

Clear Outlook™, LLC

What's new at Clear Outlook™, LLC you ask?

Clear Outlook™, LLC was awarded the “New Directions Outstanding Achievement Award in Recognition of Exceptional Performance and Innovative Contributions.” The “Performance” was for rapid growth in patients served. The “Innovation” was for creative use of shakes and whole food to create personalized meal plans and addressing the Body, Mind and Spirit of the patients Clear Outlook™, LLC serves. This award was presented at the New Directions 2016 Annual Conference where centers from all over the US come together.



What's Inside:

Page 2:
A food tour
of Ireland by
Ashlinn
Kipp RDN

Page 3:
More on
Ireland Foods
by Liz Winet,
FNP

Page 4:
Smoke
Salmon
Spread Recipe
by Ashlinn
Kipp RDN

Page 5: A life
changed for
the good by
Cindy Brewer

A food tour of Ireland

By: Ashlinn Kipp RDN

In a country known for their bangers and mash, fish and chips and pints of Guinness, a health nut may have fear that their menu options may be limited. Liz and I both recently adventured to the Emerald Isle and have great things to say not only about the rolling hills and quaint homes but their fresh food that, if selected wisely, won't add an inch to our waist lines.

With a life expectancy of 80.9 compared to that in the US of 78.7 it is difficult to say whether this is due to a difference in genetics, physical activity or diet. One thing is for certain - their reliance on healthcare is far less than ours.

Being an island of 32,595 square miles (about the size of Maine) transporting fresh seafood isn't too difficult a task in Ireland. Locally grown veggies and grass fed meats were among the options thanks to the mild climate Ireland has to offer.

Of the fresh seafood to be found in Ireland, mussels is one of the most common and provides a stunning presentation. Mussels, a common name for clams, have an impressive nutritional profile. This unique seafood is a good source of protein, low in



carbohydrates, contains the heart healthy omega three fatty acids as well as vitamin C, zinc, iron and selenium which gives your immune system a nice boost!

It might sound crazy, but the beef in Ireland tasted so much better and I can't help but think it was anything other than the endless fields of green grass those cows had to graze on. When you remove the tight quarters most Mid West cows have to live in, you reduce the need for hormones and antibiotics because the cows have the space they need to avoid each other's filth and germs while getting to consume a diet their bodies were intended to consume. Not only did it taste better but I know not having all those hormones and antibiotics in their system made it healthier for me too!

Sure brown bread and potatoes, in all forms, were to be found everywhere but the non-starchy vegetables weren't far away. Butter leaf lettuce salads, warm cabbage with corned beef, turnips in the stew and mashed carrots paired with duck made for a nice change to my regular vegetable intake.

So maybe a food tour of Ireland isn't in your near future. You can still get similar health perks to the Irish by choosing grass fed meats over the conventional grain fed. Don't skimp on your servings of seafood and expand your vegetable horizon.

More on Ireland Foods by Liz Winet, FNP

I will follow Ashlinn's lead on sharing with you a favorite part of my husband and my recent trip to Ireland and our Irish food experience. But before I talk food, a unique blessing from the Ireland trip was the beautiful people who have been described as very friendly. I would describe them as very refreshingly real. By being themselves they invite visitors to also feel at home as themselves. No political correct speech enforced here! I totally agree that the delicious taste of "freshly prepared" foods was an Ireland delight. Most noteworthy is that our stomachs felt light but satisfied after meals since the food did not stick around indigestible for hours. Bloating and heart burn are the all-too-common feelings after an American restaurant chain's meal partially prepared ahead of time with artificial ingredients to preserve or compensate for missing fresh flavors. To quote a shop owner in Dingle Ireland when we asked where he recommends we eat, he answered, "Eat anywhere. If it wasn't good it wouldn't still be here." He was right.

A favorite Irish staple of ours available at most Irish restaurants was Irish seafood chowder and Irish brown bread. Ashlinn revealed what made the Irish stews so great. It is the fresh ingredients of local mussels and seasonal local seafood. The brown breads have a uniqueness to each restaurant, but all share a wholesomeness and old world taste. This is achieved by the use of ancient grains often sprouted or whole milled. This is in contrast to stripped down flours made from genetically changed USA varieties of wheat with new glutes not naturally found in nature. The book "Wheat Belly" by William Davis sheds insight into the common gastrointestinal abnormalities growing in the USA. These unnatural glutes are at times not well

tolerated by human biology leading to leaky gut, sensitivities, allergies, and other gluten related illness.

So how do you get ancient grains in the USA? Try Ezekiel brand sprouted grain breads with ancient grains. A favorite of mine is the Ezekiel 4:9 with Flaxseeds. Another option is to bake your own bread using course milled ancient flour. An excellent brand is King Arthur brand available on line at King Arthur.com. These ancient grains are a good source of iron and fiber, while adding a nutty flavor to your sweet or savory recipes.

When you have these wholesome breads, you feel satisfied without a sugar surge or rebound hunger for more sweets. The Ezekiel brand includes the explanation that when the bible spoke of bread as being the 'staff of life' it is these ancient grains, sprouted and course milled to which it is referring. Also, the King Arthur Irish red flour offers recipes for Irish brown bread. Check it out!

Take home message:

Eat whole natural unpolluted foods with ancient grains and start healing your gut and feeling energetic and mentally sharp.

Processed carbs and unnatural grains can really take their toll on our health.

Here at Clear Outlook™, LLC, we take Hypocrites guiding principles for medicine to heart. "Let food be your medicine and medicine your food."

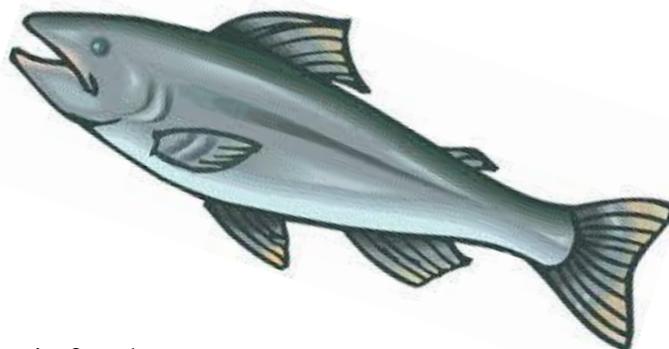
**ENJOY REAL FOOD AS ORIGINALLY
DESIGNED BY NATURE!**



Smoked Salmon Spread

Ingredients

8 oz low fat cream cheese, softened
 6 oz smoked salmon
 6 oz plain, non-fat, Greek yogurt
 1 t Tabasco sauce
 1 t Worcestershire sauce
 1 t horseradish sauce
 2 green onions, chopped
 5 sprigs dill, chopped



Directions

With a mixer combine all ingredients. Mix for about a minutes, allowing air to be incorporated and fluff mixture. Serve spread with low calorie vegetable for a tasty appetizer or snack!

Makes 8 servings.

That Irish food tour might have you craving some seafood. This is a quick and easy seafood recipe full of health benefits but allows for a beautiful presentation packed full of flavor! Great for entertaining guests or a dish to bring to someone else's party.

Nutrition Facts per Serving

Serving Size: 2 T

Servings per Recipe: 8

Amount per Serving	% Daily Value
Calories 95	Calories from Fat 47
Total Fat 5g	8%
Saturated Fat 3g	14%
Trans Fat 0g	
Cholesterol 20g	7%
Sodium 316mg	13%
Carbohydrates 4g	1%
Dietary Fiber 0g	1%
Sugars 3g	
Protein 8g	

www.NutritionData.com

*Percent Daily Values are based on a 2,000 calorie diet.

Recipe analyzed by Ashlim Kipp RDN

Testimony of a life changed for good!

Cindy was close to retirement when she began her weight loss journey at Clear Outlook™, LLC in April of 2014. Cindy graduated over 80 pounds lighter in November of 2014. Cindy reported being obese all her adult life never being able to join her family in activities. Cindy knew it was time to make a change since she was now on several medications for diabetes type 2 and hypertension.

The health created by Cindy with life changes include:

81.6 lbs. LIGHTER

Triglycerides were 290 now 116

BP was 150/92 now 118/68

HbA1C was 6.9 now 5.5 NORMAL!

Off all anti-hypertension and diabetes medication! Cindy had moved from walking with discomfort to running 10K races with her daughter! Yes running!

Cindy's testimony upon graduation and heart felt thank you note after a life affirming family vacation are shared here. Cindy, in her own words, tells her story best.



Graduation Testimony:

"My life-long weight problem left me feeling defeated and confused. Clear Outlook™, LLC and the sustaining power of God gave me tools for the support in this journey. My goal of losing weight has been surpassed by the reality of a transformed life. Being at peace with myself and my body is a wonderful liberating way to live."

Thank you note after a family vacation:

"Recently returned from Florida where I vacationed with my son & his family. I had many opportunities to be appreciative for the change in my life that allowed me to be a participant rather than a spectator in the fun. How awesome to have fun keeping up with my two little grandsons at the Magic Kingdom and Lego Land! I lived in my swimsuit AGAIN> pretty great for the person who lived at the lake but never wore a swimsuit. I am filled with gratitude for all these new experiences. From the outside my life looks much like it did 18 months ago but there is almost nothing in life that hasn't changed. I want you to know that I hold you responsible for what has happened in my life. The work you do is important and meaningful. I pray for you and Clear Outlook. I ask God to protect & prosper you so you can continue to help people discover their best life.

God bless. See you in August. Love Cindy..."

