



FEBRUARY 2016 CELEBRATION

Whatever event you are celebrating, please enjoy the best possible version of your special food and drink. Take care. Be present. Savor. Share it with people you love. Celebration is an essential part of wellbeing regardless of your belief system. Its power rests not in the food and the drink, but in the sharing.

If you have been rigorous with your New Year's resolution to eat and drink differently, February may be challenging. With Gasparilla here in Tampa, Super Bowl Sunday, Chinese New Year, Mardi Gras, and Valentine's Day all within the first two weeks, you may find your resolve wavering. Any one of these occasions could offer an incentive to abandon any restriction and bring on the feast. Each one of them is associated with celebration food and drink that are unlikely to be part of your "I am trying to be good" regimen.

GASPARILLA

Though not a national holiday, Tampa's Pirate Festival has been a tradition since 1904. During Gasparilla, "krewes of pirates and wenches" storm the city, bringing with them their own particular brand of mayhem. There are no Gasparilla foods per se, but there are cocktails. Along the parade route, revelers challenge the city's temporary suspension of the open container laws. The traditional Gasparilla libation is milk punch. Recipes for this pirates' breakfast are closely guarded.

MR. B'S MILK PUNCH



Ingredients:

- 1 ¼ oz Brandy or Bourbon
- ½ oz Dark or Light Rum
- 2 oz Whole Milk or Half and Half
- ¾ tsp Vanilla Extract
- ½ oz Maple or Simple Syrup
- Grated Nutmeg

Instructions:

Pour liquids into a cocktail shaker filled ¾ with ice. Shake vigorously until chilled, approximately 30 seconds. Strain into rocks glass. Serve with a dusting of grated nutmeg.

SUPER BOWL SUNDAY

Much like Thanksgiving, Super Bowl Sunday is uniquely American and a gateway holiday. Because it is generally preceded by weeks of restrictive dieting, the saddest-looking pizza and the wateriest light beer could pave the way for 10 months of mindlessness. Even just watching the game to enjoy the famed advertising spots could land you unintentionally in a bag of chips. Ads are designed to make you do that.



FOOD FACTS: HOW MUCH DO WE CONSUME ON SUPERBOWL SUNDAY?

- 1.25 billion chicken wings
- 4.4 million pizzas
- 48 million people order take-out
- 71.4 million pounds of avocados

USA Today



the supplement
FACILITATING VITALITY

CHINESE NEW YEAR

Based on the lunar calendar and the Chinese zodiac, 2016 is the Year of the Monkey. Over 1 billion people around the world greet the New Year with traditional foods and rituals. Dishes include sweets for luck and soups with long noodles for longevity. Rituals to ward off evil spirits and ill fortune include housecleaning and lighting fireworks.

TRADITIONAL CHINESE NEW YEAR SWEETS



MARDI GRAS

Or Fat Tuesday is the last day before lent, a six week period of reflection before Easter. Lenten practices include simple living, prayer and fasting. Plenty of revelry leads up to Mardi Gras including the sharing of the King Cake. A King Cake is circular and tri-colored honoring the three kings and symbolizing justice (purple), faith (green) and power (gold). Hidden inside the cake is a trinket, usually a baby. The recipient of the trinket is declared king or queen for a day and is responsible for providing the cake the following year.

VALENTINE'S DAY

The chocolate industry will boast over \$1 billion in sales of the lovers' confection. First discovered in Latin America, the Aztecs and the Mayans infused cacao with water and chilies to create a chocolate drink used in sacred ceremonies. It was prized as a source of energy, attraction and pleasure. Columbus carried it with him when he returned to Europe where it remained a luxury for centuries. It was prized as a medicinal food not as a confectionery. It wasn't until it made its way to England and into the hands of Richard Cadbury that it was sold for mainstream consumption in the now familiar heart-shaped Valentine's Day box.



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Patricia M. Fuller has dedicated the last 18 years to designing and delivering wellness programs. Her events earn consistently excellent ratings for her holistic approach and her real world application.

Prior to concentrating in wellness, Pat taught accounting and auditing as an adjunct professor at the University of Tampa. She earned her CPA designation in 1992 as a senior associate for Coopers & Lybrand. She has a Masters in Business Administration from the University of Utah.

Pat has a PhD in holistic nutrition. In 2010, she was board certified by the Holistic Nutrition Credentialing Board. Her areas of research include stress management and eating habits. She is a Certified Wellcoach and a member of the Institute of Coaching. She is an annual attendee to The Harvard Medical School Conference, Coaching In Leadership & Healthcare.

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