



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

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## Fitness Facts

- ◆ Adults 18 and older need 30 minutes of physical activity on five or more days a week to be healthy; children and teens need 60 minutes of activity a day for their health.
- ◆ Thirty to 60 minutes of activity broken into smaller segments of 10 or 15 minutes throughout the day has significant health benefits.
- ◆ Moderate daily physical activity can substantially reduce the risk of developing or dying from cardiovascular disease, type 2 diabetes, and certain cancers, such as colon cancer.
- ◆ Daily physical activity helps to lower blood pressure and cholesterol, helps prevent or slow down osteoporosis, and helps reduce obesity, symptoms of anxiety and depression, and symptoms of arthritis.
- ◆ The major barriers most people face when trying to increase physical activity are time, access to convenient facilities, and safe environments in which to be active.
- ◆ Social support from family and friends has been consistently and positively related to regular physical activity.

Source: U.S. Department of Health and Human Services, [www.fitness.gov](http://www.fitness.gov).

## Get in Shape for a Healthy Life

According to the President's Council on Physical Fitness and Sports, studies conclusively show that staying active – whether through sports, exercise, or everyday chores – can help you live longer and enjoy each day more. In fact, regular physical activity can enhance both your physical and mental health and help prevent many health problems including heart disease, obesity, diabetes, osteoporosis, and certain cancers.

**The U.S. Surgeon General says that physical activity offers the following benefits:**

- Reduces the risk of dying from coronary heart disease and of developing high blood pressure, colon cancer, and diabetes.
- Can help reduce blood pressure in some people with hypertension.
- Helps maintain healthy bones, muscles, and joints.
- Reduces symptoms of anxiety and depression and fosters improvements in mood and feelings of well-being.
- Helps control weight, develop lean muscle, and reduce body fat.
- Can help you sleep better
- Can reduce some of the signs of aging.

**While it's not always easy to be physically active, here are tips on how you can be more active:**

- ◆ Schedule a specific time for exercise each day – like first thing in the morning or after work.

- ◆ Pick an exercise buddy and keep each other motivated.
- ◆ Develop exercise goals – short- and long-term – and write them down.
- ◆ Keep a journal of your progress and reward yourself when you reach a goal.
- ◆ Select physical activities that you enjoy – such as tennis, walking, golf, lifting weights, aerobic dance, bicycling, running, or swimming.
- ◆ Take the stairs instead of the elevator or escalator.
- ◆ Walk with a coworker or friend during your lunch hour.
- ◆ Sit in a rocking chair instead of regular chair and rock the chair back and forth using your leg muscles.
- ◆ When mowing your lawn, use a push mower. Volunteer to help older adults or other people in your neighborhood who need help with their yard work.
- ◆ Join a softball league or other sports team in your community or become a coach or referee.
- ◆ Walk your dog in your neighborhood or at a local park.
- ◆ Vary your routine to prevent boredom – walk one day and bicycle the next.

Note: If it's been a while since you've exercised, check with your doctor before embarking on an exercise program.

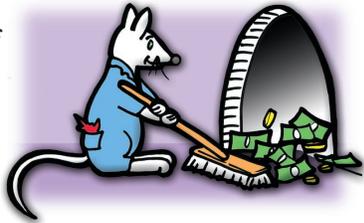
For more information, visit the President's Council on Physical Fitness and Sports at [www.fitness.gov](http://www.fitness.gov).



## Handling Your Financial Variables

If you handle money, you know the meaning of the word “variable.” In other words, some expenses are irregular. So, how do you plan for something you can’t predict?

Using the technique of short-range planning, you can budget for irregular expenses on a monthly basis. These expenses include things like utility bills, auto maintenance, medical costs, and clothing.



By averaging utility bills over one year, money can be stored from low-use months to offset the cost of high-use months. For clothing and medical bills, establish a monthly reserve. The reserve method can also be used for expenses like annual or semiannual insurance payments. For example, if your automobile insurance is \$1,200 per year, set aside \$100 per month so the bill can be paid when it’s due.

A vacation can be planned in the same way. Decide what you need for the coming year’s trip and simply divide the amount by 12 to determine what you should save on a monthly basis.

Remember that items like automobiles, appliances, and household goods like furniture, rugs, and draperies, wear out or deteriorate over time. So you should make periodic allocations to a fund to replace these items as necessary.

In the case of your automobile, you’re setting aside money to cover maintenance, insurance, and depreciation, which will eventually require you to replace your automobile. However, to get the most out of your investment, keep your automobile for at least five years or 100,000 miles.

Where do you keep the money you set aside? For most people, it’s difficult to keep allocated funds available in their checking accounts. The temptation to misspend is too great. To solve this problem, at the end of each month transfer any allocated money not actually used to your savings account. Your savings ledger can show the various categories for which money is being saved. (Note: If your bank limits the number of transfers between accounts that you can make each month, don’t transfer any funds that you know you will need in the very near future.)

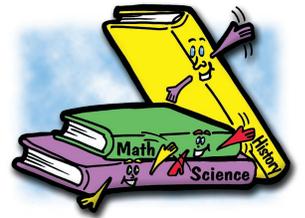
If you haven’t tried monthly allocating, I encourage you to do so. Failure to plan for short-range variables and depreciating items results in crisis planning, which often leads to unnecessary debt. Control your expenditures; don’t let them control you.

*Larry Burkett (1939-2003), a well-known author, teacher, and radio personality, was co-founder of Crown Financial Ministries, whose daily radio broadcasts are heard on more than 1,000 stations in the U.S. Larry’s best-selling books include The Coming Economic Earthquake, What Ever Happened to the American Dream? and Victory Over Debt.*

## Keep Your Kids Busy During the Summer

For older kids, finding a simple job they can do during the summer to earn a little extra spending money can be enjoyable and a great learning experience. **Here are a few ideas on ways your child can earn some money this summer:**

- ◆ Baby-sit younger kids.
- ◆ Tutor a friend or younger child who needs help in school.
- ◆ Open a lemonade stand in their front yard.
- ◆ Walk dogs or care for pets while neighbors go away on summer vacation.
- ◆ Do yard work and gardening for those who need help. Offer services to cut grass, weed gardens, and do general yard work for people.
- ◆ Wash cars. Get a group of friends together and with parents permission, wash cars for people who need them washed.
- ◆ After kids clean out their closets and toy chests, hold a garage sale and allow them to earn the profits for their own items that are sold.



*Note:* Be sure and obey any laws about kids working and also avoid doing jobs that aren’t safe.

## Protect Your Interests

Credit card companies say simple defensive measures can protect you from fraud. Easy steps include shredding new credit card offers and old credit card statements, and not leaving your payment envelope in the mailbox. **Other things you can do:**

- ◆ Make sure the credit card company has your phone number so it can call if a suspicious charge appears.
- ◆ Don’t use your credit card for Internet purchases unless it’s a trustworthy site that has security measures in place.
- ◆ If you get a call or E-mail about an unusual charge on your account, give no information on the phone. Take a name and call back using the customer service telephone number.
- ◆ Keep track of your transactions. You should be able to tell the company what your last five purchases were.
- ◆ Notify the company if a statement or new card fails to appear.
- ◆ Check your receipts against credit card charges, recommends the Consumers Union.
- ◆ Keep a record of your account numbers, their expiration dates, and the card company phone numbers in a secure location.

## Biking: A Fun Way to Get Fit

Did you know that bicycling can reduce stress and increase your feelings of well-being? Riding your bicycle can also be good for your heart, wallet, waist line, and muscle tone. **Before you embark on a bicycling expedition, review these general safety tips:**



- ▲ Plan your route ahead of time. Pay attention to uneven pavement, potholes, and busy intersections.
- ▲ Check your bike before you hit the road.
- ▲ Always wear a properly fitting helmet to protect your head.
- ▲ Wear clothing that helps you to be seen on the road. Also, use lights on your bike and wear reflective clothing if riding in low-visibility conditions or at night.
- ▲ Keep yourself hydrated. Drink plenty of water at regular intervals during your ride.
- ▲ Be prepared for an emergency. Carry a small tool set, first-aid kit, and a cell phone in case you need them.
- ▲ Obey traffic rules and use proper hand signals for changing lanes and turning.
- ▲ Stay alert by keeping your head up and your eyes constantly

### Protect Yourself from the Heat

Here are tips on how to keep yourself cool this summer:

- Drink plenty of water.
- Wear lightweight, loose-fitting clothing.
- Wear hats or use an umbrella when outside.
- Try to stay inside during the hottest time of the day.
- If you recognize that you, or someone else, is showing the signals of a heat-related illness, stop activity and find a cool place.



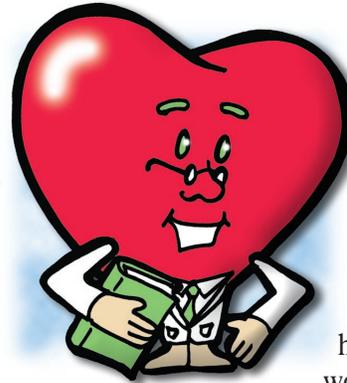
### Avoid Back Strain While Gardening

- Warm up with a brisk walk and simple stretches to loosen your muscles and increase your flexibility.
- Recognize your strengths and limitations. Don't overexert. Vary your activities and take regular rest breaks.
- Avoid bending over repeatedly while standing. Kneel or sit on the ground or a gardening bench to complete the task.
- Use long-handled tools to give you leverage and help you avoid having to stoop.
- Lift dirt and plants by letting your arms, legs, and thighs carry the load. When picking up a load, always bend at the knees and use your legs to help you lift it.
- Carry objects close to your body. Keeping the load close to your center of gravity reduces the risk of straining your neck and back.
- Don't work too long in one position, especially one that's awkward or unusual.

## Mind Your Heart

Every second of every day your heart pulses and pumps oxygenated blood throughout your entire body to keep you alive, alert, and well. This wondrous muscle is the core of your being, empowering your whole body. The more you work this muscular organ, which on average is the size of your fist, the more you excel in daily activities.

Imagine this. Every day your heart beats over 100,000 times, pumps 1,900 gallons of



blood throughout your body, and forces the blood to travel a staggering 12,000 miles. A healthy heart also helps regulate blood pressure by producing a hormone that aids the kidneys in eliminating salt from the body. With a host of overwhelming duties, wouldn't you think that it would be wise to put a special emphasis

on training and strengthening this muscle?

Here are some simple steps you can take to train your most important muscle on a daily basis. The first thing to do is to always keep your mind on your heart. Be creative and retrain your mind to make simple choices that help your heart. Instead of taking the elevator at work, take the stairs. Get out of the office during lunch and go for a brisk walk. If you're a runner, challenge your heart by incorporating quick sprints into your existing workout. Also, you can really work your heart by performing squats and lunges, because you're using the large muscle groups in your legs and therefore more blood needs to be pumped harder to get to the area that is working.

Minding your heart also means paying attention to what you feed it. For optimal heart function, make sure to eat plenty of fruits, vegetables, whole grains, and fish. Keep in mind that eating foods with less saturated fat, less sodium, fewer calories, and more fiber are key.

Since heart disease is a leading cause of death for men and women in America, you need to take notice and truly mind your hearts. You'll be amazed at how it goes hand in hand with losing weight, feeling better, and staying strong.

Wendie Pett is a wife, mother and fitness expert, the author of *Every Woman's Guide to Personal Power*, as well as the National Sales Director for Koechel Peterson & Associates and Bronze Bow Publishing. She's 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](http://www.bronzebowpublishing.com).



## Concentrate on Personal Success

By Paul J. Meyer



**A**he next time you watch a baseball game, notice how intently the pitcher stares at the catcher before delivering the pitch. Or, when you are at a concert or watching one on television, observe how the performers glue their eyes on the conductor to ensure starting right together. The pitcher and the musicians are using concentration to do exactly what is needed to perform their best. Concentration is one of the keys to success; it is an absolute essential to high performance.

Intense concentration improves your performance and releases the power of your mental potential, no matter what you are doing. Just as you use only a small fraction of your physical abilities, you habitually make use of only a small portion of your brain capacity. You can be reasonably successful when you use only a fraction of your ability, but you can perform even better if you concentrate and tap some of your unused power.

Everyone can improve concentration. Even though concentration begins with a simple decision to concentrate, it takes practice and it may not be easy at first. **Take these steps to improve your ability to focus your mental powers and concentrate:**

- ◆ Relax. When you are nervous, worried, or “keyed up,” your body cannot perform at its best. Before you begin any important activity, take deep rhythmic breaths until your body is relaxed. Explore other methods of relaxation to discover what works best for you.
- ◆ Try this concentration exercise. Picture in your mind a blackboard in a classroom with a single number written on it. Dwell on this number for a while, then imagine beside it another digit, and then add a third. Continue adding digits until you are no longer able to hold together the picture of the new largest number. A book from your local library can give you further suggested exercises for improving your power of concentration.
- ◆ Learn how to tune out distracting influences. Practice the art of ignoring distracting noises and sights. To begin, try to tune out television commercials, street noises, and other distractions. The ability to eliminate distractions will prove valuable to you when you must perform at your best.
- ◆ Make concentration a habit. Discipline your mind when you are doing important work. Concentrating on everything you do makes it easier to focus your thoughts on reaching your important 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](http://www.pauljmeyer.com).*

## Getting From A to Z

For years I woke up thinking, “*Today is the day I will reach my full potential. Today is the day that I get all of my various parts going in the same direction at the same time and reach success!*” Unfortunately, every night I was disappointed to realize that I had, once again, fallen short of my expectations.

When I started my day, I was at “A.” My full potential was “Z.” I was trying to get from A to Z in a single day. As a kid, did I learn the full alphabet in a day? No. First, I learned A, then B, then C, and so on.

Trying to get from A to Z in a day is like trying to eat an entire loaf of bread by itself. It’s quite unappetizing! However, when it’s toasted just right and spread with jam or jelly, it’s pretty good. The same idea goes for your goals. When you try to get from A to Z in one day, you may find the process unsatisfying. You must work one step (or letter) at a time.



Learning the alphabet is symbolic of the journeys you travel in life. The journey starts out fun and exciting. As you get toward the middle, the learning may have a tendency to get on your back and start to test your determination, dedication, and willpower. Then, after you push through, the journey may become easier again until you eventually reach success. Then, what happens when you reach the end of one journey? You must jump up to another level to pursue a new goal, and start back at the letter A again!

The length of time it takes you learn the “alphabet” on the particular journey you’re on is unique to you. Some alphabets are learned in 26 days, while others may take 26 years. If you feel like life has you on your back and is giving you the old grind, remember, you must persevere to reach success. If you get from A to B today, hopefully tomorrow you can get from B to C, and so on. If all goes well, your full potential will be achieved in good time!

*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 – Savoring the Outcome

Achieving a desired result requires planning, the exertion of effort, patience, the expenditure of resources, and the passing of time. People often undervalue the magnificence of their accomplishments. So, when you achieve what you desire, make sure you sink into it. Experience the joy. Give thanks. Cherish the results. Savor the outcome.

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



## Ease Travel Headache Pain



As the summer travel season heats up, many people will book air fares or pack up their vehicles and travel across the country visiting relatives and the nation's top tourist destinations. However, preparing for vacations and traveling can also produce an added amount of stress and tension—two key triggers in the onset of headaches. More than 45 million

Americans experience chronic and recurring headaches. Based on a survey conducted by the National Headache Foundation (NHF), 66 percent of respondents said they experience headaches more frequently when traveling. **The NHF offers travelers the following tips for when they're vacationing this summer:**

- ◆ Don't disrupt your normal sleeping and waking patterns. Late-night visits and early morning tours can lead to headaches by tempting you to stay up past your bedtime and wake up earlier than usual. Try to go to sleep and awaken at the same time you usually do.
- ◆ Fluctuations in altitude or barometric pressure can elicit a headache. Talk to your healthcare provider about possible adjustments to your medications for high altitudes, time zone changes, and/or different climates.
- ◆ Carry emergency contact information while traveling. Write down and pack basic emergency contact information along with information about your condition and medications.
- ◆ Take extra steps to accommodate your headache when traveling. Carry extra medication, take your own sleeping pillow(s), make plans flexible, get plenty of rest, and try to minimize changes to your daily routine.

Source: National Headache Foundation. For more information on headache causes and treatments, visit [www.headaches.org](http://www.headaches.org).

## Turn Down the Volume...

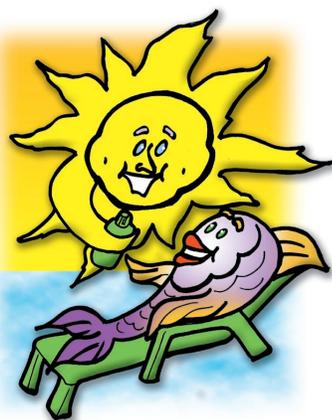
Portable music devices are a popular way for people of all ages to enjoy music. However, it's important to protect your hearing. **Remember these tips:** • Avoid setting the volume higher than about half of the maximum volume. • Turn it down if you can't hear the conversations going on around you. • Consider upgrading your earbuds, which sit inside the ear, to sound isolating earphones that go around the ear. • Limit the time you listen to a player.



## Protect Your Skin in the Sun

According to the American Cancer Society (ACS), *nonmelanoma* skin cancers—usually basal cell and squamous cell cancers—are the most common cancers of the skin. They're called nonmelanoma because they include all skin cancers except malignant melanoma.

Most basal cell and squamous cell skin cancers are caused by UV radiation produced by the sun, but other risk factors are also linked to these skin cancers. Some risk factors, such as smoking, can be controlled. Others, like a person's age or family history, can't be changed. But having a risk factor doesn't mean that a person will get the disease. **Here are a few of the risk factors:** • Too much exposure to UV (ultraviolet) radiation • Having fair skin • Being male • Exposure to large amounts of arsenic (a heavy metal used in making some insecticides) • People who have had radiation treatment • Certain long-term or severe skin problems • Having a weakened immune system • Smoking • Anyone who has had a skin cancer before.



According to the ACS, the best way to lower your risk of nonmelanoma skin cancer is to avoid being outdoors in intense sunlight too long and to practice sun safety precautions when you're outdoors.

### Here are helpful tips:

- \* Cover up. Wear a shirt with long sleeves and a hat with a wide brim.
- \* Seek shade. Look for shade, especially in the middle of the day when the sun's rays are strongest.
- \* Use sunscreen. Use sunscreen and lip balm with an SPF of 15 or higher. Be sure to use enough (a palmful) and put it on again every two hours or after swimming or sweating. Use sunscreen even on hazy or overcast days.
- \* Wear sunglasses. Wrap-around sunglasses that absorb at least 99 percent of the UV rays help protect your eyes and the skin around your eyes.
- \* Don't use tanning beds and sun lamps. These give off UV light and can increase your risk of skin cancer.
- \* Remember to protect children. Use the methods above to protect children from too much sun, and teach them to protect their skin as they get older.

Source: American Cancer Society. For more information on how to recognize skin cancer, visit [www.cancer.org](http://www.cancer.org).

## Be Safe Working on Home Improvement Projects

**D**eciding to embark on a home improvement project can be fun and exciting. **Here are several things to consider:** • First, decide whether you can do a project yourself, whether you need to hire it done, and what you can afford to do. If you don't feel comfortable doing a job, don't do it. • Research to find out if a project requires special tools that you don't have or that would be too expensive for your budget to rent. It's best to pass on any jobs that require specialized tools. You can probably rent large equipment, but the question after that becomes whether you can operate it skillfully and safely. • Put safety first for your project. Electrical work should be done by a professional. The dangers of shock and electrocution are too great to risk. And as a do-it-yourselfer, you could make dangerous building code violations. If a plumbing job requires more than changing a faucet, you're better off with a professional as well. Water damage is expensive to repair.

**When you decide you're capable of doing a job and have the time to do it, keep this safety advice in mind:**



- Keep your work area neat. Pick up tools and sharp objects, keep extension cords untangled, and pull nails and screws out of discarded boards. Store tools out of the reach of children and pets.
- Always read the manufacturers' instructions before using any equipment and heed all safety warnings.
- Dress appropriately for the project. Long pants, long-sleeved shirts, and proper footwear can reduce your risk of injury. Make sure long hair doesn't interfere with work.
- When working around electrical outlets, shut off the electricity. Unplug electrical tools before adjusting them.
- Always wear safety goggles to protect eyes from debris.
- Wear protective gloves to shield hands from injury.
- Place ladders on flat, firm surfaces. Keep your weight centered on it.
- Increase the ventilation in the workspace to reduce fumes and dust.
- Always keep a fire extinguisher in your work area.

## Spring Clean Your Health

Started your spring cleaning yet? This year, take a healthier approach to your household projects and start ridding your home of the stuff that ages you and your environment. **Here are six recommended steps from the RealAge YOU Docs to help revitalize your home and health:**

1. Detox your garage. Got half-empty cans of paint or solvents that have been sitting around your garage for ages? If so, you're probably stockpiling harmful substances called volatile organic compounds (VOCs). Find a safe place to dispose of them: Go to [thedailygreen.com](http://thedailygreen.com), and click on "get local info." And stick with low-VOC, nontoxic paints for projects.
2. Use greener cleaners. Bleach-based cleaning products contain chloride and ammonia, neither of which is good for you or the environment, so stick to nontoxic products. Two other effective alternative cleaning tricks: Clean sinks and tubs with baking soda mixed with a little vinegar or lemon juice. Spritz windows and mirrors with vinegar from a spray bottle, and wipe clean.
3. Improve your air supply. An alarming truth: The air inside a house usually holds three to four times more pollutants and harmful particles than the air outside it. Freshen indoor air by opening up your windows and doors as often as possible. If you live less than a baseball field's distance from a highway, do this during low-traffic hours.
4. Add plant life. Plants add color and life to any room -- and make the air healthier to breathe. Placing one plant every 100 square feet helps absorb some of those harmful VOCs that are found in all sorts of household fixtures, like carpet, foam insulation, cleaning products, and air fresheners, which are believed to contribute to fatigue, headaches, asthma, and allergies. Philodendrons, spider plants, and ivy can help clear the air.
5. Keeps bugs out of your bed. Dust mites (and their droppings) are major allergy and asthma culprits -- so don't welcome them into your bed. Tightly woven (1 micron pore) sheets and pillowcases help filter out these micropests.
6. Raid the pantry. Get rid of anything with saturated fat, trans fat, sugar, syrup, and flour that's not 100% whole grain listed in the first five ingredients. Use this menu planner to create healthy grocery lists and find tons of delicious recipe ideas: <http://www.realage.com/the-you-docs/you-on-a-diet/menu-planner-tool>.

Seventy percent of aging is affected by simple things you do -- or don't do. Learn the top 10 things you can do to slow it down: <http://www.realage.com/the-you-docs/you-staying-young/staying-young-recommendations>.

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](http://www.RealAge.com).



## Enjoy Strawberries

There's more to those juicy red fruits than dessert. Many ancient people thought they had magical powers. The Romans believed strawberries could cure just about everything.



Mythical healing powers aside, the ancients were still on the right track. Strawberries can be responsible for some great health benefits.

In fact, according to the California Strawberry Commission, eight medium strawberries provide 84 milligrams of vitamin C or 93 percent of the recommended daily intake. That's more vitamin C than one medium orange, which contains 74 milligrams of vitamin C.

**Here are some delicious ways to use strawberries:**

- Process four cups of strawberries with a touch of honey. Freeze in a shallow pan and then return to the processor until it's the consistency of sherbet.
- Beat softened cream cheese with enough milk to make a mixture of dipping consistency. Blend in crumbled blue cheese. Makes a wonderful dip for berries.
- Mix halved strawberries and chunks of honeydew melon with a spoon of lime juice and candied ginger. Sweeten with honey.

Source: California Strawberry Commission, [www.calstrawberry.com](http://www.calstrawberry.com)

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!



## Have a "Berry" Healthy Summer

It's that luscious time of year when berries explode with color. The reds, the blues, and the blacks attract us, but there's far more to berries than meets the eye.

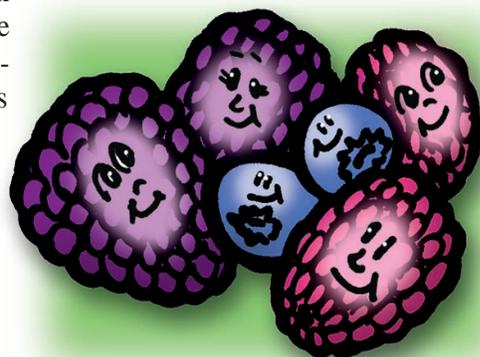
They're loaded with compounds that keep your body and brain working right and staying young. So impressed are researchers at Ohio State University that they recommend everyone eat berries every day.

When it comes to total antioxidant power, four of the top 10 fruits and vegetables are blueberries (ranked number one), strawberries, raspberries, and blackberries. They're rich sources of *quercetin*, a potent antioxidant.

Another thing that makes berries so special is a compound called *ellagic acid*, which is believed to prevent cellular changes that can lead to cancer. All berries have some of it, but strawberries and blackberries have the most.

All berries are also rich in vitamin C, one of the best antioxidants. It's particularly important in preventing cataracts. And berries also contain large amounts of insoluble fiber, which keeps bowels moving.

*Want to feed your brain?* Researchers at Tufts University have discovered that compounds found in blueberries may actually improve your memory.



In *The Color Code, A Revolutionary Eating Plan for Optimum Health*, Dr. James Joseph recommends eating berries every day.

### Strawberry Sauce

1 cup fresh strawberries  
1/4 cup all-fruit strawberry spread  
Puree the strawberries in a blender until smooth. Add fruit spread and mix well.

Use as a delicious dessert sauce or topping for fresh fruit, pancakes, or French toast.

Makes 4 Servings, 1/4 cup each.

Per serving: 35 Calories

Protein 0 gr., Carb 8.5 gr., Fat 0 gr., Cal. from fat 0%, Chol. 0 mg., Sodium 17 mg.

### ANGEL FOOD CELEBRATION CAKE

Makes 12 servings

1- 10-inch Angel Food Cake\*  
1/2 pt. frozen mango sorbet  
1/2 pt. frozen raspberry sorbet  
1/2 pt. fat-free frozen vanilla yogurt  
1 mango, peeled and sliced  
1 cup raspberries  
2 cup strawberries, halved  
1/4 cup Strawberry Sauce  
\* You may use your favorite recipe or buy a prepared mix and follow package directions.  
Cut cake horizontally to make 2 layers.  
(To split, mark side of cake with

toothpicks and cut with long, thin serrated knife.)

Immediately before serving, top bottom layer with alternating scoops of half the sorbets and frozen yogurt. (Work quickly – it melts!) Sprinkle with half of the sliced fruits. Place top layer of cake firmly on the bottom layer, then top with rounded scoops of remaining frozen products and sprinkle with remaining fruit. Drizzle sauce on it.

From Pamela Smith's *Eat Well, Live Well*. Visit [www.pamsmith.com](http://www.pamsmith.com) for more information.

Each serving contains: 143 calories, 2 g. protein, 1 g. fat, 0 mg. cholesterol, 25 g. carbohydrates, 190 mg. sodium. Calories from fat 1 percent

✂ clip and keep

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Managing Editor: Kimberly Denman

Illustrations by RMS Graphics

Editorial Advisory Board: *Bill Anderson, Ph.D., and Richard Jackson, M.D., F.A.B.F.P., and Pamela Smith, R.D.*

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

### Be Aware of the a.m. Brain Drain

There's more than one reason why you shouldn't cut the grass at 7 a.m. in the morning. The most important reason is you're probably not safe doing it. The fuzzy brain feeling you have when you first wake up, called sleep inertia, can be as bad as being drunk, say researchers at the University of Colorado-Boulder. It can last from a few minutes to an hour or more, depending on the individual. The area of the brain responsible for problem solving, complex thought, and emotions takes longer to wake up than other parts of the brain. If you'll be working with machinery or driving in heavy traffic, it's recommended that you be awake for at least an hour before you start.

### Painting: A Good Way to Relax

They're not exactly art, but they're more than a craft. Paint-by-number kits are now one of the most popular items in craft stores. Devotees say painting horses and landscapes is relaxing, almost like meditation. If you're looking for a way to relax this summer, take up painting. Take a class or buy yourself a paint-by-number kit at a local craft store.

## Put Some Fun in Your Life

**E**njoying life is more than just making a lot of money and buying new cars or big houses. Enjoying life is also spending time with your family and friends and having simple fun. **Here are several ways you can perk up your life by adding a little fun to the mix:**

- Rent some funny movies and watch them with a group of friends or your family.
- Play dress up with your kids. Put on funny hats and then pose in front of a mirror or make a funny video modeling your outfits.
- Play fun board games with your family or friends. Pick games that allow people to act silly or interact with one another.
- Read some jokes or the comics and laugh out loud. After all, laughter is good medicine!
- Phone a longtime friend and reminisce about the good old days over lunch or dinner.



## Turn Down the Volume...

Portable music devices are a popular way for people of all ages to enjoy music. However, it's important to protect your hearing. **Remember these tips:**

- Avoid setting the volume higher than about half of the maximum volume.
- Turn it down if you can't hear the conversations going on around you.
- Consider upgrading your earbuds, which sit inside the ear, to sound isolating earphones that go around the ear.
- Limit the time you listen to a player.

