



Total Wellness[®] BECOMING A TOTAL PERSON[®]

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Choose a Heart Healthy Diet

- ◆ Eat less fat (especially fatty meats, fried foods, whole milk, fatty cheeses, butter, margarine, oils, lard, and creams).
- ◆ Use nonstick vegetable oil cooking sprays instead of oils.
- ◆ Buy lean cuts of meat, and eat more fish, skinless chicken, and turkey.
- ◆ Try low-fat snacks that have been baked instead of fried, such as pretzels.
- ◆ Choose low-fat dairy products, such as skim milk, and low-fat cheese, yogurt, and margarine.
- ◆ Limit the number of sweets you eat, such as candy, cookies, doughnuts, muffins, pastries and pies.
- ◆ Consume no more than four egg yolks a week (use egg whites or egg substitutes).
- ◆ Bake, broil, steam, or grill foods instead of frying them.
- ◆ Eat fewer fast foods, which are high in fat. Instead, eat more fruits, vegetables and carbohydrates (rice, pasta, or whole-wheat breads).
- ◆ Drink low-calorie beverages, such as water, unsweetened tea, or diet soda pop.

Source: American Academy of Family Physicians, www.familydoctor.org

Get Your Cholesterol in Check

Each year, more than a million Americans have heart attacks, and about a half million people die from heart disease. High blood cholesterol is one of the major risk factors for heart disease. In fact, according to the national Heart, Lung, and Blood Institute, the higher your blood cholesterol level, the greater your risk for developing heart disease.

What is cholesterol? Cholesterol is a waxy, fat-like substance that occurs naturally in all parts of the body. Your body needs some cholesterol to work properly. But if you have too much in your blood, it can stick to the walls of your arteries and narrow your arteries or even block them.

Here are the risk factors for cholesterol and heart disease:

- ▲ **Low-density lipoprotein (LDL)** – This “bad” cholesterol is the form in which cholesterol is carried into the blood and is the main cause of harmful fatty buildup in arteries. The higher the LDL cholesterol level in the blood, the greater the heart disease risk.
- ▲ **High-density lipoprotein (HDL)** – This “good” cholesterol carries blood cholesterol back to the liver, where it can be eliminated. HDL helps prevent cholesterol buildup in blood vessels. Low HDL levels increase heart disease risk.

- ▲ **Heredity** – High cholesterol often runs in families.
- ▲ **Weight** – Excess weight tends to increase blood cholesterol levels. Losing weight may help lower levels.
- ▲ **Exercise** – Regular physical activity may not only lower LDL cholesterol, but it may increase levels of desirable HDL cholesterol.



- ▲ **Age and gender** – Cholesterol levels naturally rise as men and women age. Menopause is often associated with increases in LDL cholesterol in some women.

- ▲ **Stress** – Experts say that because people sometimes eat fatty foods to console themselves when under stress, this can cause higher blood cholesterol.

To control your cholesterol counts, consider these tips:

- First, go to the doctor and have a cholesterol test. Ask him or her to explain your levels to you.
- Cut back on foods with lots of fat.
- Eat more fruits and vegetables.
- Exercise at least 30 minutes most days.
- If you’re overweight, try to lose weight. Even a small amount of weight loss can help lower your bad cholesterol.
- Ask your doctor if you need to take medicine to help lower your cholesterol.

For more information, visit the American Heart Association at www.americanheart.org or the National Heart Lung and Blood Institute at www.nhlbi.nih.gov.

Fight Fall Allergies

Common fall allergens include pollen, mold, pet dander, and dust. Allergic reactions can also be caused by insect bites, jewelry, cosmetics, foods, and drugs.

According to Medline Plus[®], allergy symptoms can vary from person to person, but may include:

- Runny or stuffy nose
- Breathing problems
- Burning, tearing, or itchy eyes
- Red, swollen eyes
- Ear fullness and popping
- Dark circles under eyes
- Coughing
- Diarrhea
- Headache
- Hives
- Itching of the nose, mouth, throat, skin, or any other area
- Skin rashes
- Stomach cramps
- Vomiting
- Wheezing.

To ease fall allergies:

- Shower or bathe before bedtime to wash off pollen and other allergens in your hair and on your skin.
- Avoid going outside on dry, windy days.
- Keep the windows of your home and



car shut and use an air conditioner at home and in your car.

- Reduce mold in your home by removing house plants and cleaning shower curtains, bathroom windows and walls, and indoor trash cans.
- If you have pets, use bedding that is allergen-resistant, bathe your pet frequently, and use an air filter to help reduce pet dander.
- To reduce dust mites in your home:
 - remove drapes, feather pillows, non-washable comforters, and soft toys
 - replace carpets with linoleum or wood
 - mop and vacuum your floor often
 - use an air cleaner
 - wash bedding in hot water.

Choose Active Aging

According to the International Council on Active Aging, how well you age has much more to do with how well you function than with the years. And everyone functions better when they take a walk, visit friends and family, work crosswords, work for money, or sing and dance.

The ICAA offers these tips on living actively at any age:

- Invest in a good pair of shoes.

According to the American Podiatric Medical Association, foot pain isn't a normal part of the aging process. Comfortable, well-fitting shoes are a must.

- Play games. Games keep your brain working and cognitive skills healthy, and they're a fun way to spend time with other people.
- Take a walk or roll. Walking improves lower body strength, maintains mobility, and helps prevent cognitive decline. If you use a cane, walker, or wheelchair, take them with you and ask a friend or relative to join you.
- Visit your eye doctor. Your doctor can figure out the best plan to preserve your eyesight.
- Seek out friends, family, and neighbors. Social connections are good for your emotional well-being.
- Eat a lot of fruits and vegetables. They can be found fresh, frozen, canned, dried, and juiced, and offer plenty of vitamins and minerals.
- Laugh a lot. Laughing increases circulation, immune system defenses, and mental functioning while decreasing stress hormones.
- Get enough sleep. Get seven to eight hours of sleep every night.

For more information, visit the International Council on Active Aging at www.icaa.cc.



What is Menopause?

The Department of Health and Human Services says that menopause is simply a normal change in a woman's life when her period stops and her body produces less hormones. It's often referred to as the "change of life," and usually occurs between the ages of 45 and 55.

The symptoms of menopause include:

- changes in your period
- hot flashes
- night sweats
- sleeping problems that might lead to feeling tired, stressed, or tense
- vaginal changes
- thinning of your bones which may lead to loss of height and bone breaks.



For some women, these symptoms will go away over time without treatment, but for some women, treatment methods recommended by their doctor are used. Hormone therapy can be effective for relief from hot flashes, night sweats, and vaginal dryness. Other medicines can also be given to help your bones. It's important to note that in some cases, hormone therapy can increase the risk for getting blood clots, heart attacks, strokes, breast cancer, and gall bladder disease.

To improve your health whether you're using hormones or not, try these tips:

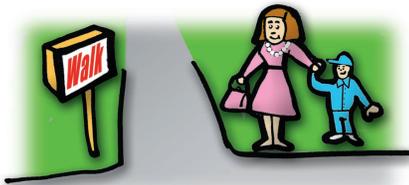
- ◆ Be active and exercise regularly.
- ◆ Don't smoke.
- ◆ Eat right and control your weight.
- ◆ Have regular checkups with your doctor where you discuss bone health, have your blood pressure, cholesterol, and blood sugar checked, and have a breast exam and mammogram.

Source: Department of Health and Human Services, Food and Drug Administration

Handy Advice for Fire Pit Use

- ◆ Use portable fire pits on nonflammable surfaces such as brick or stone, not on a wood deck.
- ◆ Don't overstock the wood pile. Burning wood can pop and spark. Keep combustibles away from the fire pit area.
- ◆ Keep an eye on the kids. Keep pets away from the fire pit or in the house.
- ◆ Never leave a burning pit unattended. Completely extinguish it at night.
- ◆ Clean ashes and debris from the fire pit regularly.

Tip: Consider using a raised grate under the wood. It keeps wood from being completely soaked by rain.



Rules of the Road for Pedestrians

- ❖ Always cross streets at intersections.
- ❖ Look left, then right, and then left again before stepping into the street even if you have the right of way.
- ❖ Pay attention to your surroundings.
- ❖ If you're walking at night, wear light-colored clothing.
- ❖ Obey the Walk/Don't Walk signals at intersections.
- ❖ Always hold a small child's hand when he or she is crossing the street with you.
- ❖ Use caution near construction areas when walking.
- ❖ Always walk on a sidewalk if available. If there isn't a sidewalk, walk facing traffic so that you can see oncoming traffic and cars can see you.

Source: National Safety Council, www.nsc.org

Be Prepared in Case of Emergency

No part of the country is immune to natural or man-made disasters. During September, the Department of Homeland Security joins with national, state, and local agencies to encourage Americans to prepare their homes for disasters of all kinds. According to the Federal Emergency Management Agency (FEMA), engaging citizens in disaster preparedness is a critical first step in effective response and recovery efforts.

In other words, if you know what to do when a disaster is predicted, when it occurs, and afterward, you'll be in a better position to save yourself and your home before help arrives.

While there are obvious differences in preparing for a hurricane and preparing for a forest fire, there are still similarities in preparedness. **Here are several emergency preparedness tips:**

- ▲ Know where you will go to escape.
- ▲ Figure out what your mode of transportation will be for the escape and make sure the vehicle is in good working condition and filled up with gas.
- ▲ Know when you should leave by lis-



tening to officials.

- ▲ Assemble important documents to take with you including copies of insurance policies, identification, and bank account numbers. Use a waterproof container to hold them. Get some cash to take with you too.
- ▲ Do what you can in advance of a storm or earthquake to make your family and your home safer. Remember the basics of survival: water, food, clean air, and warmth.
- ▲ Consider the amount of water and non-perishable food your family will need for at least three or four days in case you're without power. Always have extra batteries. Use cellphones sparingly so they last longer.

Farm Safety Tips

• Organize your workshop so that everything has a designated place. • Clean walkways to reduce trips and falls. • When working on agricultural equipment, make sure that the equipment is turned off, all rotating parts have stopped moving, and safety locks are put in place. • Keep all guards and shields in place on power equipment. • Use hand tools only for their intended purpose. • Wear personal protective equipment (PPE) when performing repair jobs. • Equip all barns, farm shops, chemical storage areas, livestock pens, etc. with latches that can be locked or secured. • Keep children and bystanders out of livestock handling areas. • When using a tractor or other machinery, insist that no one ride on farm equipment except those required for its operation, instruction, or diagnostics. Reduce speed on rough, uneven or hilly ground. Watch for obstacles. • Don't allow children to roam freely on a farm. Design a fenced "safe play area." This area should be near the house and away from work activities. • Inspect your farm on a regular basis for hazards that can injure people.



Source: National Ag Safety Database, <http://www.cdc.gov/nasd/index.html>

Jumpstart Your Drive for Success

By Paul J. Meyer



Occasionally, you encounter people who are completely satisfied with themselves and their performance. They see no reason to try to improve. Complacent people surrender to the inner urge to “take it easy.” They are satisfied with good enough instead of good, or good instead of excellent. They have stabilized their income and their work habits, practically immobilizing their lives. Unfortunately, they are usually totally unaware that this has occurred.

Complacency in individuals seems to conform to the principle of cycles; every living organism grows to maturity, levels off, and then dies. But the cycle can be broken – even reversed – by the infusion of a new purpose, new life, new ideas, and new activity into your daily routine. Like a muscle or organ that is not exercised, your abilities can lose strength and tone. But you can be inspired to reach toward a new and rewarding way of thinking with new ideas, new goals and higher aspirations. **Here are several ways to rejuvenate your drive for success and overcome complacency:**

- ◆ Set new and higher goals. Examine your ambitions and interests. Have you achieved all that you want to achieve in life? You may be prone to claim you are satisfied when actually you have merely found a safe harbor from the storms of life.
- ◆ Overcome your fear of failure. Often, a negative self image can establish a low ceiling of achievement. Believe in your talents and abilities, and use them to boost your success. Take steps to reach the level of success you desire.
- ◆ Explore your interests. Sometimes you need more responsibility and a bigger challenge to get motivated to reach new goals. Seek out new opportunities to succeed. Try new activities and explore new interests. Avoid putting a limit on what you can do.
- ◆ Never look back, unless you plan to go that way. Learn from the past, but move forward into the future with optimism and positive expectancy. Every success is the result of trial and error and of learning from mistakes.

Make a conscious, deliberate decision to restart your internal motivator, and experience the rewards of achieving even higher goals!

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.

Accept and Embrace Change

We live in a rapidly changing world. Things aren't the same today as they were yesterday, and they won't be tomorrow as they are today. We literally wake up in a brand new world every day. The amazing advances in technology provide us with the ability to do things and know things that were unheard of just a few short years ago.

People's lives change too. If you want verification that change is taking place, look in the mirror. That's enough to shock us into the realities of change.

Our lives do change. Children grow up. Relationships and circumstances change. What we once took for granted – in terms of lifestyle, career, friendships, or health – change, and while we may view some of those changes as positive, others we may consider more negative. Such is the stuff of life.

Have you ever gone to the grocery store and discovered that all the items have been moved to different locations? How does that make you feel? Most of us react negatively. Change can be frustrating, irritating, and uncomfortable. Change forces us to get out of our routine. But after a while, we adapt.

Life is like that. Changes take place, changes that we don't always want or welcome. As things change, we often have to just make the decision that we'll accept these changes and grow from them. Dr. Carl Hammerschlag says, “Growth has nothing to do with adding things on but of letting go.” And the letting go is often the most difficult.

To have great days, we must realize that change is inevitable, and our only defense is to embrace some of the changes and accept the others.

Julie Alexander is a professional speaker who works with organizations that want to boost morale and people who want great days on and off the job. She is the author of Great Days: 50 Ways to Add Energy, Enthusiasm, & Enjoyment to Your Life and Make Life Count! – 50 Ways to Great Days. For more information, visit www.JulieAlexander.com.



InSync® Moment – Read the Comics

In the comic strip characters, we see ourselves. We see our idiosyncrasies, awkwardness, and insecurities. We see the delicacy, absurdities, and irony of human behavior. We're reminded of the wisdom to live life lightly. For an amusing health-enhancing chuckle, read the comics each day.



© Susan Pilgrim, Ph.D., author of Living InSync®. Contact her at pilgrim.s@sbcglobal.net.

Promote Sports' Eye Safety

According to the American Academy of Ophthalmology, sports eye injuries affect more than 40,000 people each year and sports are the leading cause of most of these injuries. Sports that commonly cause eye injuries include: • baseball • basketball • football • hockey • soccer. Other sports such as golf, tennis, and water sports, can also lead to eye injuries.



Here are some eye safety tips:

- Wear the appropriate protective eyewear when participating in sports. This includes protective goggles or sports eyeguard and a face shield or guard (made of shatter resistant polycarbonate plastic). Regular glasses don't offer adequate protection. It's important to have your eye doctor fit you with protective eyewear. *Tip:* Make sure they fit properly and are comfortable.
- If the sport you're participating in doesn't require protective goggles or eyeguards but it's outside in the sun, always wear sunglasses to protect the eyes against the harmful effects of the sun. Select sunglasses that filter out 99 to 100 percent of both UV-A and UV-B rays.

Workout Tips for All Ages

According to the American Council on Exercise, people of all ages can enjoy the benefits of exercise and there is no better time than now to begin exercising on a regular basis. Exercise at any age can help you keep your weight down and your heart pumping healthily. **Here are several suggestions on how**

to be active at any age:

- ◆ Sign up for an exercise class – aerobics, swimming, kickboxing, weight training, yoga, etc. Classes are offered for people of all ages at your local Y or fitness clubs.
- ◆ Make a habit of walking as a family in the evening after dinner. Stop by the park for a fun game of tag or some flag football. Play on the jungle gym or monkey bars to boost strength.
- ◆ Schedule a weekend getaway to go hiking, sledding, or skiing. Get some exercise by walking on the beach or climbing up and down stairs at the hotel.
- ◆ Join a bowling league in your city. Bowling can be a fun way to get in shape and to make new friends.
- ◆ Take a square dancing class or other type of dance class. Numerous types of dance are available and sign up with a friend.



Courage to Crunch

Success in any endeavor depends on the depth of desire and willingness to pay the price. My perspective shifted recently at a training seminar. I realized that what I was really seeing was... COURAGE!

Webster says courage is: "The capacity to meet danger without giving way to fear; to have the courage of one's convictions; and to be willing to put one's opinions into practice."

Taking on anything in life requires courage. Look at the multitude of choices we have just in the area of our health. Go to a gym, workout at home, or don't workout at all. See a medical doctor, chiropractor, or naturopath when we're



sick. Eat healthy wholesome foods, eat fatty junk foods, or choose not to eat at all. Become a meat eater, vegetarian, or vegan. Take care of the bodies we were given, ignore them, or abuse them. This list could literally go on and on. Choose, choose, and choose.

I have the privilege of training a friend in her early 50s using a workout routine that she can do anytime and anywhere with no equipment. Every day we work out she shows incredible courage to pay the price to transform herself. In almost six months, she has lost over 61 pounds and well over 30 inches. I'm proud of her! Her courage is heroic!

Imagine wanting to transform yourself into a "new" you and not knowing where to turn because there are so many opinions available. When we started working together, the movements were very limited due to the extra weight and with every stomach crunch and every resistance exercise we did, it took courage for her. The courage to trust my opinion and put it into practice! Courage in this case is about letting go of fear, welcoming direction and following her inner strength.

Having the courage to crunch can be your first step to a new you. Start small. Do something every day toward your goals. Have the courage to continue. It literally takes guts to get rid of yours!

Wendie Pett is a mother and fitness expert, the author of Every Woman's Guide to Personal Power and co-author of The Miracle Seven, as well as the National Sales Director for Koechel Peterson & Associates and Bronze Bow Publishing. She is an instructor in the Transformetric Training System that maximizes strength and fitness as well as wellness. For more information on Wendie and Transformetrics visit www.bronzebowpublishing.com.



Prevent Trips and Falls

Falls are the leading cause of injuries to older people in the U.S. Each year, more than 11 million senior citizens fall – that’s one of every three people over 65. **The American Academy of Orthopaedic Surgeons has developed guidelines to help you avoid falls:**

- Get an annual physical and eye examination.
- Maintain a diet with adequate dietary calcium and vitamin D.
- Exercise regularly to improve agility, strength, balance, and coordination.
- Eliminate all tripping hazards in your home and install grab bars, handrails, and other safety devices.
- Wear properly-fitting shoes with nonskid soles. Always make sure your shoe laces are tied. Replace slippers that have stretched out of shape and are too loose. Avoid high heels and shoes with smooth, slick soles.
- Check with your doctor(s) about the side effects of your medicines and over-the-counter drugs. Fatigue or confusion increases your risk of falling.



Source: American Academy of Orthopaedic Surgeons, <http://orthoinfo.aaos.org>.

Don't Forget Grandparents Day

Each year, the second Sunday in September is recognized as Grandparents Day. This year, it's on the 9th. Give them a card or gift, drop by for a visit, or give them a call on the telephone to let them know you're thinking about them. For adult grandchildren, grandparents can be great sources of information. They've lived life and learned many things. Their knowledge and experience is a valuable asset you can draw from. Sometimes they can make just a simple statement that's loaded with the truth.

Learning How to Fall

Naturally, the goal isn't to slip, trip and fall; however, the possibility of a fall still exists. According to the Florida AgSafe website, there are correct ways to fall. **Here's how:**

- Tuck your chin in, turn your head, and throw an arm up. It's better to land on your arm than on your head.
- While falling, twist or roll your body to the side. It's better to land on your buttocks and side than on your back.
- Keep your wrists, elbows, and knees bent. Don't try to break the fall with your hands or elbows. When falling, the objective is to have as many square inches of your body contact the surface as possible. This spreads out the impact of the fall.

Soy Does Your Body Good

Ah, soy. It's not just for tofu-loving vegetarians but also for anyone who wants to add something healthy to his or her diet. Soy is low in fat and cholesterol, and it's full of good-for-you stuff like fiber, B vitamins, calcium, and unsaturated fats. Another plus: Soy is a complete protein. So what are your best soy sources?

Here are some tips:

▲ **Have It Whole.** Soy comes in various forms, from edamame and soy burgers to soy cheese and soymilk. Try to choose products with as much of the whole soybean as possible – you may even be able to find whole soybeans in the produce aisle. Similar to fruits and vegetables, much of soy's nutritional punch lies in the phytochemicals that whole soy foods contain, especially isoflavones. Researchers believe that soy's phytochemical combo is most nutritious when consumed in its natural state, combined with the plant-based proteins in whole-soy foods. Foods that contain processed soy may have less of the beneficial phytochemicals, along with lower amounts of fiber and other soy nutrients.

▲ **Check the Label.** Always read labels carefully when shopping for soy-based products. As mentioned above, choose foods made from the whole soybean, and stay away from products with added soy protein or soy isolates; some products, such as soymilk, are made both ways – using the whole bean or soy protein/isolates. And check the packaging for fat, cholesterol, sodium, and sugar content. Like other foods, those made with soy may have unhealthy ingredients.

▲ **Stay with Tradition.** To get the greatest benefit from soy, select Asian soy foods, such as edamame, tempeh, miso, and tofu, rather than packaged soy-protein shakes, frozen desserts, and energy bars. Most of the original studies on soy were based on the dietary habits of Asian populations.

▲ **Great Ways to Get It.** What are some quick and easy ways to get more soy in your diet? Add chopped tofu or tempeh to stir-fried vegetables, spread soy-nut butter on whole-grain bread, or snack on soy nuts. Other things you can do? Try marinating tofu in reduced-sodium soy sauce, or use miso in place of chicken bouillon in soups or rice dishes. And for a taste twist, substitute soy for other legumes in your favorite dishes. Doesn't soy hummus sound delicious?

How do you make your diet more nutritious? Visit the RealAge Diet and Nutrition Center at <http://www.realage.com/NutritionCenter/intro.aspx>.

By Michael F. Roizen, M.D., author of RealAge: Are You as Young as You Can Be? and The RealAge Diet: Make Yourself Young with What You Eat. Roizen, an internist and anesthesiologist, has been listed for the last 13 years in The Best Doctors in America, published by Woodward/White. For more information on RealAge, visit www.RealAge.com.



Shopping for Heart-Healthy Foods

Do you know what to look for when shopping for whole-grain foods? A good place to start would be to see if the product carries the American Heart Association's distinctive red and white heart-check mark. This simple logo means the food has at least 51 percent whole grains by weight, meets minimum daily dietary fiber content criteria, and is low in saturated fat and dietary cholesterol.

Whole-grain foods are made from the entire seed (kernel) of a plant. Common whole grains include whole wheat, whole oats/oatmeal, brown rice, whole grain barley, wild rice, popcorn and others. Whole-grain foods are an important part of a healthy diet because they're a rich source of both insoluble and soluble dietary fiber. Soluble fiber has been shown to help lower LDL cholesterol levels (the bad cholesterol), and therefore reduces the risk of coronary heart disease. Insoluble fiber also has been associated with decreased cardiovascular disease risk. In many scientific studies, diets rich in whole grain foods also have been associated with a decreased risk of cardiovascular disease.

On your next visit to the grocery store, remember to look for the heart-check mark along with the statement, "Meets American Heart Association food criteria for saturated fat, cholesterol and whole grains for healthy people over age 2."

For more information and a list of certified products, visit heartcheckmark.org.

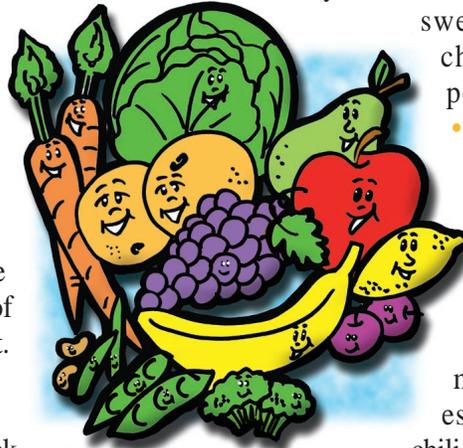
*Pamela Smith is a Registered Dietitian and nationally known radio and TV host. For more information, call 1-800-896-4010 or visit her website at www.pamsmith.com. Her book, *The Energy Edge*, gives power points to have energy for life!*



Cook with Color for Health

Good cooks serve colorful dinners. But if you're a meat-and-potatoes person, you might not appreciate a plate with a rainbow of colors. But by eating five servings of fruits and vegetables each day, you could protect your heart, eyes, bones, brain, and virtually every other part of your body. **To serve more fruits and vegetables at your dinner table:**

- **Breakfast** – Stir low-fat or fat-free granola into a bowl of low-fat or fat-free yogurt. Top with sliced apples or berries. • Have fruit as a mid-morning snack.
- Add strawberries, blueberries, or bananas to your waffles, pancakes, cereal, oatmeal, or toast. • Top toasted whole-grain bread with peanut butter and sliced bananas. • Add vegetables like bell peppers, broccoli, spinach, mushrooms or tomatoes to your egg or egg white omelet. • Enjoy canned, dried, and frozen fruits and vegetables. Look for fruit without added sugar or syrups and vegetables without added salt, butter, or cream sauces.



Lunch and Dinner – Place a box of raisins in your child's backpack and pack one for yourself, too. • Ask for more vegetable toppings (like mushrooms, peppers, and onions) and less cheese on your pizza. • Add some cooked dry beans to your salad. Or, if you have a

sweet tooth, add chopped apples, pears, or raisins. • Add broccoli, green beans, corn, or peas to a casserole or pasta. • Have soup. Choose tomato or vegetable soup or mix up some minestrone or veggie chili to cut winter's chill.

When possible, choose soups with less sodium. • Add lettuce, tomato, onion, and cucumber to sandwiches.

Snacks – Snack on vegetables like bell pepper strips and broccoli with a low-fat or fat-free ranch dip. • Keep a bowl of fruit on your desk or counter. • Drink a fruit smoothie made with whole fruit, ice cubes, and low-fat or fat-free yogurt. • Pick up ready-packed salad greens from the produce shelf for a quick salad any time.

WARM PEARS IN RASPBERRY SAUCE

Makes 6 servings

- 1/2 cup seedless raspberry all-fruit spread
- 1 cup apple juice
- 2 tsp. grated lemon peel
- 2 Tbsp. lemon juice
- 3 firm bosc pears, peeled and cut into quarters



Mix all ingredients except pears in a 10-inch skillet. Add pears. Heat to boiling; reduce heat to medium-low. Simmer, uncovered, for 30 minutes, spooning juice mixture over pears, and turning every 10 minutes until pears are tender. Serve warm or chilled.

Each serving contains: 84 calories, 0 g. protein, 0 g. fat, 0 mg. cholesterol, 21 g. carbohydrates, 16 mg. sodium. Calories from fat: 0 percent

From Pamela Smith's Eat Well, Live Well. Visit www.pamsmith.com for more information.

✂ clip and keep

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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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wellness

Seek Out Help

According to the American Association of Suicidology, official statistics show that more than 31,000 Americans kill themselves every year. The true figure is probably higher. Suicide is the third leading cause of death among people ages 15-24, and is the 11th leading cause of death among all persons.

Here are common symptoms for someone considering suicide:

- Hopelessness
- Rage
- Engaging in risky activities
- Feeling like there's no way out
- Increased alcohol or drug use
- Withdrawing from friends, family and society
- Anxiety or agitation
- Inability to sleep or sleeping all the time
- Dramatic mood changes
- Feeling of no reason for living or no sense of purpose in life.

If you or someone you know is in crisis and needs immediate help, call the National Suicide Prevention Hotline at 1-800-273-TALK. For more information, visit the American Association of Suicidology at www.suicidology.org.

Learn How to Cut Back on Alcohol

Here are several tips on how you can cut back on or quit drinking:

- ◆ Write your reasons for cutting down or stopping. You may want to improve your health, sleep better, or get along better with your family, friends, or coworkers.
- ◆ Choose how much you'll drink. You may choose to cut down or not to drink at all. If you're cutting down, keep below these limits: *women* – no more than one drink a day, *men* – no more than two drinks a day. A drink is a 12-ounce bottle of beer; a 5-ounce glass of wine; or a 1-1/2-ounce shot of liquor.
- ◆ Keep a "diary" of your drinking. This will show you how much you drink and when. You may be surprised.
- ◆ Keep a small amount or no alcohol at home. Don't keep temptations around.
- ◆ When you drink, sip your drink slowly. Take a break of one hour or more between drinks. Drink water or juice after a drink with alcohol. Don't drink on an empty stomach. Eat food when you're drinking.
- ◆ Take a break from alcohol. Pick a day or two each week when you'll not drink at all. Then, try to stop drinking for one week. When you succeed and feel better, you may find it easier to cut down for good.
- ◆ Learn how to say no. You don't have to drink when other people drink. Stay away from people who give you a hard time about not drinking.
- ◆ Get support. Ask your family and friends for support to help you reach your goal. Talk to your doctor if you're having trouble cutting down. Get the help you need to reach your goal.
- ◆ Watch out for people, places, or times that make you drink, even if you don't want to. Stay away from people who drink a lot or bars where you used to go. Don't drink when you're angry or upset or have a bad day.



Source: National Institute on Alcohol Abuse and Alcoholism, www.niaaa.nih.gov