



B THE NEWSLETTER

A Monthly Edit: Vol. 15 // JULY 2022

INFLAMMATION

By Lia Bartha

Happy beginning of summer from New York! This time of year is usually a mixed bag of emotions and anxieties for so many people. For me, the emotions come from my kids getting older and graduating to a new grade (and in our case, a new school next year). Then there's the anxieties. I'm so excited to spend more time with my family, but B The Method never stops and finding the balance is definitely a challenge.

I know many of you are feeling the same mix of excitement and stress because of the influx of messages filling up my inbox. Most of your messages have been about heat-related inflammation, summer/travel workouts, skin care, and hydration motivation.

This all understandably aligns with the change of season and all that it brings. This newsletter is our summer kick-off, with tips for fighting inflammation, my current summer essentials, and some protein-packed recipes that will keep you energized in all situations.

Plus, remember my pledge to give back last month? Well, we did it and with the devastating news of the overturning of Roe v. Wade, I decided to take a piece of those proceeds to help fight the cause.

xx

IN THIS ISSUE

THE METHOD

fighting heat inflammation

THE ROUND UP

summer essentials

IN THE KITCHEN

summer recipes

THE METHOD

fighting heat inflammation

The heat of summer, plus a higher level of humidity in the air, increases your body's susceptibility to swelling and inflammation. I feel it, you feel it. Here's what can we do to make ourselves a little more comfortable:

- **Break a sweat:** 20 minutes of exercise and strength training will significantly reduce your inflammation levels in the rest of your body. My summer sweat favorites are twisting series and cardio flows.
- **Leg Inversions:** 15 minutes of leg inversion exercises will also noticeably reduce inflammation, swelling, and collection of fluid in your legs.
- **Hydrate during your workouts:** If you love to workout outside, make sure to have water on hand to flush out the inflammation from the inside and outside.
- **Get some sleep:** A lack of sleep increases your inflammation levels.
- **Get sugar from fruits, not processed foods:** Processed sugar will hold in and increase inflammation so reach for ultra hydrating fruits like melon instead.



→ **UPDATE : B THE METHOD GIVES BACK**

Last month, we vowed to donate 10% of proceeds to [Food Bank for New York City](#). We hold this promise and are able to donate \$3,000, which is equivalent to 15,000 meals. Also, we took a piece of the proceeds and donated \$1,500 to [The National Network of Abortion Funds](#) this month. Thank you all for your support and help to make this all happen.

THE MONTHLY ROUND UP

summer essentials and favorites



Portable Speaker

We don't leave the house without this speaker. It's small, portable, and has amazing audio no matter where you are.



Beach Towel

A sturdy beach towel is a staple in my opinion. This Turkish towel comes in many colors, but the yellow is my favorite.



Oval Sunglasses

I love Les Specs because they're affordable and high quality. These have a cool, retro vibe, and are still functional.



Platform Slides

These fall under the category of non-pool pool slides. They can't get wet, but are super cute paired with shorts, with or without socks.



Beach Bag

I grew up going to the beach everyday in Hawaii and trust me when I say, the only way to pack your things is in a bag with holes in it.

THE ROUND UP CONTINUED

SPF 50 Lotion
 At the beginning of summer, the first thing I do is stock up on high SPF, waterproof, sweat-proof sunscreen like this large container of Supergoop.



Beast Blender
 I've mentioned this blender before, but I love this entire set because it comes with the hydration station to make water infusions.



Seed Travel Vial
 No matter if I'm home or traveling, I always make time every morning for Seed DS-01™ Daily Synbiotic. 2x capsules each day help keep my gut microbiome healthy. Use code LIA15 for 15% off your first month's supply. #seedpartner



Self-Tanning Drops
 New addition to my summer routine and I've been loving the subtle results from this gradual face tanner. I add a drop to my daily moisturizer a couple time a week.



Stress Mask
 Summer brings on a little more stress for me because the kids don't have structure. Use code LIA20 for 20% off *Naturopathica* Chill Chocolate Vine Collection. I recommend sitting back and using the stress mask, which is unparalleled. #naturopathicapartner



IN THE KITCHEN

favorite summer recipes

I've been constantly craving protein lately, which for me, is a tell-tale sign of adrenal fatigue and burnout. It's a common issue for me this time of the year because I push my body, my sleep, and my mind to their limits, trying to finish everything before the end of the school year. Whether you're feeling this fatigue or not, these two protein packed spreads will quickly become summer staples. Also, don't forget that melons provide a ton of hydration, so grab a few and get ta scoopin'!

Edamame Hummus w/Veggies & Pita Chips

- 1½ cups shelled edamame, defrosted or fresh
- ½ cup tahini
- ½ cup lemon juice, approx 2-3 lemons
- 3 tbsp extra-virgin olive oil
- 1-2 cloves of garlic
- ½ cups cilantro (or sub with parsley or dill)
- 2-4 tbsp of water (as necessary)
- ½ tsp salt

Tools needed: Food processor or blender (you can also make this in a Beast Blender from above)

Blend the tahini, lemon, olive oil, and salt in a food processor or blender. Scrape the sides and add the cilantro. Blend again. Scrape the sides again, then add ½ of the edamame with a couple tbsp of water. Blend and scrape. Add the remaining edamame and blend again. If it's too thick, add a bit more water until it gets to the consistency you desire. Taste your mixture then add salt and olive oil to your liking.

Serve with: Sliced cucumbers, carrots, radish, or any other sturdy vegetables. Crackers, pita chips or turn it into a toast on your favorite bread.

THE KITCHEN CONTINUED

favorite summer recipes

Tofu "Egg" Salad

Mayo Ingredients:

(You can skip this and use regular mayo instead too)

- 1½ cup raw cashews, soaked in hot water for 10 minutes
- ¾ cup unsweetened non-dairy milk
- ½ cup tahini
- 3 tablespoons nutritional yeast
- 1 tablespoon yellow mustard
- 1 tablespoon coconut aminos
- 2 teaspoons apple cider vinegar
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon turmeric powder
- ½ teaspoon salt

All other ingredients:

- 1 package extra firm tofu, drained, rinsed and squeeze or pressed to remove excess water
- ½ cup diced celery
- ¼ cup finely diced red onion
- 2 tablespoons parsley, chopped
- 1 tablespoon finely chopped capers
- 2 tablespoons nutritional yeast
- ¼ teaspoon black salt (aka "kala namak" for eggy flavor. Use regular salt if you don't want the egg taste or smell)
- black pepper to taste

Directions:

- Drain the cashews (discard soaking water), then place them into a blender or food processor, along with the rest of the mayo ingredients. Blend until smooth.
- Place the drained, rinsed, and pressed tofu into a bowl and mash with a fork until there are no big pieces left. It will look crumbly.
- Add the nutritional yeast, celery, onion, parsley, and capers and stir. Add the mayo and stir again until all of the ingredients are combined.
- Add black salt and black pepper to taste.
- Serve with crackers, veggies, or turn it into a sandwich or wrap.



In Other News

- We're so excited to have our first Los Angeles pop-up event on July 17th at Bandier. We can't wait to connect with our West Coast community! Next up, Hawaii. Stay tuned!
- We're continuing the conversation over on our private [Facebook](#) group. Join to get first access to our events and more importantly, deepen your connections with the community.
- To learn more about Adrenal Fatigue, check out Dr. Hyman's podcast [here](#).

THANKS FOR READING & SEE YOU ON THE MAT

This newsletter is for our community, by our community.
Please fill out this [form](#) with any questions, comments, and feedback.

