



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

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Protect Your Skin this Summer

Spending time outside during the warm summer months can increase your risk of developing heat-related skin rashes.

Here are three common culprits for skin rashes people often have in the summer:

- ◆ Sun or heat rash. This involves small, reddish blisters or spots that appear on skin exposed to the sun. It's extremely itchy. To prevent it, wear a high sun protection factor sunscreen outside or stay out of the sun.
- ◆ Plant rashes. Most people are familiar with poison oak, ivy, or sumac, however there are other plants may cause irritation, such as: Alyssum, Daffodils, Ginkgo tree fruit, Hyacinths, ivy, Japanese Boxwood, Lady Slipper Orchid, Lantana, Pencil Trees, Poinsettias, Primrose, and Stinging Nettles.
- ◆ Drug-induced photosensitivity. A skin rash may possibly develop in people who use birth control pills, blood pressure medicine, antihistamines, non-steroidal antiinflammatory drugs (NSAIDs), and some antibiotics. Talk to your doctor about possible side effects.

For more information, visit the American Academy of Dermatology at www.aad.org.

Get Active and Enjoy Summertime!

Say the word "exercise" and a lot of people look the other way. They know it's good for the body and mind, but it sure sounds like work.

So forget that word. Summer is the time to play, relax, and enjoy your favorite sport. It's time to put some outdoor fun into your life. But if you get a little healthier in the process, that's a wonderful side benefit. You don't even have to admit that what's pleasant and fun is good for you too!

Here are some ways to get outside and have some summertime fun:

- Take a walk and breathe fresh air. If you start by walking a short distance every day, and then walk a little farther next week, you'll soon be hooked on walking, because it makes you feel good and can be enjoyable for the whole family.
- Get back into the sport you like. Find your tennis racquet and ask a friend to meet you at the tennis courts. You'll have fun getting back into your game. You don't have to be "good" to have fun. Be sure to warm up before you play to avoid an injury.
- Get together with old pals. Play a little basketball or badminton. Or, dust off your golf clubs and hit a few balls at a driving range. Remember, you don't have to be a star, because the name of this game is fun.



- Go cycling. Every member of the family can join the fun of a bicycle ride. Remember to wear helmets and bring along water and high-energy snacks.
- Skate or roller blade around the neighborhood or at a park. Both children and adults can enjoy this activity and it is an excellent aerobic exercise. When skating, be sure to wear helmets, knee and elbow pads, and wrist guards to prevent injuries if you fall.
- Dive in. Swimming is a fun way for families to enjoy themselves and work out too. Whether it's the ocean, on a lake, or in a swimming pool, remember water safety rules and always reapply sunscreen after getting out of the water.
- Visit the park. Swinging, sliding, and climbing can be enjoyable for the whole family. Feed the ducks or look at the birds. Wear sun protection and sturdy, comfortable shoes for walking.

For more information on exercise and fitness, visit the American Council on Exercise at www.acefitness.org.

Budgeting Myths and Truths

"I can't do that." It's easy to let those words roll off your tongue when you're faced with a difficult task. Then, you walk away, back into your comfort zone and the familiar routines of the past.

But when it comes to handling your money, what's comfortable and routine isn't always best. Take budgeting, for example. You may say, *"I tried it once before, and it didn't work."* That may be true, but we don't perfect new skills on the first try. Did you ride a bike, cook a gourmet meal, or hit a home run the first time you tried? If you have tried budgeting before, you're in the best position to succeed. You can learn from your previous mistakes and experiences.

Here are some other budgeting myths and truths:

Myth: *"We live on a variable income and, therefore, can't budget."*

Truth: More than anyone, people on a variable income should budget. Although your income varies, you still need to follow a budget to ensure your expenses don't exceed your average variable income.

Myth: *"It's impossible to budget for contingencies and unplanned expenses."*

Truth: Contingencies are one of the most important items to include in your budget. You may not know exactly what will happen, but you know that some doctor visits and car repairs will happen. The sooner you begin your budget and establish some history and experience, the better you can predict future occurrences. Companies estimate contingencies. An entire industry (insurance) is built around estimating contingencies. Build contingencies into your budget.

Myth: *"I'm not mathematically inclined."*

Truth: A budget doesn't involve calculus, geometry, or complex algebraic equations. Knowing addition and subtraction is enough. Other tools, like calculators and computers, can eliminate any math that may be difficult or tedious.

Myth: *"We don't earn enough income to budget."*

Truth: You definitely need a budget. The smaller your income, the stronger your need for a budget. When you budget, you limit excess spending, and it's as if your income grows.

Myth: *"We earn too much income to worry about a budget."*

Truth: Unfortunately, as incomes rise, the expenses rise at the same or greater rate. A budget can help you be a good manager of your surplus.

Finally, you may argue that you don't have time to keep track of a budget.

The truth is, it takes far more time to handle a financial mess than it does to keep your finances in order.

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.

Verify Vacation Plans

The arrival of summer usually means vacation time for many families. Unfortunately, it also means the risk for vacation-related scams heats up too.

According to the Better Business Bureau, here are a few tips to remember so you're not taken advantage of financially:



- When choosing a travel or vacation-related company, deal with members of a professional association, such as the American Society of Travel Agents and National Tour Association.
- If you're not familiar with a company, get its complete name, address, and local telephone number. Check the company out with the Better Business Bureau.
- Verify arrangements *before* you pay. You should receive complete details in writing prior to paying for a trip. These details should include the total price, cancellation and change penalties, and specific information on all components of the package. Don't accept vague terms, such as "major hotels" or "luxury cruise ships." Call the actual destination to confirm your reservations.
- Avoid giving out your credit card account number over the phone to a telemarketer who claims you've won a free vacation and he or she needs your card number for identification or verification.

For more information, visit the Better Business Bureau at www.bbb.com.

Check Out Free Family Adventures

Planning to take your children on an outing? Why not choose free ones? They can be both informative and fun.

Check the newspaper for museums, gardens, historical buildings, and other attractions listed in the calendar section.

At the library, check the *Guide to Free Attractions USA* and *Guide to Free Campgrounds*.

Shopping: Save in the Morning



Want to browse in the department store, try on clothes, or look for a gift? The best time to do so is early in the morning. Paco Underhill, author of *Why We Buy: The Science of Shopping*, says his research proves it. End-of-day buyers spend the most on purchases and are more likely to regret it later because they're tired, hungry, and time-crunched.

How to Avoid an Ankle Sprain

Because of the complex hinges of bone, ligaments, and tendons, the ankles are the most vulnerable joint in the human body. **These steps may help you avoid a sprain:**

- ◆ *Stretch your calf muscles.* One easy method: Extend your leg while seated. Put a towel under your foot with an end in each hand. Gently pull the foot toward you, hold for 15 to 30 seconds and repeat five times.
- ◆ *Strengthen lower-leg muscles with heel raises.* Rise on the balls of your feet, hold for a few seconds, and then lower. Work up to 20 repetitions.
- ◆ *Wear supportive shoes.* Replace worn-out exercise shoes that have rundown heels. Skip the sandals. Snugly laced high-topped shoes are best to stabilize the ankle for some active sports.

If you do get an ankle sprain, treat it with RICE: *Rest* (24 to 48 hours), *Ice* (applied as soon as possible for 10 to 20 minutes an hour), *Compress* (in an elastic bandage during the day), and *Elevate* (as often as possible in the first few days).

Relieve Your Sore Muscles

When you strain a ligament or a muscle, applying cold packs for the next one to three days is the best treatment. **Use cold because:** • Cold reduces swelling and inflammation. • Cold constricts blood vessels, which helps control bleeding within the injury. • Cold relieves pain and acts as a local anesthetic. Commercial cold packs are safer than using ice. Prolonged exposure to ice can result in frostbite. *When should you use heat?* Heat is better for chronic pain or for muscle relaxation. It could be helpful after the first three or four days.

Ease Back Pain with Simple Stretches

According to the American Council on Exercise (ACE), more than 5.7 million people suffer from back or spinal problems making it the second most common reported health condition in the United States.

ACE suggests people do exercises involving muscle endurance and stability to protect against and prevent future back troubles. **Here are a few to try:**

- ◆ *Cat-Camel* – In an all-four position, slowly alternate arching and rounding your back. Hold each pose for 8 to 12 seconds.
- ◆ *Side Bridge* – Lie on your right side bending your knees. Raise your upper body using your right arm to hold you up. Use the torso to lift the hips, being careful not to let the top hip rotate forward. Make sure to bend your el-



bow directly beneath your shoulder. Place your left hand on your hip. Hold this position for 10 to 15 seconds then repeat on the opposite side.

- ◆ *Bird-dog* – From an all-four position, extend one leg and the opposite arm so that they are parallel to the floor. Hold this position for seven to eight seconds, and then repeat with the opposite arm and leg.



Burn Calories Doing Yardwork

According to the University of South Carolina School of Public Health, 45 minutes of vigorous yardwork equals 30 minutes of aerobics. Following is the number of calories a 140-pound person will burn in 30 minutes doing various gardening tasks:

- Mowing, riding mower – 79
- Mowing, push mower (motor) – 149
- Mowing, push mower (manual) – 191
- Trimming shrubs (power) – 111
- Trimming shrubs (manual) – 143
- Raking – 127
- Bagging leaves – 127
- Digging, spading – 159
- Weeding – 143
- Planting seeds – 127
- Planting trees – 143
- Laying sod – 159
- Hauling branches – 159

Rev Up with Racquetball

In an hour's play of racquetball, you'll run about two miles and burn 700 to 800 calories. **When playing, consider these safety tips:**

- ◆ If you're out of shape or haven't played in a while, prepare your body by exercising at least one to three weeks before you start playing.
- ◆ Drink 16 to 32 ounces of water one to two hours before a game.
- ◆ Wear shoes with plenty of shock absorption such as low-cut basketball shoes. Avoid thin-soled shoes.
- ◆ Know where your opponent is located



before you swing the racket. Visually verify where they are.

- ◆ Always wear protective goggles on the court.
- ◆ Stretch your muscles before and after a game.
- ◆ If you experience pain while playing, stop and find the source of your pain. Get treatment if necessary.

Grasp the Essentials of Personal Success

By Paul J. Meyer



Most studies of great achievers fail to reveal any profound secrets of success because the studies concentrate on actions rather than thoughts, habits, attitudes, and emotions. But it is these intangible ingredients that spark observable actions and make the successful person stand out above the average.

Although there is no single list of success personality characteristics, several key attitudes are common among high achievers. **Apply these attitudes in your quest for success:**

- ◆ Crystallize your thinking so that you know the specific goals you want to achieve and where you stand now in relation to those goals. Become aware of your conscious thoughts, the nature of your actions, and your prejudices, emotions, attitudes, and habits. Use what you learn to take an objective look at the future. Crystallize your thinking about yourself and your present position and form a vivid mental image of the goals you wish to attain.
- ◆ Develop written plans and deadlines for the achievement of your goals. A star to shoot for, a goal line to cross, or a hurdle to overcome requires a plan of action. Your plans must be clearly drawn and detailed so they eliminate confusion about what to do next. A written plan minimizes procrastination, and the mere act of writing your goals on paper constitutes a personal commitment to their achievement. Add target dates, or deadlines, for accomplishing each step in the plan. Deadlines cause you to think, act, and react with urgency and with appropriate energy.
- ◆ Cultivate a burning desire for whatever you want to accomplish. Desire is the difference between a goal and a wish. Without desire, you will never succeed – no matter how worthy your goals are. Visualizing goals and experiencing them in your imagination produces the desire for achievement.
- ◆ Act with supreme confidence in yourself and your abilities. Knowing the specific actions needed to reach your goals and the order in which to take them produces supreme self-confidence. If you are to be successful, do not wait for time and circumstances to transform your dreams into reality. Work progressively toward their achievement and be willing to take a few risks to reach your 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.

Stay Awake on the Road

Driving on the job while you're drowsy is dangerous. In fact, sleepiness slows reaction time, decreases awareness, and impairs judgment of drivers. Driving requires you to be alert.

Here are several facts from the U.S. Department of Transportation that may surprise you:

- Drinking a cup of coffee or a can of cola only makes you feel more awake for a short time. They aren't a substitute for actual sleep.
- Sleep deprivation can sometimes lead to "micro-sleeps" of four to five seconds. At 55 mph, you can travel 100 yards in those seconds – plenty of time to have a crash.
- The average adult needs between seven to eight hours of sleep at night. Teenagers need even more.



Here are some ways to make sure you're driving safely on the road – either for work or pleasure:

- Get enough rest the night before you begin a long trip.
- Drive during your normal waking hours.
- Avoid driving during your typical "down" time, which is usually mid-afternoon or between midnight and 6 a.m.
- Ask at least one passenger to stay awake to make sure you don't fall asleep.

The warning signs that you may be too drowsy to drive include:

- Your eyes close or go out of focus.
- You have trouble keeping your head up.
- You can't stop yawning.
- You have wandering, disconnected thoughts.
- You don't remember driving the last few miles.
- You drift between lanes, tailgate, or miss traffic signs.
- You have to jerk the vehicle back into your lane.
- You drift off the road and narrowly miss crashing.

Source: Federal Motor Carrier Safety Administration, www.fmcsa.dot.gov.

"Success doesn't come to you... you go to it."

– Marva Collins

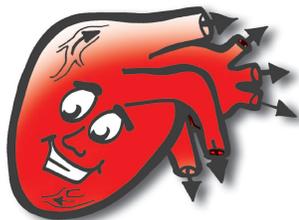
InSync® Moment – Exchanging Energy

What riches do you possess? Time? Money? Ideas? Information? Compassion? Love? Material goods? People are blessed with tangible and intangible wealth. Regardless of your circumstances, you have riches to share. Some grateful person will benefit when you share your wealth. And the other wonderful result? You benefit, too!



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

Improve Your Circulation



Improving your circulation helps almost every process in your body. It improves the transport of nourishment, the elimination of toxins, and the function of the heart, liver, kidneys, and immune system. **Here are some healthful**

suggestions for circulation:

- ◆ Exercise regularly. Inactivity is one of the major risk factors for heart disease. The body needs regular exercise – especially if you're in a sedentary job. Go for a walk at lunch time, walk your dog in the evenings, meet a friend for a game of tennis, or swim some laps at the pool.
- ◆ Lessen the amount of stress in your life. Avoid worrying about trivial things and learn how to say “no” sometimes. Relax with deep breathing exercises or get a massage.
- ◆ Watch your diet. Eat healthy foods and portions. Replace saturated fats (like those found in butter, whole milk, and red meat) and trans fat (found in margarine and processed foods) with more healthful fats, such as those found in olive, canola, and soybean oils, fish, avocados, nuts, and seeds. Regularly eat more fruits, vegetables, nuts, and whole grains, and eat fewer refined grain products, such as white bread and cookies.
- ◆ Control your high blood pressure. If you're diagnosed with high blood pressure, follow your doctor's advice. Take medications regularly and make diet changes if necessary.

Protect Against Lead Poisoning

Lead found in the home in the form of paint chips, which you can see, and lead dust, which you can't always see, can both be a hazard for you and your family. **Here are some steps from the U.S. Environmental Protection Agency to reduce your family's risk:**

- If you rent, notify your landlord of peeling or chipping paint.
- Always clean up paint chips immediately.
- Clean the floors, window frames, window sills, and other surfaces weekly.
- Thoroughly rinse sponges and mop heads after cleaning dirty or dusty areas.
- Wash children's hands often, especially before they eat and before nap time and bed time.
- Keep play areas clean. Wash bottles, pacifiers, toys, and stuffed animals regularly.
- Keep children from chewing on window sills or other painted surfaces.
- Clean or remove shoes before entering your home to avoid tracking in lead from the soil.
- Make sure children eat nutritious, low-fat meals high in iron and calcium, such as spinach and dairy products. Children with good diets absorb less lead.

Vacation Deprivation?

Here's How to Prevent Job Burnout This Summer

Don't have the time or money for a getaway this year? No problem. With just a few tweaks to your routine, you can keep your energy up from day to day.

1. Energize your environment. Workers are more productive and perform better when surrounded by color. Create a work space that is both invigorating and soothing by adding touches of deeply saturated color in the form of artwork, tapestries, chair cushions, and plants.
2. Become more energy efficient. You can't add more hours to the day, but you can get more out of the hours you have -- if your energy is high. And energy comes from one place: good health. So sleep well, eat well, and exercise daily.
3. Make friends. Having friends at work can actually improve your job performance and help you blow off steam. Plus, surveys suggest that work buddies add accountability. People who have them tend to miss less work.
4. Take a winning approach. Feeling powerless and ineffective is a recipe for job dissatisfaction. To get more autonomy and more power, frame your ideas and actions in a way that makes it clear you have the best interests of your boss and your business in mind.
5. File written complaints. Keep a list of your aggravations, and review them periodically to help sort out minor annoyances from larger, more serious issues that need to be addressed.
6. Take charge of your day. Know what needs to be done, and when. And stick with the plan. For balance, take breaks, go for walks, and clear your head at regular intervals. It's time well spent that will help you stay relaxed and focused.
7. Know when to ask for help. Yes, it's nice to be able to take credit and have the personal sense of accomplishment that comes with it. But not at the risk of job burnout. Remember, asking for help is a sign of a smart worker. Nothing can really compete with the mind and body benefits of a true vacation. But if you can't get away this year, enjoying your job can help you feel a bit more like a kid on summer break.

Find more ways to keep calm at RealAge.com. <http://www.realage.com/StayingYoung/YOToolsTipsTOC.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.



Use Caution with Paper Shredders

According to Underwriters Laboratories, Inc., people must use caution when using paper shredders, especially if young children are present.

Here are some precautions to remember when using a paper shredder:

- Never place hands or fingers in the shredder, as a serious injury could result.
- Don't allow children to operate paper shredders.
- Unplug the paper shredder power cord when not in use.
- Place the paper shredder in an area less accessible to children.
- Avoid operating a paper shredder while wearing loose fitting clothing that may enter the shredder opening.
- If wearing a tie or long necklace, use caution to keep these items away from the shredder opening.



Prevent Slips and Falls in Your Home



Falls in the home cause or lead to about 15,900 deaths each year. And while all age groups are at risk, older adults are most at risk. In fact, 80 percent of those receiving fatal injuries from home falls are over the age of 65. **Follow these tips to prevent slips and falls in your home:**

- Reduce clutter on the floor and tuck telephone and electrical cords out of walkways.
- Clean up grease, water, and other liquids immediately.
- Avoid waxing floors.
- Use nonskid throw rugs to reduce your chance of slipping on linoleum.
- Install handrails in stairways and grab bars in the bathroom (by toilets and in the tub/shower.)
- Make sure living areas are well lit.
- Use a sturdy step stool with hand rails when reaching high places.
- Follow medication dosages closely and find out if a medication can cause dizziness, weakness, and other side effects that can lead to a fall.

Celebrate Safely on the Fourth

- * Protect yourself with safety glasses.
- * Respect the sparklers. The American Academy of Pediatrics reports that half of fireworks injuries involve kids under age 15. And 65 percent of all injuries are caused by common fireworks like sparklers.
- * Don't put firecrackers in a bottle, can, or a container of any kind.
- * Choose a site that is away from flammable material.
- * Any eye injury should be seen by an emergency room doctor. Never press, rub, or touch an injured eye.
- * Keep a bucket of water handy to put out grass fires and fireworks that don't go off. Never try to relight them.
- * To avoid injuries from fireworks, attend a community fireworks display. Ask some friends to go with you and make it a fun time.



Keep Your Teeth for a Lifetime

When it comes to teeth, looks aren't everything. Even if teeth are beautiful, there could be plenty of trouble brewing. Your mouth is a perfect breeding ground for tooth decay, plaque, and gum disease.

There's a lot at stake. If your gums are infected with gingivitis, that can lead to periodontitis, which affects the connective tissue and bones in your jaw, according to the American Dental Association.

Here's how to prevent damage or stop its progress:

- Skip the crackers and dried fruit unless you intend to brush your teeth soon afterward.
- Eat an apple for mouth cleansing and antioxidants.
- Get enough calcium and vitamin D by including low-fat dairy products in your diet.
- Eat oranges. Vitamin C strengthens teeth and gums.
- Get enough folic acid. It's now added to many foods.
- Drink water to dilute toxins in your mouth.
- Brushing is important. Get a soft brush with synthetic bristles. Soft brushes reach more tooth surfaces. Brush both teeth and gums including the sides of your teeth. Brushing before bed is best, but brushing after breakfast and lunch is an additional benefit.
- Flossing removes plaque from between your teeth. Floss before bed for best results. Little floss holders are inexpensive, convenient, and may make it easier for you.
- For an extra measure of protection, swish some germ-killing mouthwash around your mouth after your brushing and flossing.

Use Caution with Backyard Grilling

Grilling makes meat taste great, however, it's important to take note of possible health risks. Unsafe backyard grilling of meat, poultry, and fish may raise the risk of stomach, breast, and colorectal cancers. Why? High-heat cooking methods such as grilling and broiling cause "muscle meats" like red meat, poultry, and fish to produce compounds called *heterocyclic amines* (HCAs) that are known to be carcinogenic.

Another class of carcinogens is formed when fat from meat, poultry, or fish drips onto hot coals or stones. These are called *polycyclic aromatic hydrocarbons* (PAHs). These potent carcinogens are deposited back onto food by the smoke and flame-ups that char or blacken meat.

To lower your risk, follow these safety tips from The American Institute for Cancer Research:

- ◆ Choose lean cuts of meat to grill.
- ◆ Trim extra fat from meats and remove skin from poultry.
- ◆ Use tongs or a spatula to turn foods. Piercing the meat with a fork allows juices and fat to drip down and cause flame-ups.
- ◆ Remove any charred material from meats after they're done.
- ◆ Keep meat portions small so they only need to spend a brief time on the grill. Try skewered kebobs.
- ◆ Marinate meats before grilling. Even brief baths in marinade have been shown to reduce the formation of HCA.

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!



Grillin' Out!

Summertime is in full swing and many families are firing up the grill for backyard or picnic fun. There are many excellent choices for the grill that will keep you in great shape for all of your fun summer activities.

Instead of fatty meats, try grilling:

- chicken breast • turkey breast or tenderloin • ground turkey, chicken, or lean hamburger (add great seasonings)
- veggie/grain/soy burgers • vegetables
- turkey hot dogs or sausages/brats • light smoked sausage or turkey polska kielbasa
- fish (salmon, swordfish, shrimp, catfish, trout, red snapper, tuna, etc)
- if you choose beef, select high-quality, lean cuts.

Here are a few more tips on how you can have a healthy cookout:

- Buy meats and poultry with less fat. When selecting foods at the store, buy items already lower in fat, like lean ground beef or chicken breasts instead of whole chickens.
- Trade high-fat for low-fat. Remove animal fats from meat and brush them lightly with an extra virgin olive oil to get the moisture and flavor without the saturated fat.
- Grill with flavor. Spices have no fat so use them liberally to add flavor and make any dish taste great.



- Develop an eye for size. Portion control is just as important as buying and preparing lean. A cooked, trimmed 3-ounce serving of meat, fish, or poultry is about the size of a deck of cards.
- Buy a low-fat cookbook to find healthier recipes for grilling. You may be amazed at the number of recipes that are low fat and tasty when cooked on the grill.

For more tips, visit the American Institute for Cancer Research at www.aicr.org.

Grill More Vegetables

Cooking vegetables and fruits on the grill poses no known health risks. Marinate vegetables and grill them on skewers or a grilling tray, or wrap them in foil with herbs and a splash of broth, wine, or flavored vinegar. Also try taking out some of the meat from any dish and make up for it with vegetables.

TASTY TURKEY BURGER PATTIES

10 patties, 5-1/2 oz. each

- 3 lbs. ground turkey breast
- 8 oz. Simply Potatoes hash browns, cooked
- 1/3 cup chopped fresh parsley
- 1 Tbsp. Mrs. Dash seasoning
- 1/2 tsp. black pepper
- 1/2 cup diced white onions
- 1 Tbsp. chicken stock (fat-free/low salt)



1 egg white, lightly beaten

Mix all ingredients together in a food processor or blender on the rough chop setting until ingredients are blended. Shape into 10 patties.

From Pamela Smith's Healthy Living Cookbook. Visit www.pamsmith.com for more information.

Each serving contains: 236 calories, 36 g. protein, 5 g. fat, 96 mg. cholesterol, 6 g. carbohydrates, 294 mg. sodium. Calories from fat: 19 percent

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How to Add Value to Your Home

When planning a home project, one consideration is whether it will increase the value of your home when it's time to sell. **TV's Mr. Fix-It, Lou Manfredini, says these are good choices:**

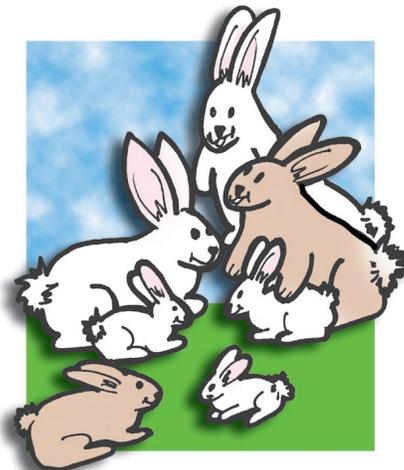
- ◆ Have mechanical equipment serviced. The furnace, boiler, central air conditioner, and water heater need annual servicing. It will greatly extend the life of your equipment.
- ◆ Clean and stain your deck. Even pressure-treated wood can get discolored in less than a year.
- ◆ Install a programmable thermostat. They're easy to install and can save as much as 30 percent on your energy bill.
- ◆ Recaulk your shower or tub. Avoid mold and wall damage by cutting out old caulk.
- ◆ Install ceiling fans. Ceiling fans can reduce energy costs in both winter and summer.

Living in a Blended Family

More and more people today are faced with the challenge of living as a stepfamily. When people who have previously known each other only on a superficial level find themselves having to coexist in the intimacy of a home, there quite naturally will be a certain amount of friction. The process of adjustment and learning to live together can be made easier by following certain principles for relationships.

Doctors writing in *Psychology Today* offer these tips:

- ▲ Expect some irritability in some situations, and take it in stride.
- ▲ Realize that every family moment won't be filled with brightness, warmth, and good feelings.
- ▲ Give yourself and everyone else permission to feel less than perfect. Recognize that the day or an event isn't ruined if someone gets angry.
- ▲ Respond positively to change in other family members. Be open.
- ▲ Keep family members busy. Plan an outing for an afternoon slump.
- ▲ Work together. Assign each family member specific chores to accomplish based on their age level. Offer praise regularly.
- ▲ Be flexible. Include rituals of newly blended families. Recognize that adjustment can be difficult for children.
- ▲ Avoid expecting your family to be perfect. There's no such thing. Appreciate your family for what it is.
- ▲ Avoid trying to reform people. Discipline children and offer constructive criticism when necessary.



Maintain Your Lawn Mower

A squirt of vegetable oil cooking spray under the mower deck will reduce clipping buildup and prevent rust.

