

## Kettle Moraine Health Center August e-newsletter



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Hi Everyone,

If you've seen me as a patient, you've probably heard me ask you at least once, "Are you stretching every day?" Sometimes I feel like I'm hassling people, but when I stop and think about it I conclude that it's the right thing to do. It's the right thing to do because a daily stretching routine is easy to put off or forget. Preventative practices don't get any of the headlines, and oftentimes aren't very exciting. But know this, they are the cornerstones of good health.

So this is just another friendly reminder to do your stretches every day. My rule of thumb is that every major muscle group in the body needs attention on a daily basis.

Confused on what to do? Good news, our yoga and [exercise rehab](#) expert, [Claudia Sartorius, R.N.](#) has half hour or hour appointments available to help get you back on track, and your time with her is often covered by insurance.

Just in case you forgot, the benefits of stretching are:

- 1) Prevents arthritis and muscle pain
- 2) Maintains good posture
- 3) Aids in oxygenation of the body
- 4) Releases endorphins & therefore de-stresses the body
- 5) Eases pain that is already present
- 6) Improves athletic ability & much more!

So get going, stay fit and enjoy the rest of your summer!

Dr. Richard Venske & Staff  
Kettle Moraine Health Center



Summer is here and many gardens are brimming with delicious foods that are rich in antioxidants. Parsley is considered an excellent antioxidant nutrient. Parsley is also an herb that is rich in iron, potassium, Vitamin A and foliate.

#### **Parsley Pesto with Walnut Recipe**

- 1 cup of parsley leaves tightly packed or a big bunch with all the stems removed
- 1 cup of slightly toasted walnuts (shells removed of course!)
- 1/2 a cup of grated Parmigiano Reggiano cheese
- 1 clove of crushed garlic
- juice and zest of half a lemon
- 3/4 cup of extra virgin olive oil
- salt and pepper to taste

Place all ingredients except for oil in a food processor or blender. Once the ingredients have been pulsed a few times proceed to add the olive oil in a thin stream. Scoop out the mixture and toss through some warm, freshly cooked egg noodle pasta. Or smear it lavishly over flat bread or pita.