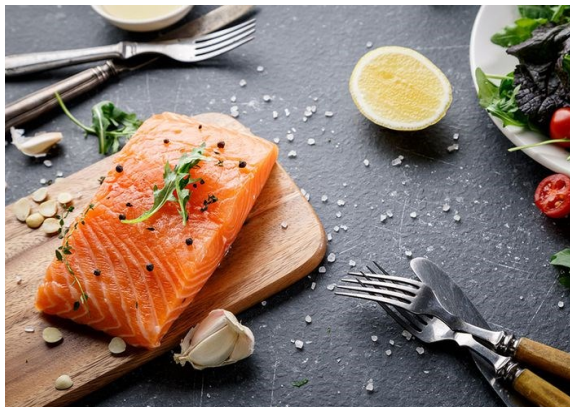


What Are the Benefits of Eating Salmon?



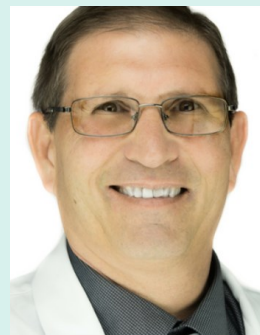
According to the Monterey Bay Aquarium seafood watch, wild-caught Alaskan salmon is a sustainable food option, or a "best choice" for your health as well as the environment. Lower in saturated fat than beef, salmon is a heart-healthy fish. It is richer in omega-3 fats, a type of health-promoting unsaturated fat, than most other fish varieties. Like most animal foods, it is rich in protein as well as many vitamins and minerals essential for human health.

Vitamin B Rich- Salmon is rich in many B vitamins. According to the USDA National Nutrient Database, a cooked portion of wild Atlantic salmon provides 0.828 milligrams, or 48 percent of the recommended daily value, for vitamin B-2 and 17.13 milligrams of vitamin B-3, or 84 percent of the DV. These vitamins are important for energy metabolism as well as proper nervous system function. The same amount of cooked Atlantic salmon provides 1.6 milligrams of vitamin B-6 and 5.18 milligrams of vitamin B-12, or 80 and 86 percent of the DV for each nutrient, respectively. Vitamin B-6 helps break down stored energy, in the form of glycogen in the liver and muscles, into glucose to keep blood sugar steady. In addition, vitamin B-6 is essential for protein metabolism and synthesizing neurotransmitters or brain chemicals, such as serotonin, which regulates bodily functions. Vitamin B-12 is important for energy metabolism, supporting proper function of the nervous system and forming new cells.

Source of Minerals- Most varieties of seafood are rich in minerals, particularly the trace mineral selenium, and salmon is no exception. A 6-ounce cooked portion of wild Atlantic salmon provides nearly 80 micrograms, meeting over 100 percent of the DV of 70 micrograms. According to an article published in the "American Journal of Clinical Nutrition" in July 2004, a low intake of this mineral may contribute to reduced immune function, increased risk of developing cancer as well as increased susceptibility to viral diseases. Salmon is a source of the major minerals phosphorus and potassium, meeting 42 and 44 percent of the DV for each in a 6-ounce cooked portion, respectively. Phosphorus is needed to build and maintain strong bones. It activates certain enzymes and is necessary to form DNA. Potassium is important for regulating heartbeat and maintaining healthy blood pressure.

Source of Omega-3 Fatty Acids- According to an article published in October 2006 in the "Journal of the American Medical Association," consuming fish, especially fish rich in omega-3 fatty acids, such as salmon, promotes optimal health of the cardiovascular system. Researchers reported that eating two 4-ounce portions of fatty fish weekly, or those rich in the marine omega-3 fatty acids known as eicosatetraenoic acid, or EPA, and docosahexaenoic acid, or DHA, such as salmon, reduces overall risk of dying by heart disease by a significant 36 percent as well as total mortality by 17 percent. A 6-ounce portion of cooked salmon provides more than 3 grams of EPA plus DHA -- and this amount has shown cardioprotective benefits. Omega-3 fatty acids may also help prevent high blood pressure, high cholesterol, diabetes, arthritis, systemic lupus, osteoporosis, depression, cognitive decline, brain disorders, skin disorders, asthma and breast, colon and prostate cancer, according to the University of Maryland Medical Center.

Consultant of the Month David Mathias



David is a very passionate and enthusiastic person that loves the ocean and his family. It's no surprise that he found another passion, changing people's lives through better hearing. "Every day, I get to come in and know that I can be a part of the solution to help others with their hearing difficulties. It fills my life in a very special way. I remember a patient that came in and the only form of communication he had was a writing tablet. When we were able to help him hear, the emotions took over all of us. I will never forget it."

PCC of the Month Laura Lee Mathias



Prior to us relocating from Idaho to Oregon, Laura was an Executive Director of an Assisted Living Community. When her husband David's former PCC had a life change, she was excited to be able to go back to work and share his joy in helping people to hear better. "The people are amazing. I love getting to know them and being able to welcome them to become part of our Miracle Ear Family. Helping people has always been the best way to fill my heart and make me the happiest I can be."

Honey Garlic Salmon & Restaurant Style Broccoli

PREP TIME: 10 MINS

COOK TIME: 10 MINS

TOTAL TIME: 20 MINS

SERVES: 4

Ingredients:

- 4 salmon filets, skin on
- 1 tablespoon oil
- 3 garlic cloves, minced
- 3 tablespoons honey
- 2 tablespoons fresh squeezed lemon juice
- Chopped parsley for garnish

Directions:

1. Season salmon with salt and pepper.
2. Add oil to a large skillet over medium high heat.
3. Once hot add in the salmon skin side down.
4. Cook salmon for 5-7 minutes on skin side (depending on size).
5. Very carefully flip salmon. If the skin is sticking to the pan give it more time to cook. It should release easily from the pan.
6. Add garlic to the pan and cook for 1 minute.
7. Combine honey and lemon juice in a small bowl. Add the sauce to the pan.
8. Continue cooking for 1-3 minutes or until the salmon is fully cooked and looks opaque and the sauce is thick.
9. Take off the heat. When the salmon is cool enough to handle peel off the skin.
10. Serve immediately with a sprinkle of chopped parsley for garnish, if desired.



<https://chefsavvy.com/honey-garlic-salmon/> "Last Accessed 7/24/2018"



Directions

1. Begin by preparing your broccoli. Remove the heavy stem and leaves and cut the florets.
2. In a pot large enough to hold the broccoli, fill the pot about half way with water and add in salt to taste. Let this come to a boil.
3. When the water comes to a boil, carefully drop in your broccoli. Cook for 5 minutes. Drain in a colander and set aside. DO NOT RINSE. In the mean time prepare the garlic.
4. Heat a large skillet over medium heat and add the olive oil. Turn the heat to medium low and add in the garlic. Stir and permeate the oil with the garlic and cook for about 2-3 minutes stirring so the garlic does not burn.
5. Turn the heat up to medium and add one tablespoon of butter and let it melt.
6. Add in the broccoli and stir and cook for a few more minutes it is warmed through.

<https://pattyandersonsblog.blogspot.com/2015/03/restaurant-style-broccoli-and-garlic.html> "Last Accessed 7/24/2018"

Ingredients:

- 1 head broccoli– cut into small florets
- 1-2 cloves garlic– minced
- 2 tbsp olive oil
- 1 tbsp butter
- Salt to taste

Riddle of Month

What sits at the bottom of the sea and twitches?

Answer: _____

STAY TUNED! Answer will be in our September's Newsletter

Answer to July's Riddle: Heroine (a woman idealized for her courage, outstanding achievements or noble qualities)

A Little Laughter

A bear walks into a bar and says, "Give me a whiskey and cola."

"Why the big pause?" asks the bartender. The bear shrugged. "I'm not sure; I was born with them."