

Scottsdale

HEALTH

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The Freight Train

David Peralta

As spring training takes over Scottsdale, we got the inside scoop on all things baseball from the Venezuelan native and Arizona Diamondbacks outfielder



Create Your own Luck

Forget the leprechaun this St. Patrick's Day

Cactus League Takeover

Gear for the ball games

Liv Rio Sportswear

The locally-owned brand changing the fitness legging

8 Crazy Facts About Hydration



soul

Striking Out Poverty

With more than 50 MLB players in attendance, Striking Out Poverty is spring training's biggest player-ran event. The inaugural event, taking place March 11, from 7-10 p.m. at Rock Bar, will benefit Food for the Hungry. Put on by Athletes Brand, a local fashion brand whose products are crafted by world-class athletes for fellow athletes, the evening will be hosted by Adam Richman from the Travel Channel. Attendees will get the opportunity to meet the players, purchase the new Striking Out Poverty T-shirts by Athletes Brand and enjoy a light snack. \$20 donation for entry; RSVP at athletesbrand.com/RSVP.



Red Chili Glazed Sweet Potatoes

Recipe Courtesy of Flower Child, www.iamflowerchild.com

Serves: 4

Ingredients, sweet potatoes

2 ½ cups sweet potatoes (cubed and roasted)
10 tablespoon sesame vinaigrette **see below
4 oz bok choy, julienned
5 shakes of toasted sesame seeds

Directions

1. Warm sesame vinaigrette in a large saute pan until it begins to simmer.
2. Add room temperature sweet potatoes, toss to coat and gently simmer until heated through (add water if needed to keep consistency of sauce to heat through sweet potatoes).
3. Add bok choy and sesame seeds, toss to incorporate and remove from heat.

Ingredients, sesame vinaigrette

7 ½ cups seasoned rice wine vinegar
2 ½ cups siracha
4 cups tamari
2 ½ cups evaporated cane sugar
½ tablespoon xanthan gum
1 tablespoon kosher salt
½ cup sesame oil
5 cups grapeseed oil

Directions

1. In a large container, combine vinegar, siracha, tamari, sugar, xanthan gum and salt. Puree until smooth.
2. Slowly incorporate the oil with the immersion blender until smooth and emulsified.



decor, calming colors and natural wood elements. After a customized consultation with a Modern Acupuncture Zenologist, guests are taken back to the Zen Den, a relaxing retreat outfitted with soundproof insulation, lounge-style recliners, calming sounds and cool earthtones. Sessions typically last around 30 minutes and all guests leave with a customized treatment plan and a complimentary handcrafted organic tea blend. www.modacu.com.

All About Acupuncture

Last month, Modern Acupuncture opened its first location in Scottsdale in the McDowell Mountain Village shopping center.

The new, relaxing 30-minute retreat is meant to bring the healing and cosmetic benefits of acupunc-

ture to the modern individual in a spa-like setting. The concept was created with the mission to break the current stigma around acupuncture and bring the ancient form of healing in an accessible, affordable delivery.

The space is simplistic with contemporary