

MONTHLY PREVENTION NEWSLETTER

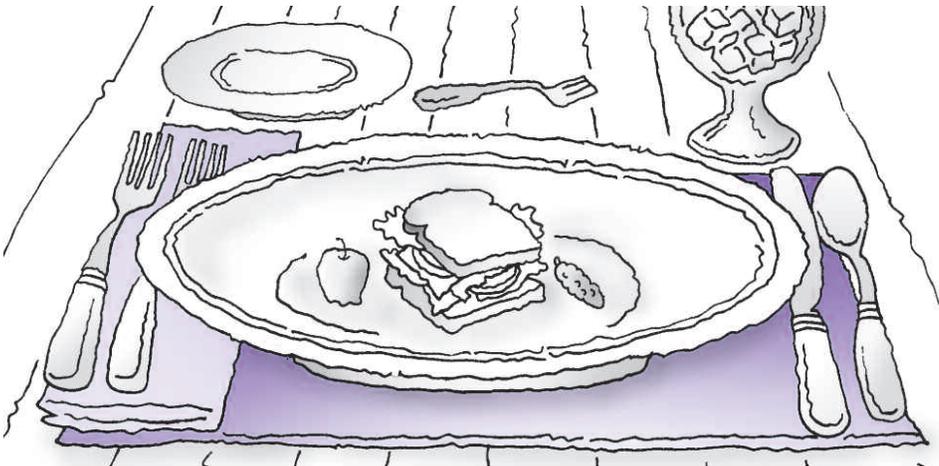
UNITED STATES MARINE CORPS



Semper Fit Health Promotions MCCS SC

VOL. 30, NO. 11 Promoting Optimal Health, Quality of Life, and Operational Readiness NOVEMBER 2010

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IS THE “D” WORD MAKING YOU OVEREAT?

How to rethink your approach to weight control

Many experts think that the anxiety created by traditional dieting — rigidly counting calories, carbs, and fat — actually contributes to overeating and the vicious cycle of losing and regaining weight.

“Conscious eating” (or intuitive eating as it is sometimes called) may be a more lasting approach to weight control. The goal is to respond to your body’s physical signals and pay attention to emotional reasons that make you want to eat.

Check in with your body and make sure you’re **really** hungry before you eat. Then ask yourself these questions: What am I in the mood to eat? Do I want a crunchy, chewy, soft, or liquid texture? Do I want something sweet, salty, bitter, or spicy? Do I want hot or cold food?

Once you decide what you want, take a few bites and then wait a while. If you’re not satisfied, put the food down and get something else. Settling for something you’re not really hungry for may trigger you to eat one thing after another.

Eat slowly. Every few bites check in with your body and stop when you feel full. Conscious eating is not a free pass to overindulge, but it may give you a more peaceful and lasting way to overcome overeating.

Source: The Spirit and Science of Holistic Health, by Jon Robison and Karen Carrier; AuthorHouse

3 secrets to happiness

Happiness is different for everyone, but the Harvard Study of Adult Development that began in 1937 found that men who were most satisfied with their lives well into their 80s had these things in common:

1. A healthy sense of humor and a passion for a cause larger than yourself.
2. The acceptance that life has its ups and downs.
3. Strong and meaningful relationships with family and friends.

“The only things that really matter in life are your relationships to other people,” notes psychiatrist George Vaillant, the study’s lead author.

Germ fighting



see page 8...

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Vital veggies



Load up on vitamin C with cruciferous vegetables

From broccoli to turnips, the family of cruciferous vegetables is one of the best sources of vitamin C in the produce section.

In fact, an average serving of broccoli has more than double the amount of vitamin C found in an orange or half of a grapefruit.

The distinctive cross-shaped flowers on cruciferous vegetables explain their name, which is derived from the Latin word for cross. In addition to high levels of vitamin C, they are a good source of fiber, vitamin A, and beta-carotene.

Vitamin C boosts the immune system and helps the body absorb iron and build strong muscles, bones, and teeth. The recommended minimum daily intake of vitamin C for adults is 90 mg for men, 75 mg for women. Since smoking depletes vitamin C, smokers should aim for an additional 35 mg per day until they quit.

Sources: Ohio State University; Nutrition Concepts and Controversies, Ninth Edition, by Frances Sizer and Eleanor Whitney, PhD, RD

Here's how some of the more popular cruciferous vegetables stack up:

Vegetable	Mg Vitamin C	Calories
Bok Choy 1 cup cooked; a staple in stir-fries	44	20
Broccoli 1 cup cooked; enjoy steamed or raw	116	50
Brussels Sprouts ½ cup (4 sprouts); best roasted	48	30
Cabbage 1 cup raw; great in salads	52	20
Cauliflower ½ cup raw; a stand in for chips in dips	25	12
Collard Greens 1 cup cooked; similar to spinach	22	50
Kale 1 cup cooked Curly, peppery leaves; best steamed	53	36
Kohlrabi 1 cup raw Tender young bulbs have the best flavor	89	48
Mustard Greens 1 cup cooked; serve like spinach	36	20
Turnips 1 cup cooked; add to soups and stews	18	66

Roasted Brussels Sprouts with Garlic

An easy and delicious Thanksgiving side dish

- 1½ lbs. Brussels Sprouts
- 2 cloves garlic, minced
- 3 Tbsp. olive oil
- ¾ tsp. kosher salt
- ½ tsp. freshly ground black pepper

Preheat oven to 400°F. Place sprouts, olive oil, garlic, salt, and pepper in a large, resealable plastic bag. Seal tightly and shake until sprouts are thoroughly coated. Roast 30 to 45 minutes in preheated oven. Shake pan every 5 to 7 minutes for even browning. Serves 6. Per serving: 110 calories, 4 g protein, 11 g carbohydrates, 2 g fiber, 7 g total fat (2 g saturated fat), 291 mg sodium.

Get your money's worth

Enjoy fresh vegetables as soon as possible, since they lose vitamin C and other nutrients if stored too long.

Roast, steam, sauté, or stir-fry vegetables to preserve the most food value. Important nutrients leach out into the water when they are boiled.

get moving

WHAT MOVES YOU?

Stay motivated by choosing activities that you enjoy

Do you like to socialize and have fun?

- Join a walking club or play a round of golf with friends.
- Take an aerobics, boot camp, or spinning class.
- Go dancing, skating, or bowling.

Would you prefer to go solo?

- Solitary walking, jogging, or swimming will protect your peace and quiet.

Are you a self-starter and want to have control?

- Use your willpower to train on a treadmill, a stationary bike, or lift weights.



Do you enjoy mental focus?

- Racquet sports, downhill skiing, martial arts, yoga, and Pilates require concentration and discipline.

Are you goal oriented?

- Plan to run in a race or book a fitness vacation that requires you to be in shape.
- Challenge yourself with distance, time, and weight goals.

Do you want excitement, spontaneity, or surprises?

- Mountain biking, outdoor hiking, and cross country skiing are unpredictable and fun.

Is technology your idea of a good time?

- Computer fitness games played on your TV screen will get you off the couch.

Do you have a strong work ethic?

- Rake leaves, spread bark, wash and wax your car, paint a room, clean house at a brisk pace.



A bird's eye view of fitness

Bird watching can add an element of fun and education to an everyday walk. There's no need to travel to the woods — your neighborhood or local park is probably home to several different species.

With a pair of binoculars, a field guide, and a notebook to keep track of your sightings, an afternoon stroll can become an adventure for the entire family.

Good resources for "birders" include The Audubon Society at www.audubon.org and Bird Watcher's Digest at www.birdwatchersdigest.com

Tai chi Gentle on the joints and great for strength and toning

If you've watched groups of people doing tai chi in public places you've probably been mesmerized by its flowing, gentle movements.

You may be surprised to learn, however, that this centuries-old practice can strengthen and tone muscles, tendons, and joints. Other benefits include improved balance, coordination, and flexibility. Clinical studies have discovered that tai chi may also lower blood

pressure and heart rate and reduce pain for people with osteoarthritis of the knee. The postures can even be adapted for sitting positions.

Tai chi is typically done with a group of people led by an experienced instructor. Many community centers and health clubs offer classes. Information is also available at www.arthritis.org or www.acefitness.org.

Sources: The American Council on Exercise; The Arthritis Foundation

Doc Talk

POWER TO THE PATIENT

Fighting the Common Cold and Flu: Myths and Science

It's cold and flu season — a time when many patients spend dear dollars on remedies and preventives such as elderberry, garlic, vitamin E, and selenium — none of which have been shown to work.

Unfortunately, there are no complementary and alternative medicines with solid science supporting their ability to prevent or treat colds or flu. Yet, there is some research suggesting a benefit from:

- **Echinacea** — may help treat colds in adults, although three U.S. government-funded studies have found that Echinacea does not help prevent or treat colds.
- **Vitamin C** — no studies have been done in children, but research suggests vitamin C supplements may help treat colds in adults.
- **Zinc** — several studies suggest taking 70 mg per day of zinc in lozenges can help shorten colds.

What are the most effective steps you can take to fight colds and flu?

1. Frequent hand washing with soap and water or an alcohol-based hand gel.
2. Keep your hands away from your eyes, nose, and mouth.
3. For a cold, consider taking vitamin C supplements and zinc acetate lozenges (70 mg daily) until symptoms improve.
4. Get a flu vaccine.

Source: National Center for Complementary and Alternative Medicine

William J. Mayer, MD, MPH
Medical Editor

Do you have a subject you would like the doctor to discuss? E-mail DocTalk@HopeHealth.com.



Kids & carts

For safety's sake, consider putting young children in a stroller, wagon, or front pack rather than a shopping cart when you're at the supermarket.

Most kids get excited at the prospect of going for a ride, but shopping cart accidents send more than 23,000 children to emergency rooms every year.

If you do allow your child to ride in a cart make sure he or she sits in the seat and use the harness or safety belt. Other precautions to take: avoid putting infant seats in the cart, always stay with it, and resist the urge to let an older child push the cart when a younger child is in the seat.

Source: American Academy of Pediatrics

Foggy notions

Most people know not to use their high beams when driving in thick fog, but it's also important to lower your speed by 10% to 20% below the posted limit.

In addition to reduced visibility, fog can create a perceptual illusion that makes everything, from other cars to the landscape, appear to be moving slower than is actually the case.

When participants in one study watched films of a car moving down a street with and without simulated fog, they routinely thought the car in the fog was moving more slowly. In reality they were both moving at the same speed.

Sources: Perception, Vol. 37, pg. 1269; University of Queensland, Australia

Healthy

Timely Wellness News & Ideas

Research menus on the web

Find "guilt free" fast food by doing an internet search of menus for nutritional information.

Most fast food and franchise restaurant Websites list calorie, carbohydrate, and fat content of their menus' items.

If you already have a healthy selection in mind before you go, it will be easier to ignore the high fat, high calorie temptations.



smart Living



Make a touch football game, a family 5k walk, a bike ride, or some other physical activity part of your Thanksgiving traditions.

Air freshener

To clear stubborn odors in your microwave, fill a microwave-safe bowl half full of water and add a handful of chopped lemon or lime rind or a tablespoon of vanilla extract. Heat the water until it boils. The heat and moisture from the boiling water also remove loose splatters stuck to the inside of the microwave, making it easier to clean. **A word of caution:** Let the water cool for at least 15 minutes before removing the bowl.

Source: All New Hints from Heloise, Perigree Trade, www.beloise.com

Snip-its!

Help for women runners with knee pain

Hip-strengthening exercises that can be done at home may help reduce or eliminate a common type of knee pain in female runners.

PF (patellofemoral pain) is caused when bones and soft tissue in the knee do not align properly when running. It typically doesn't occur at the start of the run, but once the pain begins it gets increasingly worse, and then disappears when running stops.

In a six week study of women with PF, those who did single leg squats and resistance band exercises twice a week reported less pain than those who did not practice the hip-strengthening routines.

Sources: *American College of Sports Medicine; University of Indiana*

Meditation for pain management

People who routinely practice meditation may be better able to manage chronic pain, according to a report in the journal *Pain*.

In one study where participants were frequently zapped in the arm with a laser, those who were long-term meditators anticipated the pain less and found the pain less unpleasant than non-meditators.

Meditation helps train the brain to stay focused on the present rather than anticipating future negative events, which may explain why the long-term meditators had an advantage over non-meditators.

The participants in the study used various types of meditation but they all included the practice of mindfulness, which emphasizes staying sharply focused on what is happening in the present moment.

Source: *Pain*, Vol. 150, pg. 380



Hidden salt

To cut back on salt, carefully read the labels on pre-mixed seasonings as well as all processed foods. Although they're made with herbs, many common seasonings have high amounts of sodium or MSG, even though they don't sound salty. These include lemon pepper, fajita seasoning, Thai seasoning, herb chicken seasoning, and meat tenderizer.

Limiting sodium, salt, or MSG in the diet can help reduce high blood pressure.

Source: *American Dietetic Association*



If you have diabetes, check your feet daily for stray cuts, blisters, or sores, and treat them early.

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The information in this publication is meant to complement the advice of your health-care providers, *not* to replace it. Before making any major changes in your medications, diet, or exercise, talk to your doctor.

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November Health Observances

Diabetes Awareness

If you have elevated blood glucose levels known as "pre-diabetes," losing as little as 10–15 pounds if you're overweight and getting regular exercise can make a huge difference in preventing or delaying full blown type 2 diabetes.

Talk to your doctor about diabetes screening that would be appropriate for you. Screening is recommended for all adults at age 45, but earlier screening is recommended for overweight adults who have a family history of diabetes or have other risk factors such as high blood pressure or high cholesterol.

The Great American Smokeout

Thursday, November 18

People who use free phone services like 1-800-QUIT-NOW or online sites like www.lungusa.org can double their chances to successfully quit smoking.

National Flossing Day

Friday, November 26

Children can start flossing when they have two teeth that begin to touch. The American Dental Association's animated video that teaches kids the ins and outs of proper flossing can be viewed at www.ada.org.



NOTE TO SELF . . .

You're never too busy to take a time out

Place a sticky note with a one word reminder like “breathe” in places where your daily routine takes place, such as the bathroom mirror, the dashboard of your car, or your computer monitor.

When you see the note stop for a few seconds, remind yourself to pay attention to your body and your breathing, and be thankful you're alive.

Source: *Calming your Anxious Mind; How Mindfulness and Compassion Can Free You from Anxiety, Fear and Panic*, by Jeffrey Brantley, MD

the whole you



Get angry without hurting yourself — or others

It's perfectly normal to become angry, even furious, on occasion.

But how you handle anger can affect your family life, your job, even your health. Helpful strategies for dealing with anger include:

- **Be aware of what makes you angry** and try to avoid those triggers. Don't blame the person or event that triggers your anger. Focus on how you can short-circuit the way you turn the triggering event into anger.
- **Think about why you're angry.** If you blow up at a minor event, the cause of your anger might be something else.
- **Problem solve:** Make a plan to work on the problem that made you angry, whether it's work stress or a difficult relationship.
- **Communicate.** Unexpressed and unresolved anger can lead to depression, so it's important to communicate your feelings. Talk about specific actions or circumstances rather than attacking someone. Name-calling or finger pointing rarely ends a disagreement.
- **Learn strategies that can help change your perspective.** If you get angry at a driver who cuts you off consider that perhaps they had an important appointment and had to get to an exit.



Smart Living



Healthy communication:

“I get frustrated when that happens,” is much less threatening than “How could you do that?”

Letting go

In his most recent book, *Faith, Hope & Healing, Inspiring Lessons Learned from People Living with Cancer*, Dr. Bernie Siegel illustrates meaningful ways people can help their loved ones deal with the challenges of fighting a serious illness.

When someone you know is battling a disease like cancer it's easy to make the disease — and not the relationship — the center of your lives. One woman whose husband had melanoma shared that the more she tried to help her husband the more he withdrew. When a friend mentioned that cancer was her husband's disease and he had the right to handle it the way he wanted to, she stopped peppering him with questions about treatments and checkups. By severing the relationship with cancer she was able to focus on her husband and enjoy the time they spent together.

fiscal fitness

THAT LITTLE BUNDLE OF JOY:

both priceless and pricey

Tips to prepare for baby

If you're expecting, expect a quarter-million-dollar baby. The U.S. Department of Agriculture estimates that a family will spend an average of \$11,000 to \$23,000 per year for the first 17 years of a child's life.

Financial stress doesn't have to be part of your pregnancy experience. Here are some tips on how to prepare for baby.

- **Set your number:** Select the amount of money that you and your partner are comfortable allocating to the start-up "stuff" for baby. If you must have the \$2,000 crib and it fits within your "number," buy it — and enjoy it! Spend less on something you care less about.
- **Wait for the gifts!** Resist the temptation to buy too much, especially clothes, before a shower.
- **Buy used — or borrow.** Consignment stores are generally overflowing with baby clothes and equipment. And passing down equipment that was outgrown quickly is almost a rite of passage for new parents. Let your friends know you're open to borrowing.
- **Prepare for maternity leave if you're employed.** Start saving as soon as you know you're expecting — and practice living on one income. If you or your partner want one of you to stay home permanently but aren't sure you can afford it, use the worksheet from www.jeanchatzky.com. Chatzky is the financial editor for NBC's "Today Show."
- **Prepare for returning to work.** Day care may be your biggest expense. Fund a flexible spending account with pre-tax dollars and use that money to pay for licensed day care.

Sources: www.newparentfinances.com;
www.getrichslowly.org



TOOLBOX:

The First-Year Baby Costs Calculator at www.babycenter.com says that based on a survey of more than 1,000 new parents your baby's first year will cost you \$10,158. The calculator lets you change selections to customize the tool for yourself, including such factors as whether you'll be paying for regular child care.



Are you a spendster?

Take a look at that junk drawer or all the stuff in the garage. Think how much money you've spent over the years on things you didn't need. OUCH!

Did you know that the average U.S. consumer spends \$300 per month on meals prepared at home and \$225 per month eating out?

It's painful to think about, but you'll learn you're not alone. In fact, there's now a place you can go to confess your spending sins in complete privacy. Go to www.Spendster.org — a brain-child of the National Endowment for Financial Education (NEFE).

Cameron Huddleston, contributing editor at Kiplinger, says this about Spendster, "You get sucked in because the videos are laugh-out-loud funny. But the stories on Spendster.org aren't just entertaining. They make you evaluate your own spending decisions."

It's a light-hearted look at what we can learn from our money mistakes — and well worth the time. Conquer the Spendster within yourself and be entertained at the same time.

Sources: www.NEFE.org; www.Spendster.org

“Money is the opposite of the weather. Nobody talks about it, but everybody does something about it.”

HOPE HEALTH LETTER

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take care

Germ fighting tips that may surprise you

- Take your shoes off and put them on a rack or in a closet nearest the door where you enter the house. Germs, allergens, and other contaminants collect on shoes and can be tracked throughout your house.
- Keep your toothbrush and toothpaste in the medicine cabinet. Flushing the toilet disperses microbes as far away as six feet, and many of them collect in the bathroom sink.
- Avoid putting your purse on the kitchen counter or on any surface where food is prepared or eaten. Researchers have found that purse bottoms can contain more than 10,000 bacteria per square inch.
- Use the end stalls in public bathrooms. The middle stalls harbor the most bacteria.
- Frequently clean your cell phone and your hands-free headphones or blue tooth with an alcohol swab to remove bacteria.

Source: University of Arizona



Word of the day...

The advice to “learn a word a day” may do more than improve your vocabulary. It may also help keep your brain sharp.

You can start today with **neurogenesis**, the process that allows the brain to regenerate nerve cells throughout life.

Learning new words or doing any activity that is mentally challenging stimulates neurogenesis. Pick an unfamiliar word out of the newspaper every day, put it on an index card and drill yourself. You can also have a word e-mailed to you daily through www.Dictionary.Reference.com/wordoftheday.

Other activities that will give your brain a workout include reading history books, learning chess, or memorizing poems.

Source: *The Longevity Prescription: The 8 Proven Keys to a Long, Healthy Life*, by Robert N. Butler; MD Avery Press

body, mind, & soul

“Hard work never killed anyone. But why take a chance?”

— Edgar Bergen

“If you’re scared just holler and you’ll find it ain’t so lonesome out there.”

— Joe Sugden,
baseball player

“Pessimists calculate the odds. Optimists believe they can overcome them.”

— Ted Koppel

“At least half of the exercise I get every day comes from jumping to conclusions.”

— Bruce Dexter,
journalist

“It’s what you learn after you know it all that counts.”

— John Wooden