





# the supplement

FACILITATING VITALITY

Potato dressing, called filling, is unique to the Amish community. Rice-based dressing is popular in rice-growing states such as Minnesota, Louisiana and Texas.

After the base is fully and vigorously defended, the remainder of the ingredients follow. Butter and broth appear universal—no big argument or vehemence displayed there. The next material point of contention is the garnishes. These are somewhat geographically linked, oysters for example, but most are variations based on ancestry.

The last of the great debate is whether the dish is cooked inside or outside of the bird. The “love it” delegation is split between the options, though cooking outside of the bird is favored. Safety is the main issue cited, particularly when there is another meat or seafood involved. There is also a faction that is enamored with the crunchiness imparted when cooked outside of the bird. Some prepare individual servings using muffin tins to maximize the crunch. This is where we run into the remaining “hate it” and “indifferent to it” delegations.

## HATE IT

The “hate it” delegation universally fell in the cooked inside-the-bird segment. They were seriously disgusted by the thought of the mixture being stuffed into a raw bird and then cooked. All responded “gross” and refused to discuss the topic further.

## INDIFFERENT TO IT

Big fans of the traditional feast, these are the folks who take a little bit on their plate out of politeness or completeness. The indifferent delegation unanimously reported their dressing was cooked outside of the bird. In fact, the dressing was so outside of the bird that it never made it past the stove top and into the oven in its preparation.

Regardless of your dressing delegation, enjoy every bit of your Thanksgiving feast. Savor. Be present. Share it with people you love. Celebration is an essential part of wellbeing. Its power rests in the sharing, not in the dressing.

### DRESSING GARNISHES



- Turkey Giblets
- Sausage (cannot be spicy)
- Bacon
- Oysters
- Cranberries
- Apples
- Sage
- Thyme
- Rosemary
- Chestnuts
- Pecans
- Cashews
- Celery
- Onion
- Garlic
- Mushrooms
- Artichokes
- Parmesan Cheese



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Patricia M. Fuller has dedicated the last 20 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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