentally sound local food system. They’ve created many programs to help enhance the local growing economy in Memphis. Most

notably, they founded Giving Grove, a program that establishes food orchards in neighborhoods throughout Memphis, and the Bring it Food Hub, a produce subscription service that promotes community-supported agriculture.

Memphis Tilth also maintains the garden of one of Memphis’s most beloved institutions, St. Jude Children’s Research Hospital.

Emily Oppenheimer, 31, is the St. Jude Garden Program Manager at Memphis Tilth. After starting out as a volunteer with the organization in 2016, she began working part time at the St. Jude garden in 2019 and took over as the Program Manager in August 2020.

Emily describes the St. Jude Garden as not only a way to bring fresh produce to the campus, but also a small way to bring some brightness and joy to the patients at St. Jude.



Emily and her team are considered part of the Food Services Department and work closely with the executive chefs. "We're lucky that the chefs at St. Jude are big believers in providing local, fresh produce," Emily says. Each season, she submits a crop plan to the chefs and collaborates to grow a variety of produce. The chefs utilize this naturally grown food to feed the patients, families, and hospital staff with fresh, organic meals. The produce from St. Jude Garden is also sold at the St. Jude Farmers Market so that everyone on campus has access to freshly grown food.

The produce is more than just fresh—it's certified naturally grown, meaning that it's cultivated without pesticides, fertilizers, herbicides, or GMOs. Emily and her team keep their crops growing without these additives through pollinator stations that provide a safe space for pollinators that help them grow fresh flowers and produce.

When asked about future plans for the St. Jude Garden, Emily shared that she's always looking for ways to contribute more to St. Jude. She hopes to make the space more interactive for patient families and hospital staff, and to help make the

sustainable space a larger part of the St. Jude community.

Emily is passionate about the mission of sustainability, but more than that, she's honored to be part of the St. Jude community. "It warms my heart to get to contribute to the St. Jude world," she remarks.

Memphis Tilth is always looking for volunteers to lend helping hands to their many sustainable initiatives. To learn more about their mission and volunteer opportunities, visit their website Memphistilth.org.



Emily's tips and tricks for starting your own garden!

1. Start small by planting herbs in small pots. Make sure you place them in a sunny window!
2. Once you're ready to tackle larger produce, start with one that's perfect for beginners—tomatoes. All you need is a five-gallon bucket and some quality potting soil. Make sure you drill holes in the bottom for drainage first.
3. If you want to expand your garden beyond the bucket, invest in a raised bed planter that will help you control your garden's input. Be sure to layer up with newspaper to keep the weeds down.
4. Don't use chemicals in your garden. Especially avoid Roundup.
5. If a plant dies, rip it out and try again! Growing your first garden can be an emotional roller coaster, but you have to stick with it.
6. Be sure to establish a gardening routine and stay on top of it.



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This Ultrarunner is Hungry for Miles— and Local Food



To say **Jennifer Payne**, 31, loves spending time outdoors would be putting it lightly. When the ultrarunner wound up working behind a desk at home during graduate school, she was drawn to an activity she bonded over with her mother as a child. “I procrastinated so much. I was spending like six to eight hours a day outside gardening,” she says. Jennifer relished the public policy work she was doing. However, she knew a career that made it possible for her to spend time in nature, be physically active, and garden or farm was key to her happiness.

Charting Her Path

In 2016, the mission to find a job that allowed her to do all the above led Jennifer to Memphis Tilth, a nonprofit aimed at creating a fair, eco-friendly, and economically sustainable local food system. During her three years there, she strengthened her skills and engaged with the community.

She continued to hone her knowledge after transitioning to Green Girl Produce. While at the hydroponic vertical farm, Jennifer did more than learn about alternative growing methods—she ended up running the operation. The experience gave her insight into the business side of farming but left her yearning to be outside again. That’s when the folks at Alpha Omega Veterans Services (AOVS) came calling.

Sharing the Joys of Farming

Today, as Garden Program Manager, Jennifer works with Chris Peterson, Cash Hewlette, Faron Levesque, and multiple veterans to keep the charity’s roughly 2-acre farm at its Ball Road facility functioning.

The Urban Farm & Garden program allows veterans served by AOVS to do paid work on the farm or simply experience its therapeutic effects from afar. “They are able, if they’re interested in being involved with the farm, to do that in any way they’d like,” says Jennifer. One former service member cares for chickens, while a group

of veterans who call themselves “Farm Ambassadors” pot plants in the greenhouse, create bouquets to sell at the Cooper-Young Community Farmers Market, and more.

The focus is mainly on growing seasonal vegetables, which are given to AOVS residents and sold to chefs, restaurants, and farmers market shoppers. “The interaction is really fun to watch because whether or not a veteran wants to work on the farm, they can see produce. Just getting to watch your food be grown or to know where your food comes from, I think, makes you value that and appreciate that a lot,” Jennifer says.

“Running definitely taught me a lot about what I put in my body and how it affects me.”

Running Strong

The respect Jennifer has for freshly grown fare is multifold. As a farmer, knowing all that goes into its production is one thing, but as an athlete, understanding how it can impact your performance and health is another. “Running definitely taught me a lot about what I put in my body and how it affects me,” she says. “It’s been a really cool experience to fine-tune what I eat and drink to feel a certain way.” Naturally, you’ll find her meals full of veggies with some meat included.

A whole-food focused approach to eating isn’t the only reason Jennifer has been able to tackle half marathons, marathons, and 50Ks. She credits her current success to her running coach, Holly Hensarling of Can’t Stop Endurance. And while running

isn’t new to Jennifer—she started in high school—working with a coach is something she began doing only two-and-a-half years ago. Though Jennifer was able to cover longer and longer distances alone, incurring multiple stress fractures made her realize she wasn’t training safe or smart. “I needed someone to tell me ‘no’ and to slow down because I tend to get a bit excited,” she says. Working with Holly has helped her run injury-free ever since and was a major factor in finishing her first 50K on cloud nine in 2019.

Jennifer is quick to tell everyone to shush the voice inside their heads that says regular people don’t have coaches. “I recommend one no matter what based on my experience. Having someone to ask, ‘Is it normal to feel this way after this workout?’ or ‘Can we adjust plans because I’m gonna go on vacation?’ and not feeling like I need to make up for lost time or work super hard to do something else is great peace of mind,” she says.

Most recently, Holly helped Jennifer prepare for her longest race ever—Three Days of Syllamo, which included a 50K on day one, a 50-miler on day two, and a 20K on day three. The challenge that comes with the unpredictability of long runs and a race so extreme is something Jennifer looked forward to.

Staying Focused

The discipline running requires is another aspect she thrives on. “I have to say no to some things, and I have to do other things if I want to run well. I’m enjoying learning how to do that,” she says. The fact that running allows her to spend even more time outside and to explore her surroundings, whether familiar or new, is also a perk. Locally, you’ll find her on the trails at Shelby Farms Park and Meeman-Shelby Forest State Park, and along the Wolf River Trails.

As far as her advice for aspiring ultrarunners goes, her first tidbit is to get a quality pair of shoes. Then, remember that anything is possible if you consistently take small steps toward your goal.

KQ Bistro Brings Korean-Inspired Flavors That Are Just As Tasty As They Are Healthy

We all love to flavor our food, but most seasonings contain high amounts of salt and sodium, which can cause high blood pressure and other health issues. What if it were possible to get that extra flavor without the additives and preservatives?

Sherry Rollins, 46, has spent the last three years concocting unique natural flavors that enhance your meal without compromising your health at KQ Bistro. Sherry uses natural staples like kimchi and soybeans to build Korean-inspired, hand-crafted seasonings that enhance your meals with fresh, natural flavors.

Building a business from scratch as a mother of four is no easy feat, but Sherry and her husband Jeremy have big plans for the future of KQ Bistro.

Tell us about the genesis of KQ Bistro.

The idea actually started as part of my daughter's after-school project. Her project was all about how to stop food waste, so we began dehydrating older onions and kimchi and turning them into herbs and salts. The results were better than we expected, and it just took off from there. We started to experiment with more flavors and did taste tests with friends to see if we were really onto something. We saw there was a real demand for these products. In 2018, we started traveling to the Delta Cuisine Commercial Kitchen and Business Incubator at Arkansas State University to prepare our products in a more elevated space. Now, we sell our seasonings online and are working on opening up a storefront.

KQ Bistro is built on nutritious staples like probiotic-rich kimchi. What inspires you to provide health-focused products?

The way that we eat really impacts health and illness prevention. My parents are the biggest inspiration when it comes to changing the way you eat and think about food. My mom was diagnosed with Lupus, and as a result completely changed her diet to almost entirely cut out animal products, which has really helped control her flare ups. My father was diagnosed with cancer and is working hard to change his diet to improve his overall health.

Sherry is a nutritionist and the owner of KQ Bistro, which produces a line of Korean artisan seasonings and kimchi. She's opening a hybrid restaurant/production facility in Arlington, TN. Follow KQ Bistro on Twitter, Instagram, Facebook, YouTube, and TikTok. Visit Kqbistro.com or Etsy.com/shop/kqbistro. Vote for Sherry in the 2021 Favorite Chef competition until April 8th at bit.ly/votesherry.

Family plays a big role in KQ Bistro as well. What's the best part of running a family-owned business?

KQ Bistro wouldn't be possible without the help of my family. My parents are always there in a pinch to help with food prep or to help with the kids. My favorite thing about working with my family is being able to spend time with them and chat, but also sitting in comfortable silence when things get busy.

Where do you get the inspiration for your seasonings?

My dad was in the army, so we traveled a lot growing up. I was actually born in Seoul and my mother is from South Korea, which is why our products are heavily influenced by Korean flavors.

What is the most popular product at KQ Bistro?

The soy salt. It's natural and super low in sodium and made from protein-rich soybeans.

What's your favorite product you've developed?

My personal favorite is the kimchi salt. It's different than your typical salt because it's dried-out kimchi mixed with herbs and is way better for you.

What in the future for KQ Bistro?

Our products are currently available for sale on our website, but we hope to have our storefront open in the next six months in Arlington. Our plan is to do hybrid food manufacturing out of the store so that we can get new products out to stores. It's all about being more accessible. Selling online is lot of work, so we want to get on some shelves. We're excited about the new products we have in the works too. Once the store is open, we'll offer beef and vegan jerky, and the building space has a smoker so we'll be able to perfect Korean ribs.

Kimchi Bokkeumbap (Kimchi Fried Rice)

This is a quick, delicious, and nutritious meal for any time of the day. I always use day-old rice to reduce waste, get the gastrointestinal benefits of resistant starch, and prevent the rice from becoming mushy as I add the wet ingredients.

Prep Time: 10 minutes | Makes 4 Servings

Ingredients:

- ❑ 3 cups cooked brown rice
- ❑ 1 cup kimchi (chopped)
- ❑ 1/4 cup kimchi juice
- ❑ 1 Tsp extra virgin olive oil
- ❑ 3 Tsp sesame oil
- ❑ 1 Tbsp roasted sesame seeds
- ❑ 1 green onion
- ❑ 2 Tbsp gochujang (red chile paste)
- ❑ Optional: 1 sheet gim (Korean roasted seaweed)

Nutrition Information Per Serving:
197 calories, 5g protein, 4g fat,
35g carbs, Sodium 198mg

Directions:

Begin by chopping your green onion into thin slices, about 1/8-inch thick, and set aside. Squeeze as much juice as you can out of the kimchi into a measuring cup. Use liquid from the bottom of the kimchi container to fill the cup. Next, roughly chop your kimchi into bite sizes. Combine kimchi juice and gochujang into a small bowl and mix into a thin paste.

Bring your pan to medium heat and add olive oil. Add rice and liquid mix to the pan and stir until the rice is fully coated. Heat uncovered for seven minutes, stirring occasionally, or until rice begins to brown on the bottom.

Remove from heat and drizzle sesame oil over the rice. Incorporate the kimchi and stir until mixed thoroughly. Let the rice warm the kimchi. Kimchi loses its probiotic benefits if heated to over 115 degrees.

Spoon with a large utensil onto four plates or bowls. Sprinkle sesame seeds and green onion.

Optional: slice 1 sheet of gim into 1/8-inch wide strips and garnish in the center of the dish.

Storing: If you make a large batch and want to store it, refrigerate for up to 5 days and freeze for no more than 6 months.



Kickstarting a Career in the Kitchen *With a Little Bit of Spice*

As a new college graduate entering the workforce during a global pandemic, 23-year-old **Emilee Hudsmith**, is taking it in stride. She spent four years on the cross country and track team at the University of North Alabama and graduated in May 2020 with a degree in therapeutic nutrition.

Saddled with uncertainty, she decided to take her future into her own hands. "During quarantine, I was like, 'Why don't I just create my own job?'" she says. Now she's blending her passion for exercise with her knowledge of food to help people live healthier lives through an app she created called Take Off. It took months and a lot of trial and error, but she saw it through.

"I've always had an eye for nutrition," she says. "What you put in your body fuels you and gets you throughout the day and through a workout. My app has a lot of my recipes, and I love it because it's led me to where I am now."

Emilee's app has opened many doors. She now works full time in medical device sales. Late last year, a family friend approached her about launching her own spice line. She now has a variety of blends for steak, chicken, fish, and everything else. Take Off For Good Seasonings is already looking to expand its offerings.

"We are actually about to come out with a taco seasoning, a tequila lime, and a salt-pepper-garlic," she says.

With a mobile app, a spice line, and a full-time job, you'll be surprised to hear that she is also doing weekly meal prep for others and planning a wedding with her fiancé, Ryan. When it comes to staying healthy and keeping her energy up for everything she does each day, she says it all starts in the kitchen.

"Make your body a priority and fuel it with healthy things that are going to get you through the day. I've never really followed a diet, I've just kept healthy options in the house. I'm fascinated by making recipes that taste the exact same but use healthy ingredients," she says. "I know I don't know everything there is to know about nutrition, but I love learning."



Emilee Hudsmith is a recipe developer, a workout enthusiast, and the creator of Take Off For Good Seasonings and the Take Off mobile app found in the Apple and Google Play stores. To learn more, visit @takeoffforgood on Instagram, Takeoffforgood.com, or download the Take Off app.

‘Everything’ Enerusted Salmon

Over Black Rice & Avocado Salad

If you're looking for a quick, easy, and healthy recipe that is sure to satisfy, this is it. The salmon is made using my fun, flavorful spice blend and comes together with simple ingredients you likely already have in the kitchen. It's also flexible enough to adapt to any type of protein.

Prep Time: 30 minutes | Makes 4–6 Servings

Salmon Ingredients:

- ☐ 4 salmon fillets with skin (about 6 ounces each)
- ☐ ½ cup of Take Off For Good ‘Everything’ seasoning
- ☐ 1 Tbsp Take Off For Good ‘Garlic Butter’ seasoning
- ☐ Olive oil

Avocado Salad Ingredients:

- ☐ 2 ripe avocados
- ☐ 4 medium tri-colored carrots
- ☐ 1 pint of cherry tomatoes
- ☐ 1 jalapeno, seeded
- ☐ 1 white onion, chopped
- ☐ 2 Tbsp tamari
- ☐ Salt and pepper to taste

Rice Ingredients:

- ☐ 1 cup black rice
- ☐ 2 quarts water (or chicken broth for more flavor)
- ☐ 2 cloves garlic, minced
- ☐ 3 green onions, chopped
- ☐ Generous amount of black pepper
- ☐ Salt to taste
- ☐ 1 Tbsp (or drizzle) of olive oil



Salmon Directions:

Preheat the oven to 400F degrees. Coat salmon filets in olive oil and a generous amount of ‘Everything’ seasoning.

Coat the bottom of a large, oven-safe skillet in olive oil and 1 tablespoon of ‘Garlic Butter seasoning.’ Put it over medium-high heat until shimmering (about 1 ½ to 2 minutes). Place fillets in the skillet, seasoned side down, for 3–4 minutes. Flip salmon and cook for an additional 1–2 min.

Place the pan in the preheated oven for 6–8 minutes or until the salmon is fully cooked.

Salad Directions:

Chop avocados, carrots, onion, tomatoes, jalapeno and place into a medium sized mixing bowl. Add in tamari, salt, and pepper, then mix well. Place in the fridge until ready to serve.

Rice Directions

Cook according to the package with water or stock. Add olive oil, minced garlic, green onions, and salt and pepper to taste.

Serve it up!

Enjoy by layering black rice, avocado salad, and salmon on top to ensure a delicious bite.

Nutrition Information Per Serving:
200 calories, 5g protein, 10g fat, 4.5g carbs



ROASTED *Red Snapper*

Whole roasted fish is the easiest, healthiest, quickest meal to cook. Plus, picking at a fish for hours at the dinner table is one of the slowest, most enjoyable ways to dine. When you eat whole fish, you have to watch for bones so it forces you to eat slowly, enjoy the sips of wine in between bites, and savor every moment with family and friends. This meal takes about 2 minutes to prep, then you throw it in the oven and forget about it. In about 30 minutes, dinner is ready.



Andrea LeTard is the author of *Andrea's Cooktales: A Keepsake Cookbook*. She runs a full-time Memphis-based cooking business where she's a recipe blogger, personal chef, cooking instructor, and freelance recipe and culinary writer. Andrea has been featured on Food Network, Cooking Channel, and Today Show. She was chosen as a Top 100 Contestant on MasterChef Season 6.

Follow Andrea on Facebook, Instagram (@andreas_cooktales), and her video blog series at Andreascooktales.com.

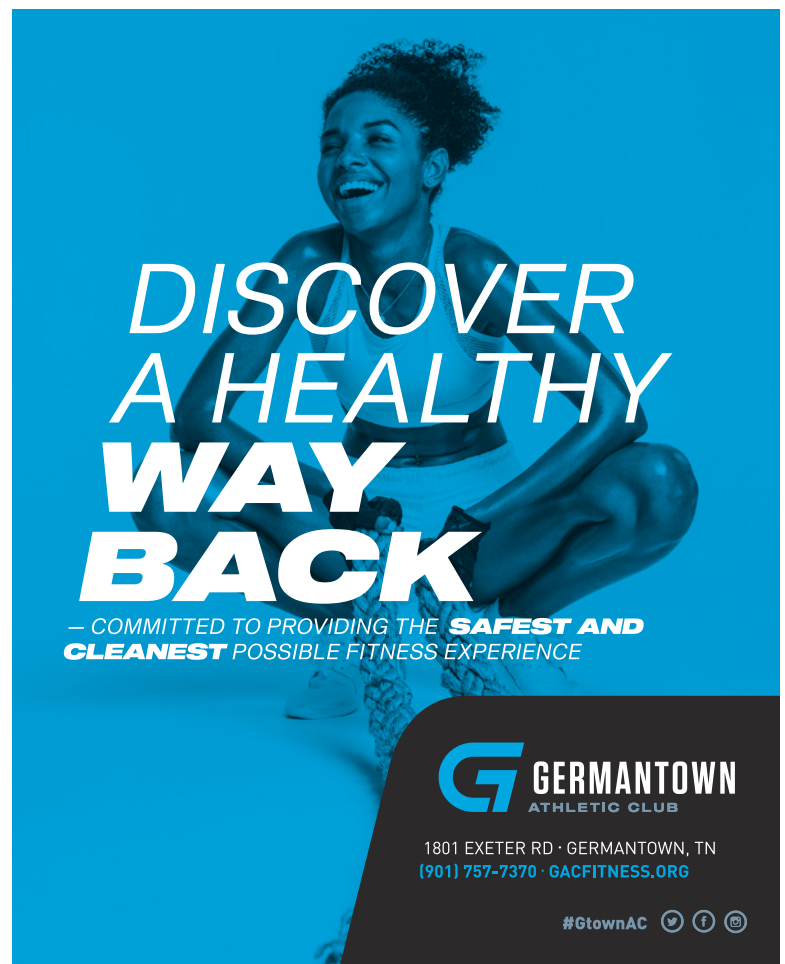
Ingredients:

- ❑ 1 whole large red snapper, gutted, cleaned, scaled
- ❑ Kosher salt and freshly cracked pepper
- ❑ 2 lemon slices + 1 lemon for serving
- ❑ 2 stems rosemary + more for garnish
- ❑ 1 tsp cumin
- ❑ 1 tsp garlic powder
- ❑ 1 tsp coriander
- ❑ Good quality, fruity olive oil

Directions:

Preheat oven to 425F degrees. Rinse and pat the snapper dry and place on a baking sheet. Cut 3 slits on each side of the fish. Salt and pepper the cavity (belly) and both sides generously, pressing to adhere. Stuff the cavity with lemon slices and rosemary. In a small bowl, mix together the cumin, garlic powder, and coriander. Sprinkle on both sides of the fish, pressing to adhere. Drizzle olive oil generously over the top.

Place in the oven and roast for about 25 to 30 minutes or until cooked through and easy to flake with a fork. Serve whole with more olive oil drizzled on top and freshly squeezed lemon juice. Garnish with rosemary.





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Dreamy FIG & RICOTTA Breakfast Tart

While I typically purchase figs and eat them like candy, it's time to do them some justice. Our experiment? A breakfast tart! It's a take on the classic bowl of yogurt with granola. This rendition includes a nutty shell with sunflower seeds and almond flour under a pillowy layer of slightly sweetened ricotta and yogurt—topped off with freshly picked figs. It's super sophisticated at first glance but perfectly approachable alongside a cup of coffee and newspaper!

Prep Time: 35 minutes | Makes 8 servings



Ingredients:

- ❑ 1/2 cup sunflower seeds, toasted
- ❑ 1/2 cup almond flour
- ❑ 3/4 cup all-purpose flour
- ❑ 1/4 cup cold coconut oil (not melted)
- ❑ 2 Tbsp ice-cold water
- ❑ 2 Tbsp pure maple syrup
- ❑ Pinch sea salt
- ❑ 1/2 cup part-skim ricotta
- ❑ 3/4 cup non-fat Greek yogurt
- ❑ Lemon zest
- ❑ 1/2 tsp vanilla
- ❑ 1 tsp pure maple syrup
- ❑ Handful figs, sliced

Directions:

Preheat oven to 375F degrees. Add sunflower seeds to food processor, and pulse just until it resembles sand. Add flours, water, salt, coconut oil, and maple syrup. Pulse until well-incorporated, scraping down sides if needed.

Press dough firmly into bottom of tart pan and up sides, ensuring an even base. Prick crust with a fork, and bake for 15–18 minutes until golden. Cool completely on a cooling rack.

While tart cools, fold together yogurt, ricotta, lemon zest, vanilla, and maple syrup in a small bowl. Sweeten to taste with more syrup, if desired. Pour mixture into the cooled shell. Arrange figs on top, and serve immediately.

Refrigerate any leftovers, though you might have a slightly soggy bottom!

Cara Greenstein celebrates intentional and exceptional cuisine in her award-winning food and lifestyle blog, *Caramelized*, which offers recipes and restaurant reviews, food-focused travel itineraries, and endless tablescape tips. Follow @cara_melized on Instagram for daily inspiration and bookmark her recipes at [Caramelizedblog.com](https://caramelizedblog.com).

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4 Ways To Stop Obsessing Over Body Image



Think about how many times you changed clothes before choosing an outfit this morning. Did you step on the scale? Did you pick your breakfast based on how you felt about your appearance? These questions might hit home if you've been fixated on your body lately.

It's hard to not think about our body when we're faced with swimsuit ads, diet commercials, and "What I Eat in A Day" posts everywhere we look. We live in a culture gripped by appearance, one that praises thin bodies and touts unrealistic beauty standards. Our culture teaches us

that we need to change, and as a result, we spend a lot of our time obsessing over body image. However, no two bodies are meant to be exactly alike. If we all ate and moved in the exact same way, we would still be different shapes and sizes. Why do we fear instead of celebrate body diversity?

It's important to remember that health isn't always reflected by appearance. And overall health is so much more important than simply a number on the scale. We each have the ability to decide how we want to feel about our body.

HERE ARE FOUR TIPS TO HELP YOU STOP OBSESSING OVER BODY IMAGE AND START PRACTICING BODY RESPECT:

RECOMMENDED
READING
Health at Every Size
by Linda Bacon
Anti Diet
by Christy Harrison



Erin Dragutsky is the co-founder of 901 Nutrition, LLC and a licensed, registered dietitian in Memphis. Erin specializes in helping clients with eating disorders and disordered eating habits. She is passionate about helping clients ditch their diets for good, find food freedom, and develop a positive relationship with food. 901nutrition.com, 901.800.9526

1 GET RID OF YOUR SCALE

As a licensed dietician with a master's degree in clinical nutrition, I'm giving you permission to let go of it because you don't need it. In fact, it could be keeping you in a perpetual cycle of shame—especially if seeing certain numbers makes or breaks your day. If the scale controls how you feel about your body, it's time to let it go (for your mental health!).

2 CLEAN OUT YOUR CLOSET

You deserve to look into it and see items that fit your body right now. Regardless of how cute it is or how much it cost, if a piece of clothing in your closet doesn't fit you as you are now, box it up, bag it up, and put it somewhere else.

3 TAKE A HARD LOOK IN YOUR MIRROR

Your thoughts become your beliefs, and your beliefs become your feelings. Thinking that you need to change your body comes from the belief that changing your body will bring happiness. This leads to shame and an overwhelming sense of defeat.

What if you focused on all the things your body can do? The belief then becomes "my body is capable." If practicing positive thoughts in the mirror feels like a lot, then try gratitude instead. Saying, "I'm grateful for my arms that allow me to hug my kids," would be a great example. You can even throw some sticky notes on your mirror with positive messages.

4 CHECK YOUR WORDS

Words matter, so choose them wisely! When you talk about yourself in a negative way, whether to yourself or others, that validates negative self-perception. Defaulting to shaming yourself and self-deprecating comments are unhealthy habits. Even gravitating to conversations with friends about diet and eating can be harmful. Instead, redirect conversations to ones that build you up and leave you feeling good.

YOUR BODY DESERVES YOUR RESPECT

Skip the body bashing and start practicing gentleness and grace. You can treat your body with kindness and love even if you don't like it or want to make changes. Start with these tips and see how your relationship with your body changes.

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Eating Disorders Affect People of Every Color, Gender & Size



Eating disorders are serious mental, physical, and emotional conditions related to persistent eating behaviors that negatively impact health and the ability to function. There is a lack of awareness of eating disorders among the general population; and most believe that eating disorders only happen to affluent, cis, thin, white women. However, eating disorders can affect anyone regardless of race, culture, ethnicity, socio-economic status, gender identity, and sexual orientation.

While no one knows for certain what causes eating disorders, a growing consensus suggests that it is a range of biological, psychological, and sociocultural factors. Even though eating disorders are classified as mental health conditions, they can have physical and physiological stressors as well. The most frequently diagnosed eating disorders are anorexia nervosa, bulimia nervosa, and binge eating.

Anorexia nervosa

is the restriction of energy intake relative to requirements leading to significantly low body weight in the context of age, sex, developmental trajectory, and physical health.

Many times, eating disorders go unscreened in communities of color. The National Eating Disorder Association (NEDA) says, "Despite similar rates of eating disorders among non-Hispanic whites, Hispanics, African-Americans, and Asians in the United States, people of color are significantly less likely to receive help for their eating issue."⁽¹⁾

Even though Black teenagers are 50% more likely than white teenagers to exhibit bulimic behavior, such as bingeing and purging⁽¹⁾, they are less likely to be treated. Often by the time a person of color has an assessment and diagnosis of an eating disorder, the disease has taken an emotional, mental, and physical toll on their body. In fact, research shows that approximately one in four people with an eating disorder have symptoms of post-traumatic stress disorder (PTSD).

Bulimia nervosa

is characterized by consuming large amounts of food while feeling out of control and engaging in compensatory behaviors to prevent weight gain. Behaviors may include self-induced vomiting; misuse of laxatives, diuretics, or other medication; fasting; or excessive exercise.

Binge eating disorder

is characterized by binge eating (within a two-hour period) without the compensatory behaviors characteristic of Bulimia. The binge-eating episode may be accompanied by eating more than normal, eating until uncomfortably full, eating large amounts of food independent of physical hunger, eating alone due to embarrassment of consuming such large quantities, and guilt after consuming large amounts of food. The binge eating occurs, on average, at least once a week for 3 months.



Currently, there are no evidence-based screening tools for eating disorders that are validated in communities of color. Most research, screening, and assessment tools are validated for white Eurocentric women. Trauma, food insecurity, and food accessibility are also not assessed or screened for amongst eating disorder patients. People of color, those who are poor, and many within the LGBTQ community are not adequately being served by the current methods. Untreated mental illness affects every part of life, from being able to feel happiness to forming relationships to earning income and being successful.

While not all of us have the power to change the healthcare system or advocate for more inclusive methods for diagnosing and treating eating disorders, there are ways you can make a difference. According to NEDA, "Up to 40% of overweight girls and 37% of overweight boys are teased about their weight by peers or family members. Weight teasing predicts weight gain, binge eating, and extreme weight control measures."⁽²⁾ Be kind and encourage others to be thoughtful towards the young people

in your life. Jokes and subtle disparaging comments about their image or weight can be contributing to a developing eating disorder or another health issue.

In general, refrain from speaking negatively about your family and friends' bodies, comparing them, or engaging in diet talk. Dieting is a multi-billion dollar industry with one of the highest failure rates. Yo-yo dieting and intentional restriction can increase the likelihood of developing disordered eating patterns and eating disorders.

If you or someone you know has shown signs of disordered eating or eating disorders, encourage them to get help. Bluff City Health has a special focus on eating disorders and how they impact communities of color. We offer 1:1 individual nutritional counseling for eating disorders and chronic illness. We also offer training for anti-racism and social justice.

1. www.nationaleatingdisorders.org/people-color-and-eating-disorders
2. www.nationaleatingdisorders.org/statistics-research-eating-disorders

Whitney Trotter is a registered dietitian, nurse, and certified yoga teacher. With Rachel Haaga, she helped cofound Restore Corps, an anti-trafficking organization. Whitney also is the owner/co-founder of Bluff City Health, a Memphis-based private practice focusing on nutrition and health for those with chronic disease, eating disorders, and disorder eating. Follow her @Whitneytrotter.rd or visit Whitneytrotter.com.

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Dieting Vs. Eating Disorders

Know the Signs & When To Get Help

How would you describe your relationship with food? Our culture is obsessed with weight, diet, and exercise. It’s estimated that 35% of dieters will progress to disordered eating. From there, 30%–45% of those dieters will progress to a full eating disorder. Relationships with food are best described on a spectrum...



Normal Eating

Normal eating is peaceful and positive. Food and exercise decisions are based solely on one’s intuition with little to no feelings of guilt or forcefulness. Since there is no perfect way of eating, this could look like three meals a day, snacking throughout the day, or a little bit of both. Normal eating doesn’t necessarily come naturally, it takes time and patience to learn how to eat intuitively.

Dieting

Dieting, which is normalized and even praised in today’s world, comes with several side effects. Studies show that chronic dieting increases anxiety, depression, and the risk of binge eating. It often evokes a sense of failure, all the while lowering metabolism. It’s important to note that dieting isn’t just following a formal diet, such as keto or paleo. Dieting is following any rule that limits or restricts the time, type, or amount of food you eat. For example, dieting may look like spending years avoiding certain foods for hopes of weight loss yet never following a “true” diet.

The difference between dieting and disordered eating is fairly gray...many disordered eating behaviors are no different than the prescribed rules of dieting. The degree of interference with daily life and amount of suffering that one experiences differentiate between dieting and disordered eating.

Common Signs and Behaviors of Disordered Eating

The severity, intensity, and frequency of food or exercise behaviors ultimately determine whether disordered eating meets diagnostic criteria of an eating disorder. Common signs and behaviors of disordered eating include (but are not limited to):

- **Greater than 50% of your thoughts center around food, exercise, or body**
- **Feeling out of control with food**
- **Using exercise to earn or compensate for food**
- **Lack of flexibility or spontaneity with food choices**
- **Sneaking food or eating secretly**
- **Obsessive food label reading or food logging**
- **Eating even though you're no longer hungry, until sick or painfully full**
- **Eating only until you're no longer hungry, stopping prematurely (before you're actually satisfied)**
- **Feelings of guilt or shame around food**

Diagnosing an eating disorder can include discussions with a medical provider trained in eating disorders, laboratory tests, and/or a physical exam. Barriers to receiving a diagnosis or treatment include: stigma or misconceptions, access to care, or believing one isn't sick enough to receive treatment.

Common Myths about Eating Disorders

"I'm not thin. I can't have an eating disorder."

Less than 6% of individuals with an eating disorder are underweight. Weight or laboratory values cannot and do not fully reflect the suffering an eating disorder causes.

"Eating disorders only affect women."

Ten million American men struggle with an eating disorder. In a poll of adolescent males, 33% used disordered eating behaviors to change their weight.

"Eating disorders affect mostly white people."

People of color are less likely to be asked about their relationship with food or be assessed for an eating disorder by medical professionals. That's why a BIPOC is 50% less likely to receive a diagnosis and treatment.

"Eating disorders are a choice."

There is no one reason a person develops an eating disorder. Genetics, biology, psychology, history of trauma, dieting, and a person's environment can all play a role in the development of an eating disorder. It is never someone's choice.

Getting the Help You Deserve

Eating disorders are serious. One of the biggest barriers to receiving treatment is the denial of the severity of the eating disorder, believing that "I'm fine" or "I'm not sick enough." The normalization of disordered eating behaviors due to diet culture perpetuates this mentality. Living with an eating disorder is exhausting, all-consuming, and very difficult. It prevents someone from living a whole and full life. If you believe that you may have an eating disorder or a rocky relationship with food, these following resources may be helpful:

- **NationalEatingDisorders.org**
- **EatingDisorderHope.com**
- **Sick Enough by Dr. Gaudiani**
- **8 Keys to Eating Disorder Recovery by Carolyn Coston and Gwenn Schubert Grabb**

If you need to talk to someone, the Registered Dietitians at Memphis Nutrition Group have extensive training and experience in eating issues across the spectrum of dieting to eating disorders. We can offer referrals to local therapists and physicians, create a treatment plan, and provide a compassionate and understanding space to meet you where you are at in finding recovery. You don't have to live this way. There's hope for food freedom wherever you fall on the spectrum.

Caroline Shermer, MS, RDN, LDN is a nutrition therapist and Registered Dietitian at Memphis Nutrition Group. Memphis Nutrition Group believes in a non-diet approach that promotes overall health and optimal performance without compromising the enjoyment of food. For more information call Memphis Nutrition Group at 901.343.6146 or visit MemphisNutritionGroup.com.



When and What To Eat For Optimal Athletic Performance



As the weather gets warmer and the days get longer, it’s a great time to improve your fitness or even train for one of your athletic bucket list items. While exercise is crucial to that, so is something else—the food you give your body to use as fuel.

Dietitians estimate nutritional needs for patients every day. This includes but is not limited to the amount of calories, protein, and fluid a person needs. For a person who is more sedentary, their nutritional needs will be lower than someone who is expending more energy, such as a recreational athlete. The more strenuous your training, the more calories and more protein you’ll need to maintain muscle mass and energy.

For lower-intensity workouts like walks, leisurely bike rides, or yoga, nutritional needs can usually be met by staying hydrated and supplementing healthy meals with small snacks like an orange, granola bar, or peanut butter and crackers.

Someone training for a distance race, however, needs a nutrition plan that will supplement their muscle fuel stores before and during a race. During races or training, carbohydrates are depleted, so you need fuel to sustain endurance. Nutrient-dense, carbohydrate-rich foods can fuel heavy training days. Examples include wholegrain bread and cereal, starchy vegetables, fruit, and dairy. Try avocado toast, fruit smoothies, and yogurt parfaits. Additional carbohydrate-rich foods and sports drinks or energy chews can be used as supplements to meet energy needs.

Protein intake is also important. The Academy of Nutrition and Dietetics, Dietitians of Canada, and the American College of Sports Medicine recommend 1.2–2.0 grams of protein per kilogram of

body weight per day, depending on training. For someone participating in recreational activities, I suggest a lower range—1 to 1.3 grams per kilogram of body weight. The amount of protein ingested should be spaced throughout the day and within two hours after a workout with carbohydrate sources for muscle repletion.

Proper fluid intake is also essential to transport nutrients, maintain energy, and regulate body temperature and blood pressure. “Never rely on thirst,” says Jacqueline Daughtry, clinical dietitian and manager of clinical nutrition at Regional One Health. “In doing so you may negatively affect your workout, activity, or performance.”

The American Council on Exercise suggests 7–12 ounces of fluid 15–30 minutes before activity and 4–8 ounces every 15–20 minutes during activity. For vigorous activity, athletes should take in a little more than 2 cups per hour. After your workout, drink another 8 ounces of fluid, followed by 2–3 cups over the next few hours. Aim to consume 16–20 ounces of fluid for every pound of weight lost during exercise.

Food and fluid are important not only as fuel but for recovery. After training, intake of carbohydrate-rich foods or drinks will aid rapid muscle glycogen repletion, particularly if you decide to train twice in one day. Adding in protein-rich foods aids in muscle repair and building of new muscle and red blood cells.

Replenish fluid to prevent fatigue, cramps, and dizziness and refuel with lean protein, healthy carbs, and healthy fats. Look for foods that are high in omega-3s to provide heart-healthy nutrients and aid in the prevention of inflammation. Go for potassium-rich foods to ease muscle cramps, soreness, and inflammation.

Carbs	Carbs + Potassium	Carbs + Potassium + Protein	Omega-3s + Protein
Oatmeal	Potatoes	Milk	Cold-water fish
Quinoa	Oranges	Yogurt	Walnuts, chia, flax seeds

The timing of meals and snacks is also important. It’s hard to achieve peak performance on an empty stomach, but performance also suffers if you eat a very large meal right before exertion. I suggest a small meal or snack prior to exercise and activity.

Hannah Reynolds is a clinical dietitian at Regional One Health. For more information, go to [RegionalOneHealth.org](https://www.RegionalOneHealth.org).

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TEAM PLAYER: I'm on the Breakaway Running race team and will do their group runs again when they come back!

RECENT WIN: I ran my first ultra this February at the Sylamore 50K and was first place female.

FAVE WEEKEND WARRIOR EVENT: I completed two IRONMANs with my brother, but have done three overall. Florida 2013 (4th in age group), Los Cabos 2014, and Arizona 2015. I got a little burnt out after them. I still love biking and swimming; I just haven't been doing them competitively.

I ♥ RUNNING: When I was teaching, I coached and trained several groups of students for local races. Watching them finish the 5Ks with a sense of pride and accomplishment after working so hard for their goals was the best!

NEXT CHALLENGE: I'm running the Grand Canyon Rim-to-Rim-to-Rim at the end of April!

INSPO: The support of the running community and my friends keep me going (and laughing!). Watching other people accomplish their goals motivates me to do the same!

BUCKET LIST: Running and exploring all of the National Parks. I've been to 20 so far and can't wait to hit up more.

#WORTHIT: I trained for an IRONMAN while living in Mexico City. I had to commute an hour and a half to the pool, do all my cycling on a trainer, and run at 8,000 feet altitude. It was tough, but it made me both physically and mentally stronger!

MUST-HAVE: Hoka Recovery slides. It's not the most stylish look, but I've been rocking them with socks all winter.

FAVORITE JAMS: I don't typically listen to music when I'm on the trails, but I sometimes listen to an embarrassing amount of Taylor Swift. (I blame my brother!)

BINGE LIST: I'm re-watching Schitt's Creek.

INDULGENCE: Huey's cheese fries. I've been known to order ahead so that they're waiting for me at the end of a long run.

RECENT READ: Transcendent Kingdom by Yaa Gyasi

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Brian “Bubba” Crowder, Runner

37, Director at Fund the Nations, Director of Board for the Homerun for Habitat 5k in Southaven & for the Make-A-Wish Walk for Wishes

FAMILY: Wife: Whitney; Kids: Harper (10), Lucy (8), Callie (6), and Davis (2)

TEAM PLAYER: I lead an outdoor workout group (@outsiderworkout on Instagram) that meets at Snowden Grove MWF @ 5:15 am. And I’m on the North Mississippi Endurance team.

FAVORITE FITNESS ACCOMPLISHMENT: I won a local 5K a couple years ago that I had run 10 years earlier as my first 5K. Back then, I ended up having to talk most of the last mile because it was too hard!

MOST MEMORABLE RACE: In 2020, I was set to run a 50-mile race and it got canceled at the last second because of Covid...After putting in all of the training, I decided to run 50 miles anyway and set up a local route with aid stations. What I didn’t know is that my sweet wife had gotten the entire neighborhood to stand out in their driveways with signs to cheer me on as I finished the final mile!

I ♥ RUNNING: I love that you can lose yourself in it. It’s like free therapy. If you need to think through stuff, you can do that while running. If you need to just forget for a little bit, you can do that as well.

INSPIRATION: My dad passed away from a heart attack in his late 40s. I saw myself going down the same path of being unhealthy. I exercise to be able to stay in shape so that I can play sports and run with our kids as they grow up!

SPEED BUMPS: I’ve been running since 2010, but I was fairly large and eating unhealthy back then. I enjoyed it and ran three marathons, but it was always a struggle. In 2013 when our 2nd daughter was born, I gave up altogether. I got up to 280+ pounds and was doing nothing active at all. In 2017, I knew I had to make a change, so I started eating differently and exercising. It was slow at first, but the more the weight came off, the more I fell back in love with running!

GO-TO GEAR: Backwards trucker hat, Garmin Fenix watch, Aftershockz Aeropex (love music while running!)

FAVE SONG: All This Power —War*Hall

BEST EATS: King Crab Tortugas & Sweet Tea at Las Tortugas

INDULGENCE: Kids’ Cereal



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My Fave Workout: Because I come from a martial arts background my first love will always be mobility training, but weightlifting (especially barbell work) is a close second. It's fun to be 4-foot-11 and lift things bigger than I am.

Biggest Fitness Myth: I have an autoimmune condition and at many times someone told me a version of, "You'll never be the same again." Also, the idea that certain life stages or an illness has to be the start of a sharp downhill slope. While I don't feel like I did at 20 or before I started dealing with chronic pain and fatigue, I'm strong and healthy today in

different ways. I appreciate it so much more because it's hard-won!

Biggest Nutrition Myth: That certain food groups are bad! Carbs, fats, and proteins are all important to fuel our bodies, and eating the things we love can absolutely be part of a healthy, balanced lifestyle. The slight change in mindset makes a difference and can help us have a healthier relationship with food.

Most Overlooked Body Part: Hamstrings and glutes. A lot of back and knee pain, especially in runners and professionals who have to sit a lot during the day, can be improved when we strengthen these muscles and re-learn proper mechanics.

If you could have one piece of equipment what would it be? Bands can stand in for almost anything we can do with a dumbbell or a cable—and then some.

Favorite Body Part To Train: Hamstrings. I could deadlift every single day because there are so many variations...plus it's just fun.

Go-To Snack: Greek yogurt and granola. I eat it every day.

Always In My Fridge: Greek yogurt, soy milk, and, because I love making pizza, pepperoni.

My Diet: I'm an "eat what you want but in moderation" person. I also pay attention to my macro breakdown and primarily eat what I cook myself to stay ahead of any autoimmune issues and get the most out of my training.

How I Got Here: In 2011, I had a stillbirth at 38 weeks, at the time for unknown reasons. Now we know it was autoimmune related, most likely. I had to have a blood transfusion and two surgeries to repair the damage, which left me in the ICU for several days. They let me go in time for my son's funeral. After cobbling my rehab together with trainers and research, I became a group fitness instructor. Then I went back to college four years ago (just graduated and turned 40!), and I'm getting ready for grad school next. In 2018, I became a trainer who focuses on rehab from injuries as well as chronic conditions, and I specialize with some who might be considered lost causes.

Are you a fitness trainer, workout instructor, or influencer in the industry and would love to share your knowledge with our readers? Send a brief bio and picture to: Amy@memphishealthandfitness.com

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