

YOUR FAVOURITE HUNGRY TECH MAGAZINE



09800 461091 >

FALL / 2017

# TASTY BYTES

4 NERDS  
THAT  
NIBBLE



BREW & YOU  
OFFICE EATS: DOUNTS  
RUMBLE DOWN UNDER: IBS

# A

8/BREW & YOU

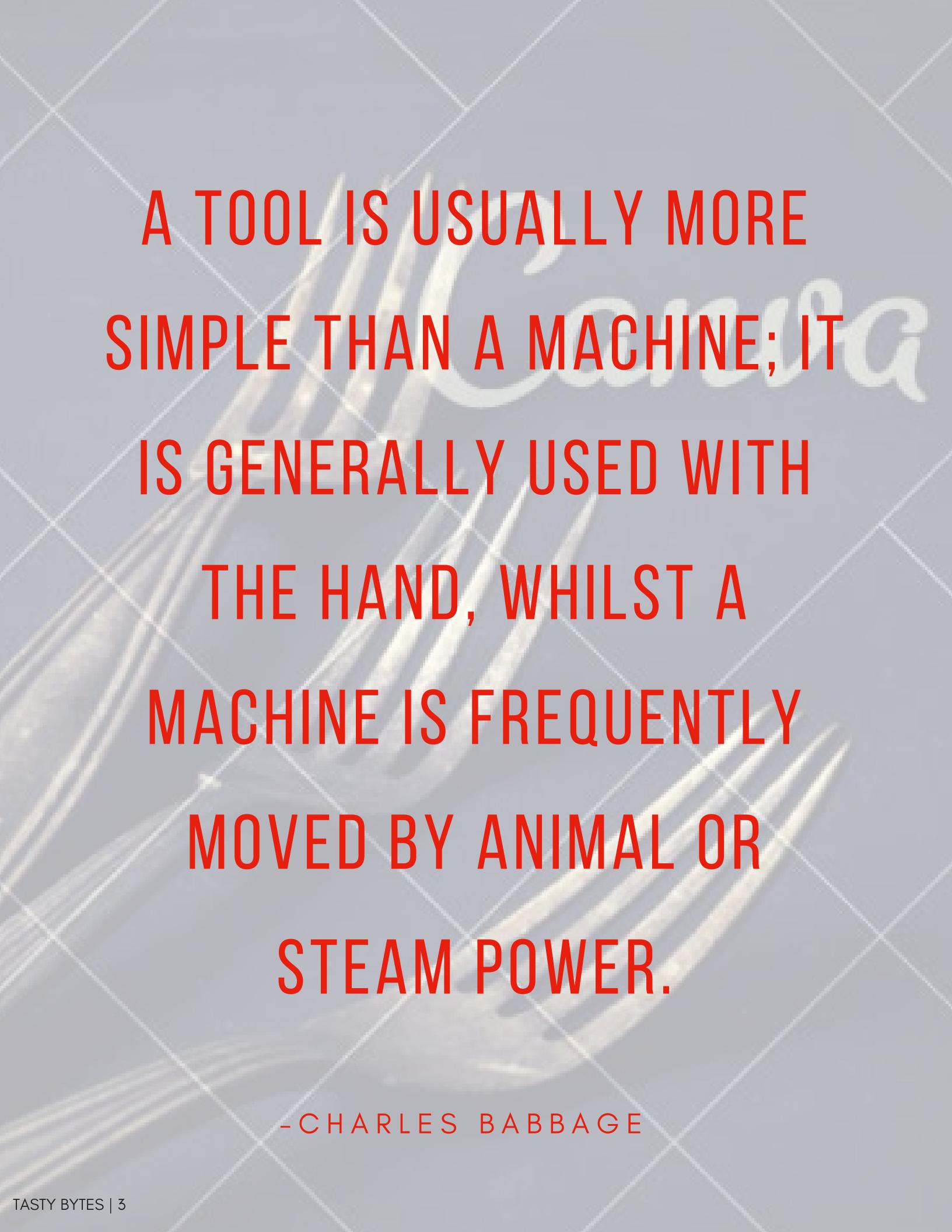


# B

21/OFFICE  
EATS:  
DOUNTS

# U

35/RUMBLE  
DOWN  
UNDER: IBS



A TOOL IS USUALLY MORE  
SIMPLE THAN A MACHINE; IT  
IS GENERALLY USED WITH  
THE HAND, WHILST A  
MACHINE IS FREQUENTLY  
MOVED BY ANIMAL OR  
STEAM POWER.

- CHARLES BABBAGE

# DATA MINING MENUS

WE ASKED SOME OF THE HUNGRiest HACKERS  
—  
WHAT ARE YOU EATING NOW?

JAKIE HEMENWAY,  
SAN FRANCISCO, CA  
IT SPECIALIST

Gourmet mac and cheese is my current go to. I had it out and was inspired to make it at home. It was surprisingly easy. I have been mixing in a few of my favorite cheese like blue cheese and brie. I also have been topping with shredded apples. I like to come home and dig into leftovers after a full day of development.

TODD PERKINS,  
APPLE VALLEY, CA  
IOS DEVELOPER & INSTRUCTOR

If I'm going to have a treat, I prefer ice cream. I enjoy making no-churn ice cream at home, and if I'm out I typically go for seasonal flavors like pumpkin."

JOSHUA CLEETUS,  
NEW YORK, NY  
IOS DEVELOPER, ROMIO INC,

My favorite office snack is Jackfruit Halwa(Chakka Varatti).

Chakka Varatti is a traditional dish in Kerala, India and made using ripe jack fruit which is cooked first, ground to a smooth paste and mixed with jaggery and cooked till it becomes a thick consistency, almost like a jam.

CHAKKA VAKAI IS A TRADITIONAL DISH IN KERALA, INDIA AND MADE USING RIPE JACK FRUIT

JOSHUA CLEETUS





# Perfect Pumpkin Pancakes

FULL STACK  
PANCAKES  
FROM FULL  
STACK  
DEVELOPERS

BY RICHARD NEBLETT &  
LI CHANG

YIELD: 16 PANCAKES SERVINGS: 4

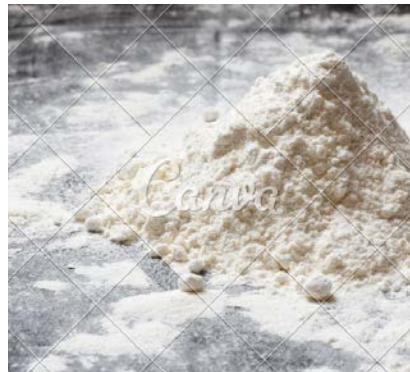
## COMPONENTS

- 2 eggs
- ½ cup milk
- ½ cup ricotta cheese
- ½ cup pumpkin puree
- 3 tablespoons honey
- 2 cups flour
- 4 teaspoons baking powder
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- Coconut oil spray for skillet

## DIRECTIONS

1. Blend together dry products; flour, baking powder, spices and salt in a bowl.
2. In another bowl, mix together wet products; milk, pumpkin puree, ricotta, honey, and eggs.
3. Gentle blend wet mixture into dry ingredients.
4. Spray coconut oil into a skillet over medium heat; pour in 1/2 cup batter for each pancake.
5. Cook pancakes about 2-3 minutes per side; you will see tiny bubbles appear when the pancake almost ready to flip.
6. Serve with warm syrup.

# Amazing Apple Pancakes



COMPONENTS • 1 PEELED GRANNY SMITH APPLE, FINELY GRATED • 1 EGG • 1 CUP ALL-PURPOSE FLOUR • 1/4 CUP SUGAR • 1 TEASPOON BAKING POWDER • 1 TEASPOON BAKING SODA • 1 TEASPOON SALT • 1 TEASPOON FRESHLY GROUND CINNAMON • 1 TEASPOON GROUND NUTMEG • 1 CUP BUTTERMILK • 2 TABLESPOONS OLIVE OIL • 1 TEASPOON VANILLA EXTRACT • 1 CUP APPLESAUCE • ½ CUP HONEY • NONSTICK COOKING SPRAY

DIRECTIONS: 1. In a bowl, beat the egg, add flour, sugar, baking powder, baking soda, salt, cinnamon, nutmeg, buttermilk, olive oil, vanilla and stir. 2. Add the grated apple and stir just until mixed. 3. Heat a griddle over medium-high heat. 4. Spray the griddle with nonstick cooking spray. 5. Dispense about 1/2 cup of the batter per pancake. 6. Cook about 2 minutes. 7. Using a spatula, flip the pancakes and cook until golden brown on the other side, about 2 minutes more. 8. Serve with applesauce garnish and honey drizzle.

# FALL BREW FLAVORS



## BREW & YOU

Written by **THOMAS MURPHY**

Growing up in Vancouver, Canada you learn early on the importance of beer. At home, beer is not just a drink, it's a lifestyle. When my job brought me to the States I was surprised when my beer loving American girlfriend only seemed to care about two things: bottles or draft. I was shocked that people who consume over 6 billion gallons, or 22.7 billion liters for those reading everywhere but the US, knew nothing about this divine beverage. Luckily, I love talking beer so let's get these Yanks out of the stone age and into the future of beer. First, you should know beer is more like food or wine, it's complex and learning to appreciate the nuance will change a quick pint of suds into a mini feast of the senses. Next, fall is a great time to get into beer whether it's small volume craft beer or its more mass-produced cousin there is something unique for everyone. Let's get to know beer:



## Learn the Lingo.

Describing the flavor of something is difficult because we all have different sensibilities, so here are a few terms you should know. Complex, means having many flavors and sensations on the palate. Crisp is a highly carbonated and effervescent flavor and feel. Floral and fruity is when the beer hits your nose with a smell that reminds you of flowers and fruit. Malty is a grainy, caramel-like taste. With these terms you can describe 99% of beers, or at least fake it for a night.

CRISP IS A  
HIGHLY  
CARBONATED AND  
EFFERVESCENT  
FLAVOR AND  
FEEL.

## Types of Beer for the Fall.

This list takes you through the fall from those occasional warm days to those pre-winter evenings. The Belgian fruit lambic is an ale with a kind of fruity aroma and taste. The pilsner urquell from the Czech Republic offers a crisp and hoppy taste with a little bit of sweetness. Finally the rauchbier, an Oktoberfest beer made with beechwood-smoked malt will bring you into the final months of fall with a taste that goes great with smoked cheese and sausage.

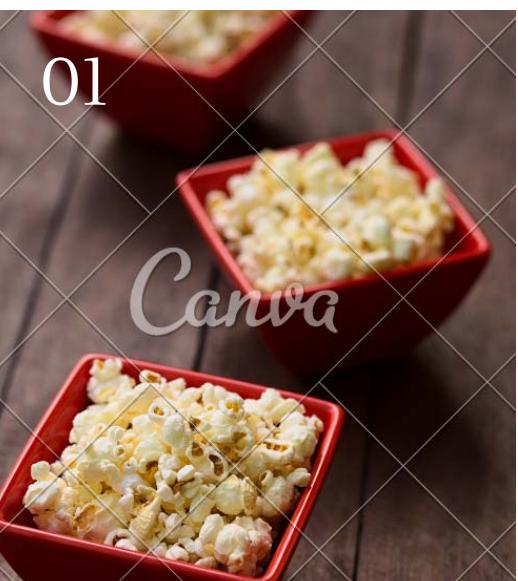
## Drinks with Dinner.

Not only is it a more enjoyable experience, drinking with dinner, it is a healthier option compared to slamming beers in your apartment solo. Here are a few pairings to help you step up your beer game with food. First, think of lagers like white wines and ales like red wines. Next, drink light bodied beers before meals and fuller bodied beers for dessert or for after the meal. Lighter bodied and colored lagers go great with fish while malty, amber-colored beers pair well with chicken. Hoppy pale ales combine well with pork and lamb while dark porters and stouts go best with hearty beef dishes.



# MARVELOUS MICROWAVABLES

01



02



03



01

## Spice Up Your Kernels

You can add lots of flavor just from your spice desk drawer. Try making a smoky popcorn with hot Spanish paprika or go bollywood style with some curry!

02

## Savory Soups

When choosing a soup look for lower sodium options. Also don't be afraid to double your portions. Try mixing two different soups like tomato and black bean to offer new flavors and volume. Finally, think about getting a high quality olive oil to leave at the office for a nice finishing drizzle.

It can be hard to whip up a great meal when you're stuck at the office at a hackathon. That being said we have put on our thinking caps to help transform your boring nuked food into mini masterpieces to keep your eyes open and your fingers typing. Now get back to work!

03

## Naan Pizza

Try using ready-made bases like naan to create healthy pizzas. Top your naan with canned tomato sauce, cheese and pile on the interesting toppings like pineapple, lean ham, etc. Its your pizza so make it your way. 1 minute in the microwave and your in pizza heaven delivery free!

# Spending a Date Night With Your Computer? Why Not Make it Sweat!

## Microwavable Fondué

Work can be stressful with visiting and revisiting the community candy bowl, but take a look at these fun and easy fondué options to add some decadence to your late office hours.

- TOTAL TIME: 1 minute SERVES: 1
- Ingredients 1/4 cup Chocolate chips, 1/8 cup Milk, 2 cups sliced bread
- Directions In microwave-safe bowl, combine chocolate and milk. Microwave on High 30 seconds. Caution it's hot! Remove bowl from microwave; stir chocolate until molten and smooth. Serve with bread.

### TRY THE LIGHTER SIDE

Make a few quick swaps to make your fondué a bit healthier. Use skim milk instead of whole, chose dark chocolate and sliced fruit instead of bread. You can even try dried fruit like apricots that may be a bit easier to store at the office.



# Morning After Munchies: Eggs & Bacon

- TOTAL TIME: 1-2 minutes SERVES: 1
- Ingredients 2 Eggs, 2 tbsp. shredded cheese, 2 tbsp. milk, Dash salt and pepper
- Directions Spray microwave-safe small bowl or mug with cooking spray, Add eggs and milk; BEAT until mixed, Cook on HIGH 45 seconds; stir, Microwave until eggs are nearly set, approx. 30 seconds more, Garnish with cheese and season.
- Make Bacon
- Lay paper towel on the plate. Spread the bacon out in a single layer not overlapping. Cook for approx. 4-6 minutes.



Warning this bacon smell will bring fellow coworkers out of their cubicles and to you. You may want to make extra to feed the need.

## TRY THE LIGHTER SIDE

To make your breakfast a bit healthier try going yolk free by using egg whites, they come in a box so you won't have to separate eggs at the office. Use skim milk instead of whole, choose low fat cheese and turkey bacon instead of pork bacon. You can even go florentine-ish add some frozen spinach to your eggs if you have access to a freezer.

Canva

# MUSSELS FROM A MICROWAVE ?

**WE SAY HELL YES! HERES WHY...**

Not only are mussels a tasty meal but from a nutritional point of view, they are crazy healthy.

They Are A Complete Protein.

Mussels are considered a high quality/complete protein, scoring 106 on the Amino Acid protein quality scale. A 3-ounce serving is almost one-half of your protein needs for the day and if you're a vegetarian looking to live the pescatarian lifestyle, mussels can fill the amino acid void left by beans. Mussels score very well on the Periodic Table of Proteins.

They Contain B12.

Mussels contain lots of vitamin B12. In a single serving, you get more than your Daily Value. In fact, it comes in at about 340 percent of your daily value. Keep in mind that you only absorb about  $\frac{1}{2}$  of the vitamin B12 you ingest from any food and if you're taking heartburn medications you may absorb even less. Moreover, as you age you absorb less of the available B12 in foods, so you need to increase the amount ingested to meet your needs. Mussels can help do that.

# WILL YOUR WEB PROJECT SUCK OR SUCCEED?



Can you avoid the Mayhem?

[www.MilestoneMayhem.com](http://www.MilestoneMayhem.com)

# HOW TO BECOME INDEPENDENTLY HEALTHY



It's Dinner Time!

EAT

Feed Yourself



**I**nformation Technology salary's are some of the highest paying careers in the current job market. Most of us have cars, clothes, and the newest flat screen TVs; however, even though we are "all about the Benjamins" we seem to have forgotten what he stands for—Freedom . There is a freedom in being healthy, which is like nothing money can buy.

So below are three ways you can get a little more of the most valuable thing in the world: time.

#### Invest. Buy Food.

I know we all must purchase food, but the importance of purchasing and consuming food that will nourish us is often set aside so we can have the hottest video game or iPhone. Healthy food is an investment in your wellbeing –both body and mind. You may think you're saving money by always buying off the dollar menu, but I assure you that you're stealing from yourself in the long run. In fact, the cost, per person, for obesity is \$1,723 per year, on average with that number increasing as you get older. Allotting a realistic amount of capital for food is critical to your health. If you have to rearrange your budget, do it. Skipping tickets to this fall's concert will not kill you but skipping meals may.

#### Plan. Block Off Wellness Time.

Scheduling yourself time for both calories in and calories out will allow you to provide wellness the priority spot it deserves. Block off time in your calendar for meals and for workouts. Whether you're boxing or blueberry-ing your health is valuable and needs to be a priority. If you are constantly interrupted by email, pop-in's and side projects you will never have the time for wellness, so turn off the devices and just enjoy the moment. Stress, in fact, floods the blood stream with sugar, which, overtime, can help lead to type 2 diabetes mellitus.

#### Grow. Learning to Compound Your Interest.

Compound interest is interest on interest. What does that mean? Well, when we invest something, whether it's money or health, if we keep taking it out or stopping it from growing, then we can never earn from it. If it's starting a new gym or trying to eat breakfast every day, the consistency of allowing the good to build upon the good, allows this new investment to work. Stop switching what you think is healthy and go with simple, easy to comply with goals. Don't plan for a 4-course meal every night, stick to a balanced menu and do the fancy when you have a chance.

Three ways you can use get a little more of the most valuable thing in the world: time.

# How To Become Independently Healthy

Once you have mastered the easy stuff you can build on your wellness investment by adding small but measurable changes like increasing your omega-3 intake one month, adding some whole grains the next month, and before you know it you're knee-high in health, swimming in it Scrooge McDuck style.

Getting rich off health may seem challenging because we are working with capital that doesn't mature for 10, 20 or 30-years down the line. However, health does have a value whether it's the number of years your choices help you to extend your life or the number of inches your waist shrinks by, always keep good health in the bank.



# 5 SUPERFOODS FOR GAMERS

01

Walnuts. High in vitamin E, a diet rich in nuts correlate with less cognitive decline as we age.

02

Wild Salmon. Omega-3 fatty acids keep the brain performing and reduce inflammation all over the body.

03

Blueberries. Fresh, frozen, or freeze-dried studies have shown improved learning capacity and motor skills.

04

Wheat Germ. Fiber, vitamin E and omega-3s. Nuff said.

05

Pomegranate Juice. With electrons to spare, pomegranate juice stops free radicals in their tracks.

From fighting against oxidative stress and improving memory to fortifying against age related disorders, you cannot go wrong with these tasty snacks. And combining these superfoods with a generally healthful diet will increase the odds of having a healthy brain far longer than your coding language will stay relevant.





# Avouch4

## Vouch for Someone!

Your Network Has Value  
Refer Technology Professionals  
Earn Cash Rewards!

Avouch4 is a referral marketplace  
for Technology professionals.

At Avouch4, employers and recruiting firms  
offer cash rewards for successful referrals.

Become a Referral Champion and earn  
passive income by utilizing your network.

Learn more at  
[www.avouch4.com](http://www.avouch4.com)



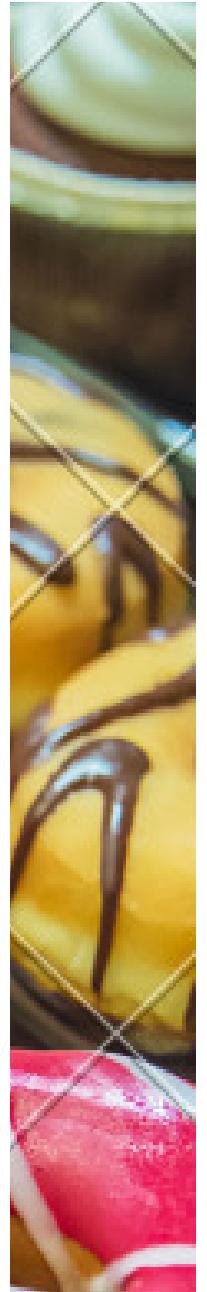
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# OFFICE EATS: DONUTS

WHERE YOUR BREAKFAST JOURNEY BEGINS

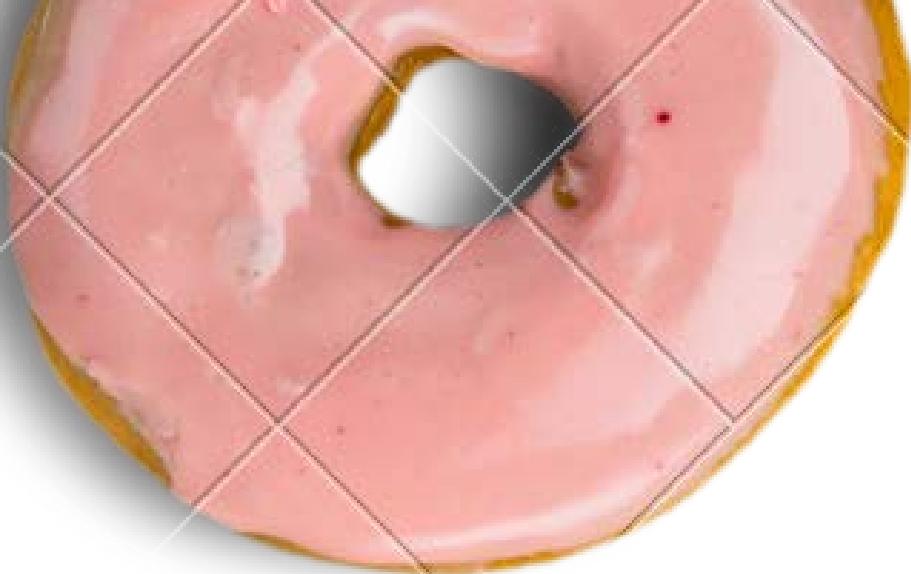




## WHAT'S NEW WITH THE DOUGH?

Over 10 billion donuts are consumed in The United States every year. Now that's a lot of dough! Whether it's at the office or home donuts have become a staple of the American diet. So this fall the new trends are getting us excited. Over the next season you can look forward to the extreme luxury donuts. These pricy little rings will take some commitment to purchase at prices for artisanal donuts at about 5 bucks a pop you really have to think am I ready for this type of breakfast?

That being said, if you are ready to take the plunge you will be supplied with handcrafted, locally grown ingredients and seasonal highlights like Baked Maple Bacon Mini Donuts or Supersized Caramel Apple and Pumpkin Spice Donuts. Social media has pushed these craftspeople to create very large or very small versions. There is something about putting mini donuts on each finger that makes it news worthy for your feeds.



# INFREQUENT INDULGENCE

## A WORD FROM YOUR BODY

### A BIT OF BALANCE

Remember donuts are calorically dense and should be consumed as treats and not an everyday choice. At around 200 calories per donut moderation is key to keeping these glazed goodies on your good side.

# TO GO

M U S T   E A T   N E A R   Y O U

New York, NY

The Doughnut Project- small batch, hand crafted yeast raised

Los Angeles, CA

Donut Friend- compressed shop offering made-to-order donuts

Atlanta, GA

Dulce Vegan Bakery & Cafe- vegan baked indulgences

Tampa, FL

Mini Doughnut Factory- unique mini donuts with funky toppings

Dallas, TX

Hypnotic Donuts- artisan donuts offered in a strip-mall setting

Portland, OR

Voodoo Doughnut- quirky and flamboyant doughnuts

San Francisco, CA

Donut World- 24-hour counter serving traditional donuts

Seattle, WA

Rodeo Donuts- fresh from the fryer

Chicago, IL

Doughnut Vault- tasty supply each day until the stock runs out.

Honolulu, HI

Leonard's Bakery- family owned bakery in operation since 1933



# 8-Bit Baseball

"Old School  
Awesome!"

"Simple, Fun &  
Well-Done."

"Easy To Pick Up,  
Tough To Master"



Download on the  
App Store

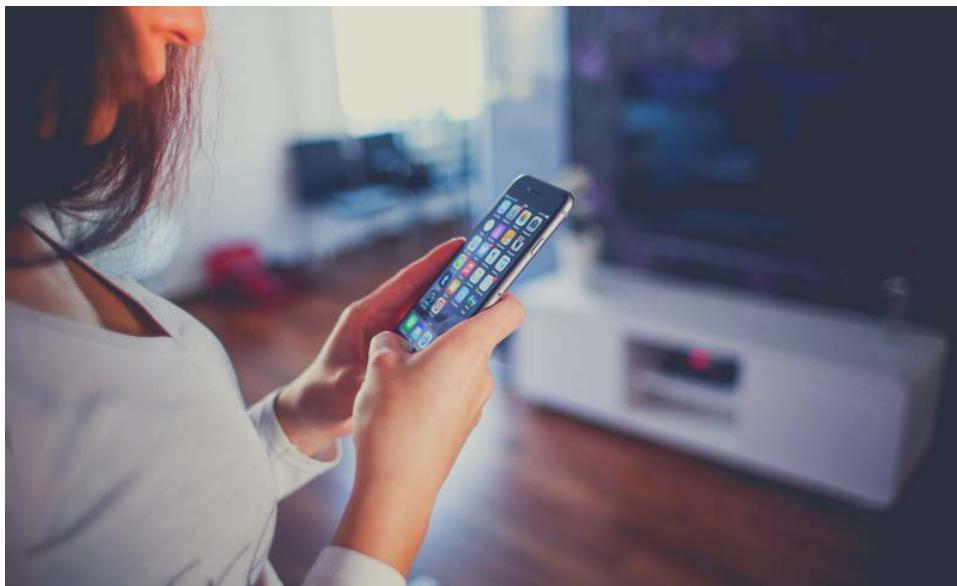


CUSTOMER REVIEWS  
CUSTOMER REVIEWS

S-BIT  
**baseball**

PLAY





## APPETIZING APPS

You pick up your phone about 90 times in a day so why not have some tasty and healthy food apps at your finger tips. The Tasty Bytes team is swapped with fresh apps. So we sorted through our pantry of apps and listed a few to grab this fall if you haven't already.

# A

## PPETIZING APPS YOU SHOULD HAVE ALREADY



### THE DINNER BELL APP: FOR THE WORKAHOLIC

Their info: This app reminds you to never skip a meal.

Consuming nutritious, well-rounded meals throughout the day helps with disease prevention, growth, development and overall well-being.

Providing your body with three meals a day can help your overall health in an enormous way; whether you're trying to lose or manage weight, regulate blood sugar, or combat cardiovascular disease, never skipping another meal is a great start on your path to wellness.



### INSTACART: FOR THE IMPATIENT FOODIE

Their info: This app offers 1 Hour Grocery Delivery.

Create a grocery order with a few taps, from fresh fruit and vegetables, to meat and seafood. Order from local grocery stores like Whole Foods Market, Petco or Costco and get your groceries delivered when you want them!

AREAS THEY SERVE Atlanta, Austin, Boston, Boulder, Chicago, Denver, Houston, Los Angeles, Miami, Minneapolis, New York City, Philadelphia, Portland, San Francisco Bay Area, San Jose, Seattle & Washington D.C.



### FOODGAWKER: FOR THE CULINARY IMPAIRED

Their info: This app showcases food bloggers.

Don't know what to cook or bake? The foodgawker.com app has been updated with new features and has over 330,000 mouth watering recipes.

To get more details about a photo, simply tap on the image to visit the submitter's blog post where you'll find a recipe and inspiration for the dish. Register and create an account with us to save your favorite recipes.

**STAY  
HUNGRY,  
STAY  
FOOLISH.**

**-STEVE JOBS**

# TECHIES WHO TRAVEL



## 2 WAYS TO HIT THE NUTRITION JACKPOT IN VEGAS

Travel is known for being difficult on your waistline. From the fast food at the airport to the jet lag from traveling, balancing food and travel can seem a bit tough – especially in a decadent city like Las Vegas. Luckily for you, with a

little know-how and some simple preparation, you can turn any city into your wellness mecca. Here are three things to keep in mind when betting on health during your next trip to the strip:

## EAT AT A BUFFET AT LEAST ONCE DURING YOUR TRIP.

Vegas wouldn't be Vegas without the gluttony of a big buffet and, if you choose wisely, you too can feel the thrill of watching the dirty dish pile next to you as you scarf down some tasty treats — but only if you know what to load all those plates up with in the first place. Keep in mind that if you banish yourself from the all-you-can-eat, you may feel unsatisfied and find yourself raiding your mini-bar later on, only to be feeling it in the belly and your wallet the next day.

TASTY  
BYTES



#  
WOWON#

So when choosing a buffet, pick a seafood buffet. These are a bit pricier on the front-end, but you are getting high-nutrient and low-calorie items such as crab, shrimp, crayfish and lobster. A whole lobster only has 135 calories, along with 28 grams of protein and 1 gram of fat. The "Best Bets" for seafood buffets are:

Village Seafood Buffet, 3700 W.  
Flamingo Road Las Vegas, NV

Bacchanal Buffet, @ Caesars  
Palace Las Vegas Hotel & Casino

So run wild on these delicious little crustaceans, but keep it light on the butter dipping.



## STICK WITH BEER & WINE.

Yes, it may seem like they put a giant yard-sized sippy cup filled with booze in your hand as you exit the plane, but those slushy boozy drinks can be your nutrition downfall. A one-yard margarita can have up to 2,000 calories! That's how much you should eat in a day, not in your first drink.

Now compare that to a glass of red wine with only 125 calories and wine may also have some health benefits such as reducing risk for heart disease. But, moderation is still important.

Remember, unlike at the blackjack table, if you follow these three rules you'll come out a winner—guaranteed. Now get out there and have fun.

# #TRAVEL

A blurred background photograph showing the interior of an airplane. In the foreground, the back of a person's head and shoulder are visible, showing dark hair and a grey shirt. They are looking out of the window, which offers a view of the sky and other passengers in the cabin.



# BLACK VELVET CUPCAKES

BY JESSICA HOPER, FRONT-END DEVELOPER  
NEW YORK, NY

## PREPARATION

Preheat oven to 350. Line muffin tins with cupcake liners. Mix the cake flour, cocoa, baking powder, baking soda and salt in a small bowl. In another bowl cream butter and sugar. Add eggs, one at a time. Add vanilla and beat until well blended. Add buttermilk to wet mixture and combine with dry mixture. Stir until smooth. Spoon into cupcake liners and bake for 15 minutes. Let cool 10 minutes. Frost tops with remaining frosting of your choice.

## WOMEN WHO CODE & COOK! RECIPES INSPIRED BY THE DARK WEB

YIELD 1 Doz TIME 30 minutes

### INGREDIENTS

- 2 cups sifted cake flour
- 2 cups sugar
- 1 stick butter, room temperature
- 2 large eggs, room temperature
- 2 tablespoons cocoa
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup buttermilk, room temperature
- 2 tablespoons black food coloring
- 1 teaspoon vanilla extract





# BLACKENED FISH TACOS

BY LISA WILLIAMS, MOBILE DEVELOPER  
AUSTIN, TX

YEILD 4 TIME 10 MIN

## INGREDIENTS

- 1 lb thick-cut cod
- 1 tablespoon olive oil
- 1 teaspoon each-sugar, chili powder, paprika, ground cumin, garlic powder, onion powder, dash pepper, salt, cayenne pepper
- 4 (6-inch) tortillas
- 1 small avocado, sliced

## PREPARATION

In a small bowl, combing the spices: chili powder, paprika, cumin, garlic powder, onion powder, pepper, salt, and cayenne pepper. Rub the spice combination on both sides of the cod and set aside. In a skillet, heat the olive oil. Add fish and cook 4-5 minutes per side or until fish is cooked through and blackened. To assemble the tacos, place 3 ounces of fish in each tortilla. Top with sliced avocado. Serve immediately.



# BLACK BEAN SOUP

BY LISA CHO, UX DESIGNER  
LOS ANGELES, CA

YEILD 4 TIME 15 MIN

## INGREDIENTS

1 (16OZ) CANNED BLACK BEANS  
6 CUPS CHICKEN BROTH  
1 TEASPOON SEDED JALAPEÑO, MINCED  
2 TEASPOONS OLIVE OIL  
3 CLOVES GARLIC, MINCED  
1/2 SMALL ONION, DICED  
1/2 RED BELL PEPPER, DICED  
2 TABLESPOONS CILANTRO, CHOPPED  
1/2 CUP FAT FREE SOUR CREAM  
SALT AND PEPPER TO TASTE

## PREPARATION

Rinse and drain beans well in a colander. Heat pot and add olive oil. Add onion, bell pepper, garlic, and sauté, stirring often, until onion is softened, about 5 minutes. Add beans, chicken broth, salt and pepper and simmer, partially covered, stirring occasionally, until beans are very tender, about 10 minutes. Serve soup topped with a dollop of sour cream and chopped cilantro.

# IBS

CRAMPING, ABDOMINAL PAIN, BLOATING



GAS, DIARRHEA AND CONSTIPATION.

BY SCOTT KEATLEY, RD

# RUMBLE DOWN UNDER: IBS

We've all had it at some point in time. It's uncomfortable. And we usually don't want to talk about it. But there is a difference between having the occasional upset stomach once every few months and having a weekly or daily bout with the toilet. This frequent abdominal pain and discomfort along with the change in consistency and amount of times you go number two is experienced by over 11% of the population—so you're not alone. But members of the tech community tend to be more affected by irritable bowel syndrome (IBS) than most other groups and this may be due to stress and anxiety.





Let's face it, being in the tech world today is hard. There is big money involved in almost every aspect of the job, deadlines are always upcoming, there is an ever-increasing dark army of hackers trying to undue everything for personal gain and you've got to be family oriented all the while being cool. Just writing about it gets me anxious but there is relief and it goes beyond Rolaids. Here are a few proven ways to decrease your stress and lower the toilet paper bill:

**Get Stuck In.** Acupuncture is a way to decrease your levels of stress, or more appropriately increase the production of natural, brain produced opioids which results in a more relaxed state. But if you're like me, you do not relish the idea of going to a strange basement where some guy with power crystals is going to stick you with (hopefully sterilized) needles. Fear not, studies have shown that artificial acupuncture is just as good at stimulating those feel-good brain chemicals, whether it is via electrical stimulation, lasers, or ultrasonic stimulation—they all work well and showed a decrease in the symptoms associated with IBS.

**Watch What You Eat.** Working at a computer for most of the day with associates in any number of time-zones can lead to having several meals at your desk. While I believe it's important to step away for 20 minutes or so to unwind and enjoy a meal, the reality is that we cannot always get away and we end up ordering food delivery on-line. With higher proportions of fat, salt, and sugar than most homemade meals ordering out can make us feel better in the short term but upset our stomach later in the day, so watch what you order. Is there some kind of vegetable that's not fried?

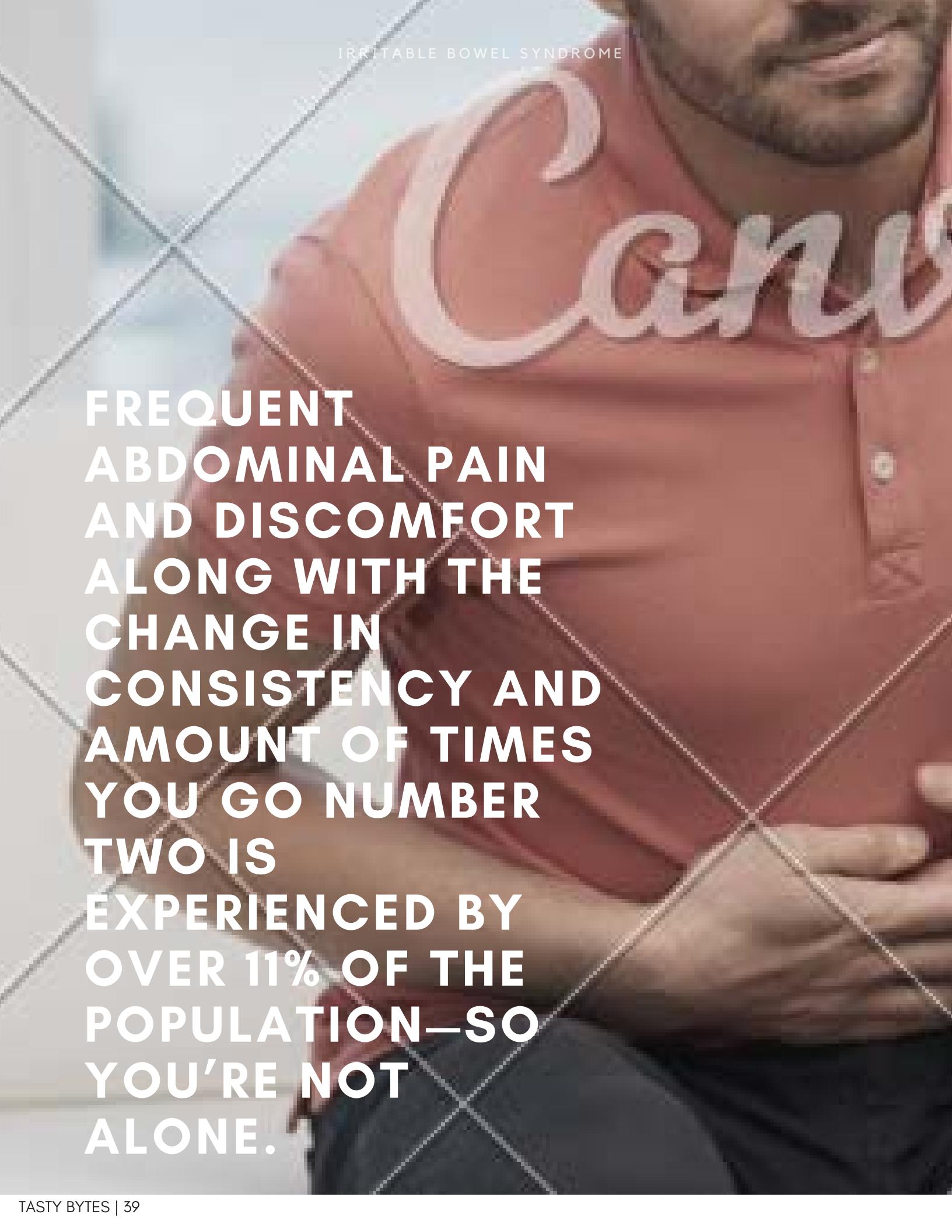


How about a lean protein like chicken or turkey breast, fish and eggs? Having mixed meals at regular intervals allows the body to produce a steady amount of dopamine, this neurotransmitter counteracts some of the stress hormones produced throughout the day. Just gorging on high-carbohydrate meals causes spikes and valleys in dopamine production which can make you feel really good for a little while then really bad later.

Skip the Booze. I've been in many offices recently and the first thing that greets me after getting off the elevator is the beer tap. I know it's not cool to be a teetotaler and everyone likes to relax with a beer on occasion but it's hard to find a worse beverage for those with IBS.

Alcohol is a toxin to our body which places additional stress (and creates all the hormones that goes with it) on our systems. It is a GI irritant which can cause painful spasms, urgency, and diarrhea, as well as bloating and rebound constipation. The best way to enjoy a beer or two is after a meal that has some soluble fiber in it—yes, that means no alcohol until you finish all of your vegetables.

IBS can be a son-of-a-bitch but by reducing stress and eating/drinking strategically you can vanquish the toilet and continue creating that code.

A close-up photograph of a person's hand holding a can of Coca-Cola. The can is silver with the classic red and white 'Coca-Cola' script logo. The background is slightly blurred, showing what appears to be a tiled floor.

**FREQUENT  
ABDOMINAL PAIN  
AND DISCOMFORT  
ALONG WITH THE  
CHANGE IN  
CONSISTENCY AND  
AMOUNT OF TIMES  
YOU GO NUMBER  
TWO IS  
EXPERIENCED BY  
OVER 11% OF THE  
POPULATION—SO  
YOU'RE NOT  
ALONE.**

*AD*



Canva

## THINGS YOU CAN DO RIGHT NOW TO GET FIT!

### 01 DRINK UP.

DRINK SELTZER WATER INSTEAD OF SODA  
SWAPPING ONE SODA A DAY TO SELTZER WOULD  
SAVE YOU 150 CAL X 365 = 54,750 CAL/YEAR!

### 02 GET MOVING.

DO 20 PUSHUPS EVERY HOUR FROM 9-5.  
PUSHUPS ARE NOT ONLY GOOD FOR YOUR  
TORSO, BUT DO A REMARKABLE JOB OF  
SCULPTING YOUR ABS, TRICEPS, SHOULDERS

### 03 KEEP MOVING

DO 60 SECONDS OF SITS UP EVERY HOUR  
FROM 9-5. SIT-UPS STRENGTHEN AND TONE THE  
ABDOMINAL MUSCLES

### 04 GET FRUITY

PUT FRUIT ON YOUR DESK. IF YOU SEE HEALTHIER  
OPTIONS YOU ARE MORE LIKLY TO CHOOSE THEM  
IF THEY ARE AVAILABLE & EASY.

### 05 GRAB A JOE

LEAVING THE OFFICE TO GRAB A CUP  
OF COFFEE CAN HELP REDUCE STESS AND GIVE  
YOU A MUCH NEEDED 15 MINUTE WALK. BURNING  
APROX 35 CAL. 35 X 5 = 175 X 52 (WEEKS)  
= 9,100 CAL/YEAR

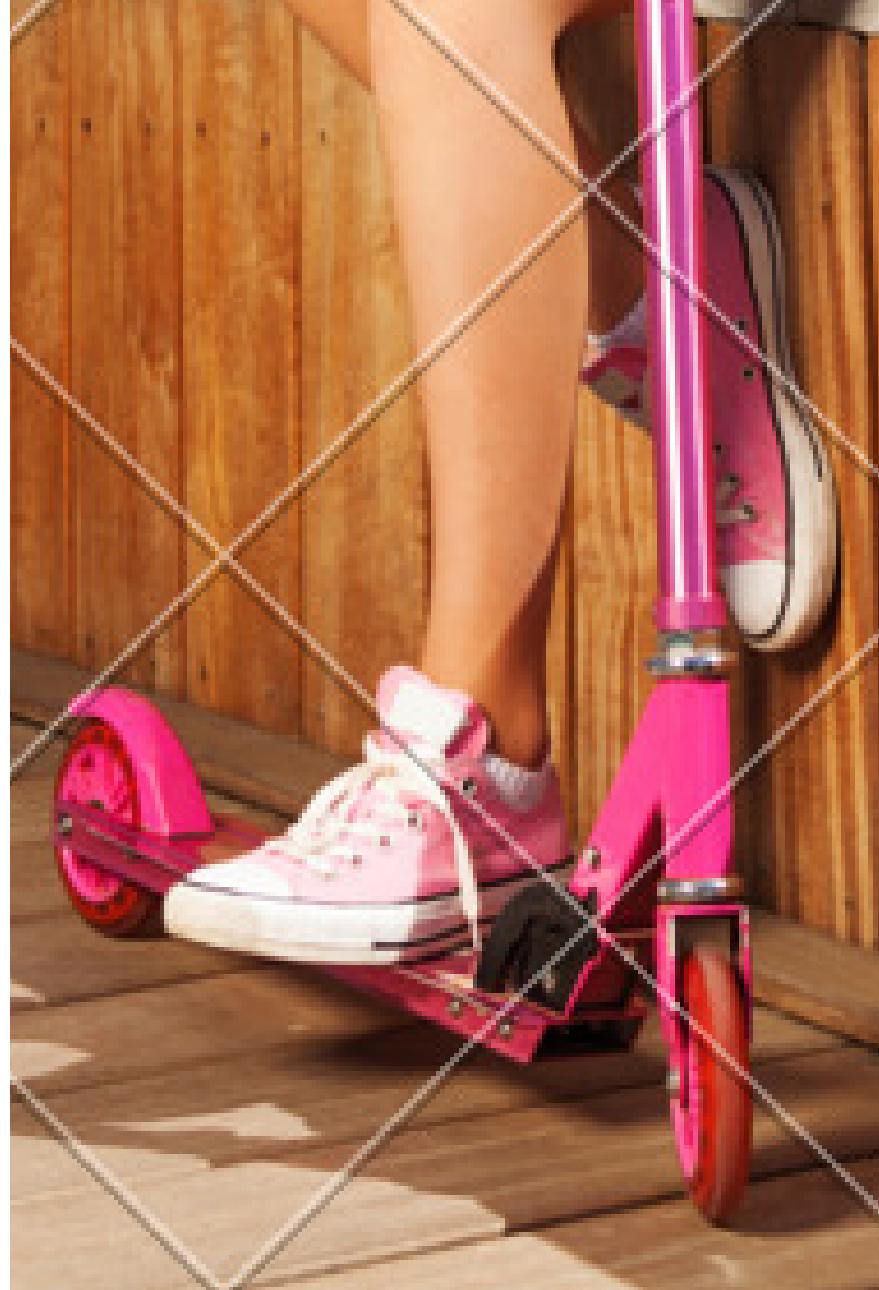
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# Work Life Balance

We all know how hard it can be to find a balance among competing priorities in our lives. From career and ambition to health, leisure and family; making the 35,000 decisions a day to get to a happy place can cause more anguish than resolution. In the United States, we generally work 40+ hours a week for 50 weeks straight and use our (hopefully) two weeks of time-off to travel. But have you been traveling recently? Between TSA at the airports and traffic jams on the roads it seems more stressful to get out then it did to just keep working—not to mention the added cost of vacationing which can also add stress. Oh yeah, and we're connected at the hip to work with our cell phone, so it takes 2-3 days just to unwind.

# **BE MORE EFFICIENT AND HAVE FUN WHILE YOU DO IT.**



Fear not, we have a plan for you. Research as far back as the 1800s has shown that making our work and play as similar as possible gives us the best work-life balance, so let's balance our lives by finding joy through balance.

Adult Scooters. Do you remember Christmas morning when you went down stairs and found that brand new bike with the big bow on it? And for months you rode that bike with a huge smile on your face until the brakes were bare? This is the same idea, but adult bicycles have become too competitive to be fun, but adult scooters, now there is still some joy in riding one of these down a gentle hill as the men and women in suits envy the speed at which you move from home to work and back again. Great for short commutes, adult scooters are a lightweight way to be more efficient and have fun while you do it. Goodbye to the drudgery of intracity travel with one of these, just be careful with your balance, while finding balance, you don't want to take a spill in the office, HR will not like that.



SUP Brah. Who are the most chill people you know? Surfers, man. There is a wu wei or non-action about riding the waves because you cannot control them. Now, surfing is a skill that takes years to develop and longer to master, so we're going to cheat a little bit and do stand-up paddle. These boards are generally larger than a surfboard. At 10-15 feet long and 24+ inches wide, there is a lot of stability, not to mention the paddle seems to help keep you balanced.

But the biggest obstacle to enjoying this activity, at least for us at the office, is the size of the boards. How am I going to transport this on the subway or via my adult scooter? No worries, the Red Paddle Company has the stiffest inflatable SUP boards we've ever seen. They come with a roller bag and worked well even in the choppy waters of the Hudson river. The board worked so well, one of our co-workers SUP's from New Jersey to Midtown with a waterproof bag a few times a week. She says it helps he get some peace and exercise while improving her balance.

Outdoor Working. In the fall months we love getting outside to do a little work. There is something nice about moving away from the desks and the fluorescent lights for a little while. However, here in New York as in many cities seating is always a problem. To solve this and expand where we can go some of us in the office purchased a portable Wifi router and some Couch Pouches. These are inflatable chairs that can be used for sitting, reclining or full on laying down but there is no need to bring a pump because they are filled using the breeze. It's crazy to say but there are dual zip-lock bags that trap air in the couch and when it is rolled up a bit becomes as firm or soft as you like. We've used them at the beach, the park and even in random plazas. They work great and deflate into a tiny bag which is easy to carry back to the office. Finding balance on a Pouch Couch may take longer than in a chair but is way more fun.

## WHERE CAN YOU GET THESE?

If you'd like to get a Pouch Couch you can order online from <https://www.pouchcouch.com/> or pick up in store at many Walgreens and Bed, Bath and Beyond locations.

If you'd like an adult scooter <http://www.xootr.com/> or pick up in store at specialty bike stores in New York, Texas, California and even Canada.

If you'd like to SUP you can order online from <https://redpaddleco.com/> or pick up in store at many outdoor sports stores in the United States and Europe.



GET TECHY-TECHIES

# AUTOMATE YOUR EATING



*Here are three tech-y things that you can use today to get healthy with just the click of a button (or the swipe of a finger):*

Download The Starbucks App & Actually Use It

It is true that Americans drink more calories than they eat, but that's not really Starbucks fault, it's yours. Your beverage choices matter because they contain calories in the form of carbs, fats and protein — just like food. Having the Starbucks

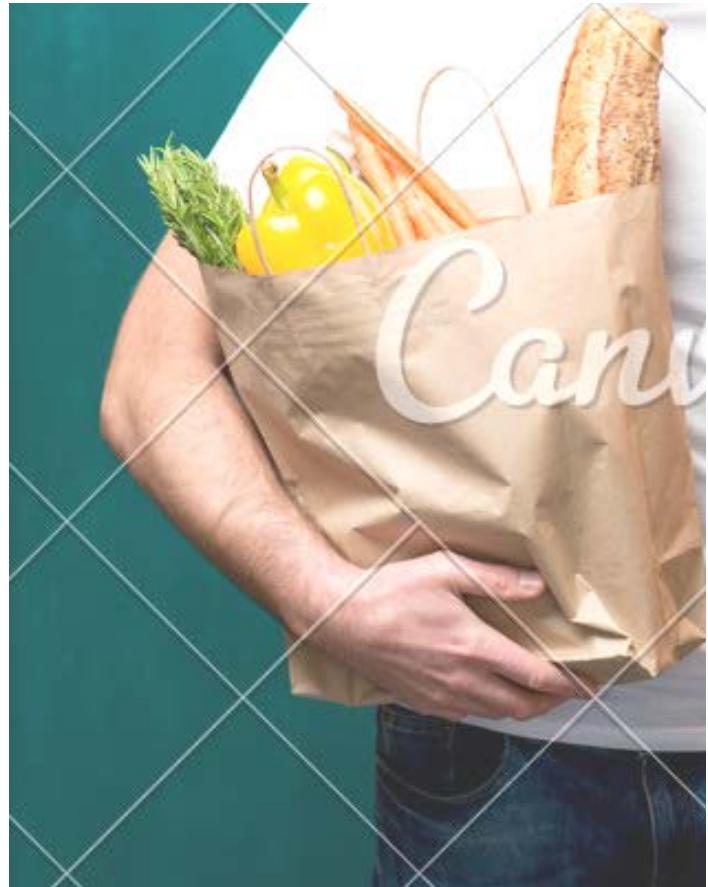
mobile ordering app can give you easy access to nutritional information before you order, and make that crazy long order much easier to translate to the baristas. Lots of my nutrition patients tell me it's embarrassing or intimidating for them to ask for low-fat, sugar-free or half pumps,

but with the app you can click in private and not slow down the line with your healthy ways. Another major plus: you don't have to wait in the line and hear the girl behind you humble-bragging about how she has to go to Europe next week for work and "It's sooooo tiring."



Use Peapod Or a Similar Grocery Delivery Service Stat!

The academic journal Psychoneuroendocrinology illustrates the idea that weight and stress are connected. Luckily, you can relax right now and have all of your groceries delivered to your door from a local supermarket. I already know what you're saying, "I don't have time and I am so busy with work — I have to go to Europe next week!"



Peapod will help you collect only the food you want, without you having to spend time in lines and without the temptation of the soda/candy/chip aisle. Health is a choice and you must use the resources available to you to get it done ASAP.



Picture It.

This is a core project of mine. I like food photo journals. Whether you're Instagramming, Tweeting, Facebooking or just storing images on your phone, a food photo journal gives you an objective look at what you really eat. Do you eat repetitively?

Skip meals every Tuesday? Is all of your food a pale brown? The ability to capture, store and quickly review an image of your menus can help with future nutrition planning so you can reach your medical goals and maintain a healthy weight. It's easy, free and you can start at your next meal.

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# STAFF

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*THE BOSSY ONES*

**EDITOR IN CHIEF /  
ART DIRECTOR /  
CREATIVE DIRECTOR /  
DESIGN DIRECTOR /**

Scott Keatley  
Jennifer Westin  
Gina Keatley  
Richard Rodriguez

*THE TALENT*  
**WRITERS / PHOTOGRAPHERS**

Mary Barnes  
Mei Chung  
Mathew Roberts  
Johnny Dickerson  
Thomas Murphy  
Andrea Lockhart  
William Peterson  
Brady Baxter  
Ming Liang  
Fulgencio Soria

*THE EXPERIENCED*

**COPY EDITORS /  
PROOFREADERS /**

Arthur Lécuyer  
Edwin Anderson  
Bashshar Majdy Samaha  
Charlotte Ingram  
Nikki Baldwin

}

@END