All Hail Kale or Aw, hell, Kale?!
**BY Terri West**

If I hear of one more way to prepare kale, I'm going to slit my wrist. Unfortunately, because I've consumed so much of it, I'd bleed green.

What are we going on, now, five years of the kale craze? Kale Caesar, Greek Kale Salad, steamed kale with sesame seeds. I've had about all I can take! So, what's the next new flat-tummy phenomenon? Red spinach. If no one's considered its health benefits (I'm talking to you, Dr. Oz), it's time.

Some of the health benefits of this deep red leafy vegetable are: It decreases the risk of diabetes, lowers cholesterol and supports weight loss due to its fibrous content. And unlike green spinach, when used in a smoothie, you can hardly taste it because it is easier on the taste buds. Toss it in a salad, steam it or sautee it!

The reason so many people have transitioned to red spinach over the last several months is because its benefits aren't soley weight-related. A well-rounded vegetable, red spinach also has aesthetic value. It strengthens hair roots, slows greying of hair, is great for the skin and improves eye sight.

Don't discount the traditional green version, though. Popeye may have had other reasons for swallowing cans of spinach besides increasing his strength. Did you know that green spinach improves blood flow to the penis to support a healthy erection? If you suffer from erectile dysfunction, add several servings of boiled spinach to your weekly meals.

A few servings of red spinach a week helps keep a flat tummy by cleansing the bowels which relieves bloating and water retention in the stomach. For weight loss, the best way to eat red spinach is raw to retain all of its nutrients. Raw consumption is also more filling because spinach loses its volume when cooked.

An important thing to remember when trends make their way to our plates is that you don't have to completely let go of past trends; they haven't stopped working, but they do become boring. Mix it up. If you're still mad about kale, eat it but don't get in a rut. Your body needs to experience different healthy foods so that it doesn't become accustomed to a routine. Keep your body guessing by continually refreshing your palate.

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