



# Total Wellness<sup>®</sup> BECOMING A TOTAL PERSON<sup>®</sup>

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## Get Off to a Good Start this Year

Going back to school for the first time in months can be a shocking experience for children. To help them get off to a good start, begin your school day routine a week or two ahead of time. **Here's some advice from the PTA:**

- ◆ Begin going to bed and waking up early about two weeks before school begins.
- ◆ Emphasize hand washing. Kids who wash their hands well and regularly get sick less often.
- ◆ Review safety rules for those who walk, ride bicycles, or take the bus.
- ◆ If children have avoided reading all summer, get some interesting books and have them read now. Read with younger kids or have them read out loud to you.
- ◆ If teenagers work, consider reducing or eliminating their working hours.
- ◆ Have positive discussions about school. Talk about seeing their pals, what teachers they might have, and what extracurricular activities they will be enjoying.
- ◆ Get younger kids to practice quiet time. They can spend time being still and coloring or drawing for 20-30 minutes at a time.

## Ring in the New School Year

**A**s school bells begin to ring, the big question for parents is: Have you done your homework to ensure your children's health, safety, and success? Parents have a huge responsibility in their children's education. From packing healthy lunches to getting them the necessary immunizations to making sure they get plenty of sleep each night, parents have a tough assignment.

**To assist you in making the grade during the transition back to school, here are some helpful tips:**

- Be enthusiastic about school starting. Attitude goes a long way. If you radiate confidence and excitement, others will feel it.
- Have your children's vision screened. It's important for children to have a yearly vision screening because young children don't know that they can't see. If a child wears glasses, be sure the prescription is current.
- Get your children's hearing tested. If a child is listening to the television or music at a very loud volume, or tends to favor one ear over the other when listening to people speak, it may be a sign of hearing loss. Have it checked.
- Make sure the school has up-to-date emergency phone numbers on file. The school administrators should always know how to reach you if there's an emergency situation.
- Update immunizations. Check with your children's doctor to see if any of their immunizations need to be updated.
- Inform the school. If a child receives medication on a regular basis for diabetes, asthma, or another chronic problem, make sure school nurses and teachers are aware of your child's needs – especially if they need to administer medicine to your child.
- Pay attention to the signs. If you suspect that your child may have a learning disability, speak to the teacher or counselor in your child's school so testing can be arranged.
- Be mindful of anxiety. Some jitters are expected at first, but if anxiety persists for more than a few weeks, find out what's bothering your child. Consider seeking help from the counselor at the school.



For more information on exercise and fitness, visit the American Council on Exercise at [www.acefitness.org](http://www.acefitness.org).

## Taking Care of a Loved One

According to the National Alliance for Caregiving, adults who are responsible for the major care of aging parents or other family members experience tremendous stress and strain. They also often tend to neglect their own well-being.

**If you're the primary caregiver for a loved one, here are some tips from the National Alliance for Caregiving and the American Association of Retired Persons:**

- ▲ Eat right. Eat a balanced diet that is low-fat and low-calorie.
- ▲ Get plenty of rest. Go to bed and wake up at about the same time each day. If you're unable to sleep well, take a nap during the day whenever possible.
- ▲ Ask for help. Involve other family members or friends in the caregiving. Make a list of tasks you could use help with, such as doing household chores, paying bills, finding services you need,



or driving your loved one to doctor appointments.

- ▲ Seek help from the community. Some organizations offer health aides, a housekeeper, shopping assistance, meal services, transportation assistance, and other programs.
- ▲ Find time for yourself. Avoid isolating yourself. Go to a movie, have lunch with a friend, or just sit and read a book.
- ▲ Talk to other people about your feelings. Befriend other people who are in similar circumstances. Join a support group for caregivers.
- ▲ Deal with anger or guilt. Recognize that an anger-guilt-anger cycle is common for caregivers. Forgive yourself for the anger, figure out what caused you to be angry, and decide how you can respond constructively. Hold a family meeting to resolve conflicts with relatives.

## Focus on Your Family Time

With today's busy lifestyles, it's important for families to schedule quality time with one another, even if it's only an hour each day. Quality time is time spent doing an activity that is meaningful for the whole family. It's a time when family members really get to know one another and share their thoughts and feelings.

**Here are some ways to focus more time on your family:**

- ◆ Spend time talking with one another. Talk about the day's events and truly listen to one another.
- ◆ Build each other's self-esteem. Offer words of encouragement, support, and love to one another every day.
- ◆ Exercise together. Go for a family walk after dinner, ride bicycles on Saturday mornings, or go swimming at the local Y one night a week.
- ◆ Schedule a family game night. Take turns letting family members choose the game to be played.
- ◆ Try to eat at least one meal a day together as a family.
- ◆ If a family member plays sports or is involved in another activity, support them by attending games and performances as a family. Be sure to cheer them on!



## Keeping Your Home Safe and Sound

One of the best ways to deter thieves is to install a home security system.

**Here are some other precautions:**

- ▲ Ask a friend or neighbor to keep an eye on your home and to report suspicious activity to police.
- ▲ Stop mail and newspaper deliveries, and avoid saying you aren't home on your answering machine.
- ▲ Check windows and doors to be sure they're locked and store valuable items where they can't be seen through windows.
- ▲ Keep the area around your home well lit and the bushes trimmed to avoid giving potential burglars a hiding place.
- ▲ Avoid leaving your tools, ladders, or similar items outside.
- ▲ Never leave a key hidden outdoors.

## What Are the Benefits of Breastfeeding

There are many benefits to breastfeeding your baby, according to La Leche League International. The composition of human milk is unique and provides significant benefits to mothers and infants.



Studies show that women who breastfeed enjoy decreased risks of breast and ovarian cancer, anemia, and osteoporosis. Human milk provides the optimal mix of nutrients and antibodies necessary for each baby to thrive. According to research, breastfed children have fewer and less serious illnesses and allergies, including reduced risk of Sudden Infant Death Syndrome, some childhood cancers, and diabetes.

*For more information on breastfeeding benefits, visit the La Leche League International at [www.lalecheleague.org](http://www.lalecheleague.org).*

## Score Big with Safety

According to safety specialists, protective equipment is the best way to protect football players of all ages against injuries. Protective equipment includes items such as a helmet, mouth guard, pads, braces, eyewear, footwear, and headgear, as well as equipment such as padding around goal posts.



**Here are a few safety tips to remember:**

- ▲ Make sure protective equipment is worn at practices and during games.
- ▲ Ensure that all equipment fits properly and doesn't restrict movement.
- ▲ Always warm up and stretch before you play football.
- ▲ Avoid playing through your pain. If you're injured, let someone know and see your doctor as soon as possible. This is especially important for head injuries.
- ▲ Play on grass or turf designed for football. Avoid playing in the street or in a parking lot.

## Carrying Your Books Safely



Backpacks are a very useful accessory for students. They offer a great way for students to carry their books, papers, folders, notebooks, and school supplies. However, the same useful tool can become a hazard for the back if it's overloaded or carried incorrectly.

**Here are several tips for using backpacks safely:**

- Select a backpack that is correct for you. Choose one with padded straps that go over your shoulders. Wide straps are best. Backpacks with a safety belt at the waist also help bear some of the load. Also choose one that has multiple compartments so that you can distribute the weight more evenly.
- If possible, use a backpack that has wheels. Many schools don't allow students to use these so check with them first.
- Pack the heaviest books closest to your body when you pack your backpack to reduce strain on your shoulders and neck. According to the American Academy of Orthopedic Surgeons, limiting the weight of the backpack is the key to preventing injuries.
- Use your desk and locker. Carry only the books that you need. Avoid carrying extra items like a laptop, CD player, or video game. They just add extra weight.

## Is Aerobic/Cardio Training the Best Way to Lose Body Fat and Achieve Sculpted Abs?

**A**lmost every day women's fitness and beauty author, Wendie Pett, and I receive this question or a variation of it from readers around the world. In fact, one specific E-mailer asked: "John, I've been running six miles a day for the past 12 years. Recently I received your book, "Pushing Yourself to Power," and I've decided I want to achieve a muscular six-pack waistline. Would it help to speed my abdominal development and fat loss if I increased my daily running to 10 miles?"

Considering America's current preoccupation with sculpted abs and leanness, that's a fair question. The good news is these questions come from individuals who already realize there are no magic formulas, pills to take, or electrodes to shock themselves with that can possibly replace a personal commitment to body transformation. For many people, they realize they must take responsibility for their health and well-being.

*So is aerobic/cardio training the best way to lose body fat and achieve sculpted abs?*

**Answer:** Let's think this through. Although it's readily evident that a high percentage of body fat prevents anyone from displaying their abdominal muscles to best advantage, leanness alone won't give a sculpted six-pack look. Just check out the abs on marathon runners to prove my point once and for all.

The truth is that the answer isn't found in taking aerobic exercise to the extreme. A certain amount of cardiovascular exercise isn't only desirable but absolutely essential for vibrant health and total wellness. But muscle strengthening and sculpting are equally essential, as well as following a nutritional regimen that allows you to enjoy delicious, satisfying food that's as close to nature as possible, that nourishes you maximally while helping to normalize and achieve your body's best natural leanness.

In the months that follow, Wendie and I will share cutting-edge information on health and fitness as well as specific programs to help your body achieve its best natural development and superior health. *We look forward to our time with you!*



John Peterson is a lifelong fitness expert, the founder of Bronze Bow Publishing, and the author of *Pushing Yourself to Power*. He created the *Transformetric Training System* that maximizes strength and fitness as well as wellness. For more information on John Peterson and *Transformetrics*, visit [www.bronzebowpublishing.com](http://www.bronzebowpublishing.com) or call 1-866-724-8200.



## Want to Be a Millionaire? It Starts with Desire!

By Paul J. Meyer



When I was 19 years old and looking for my first job selling insurance, I was determined to become financially successful. So, I wrote the Paul J. Meyer Personal Success Plan. The year was 1948, a tough time for the economy; I visited 58 agencies before I finally got a job and could test my plan. Did it work? Yes! By age 27, I had my million dollars.

The Paul J. Meyer Personal Success Plan has been my credo as I have overcome many setbacks – including the loss of my first million – and amassed millions more.

Personal motivation is the key to success. It is the never-say-quit drive to reach your goals. If motivation is the drive, desire is the fuel.

One step in the million dollar plan says, “Develop a sincere desire for the things you want in life.” You must develop a keen, cutting, burning, thirsting, must-have-it, can’t-live-without-it, and won’t-be-denied-it desire. This kind of desire implants success consciousness which, in turn, creates a vigorous and ever-increasing habit of success. Simply stated, your success depends upon your desire.

**Use these techniques to develop white-hot desire:**

- ◆ Visualization. Take time every day to close your eyes and imagine how things will be when you achieve your goals. In your mind’s eye, envision yourself enjoying success. Touch and feel the things you desire. See your new home in detail. Imagine driving the vehicle you want. Picture yourself trim, healthy, and stepping lively.
- ◆ Affirmation. Make positive self-statements. “By the year 2008, I will own a yacht,” “I will have a million dollars by age 50,” “My marriage grows stronger every day,” or “I play a supportive role in my church.”
- ◆ Props. Make your visualization practical by posting pictures of the new house or new car you want or the foreign city you want to visit. Study them often, and think, “They are mine. I will have them!”

True desire propels you to reach your specified goals. This principle applies not just in areas of your life where progress comes easily, but in all six areas of your life: Family and Home, Financial and Career, Mental and Educational, Physical and Health, Social and Cultural, and Spiritual and Ethical. Nurture your desire, build on it, and count on it to keep you personally motivated!

*Paul J. Meyer was a successful entrepreneur and author of personal and professional improvement programs, courses, and books, including his latest book, Forgiveness... The Ultimate Miracle. For more information, visit his website at [www.pauljmeyer.com](http://www.pauljmeyer.com).*

## You See What You Look For

One day, I was washing my vehicle with a hose that didn’t have a nozzle to shut off the water, so I had to walk back and forth to the faucet at the house. Suddenly, on one of my trips to the house, I had the incredible sensation that my foot was in a furnace. I was surprised to find that I had walked barefoot into a fire ant mound and every ant in the state was biting my foot!



After this, whenever I walked across the yard I looked for ants with each and every step. Rather than looking at my grass I became focused on finding ants. I was seeing ants because I was *looking* for ants – my focus had changed and I saw what I looked for.

This is why gossip is so detrimental to teamwork. It plants the seed for someone to look for some insignificant trait that should really be overlooked. But, people find it because they’re looking for it. Your focus influences whether you notice other people’s imperfect choices or their superb qualities. Seeing the good in others isn’t about ignoring their disagreeable parts, it’s about acknowledging their strengths.

Before my encounter with fire ants, my expectation was that my yard had only grass. After the biting session, my expectation changed. My new expectation caused me to look for what I expected to see, in this case, ants!

Today, to see more of the “grass in your yard,” focus on finding some “good” in everyone you meet.

*By Mr. Per-America’s Confidence Coach™ – who is one of those rare individuals who has both the powerful ideas of an original thinker and the energy of a performer. He has the gift of being able to see the issues of life, decipher them and then explain them in a way you can use. When not writing books and articles or appearing on TV, Mr. Per entertains corporate audiences from American Express to Walt Disney companies with his keynote speeches. For more information, call (407) 210-3666 or go to [www.everydayknowledge.com](http://www.everydayknowledge.com).*



## InSync® Moment – Changing... with Ease

Change... people embrace it and resist it at the same time. They want to move forward. They want to stay put. Some changes they initiate. Others are forced on them. When people don’t change, they stagnate. When dealing with change, welcome it. Look for the new opportunities available to you. Give up the fight. And, let change come about... with ease.



© Susan Pilgrim, Ph.D., author of Living InSync®. Contact her at [pilgrim.s@sbcglobal.net](mailto:pilgrim.s@sbcglobal.net).

## Easing the Stress of Getting a Shot

Shot time can make even an adult want to burst into tears. **Here's how you can make your kids' next shot experience a more positive one:**

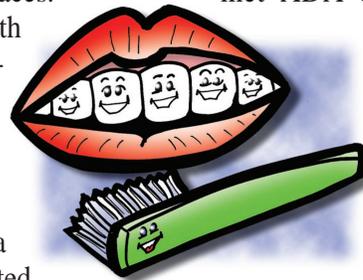
- Schedule the appointment for the right time. Choose a time of day when kids won't be tired or hungry.
- Stay with your kids the entire time. Experience shows that children cope with pain better when a parent is in the room with them.
- Reflect a calm, confident attitude. When kids sense that their parents are nervous, they tend to take on the same feelings.
- Encourage them to relax their muscles before the shot is administered. Tensing muscles will result in more pain afterwards.
- Distract them. When the time comes for the shot to be given, show them their favorite toy or tell them a story.
- Keep them moving. After the shot, tell kids to move the affected limb as they would normally to speed vaccine absorption.

## Brush Up on Good Dental Care

**W**hile some study results indicate the use of a mouth rinse can be as effective as flossing for reducing plaque between the teeth, the American Dental Association (ADA) recommends brushing twice a day and cleaning between the teeth with floss or interdental cleaners once each day to remove plaque from all tooth surfaces. Plaque is responsible for both tooth decay and gum disease.

**The ADA recommends the following for good oral hygiene:**

- Brush your teeth twice a day with an ADA-accepted fluoride toothpaste.
- Clean between teeth daily with floss or an interdental cleaner. Decay causing bacteria still linger between teeth where toothbrush bristles can't reach. Flossing removes plaque and food particles from between the teeth and under the gum line.



- Eat a balanced diet and limit between-meal snacks.
- Visit your dentist regularly for professional cleanings and oral exams.
- Talk to your dentist about what types of oral care products will be most effective for you. The ADA Seal on a product is your assurance that it has met ADA criteria for safety and effectiveness.

Look for the ADA Seal on fluoride toothpaste, toothbrushes, floss, interdental cleaners, oral irrigators, mouth rinses, and other oral hygiene products.

- Replace your toothbrush every three or four months, or sooner if the bristles become frayed. A worn toothbrush won't do a good job of cleaning your teeth. Children's toothbrushes often need replacing more frequently than adults because they wear out sooner.

For more information, visit the American Dental Association at [www.ada.org](http://www.ada.org).

## What Is GERD?



Heartburn that occurs more than twice a week may be considered Gastroesophageal reflux disease (GERD). Gerd is caused when the lower esophagus "valve" doesn't close properly and stomach contents leak back, or reflux, into the esophagus. Factors that contribute to GERD include: • alcohol use • being overweight • pregnancy • smoking. Certain foods like citrus fruits, chocolate, drinks with caffeine, fatty and fried foods, garlic and onions, mint flavorings, spicy foods, and tomato-based foods can also be associated with reflux.

For more information on GERD, visit the National Digestive Diseases Information Clearinghouse at <http://digestive.niddk.nih.gov>.

## Gallstones: What Are They?

The gallbladder is a small bag located in your abdomen area just under your liver. The gallbladder's job is to store the digestive juices made by the liver. Gallstones are formed when these juices become solid and harden.

*Who gets gallstones?* People who are more likely to get gallstones include: • women • those who have diabetes • those whose mother had gallstones • pregnant women or those taking birth control pills • those who have high blood triglycerides (at type of fat)

*Are there any symptoms?* More than half of the people with gallstones never get sick from them. They often don't even know they have them. However when a gallstone leaves the gallbladder and goes into the passageway from your gallbladder to your intestine, it can get stuck and cause severe pain. The pain is located in the upper right part of your stomach area or in your upper back. The pain usually starts suddenly and lasts for as long as three hours. People having a gallstone attack may also run a fever or their skin may turn a yellowish color, known as jaundice.

*How are they treated?* If you don't have pain, your doctor may suggest you leave them alone. Once you have one attack of pain, the chance of having another attack is high. Your doctor may recommend you have your gallbladder removed in surgery.



## How's Your Hearing Holding Up?

Noise is something that all people deal with. In fact, people's lives are filled with noise – from concerts, vehicles, lawn mowers, power tools, alarm clocks, and televisions.

Experts are alarmed by the rise in noise-induced hearing loss (NIHL). Doctors at the Central Institute for the Deaf in St. Louis say they're finding hearing loss in 12-year-olds of a kind that previously didn't occur until a person reached age 60.

Ten percent of junior and senior high school students show hearing loss, and the figure is increasing. A major threat to young people's hearing is the use of personal stereo systems at too high a volume.

Adults use loud machines in place of the quiet muscle power of previous generations. Instead of raking leaves, they use a blower. Instead of a rotary mower, they use power mowers. People are blasted with aerobics music instead of taking a quiet walk. About one in every 10 adults is regularly exposed to sounds loud enough to impair their hearing either at work or home.

Noise can destroy the cells in the inner ear. Sometimes damage happens all at

once, like from a gun fired too close to someone's ear. That's called *acoustic trauma*.

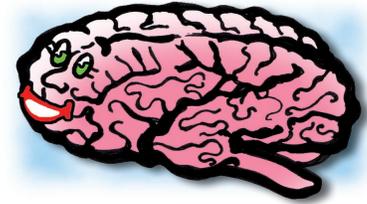
With most NIHL, the damage occurs gradually over time. After repeated exposure to excessive noise, cells can't bounce back.

### Here's how to protect yourself:

- ◆ Lower the volume. If your radio, CD or DVD player, or TV can be heard three feet away, it's too loud.
- ◆ Wear hearing protection. If you don't need it at work, use it when attending concerts or using noisy appliances.

Earplugs and earmuffs are available at drug stores.

- ◆ Avoid noisy toys. If they sound loud to you, they're probably too loud for your child.
- ◆ Skip loud events or sit as far away from the speakers as possible.
- ◆ Minimize noise at home. Rugs, curtains, upholstered furniture, and certain wall coverings absorb noise.
- ◆ Check decibels when you buy an appliance. Get quieter models.
- ◆ Learn to value silence, and teach your children to do the same.



## Maintaining Good Mental Health

Did you know that people with good mental health can still suffer from emotional problems or mental illness? It's true. Anyone can suffer stress and problems with family, work, or school and suffer mental illness. The good news is that you can choose to overcome emotional problems.

### Here are tips on dealing positively with your emotions:

- ◆ Learn to express your feelings in appropriate ways. Keeping feelings of sadness or anger inside takes extra energy and can cause problems in your relationships and at work or school. Let people close to you know when something is bothering you.
- ◆ Think before you act. Emotions can be very powerful. Before you get carried away by your emotions and say or do something you may later regret, consider the positive and negative consequences of your words or actions.
- ◆ Strive for balance. Avoid obsessing about problems at work, school, or home. Focus on positive things in your life. Make time to do things you enjoy.
- ◆ Take care of your physical health. Physical and mental health are two sides of the same coin. You should take care of your body by exercising regularly, eating healthy meals, and getting enough sleep. Also avoid abusing drugs or alcohol.

For more information on mental wellness, visit the National Mental Health Association at [www.nmha.org](http://www.nmha.org).

## Learning is a Lifetime Pursuit

When you add a column of numbers or calculate a percentage, do you wish you had better math skills? Do you sometimes think that a better job would come your way if you knew more computer programs? Or maybe you just want to enrich your life and have the urge to go back to school.

Continuing education and on-the-job training programs include everything from basic education and equipment operation to computer training and college classes. There are even courses to improve language, reading, and writing skills.

Check to see what courses of study are available to you in your area and sign up before classes are filled. You could find learning something new is enjoyable as well as beneficial to your future.



## Craving a Hot Lunch? Fill Up a Thermos!

If you're craving a hot lunch and have a thermos handy, try taking soup with you for lunch. Soups come in many different varieties and you can adapt soup recipes to make them low-fat and healthy. **Here is a recipe for one soup that would be a tasty treat for any lunch:**

### Smoked Turkey and White Bean Soup

- 1 tsp. olive oil
- 2 cloves garlic, minced
- 1 can (14 oz.) whole tomatoes, drained
- 2 Tbsp. chopped fresh basil (or 2 tsp. dried)
- 6 cups chicken stock (fat-free/low salt)
- 2 cans (19 oz. each) or 4 cups cooked cannellini or white beans, drained and rinsed
- 1 lb. smoked turkey, rough chopped
- 1/2 tsp. creole seasoning
- 1 tsp. Mrs. Dash seasoning

Spray a large stock pot with cooking spray. Add olive oil and bring to low heat. Add garlic and cook, stirring continually, for about one minute. Add tomatoes and basil; simmer for five minutes, crushing the tomatoes with a stirring spoon. Pour in chicken stock and simmer over medium heat.

Stir in cannellini or white beans and smoked turkey along with the seasonings. Heat through.

*Makes 10 servings of 1-1/2 cups each.*

*Each serving contains: 182 calories, 19 g. protein, 4 g. fat, 33 mg. cholesterol, 17 g. carbohydrates, 560 mg. sodium. Calories from fat: 21 percent*

Pamela Smith is a Registered Dietitian and nationally known radio and TV host. For more information, call 1-800-896-4010 or visit her website at [www.pamsmith.com](http://www.pamsmith.com). Her book, *The Energy Edge*, gives power points to have energy for life!



## Fuel Up with a Healthy Lunch

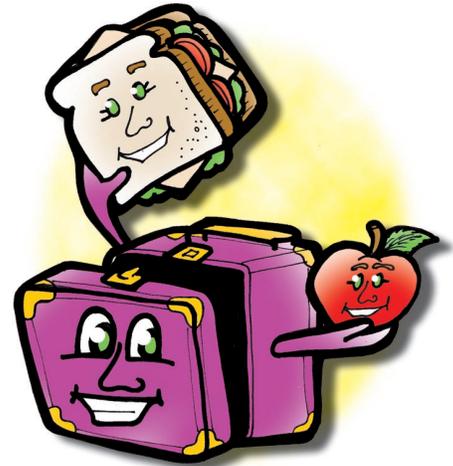
**L**unch picks up where breakfast leaves off; it fuels the rest of your day's activities. Like breakfast, lunch should contain a healthy balance of whole grain, complex carbohydrates, and low-fat protein to keep your metabolic fires burning brightly and your performance and well-being at their peak.

The search for a healthy lunch can be a challenge for many people. They are at the mercy of the nearest drive-through, cafeteria, or restaurant. For many, they don't have much time and hurriedly grab lunch without thinking about healthy choices. The temptation is so strong to reach for the first appealing thing you see or the "special of the day" – which may turn out not to be so special after all.

Another option is to pack your own lunch. You can pack one quickly and be energized with the knowledge that your choice is already made – and it's a smart one. You can be creative with your brown bag lunch. There is life beyond turkey sandwiches – or even peanut butter and jelly! You can think beyond the lunch sandwich altogether – even think beyond bread as the packaging material.

**Try some of these lunch ideas for building a tasty lunch:**

- **Wrappings:** • whole wheat, rye, or pumpernickel bread • whole grain



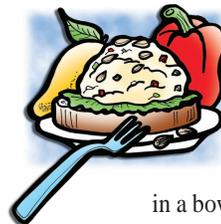
kaiser or hamburger buns • whole wheat English muffins • low-fat flour tortilla (preferably whole wheat) • whole wheat bagels • whole wheat pita bread • crepes • lettuce leaves • Focaccia bread

- **Contents:** • lean, sliced meats (turkey, chicken breast, roast beef, Canadian bacon, or low-fat ham) • nonfat or low-fat cheese • bean spreads • tuna or salmon • boiled egg whites or tofu • peanut butter and fruit • cottage cheese with trail mix
- **Trimmings:** • Romaine or leaf lettuce • sliced vegetables (peppers, tomatoes, or cucumbers) • spice sprouts • shredded carrots • mustard or light mayonnaise • salsa • low-fat spreads

### MANGO-CHICKEN SALAD SANDWICHES

Serves 2

- 1-1/2 Tbsp. light mayonnaise
- 1 Tbsp. minced celery
- 1 Tbsp. chopped fresh cilantro or parsley
- 2 tsp. fresh lemon juice
- 1 Tbsp. chopped red bell pepper
- 1/2 tsp. creole seasoning
- 2/3 cup peeled and diced mango
- 1 can (6 oz.) of water-packed chicken, drained\*
- 2 green or red leaf lettuce leaves
- 2 whole-wheat English muffins, split



and toasted

- 1 Tbsp. slivered almonds, toasted
- \* You may substitute fresh crabmeat or water-packed solid white tuna for chicken.

Combine the first six ingredients in a bowl; stir well. Add mango and chicken; toss gently to coat. Arrange one lettuce leaf on each muffin half, top with 3/4 cup chicken mixture, and sprinkle with almonds. Place on plate and lay top half of muffin against sandwich.

From Pamela Smith's Healthy Living Cookbook. Visit [www.pamsmith.com](http://www.pamsmith.com) for more information.

*Each serving contains: 408 calories, 30 g. protein, 9 g. fat, 70 mg. cholesterol, 51 g. carbohydrates, 744 mg. sodium. Calories from fat: 20 percent*

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This newsletter is not intended to provide medical advice on personal wellness matters, which should be obtained directly from your physician.

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## financial and wellness

### Back-to-School Shopping: It Doesn't Have to Strain Your Budget

Here are several back-to-school shopping tips:

- ◆ Get a head start. Begin buying general items that you know you'll need – notebooks, paper, pencils, pens, socks, shoes, and so on – ahead of time.
- ◆ Make a list of “must-have” items. This will help your children understand and differentiate between “wants” and “needs.”
- ◆ Set a spending limit. Both you and your children may have an unrealistic conception of how much to spend. Be sure to stay within your budget.
- ◆ Share spending responsibilities. Allow children to make some of the spending decisions so that they can learn how to spend money wisely.
- ◆ Enforce your budget. Avoid giving in to children's tantrums and learn how to control impulsive buying.

## Taking Steps to Promote Wellness

With better health advice and medicine, diet, and exercise, people's bodies are often years younger than their actual ages would indicate.

Keeping the health and vigor of youth is becoming a distinct possibility. More and more people are beginning to understand that human potential isn't depleted with age any more than it's limited by youth, says the American Association of Retired Persons.

Regardless of your age, you can make changes in your life that increase the odds of your living a longer, more productive life.

Here are several ways that you can promote wellness in your life:

- ▲ *Physically* – Eat healthy meals. Exercise most days a week. Avoid harmful habits. Get regular medical and dental checkups. Take steps to prevent injuries.
- ▲ *Mentally* – Be optimistic. Learn new skills. Share your feelings with others. Be open to new ideas.
- ▲ *Spiritually* – Apply your beliefs and values in your everyday life. Realize that your life has a purpose.
- ▲ *Socially* – Enjoy satisfying relationships with family and friends. Cultivate a support network of people you can count on if you need them.



### Dry Mouth: Ways to Prevent It

For some older adults, some illnesses or medications can lead to *dry mouth*. However, it's important to understand that dry mouth isn't a normal consequence of aging. People who feel their mouth is dry for more than two consecutive weeks should consult with their doctor or dentist. Although medication use is the most common reason for dry mouth, it can also be the first sign of an illness or disease that can affect the entire body. Ways to prevent dry mouth might include methods of salivary stimulation such as sugar-free gum or candy, artificial saliva, drinking plenty of water to stay properly hydrated, and restricting the intake of caffeine, alcohol, and carbonated beverages.

