

Plus: HOLIDAY GIFT GUIDE

# Portland monthly

# relax...

## 50 ways to unwind this winter



### FEATURE

## Mile High Club

Meet the Portlanders blazing a new trail to outer space.

### FAREWELL 2011

## The Perfect Party

We toast the year's newsmakers, from the Top Chef to the kids' table.

### PROFILE

## Multimedia Troubadour

Silky-voiced singer Holcombe Waller finds catharsis and success in theater.

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## Good Grub

National College of Natural Medicine's Dr. Courtney Jackson dishes up foods that help fight stress.



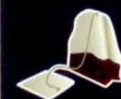
**TURKEY** Packed with protein and B vitamins, turkey provides a solid nutrient base for coping with the holiday hustle and bustle. Plus, it also contains tryptophan, which promotes production of serotonin, the brain's feel-good hormone.



**KALE** This leafy green is high in magnesium, a mineral that helps the adrenal glands promote a healthy stress response.



**WILD SALMON** These favorite scaly supper dishes provide mood-boosting vitamin D during our sun-starved winter and omega-3 fatty acids that help support healthy brain function.



**GREEN AND BLACK TEAS** Tea is full of L-theanine, an amino acid that is part of the formation of GABA, an anti-anxiety neurotransmitter.



**DARK CHOCOLATE** Chocolate that contains 60 percent cacao or higher is also packed with flavonoids, antioxidants that support healthy blood pressure.



**PUMPKIN SEEDS** Brimming with zinc, an immune system booster, pumpkin seeds can help fight those winter colds.