

B THE NEWSLETTER

A Monthly Edit: By Lia Bartha



Welcome

By Lia Bartha

I'm so excited to welcome you to the very first, debut issue of B The Newsletter!

Each issue will have its own theme where we dive a little deeper into topics that are relevant and important to our community. I have been listening and taking notes throughout all of our communications so that these newsletters will strive to include all of the things you are interested in.

It's springtime in my hometown of New York where the sun is shining, the weather is finally getting warmer, and the dream of many days spent outside is finally here. It made perfect sense to devote this issue to the Sunshine vitamin, Vitamin D, that so many of us are in need of after those cold winter months.

This will become a moment for us, as a community, at the beginning of each month to reflect, digest, and set forth a mindset of motivation, willingness to learn, desire to grow, and practice of both self reflection and love. I hope you enjoy!

Cover photo by: Nikki Simon

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The Focus

VITAMIN D, *The Sunshine Vitamin*

It's essential for the wellbeing of every single one of us, so let's talk about it.

Most of us aren't getting a sufficient amount of Vitamin D, unless you live somewhere close to the Equator and if you do, can I come visit in November? Vitamin D is crucial for bone and muscle health, immunity support, fighting inflammation, and so many other very important aspects of your overall wellbeing, such as mood and energy levels. So when we become deficient, both the mind and the body will be negatively affected, and we all know how powerful that mind-body connection is.



Try these B The Method flows outside!

The most seamless way to boost your Vitamin D levels is by direct exposure to the sun. The sun is an excellent source, so make sure to take full advantage every time it shines. Now that Spring is in full swing and the sun's rays are getting stronger, it's vital that we care for and protect our skin so we can replenish our Vitamin D amounts mindfully.

The sections to follow will discuss all things Vitamin D, including how B The Method can lend itself a great resource to regain strength and mobility for conditions that stem from low levels and deficiencies, how to protect your skin during sun exposure, and how it can be supplemented in your nourishment. Let's start with The Movement.

The Movement

B The Method Outdoors

Healthy levels of Vitamin D can boost your bone and muscle health, while deficiencies have been associated with poor muscle health. Movement is an excellent resource to your daily dose of sun as a way to ensure your body maintains strength, appropriate energy levels, and mood boosting endorphins.

This month, I want you to go for a walk outdoors with a podcast, a friend, or a perfect playlist (ahem - B The Playlists on [Spotify](#)). The combination of Vitamin D from the sun, connectivity of the mind and body, and blood flowing sweat will cover all bases. Lay on the grass barefoot and earth yourself in the sun. Even better, take B The Method outdoors.

- 15 minute - [Standing Arms Series #2](#)
- 15 minute - [Standing Core Series #1](#)
- 15 minute - [Standing Cardio Flow #1](#)
- 15 minute - [Standing Cardio Flow #2](#)
- 15 minute - [Standing Cardio Flow #3](#)



[Credo: Kinship Sun Cream](#)



[Ilia Beauty: SPF Powder](#)



[HeyDey: SHADE Hat](#)



[Coola: Organic Sunscreen Stick](#)

Strive for 10-30 minutes of unexposed sunlight per day to get the appropriate amount of Vitamin D directly from the sun. This means, direct sunlight on your skin with no sun protection. If you are heading back indoors after that, you're golden! If however you plan to stay outside beyond your daily dose, be sure to protect your skin with proper care. Here are my go-to items during these hotter months spent in the sun.



The Essentials

My go-to products for skin & sun protection

Sunshine is the most natural and efficient source of Vitamin D in our everyday lives, hence the nickname "The Sunshine Vitamin." It's also cost-free, so take full advantage, I know I will!

I promise, even just a tiny bit of the sun's rays will instantly brighten your mood, refresh your mind, and rejuvenate your body. And not to mention, all of the other benefits of getting out of the house and breathing in that fresh air, which do wonders for your wellbeing.

HONORABLE MENTIONS



[Supergoop: Mineral Sheerscreen](#)



[Ilia Beauty: Super Serum Skin Tint](#)

The Pantry

Featuring Kim-Julie Hansen, Founder and Creative Director of Best of Vegan

I am thrilled to feature community member, Kim-Julie Hansen, in our debut section of The Pantry. Kim-Julie is the Founder and Creative Director of Best of Vegan, a digital culinary & lifestyle publication dedicated to veganism and the plant-based culinary scene, and an overall inspiring and amazing woman.

We held a brief Q&A where she shared with us some insights into her path to veganism. She was also so kind enough to create two vegan recipes rich in Vitamin D exclusively for our community!

Q: How would you describe Best of Vegan?

A: Best of Vegan was born out of the desire to showcase all that vegan food has to offer, while also being an inviting and non-judgmental space for non-vegans to explore and learn more about veganism as a lifestyle and the different kinds of plant-based cuisines that exist. It's an online food & lifestyle magazine and a recipe database at the same time.

Q: Was there a "lightbulb moment" when deciding to share your passion through writing and photography?

A: I was in grad school finishing a degree in literature when I started a personal Instagram account (prior to Best of Vegan) to show people a few quick and easy recipes I had been enjoying since going vegan (it all started with a tofu scramble). Even though I grew up eating mostly junk food, I'd always been into cooking and photography, so that part came very naturally. I just didn't expect anyone other than my friends and family to be interested in what I had to share. So when strangers started following the page as well, I was surprised to say the least. A year into it, a friend mentioned wanting to try veganism for a week, so I offered to guide them and posted about it online, telling people to email me if they wanted me to share resources with them as well. I woke up to over a thousand emails and that was probably my "lightbulb moment," realizing that this could be a way to truly impact others in a significant way.

**Q: Since this issue is devoted to all things Vitamin D, do you have any tips on how to get this vitamin for those living a vegan lifestyle?**

A: Yes! It's essential to get tested for deficiencies every once in a while and then supplement accordingly if need be. As a vegan, it's important to know that most plant foods contain vitamin D2, not D3, which experts say may not be as bioavailable as vitamin D3. So if you don't live in a place with a lot of sunshine year round, opting for a vegan D3 supplement might be a good alternative. If you'd rather not take a supplement, look for foods like plant milks and cereals that are fortified with vegan D3. In terms of plant foods that contain vitamin D2, mushrooms are great and so versatile.

Q: You're also a certified yoga instructor. Do you find there's a harmony between your passion for movement and living a vegan lifestyle?

A: Definitely! Even though I'm vegan for ethical reasons and practice Yoga for mental and spiritual (more so than physical) reasons, both also make me feel good and are an integral part of my day to day life. That's also what I love about your B The Method, it makes me feel good in the moment and afterwards and it's so easy to integrate into my life (plus, I hate jumping jacks and burpees with a passion, so your classes are perfect for me, while still being a great workout).

Q: Anything else you would like to share with our community?

A: My number one tip for anyone looking to go vegan is to take it one step at a time and not put too much pressure on yourself. If you'd like to give eating plant-based a try for a few days, I have a free 3-day meal plan & shopping list you can download [here](#).

To learn more about Kim-Julie, Best of Vegan, Best Of Vegan Home, and Vegan Reset visit:

www.kimjuliehansen.com , www.bestofvegan.com ,
& www.veganreset.com

Her Instagram accounts are also a must follow!

Mushroom & Jackfruit Tacos



Ingredients (makes 4 tacos):

- 1 can of young jackfruit (in brine, not syrup), rinsed and drained
- 8 oz mushrooms, sliced (cremini and portabella mushrooms are highest in vitamin D)
- 2 tbsp olive oil
- 3 garlic cloves, minced
- 2 shallots, sliced or chopped (or 1 yellow onion)
- 2 green onions, chopped (optional)
- 1 red chili pepper or jalapeño, thinly sliced (optional)
- 1-2 tbsp tamari or soy sauce
- Sea salt and pepper to taste
- 1 tsp smoked paprika
- 1/2 tsp ground coriander
- 1-2 tsp liquid smoke
- 1-2 tsp maple syrup (optional)
- 1/2 lime, the juice

To serve:

- 4 soft shell corn tortillas
- Fresh cilantro
- Guacamole and/or salsa

Directions:

- Pour the contents of the young jackfruit can into a strainer, rinse and pat dry using a kitchen towel. Pull the pieces apart and remove any hard cores (you'll want it to look similar to pulled pork).
- Sauté the sliced mushrooms in a large non-stick pan with the olive oil over medium to high heat for 5-7 minutes.
- Add the jackfruit, shallots, green onions, garlic, chili pepper and seasonings (except the maple syrup and lime juice) to the pan and mix well.
- Cook for 10-12 more minutes and add the remaining ingredients to the pan. Mix again, taste test and add more salt and/or liquid smoke if need be.
- Serve with the taco shells, cilantro and dip of your choice. Enjoy!

Recipe notes:

- Liquid smoke can be found in the condiment aisle at most supermarkets. Some are more concentrated than others, so start with 1 tsp and then add more if desired.
- You can replace the jackfruit with either more mushrooms, lentils, seitan or chickpeas (for extra protein).
- For extra flavor and/or instead of liquid smoke, feel free to add 1 tsp of each cumin and chili powder to the mushroom and jackfruit mix.



PB&J Vitamin D Shake

Ingredients (makes 1 large or 2 small servings):

- 1 1/2 cups fortified oat milk
- 1 cup frozen strawberries
- 1 heaped tbsp peanut butter or more if desired (sub almond or sunflower seed butter in case of allergies)
- 1 ripe banana

Optional add-ons:

- 1 scoop unflavored or vanilla flavored vegan protein powder
- 1 tsp maca powder

Directions:

- Add all ingredients to a high speed blender and blend until smooth. Enjoy!

Coming Up This Month

- Friday 15 minute Instagram lives will continue, with this month's focus on movement you can take outside! Tune in Friday's at 12pm EST or catch it later on IGTV and the B The Method App.
- A chance to win a 30 minute private session to chat, workout, or both!
- Giveaways on Instagram!

WE'D LOVE TO HEAR FROM YOU

This newsletter is for our community, by our community.
Send us a message with any questions, comments, and feedback.

JOIN OUR AFFILIATE PROGRAM!

Interested In being one of the first to be part of our program? Email us to chat.

hello@bthemethod.com

