



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

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## Manage Stress for Your Health

According to the American Heart Association, you can have a healthier heart when you make positive changes to your life and learn how to manage your emotions better. In fact, some people respond to certain situations in ways that can actually cause health problems. For example, someone feeling pressured by a difficult situation might start smoking or smoke more, overeat, or not exercise. Finding healthier ways to respond to pressure will help protect your health... and your heart.

### Here are several tips on how to manage stress better:

- ◆ Take 15 to 20 minutes a day to sit quietly, breathe deeply, and think of a peaceful picture.
- ◆ Try to accept things you can't change. You don't have to solve all of life's problems.
- ◆ Exercise regularly. Do what you enjoy – walk, swim, ride a bike, or jog to get your muscles going. Letting go of the tension in your body with activity can ease stress and help you feel better.
- ◆ Change how you respond to difficult situations. Be positive instead of negative.
- ◆ Think ahead about what may upset you – like rush-hour traffic – and avoid these things.

## Handle Your Heart with Care

**T**he heart is about the size of your fist and located just to the left side of the breast bone. Every day, the heart pumps about 4,300 gallons of blood to meet its goal of delivering oxygen-rich blood to every cell in your body. Therefore, taking good care of your heart is vital to a long life.

According to the American Heart Association, heart and blood vessel diseases are the nation's number-one risk of death. But, luckily, there are things you can do to get your heart in shape and reduce your risk of heart disease and its complications. **Here are several ways you can handle your heart with care:**

- Stop smoking. Make an agreement with yourself to quit. Ask for help from your doctor. Fight the urge to smoke by going to places where smoking isn't allowed and avoid being around people who smoke. Keep busy doing things that make it difficult to smoke – like exercising. Remind yourself often that smoking causes many diseases and can harm or kill you. Ask your family members and friends to support your decision to quit.
- Change your eating habits. Ask your doctor or a nutritionist for help. Cut down on saturated fat, sugar, and salt. Substitute fat-free or low-fat milk and

milk products. Bake, grill, roast, and poach food and avoid fried foods. Eat fruits, vegetables, cereals, dried peas and beans, pasta, fish, skinless poultry, and lean meats. Limit alcohol consumption or avoid it altogether.

- Get active. Start slow and build up to a total of 30 to 60 minutes of exercise most or all days of the week. Exercise can help you control your weight and blood pressure, help you relax, and improve your mood. Check with your doctor before you start if you've been inactive for a while.



- Take medicines as prescribed. Take your medicine at the same time(s) every day. Use a weekly pill box with separate compartments for each day and time of the day. Leave notes to remind yourself. Ask family and friends to help remind you. Set an alarm on your wristwatch or schedule an E-mail reminder to yourself.

- Learn about heart disease. Talk to your doctor, nurse, or other healthcare professional about heart disease and your potential risk. If a family member has heart disease, you may be at a greater risk for it. It's very important for you to make changes as soon as possible to lower your risk.

For more information on heart disease, visit the American Heart Association at [www.americanheart.org](http://www.americanheart.org).

## For the Health of Your Marriage

Marriage is a partnership that involves give and take. Marriages can be happy, satisfying, and supportive; however, they can also be stressful, painful, and overwhelming. The key to a loving and lasting relationship is work. Good marriages don't just happen. They evolve from constant work and a willingness for the two people involved to learn, change, grow, and be flexible.



**Here are several tips on building a healthy marriage:**

- ▲ Choose to fall in love with your spouse every day all over again. Know that small gestures – like a hug or a touch on the arm – make big statements.
- ▲ Reminisce about good times you've had together. List the things you enjoy doing together and schedule time to continue to do these activities.
- ▲ Grow together – not apart. The goal is to grow together and strengthen one another. Ask for advice from your spouse and make all decisions together.
- ▲ Be there for each other. Spend quality time with your spouse. Avoid thinking about work or other things when you're spending quality time with your spouse.
- ▲ Compliment each other. Let your spouse know how much you appreciate their special qualities.
- ▲ Argue fairly and know when to agree to disagree. Listen to each other's opinions and avoid being too demanding.
- ▲ Give each other space occasionally. Realize that your spouse needs some time alone or time to spend with his or her friends.
- ▲ Build trust. Be thankful for your spouse and your relationship. Establish open communication lines.

## Clean Out the Clutter

If unexpected guests called to say they were in your neighborhood and wanted to stop by, would your home be ready for them? Or is your home stuffed with clutter? **Here are several tips on how to de-clutter your home:**

- Tackle one room at a time.
- Decide what you can do without, what to keep, and what to trash.
- Store the keepers where you'll use them.
- Use baskets to store miscellaneous items.
- Donate unneeded things to charity.



## Stay Active As You Age

No matter how many years old or “years young” you may be, you can get and stay fit. Staying physically active is one of the top prescriptions for maintaining good health as you age, and even people who begin exercising when they're older can enjoy the benefits.

**Here are just some of the ways that exercise can keep you young at any age:**

- Reduces the risk of heart disease, diabetes and even some types of cancer
- Lowers the risk of osteoporosis and bone fractures and increases joint flexibility
- Enhances heart and lung function, lowering blood pressure and body fat and improving cholesterol levels
- Strengthens muscles, which boosts metabolism and helps prevent susceptibility to falls, injuries and muscle loss after age 30
- Bolsters the immune system, which begins declining after age 35 and can be hampered by stress
- Improves mental health and function, self-confidence and quality of life.

Since exercise is so good for you, what are you waiting for? **To make exercise a part of your life:**

- ◆ Check with your doctor first. If you've been sedentary for some time, get a checkup before you begin. Work with your doctor to make a plan that will suit your needs.
- ◆ Set goals, and log your progress. Thirty minutes of activity daily in 10-minute segments will do. Keep a journal of how many miles you cycle, for example, and graph how far you've traveled around the world.
- ◆ Choose an activity that you enjoy and can stick with. Classes or recreational sports teams may help you stay motivated. Good low-impact choices include walking, stationary bicycling, swimming and water aerobics.
- ◆ Incorporate all three components of exercise into your program. Be sure to round out your regular routine with aerobic activity, strength/resistance training and plenty of stretching.
- ◆ Lift weights at home. Fill gallon milk jugs with water or sand, and lift them by the handle. Use a chair with good back support, and don't squeeze weights too hard.
- ◆ Add balance exercises to further reduce your risk of falls. Try standing on one leg while you hold onto a table, and then switch to the other leg.
- ◆ Take it easy. Start slowly, and gradually increase the length and intensity of your workouts.

## Walk Your Way to Fitness

Walking is one kind of moderate activity that helps you live a longer and healthier life. And a treadmill allows you to walk or run indoors at home or at a gym safely no matter what the weather is like outside.

Walking or running on a treadmill is a form of aerobic exercise. Aerobic activities use the arm and leg muscles and give the heart and lungs a continuous workout. With regular and progressively harder aerobic exercise, your heart can grow stronger and can more efficiently supply oxygen-rich blood to your body.



### Keep these tips in mind when using a treadmill:

- ◆ Before getting on the treadmill, experiment with the controls. Get familiar with the belt speeds and incline. Test the emergency off button. Note that raising the incline more than 10 percent may strain your back or leg muscles.
- ◆ Warm up at a slow speed. Begin walking at 2 to 2.5 miles per hour for a few minutes. Then increase your speed to 3 to 3.5 miles per hour for a more challenging workout.
- ◆ As you walk or run, keep your shoulders back and chin up. Don't look at your feet.
- ◆ Relax and take normal strides as you would on the ground.
- ◆ Pay attention to where you are on the treadmill. Don't veer to either side or fall too far back to prevent injury.
- ◆ If the treadmill you're using has a screen that displays your speed, time spent walking, total distance, and the approximate calories burned, write these numbers down in a journal. You can use these numbers to gradually increase the difficulty of your workout.
- ◆ Before starting a new exercise program, talk to your doctor.

Source: American Institute for Cancer Research

## Stretch Your Fitness IQ

To improve your fitness IQ and get more out of your workouts, **here are several tips:**

- Seek the help of a personal trainer.
- Stay hydrated and eat properly.
- Emphasize quality over quantity. It's not how long you work out, but how well you work out.
- Include a cool down, or rest period, to allow your body to recover after your workout.
- Breathe correctly. Full breaths deliver more oxygen to your muscles, which makes them more efficient.
- Monitor your heart rate.
- Listen to music for extra energy.



## Make Exercise Fun

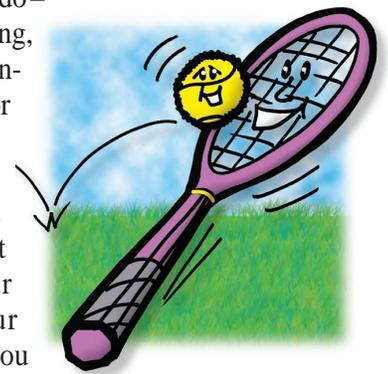
Most people are aware that sufficient exercise is one of the most critical factors in maintaining their health. But knowing that they should exercise three to five times per week for overall well-being and actually doing it are two different things. The truth is that people often avoid exercising because they find it boring and not enjoyable.

A recent study from the University of North Carolina at Chapel Hill found that the strongest single factor causing teens to exercise wasn't weight loss, peer pressure, or the urging of parents, but *personal fulfillment*. In other words, if exercise was fun and made them feel good, they were significantly more likely to participate in sports and other vigorous activities.

To make exercise a lifelong habit, think of something you've always wanted to do—such as horseback riding, hiking, swimming, gardening, or tennis—and go for it. When you choose an activity you've always been interested in, you achieve a goal and use that goal to improve your health. Schedule your workout sessions as you schedule dinner out or a weekend picnic. Take time for yourself, and if it's an exercise the whole family enjoys, use it as family time. Make it fun.

Explore different activities to find ones you enjoy. It may be walking with a friend or spouse, joining an exercise class or organized sports team, or taking dance lessons. Swimming is an aerobic exercise that reduces the stress on joints, bones, and muscles. Distraction can add enjoyment to exercise. You can exercise in front of the TV during your favorite program. Try listening to music or even books on tape. Whatever your preference, you have to move your body in order to maintain healthy physiological function.

Whatever you decide to do, have fun while exercising. Exercise doesn't have to be boring or feel like "more work." Making exercise fun will not only help you feel better, but will actually make you look forward to it



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## Motivate Yourself to Realize your Dreams

By Paul J. Meyer



One of your most precious treasures is the freedom to do what you want to do with your life. You can, by conscious choice, elect to be cooperative, even-tempered and caring; you may choose to be well-organized, industrious, and productive. You control results by choosing your actions. The ingredient that enables you to act as the molder of your own success is *personal motivation*.

Successful people harbor a constructive discontent with life as it is and strive to make it better. They do not complain; they correct. They do not deplore; they act. They do not lament; they lead. This is personal motivation. Various definitions of motivation have been given, but it is best defined as “*a desire held in expectation with the belief that it will be realized.*” Motivation is more than a formula or a system; it is a way of life.

- ▲ *Personal motivation involves desires and needs.* To develop lasting motivation, you must know and understand your basic needs and desires. You must also know how to kindle and direct desire.
- ▲ *Personal motivation involves expectation and belief.* You cannot achieve unless you believe. The development of belief in your own potential produces a positive expectation of success.
- ▲ *Personal motivation involves action.* To sustain self-motivation, you must convert desires into a well-organized plan and be willing to take action.

Possession of personal motivation does not require a special gift or talent. Personal motivation merely requires learning to use a generous portion of your God-given potential. Most of us barely scratch the surface of the talents, abilities, and powers that lie within us. The moment you first see the abundance that exists for your benefit – both around and within yourself – you begin to develop the attitudes that build personal motivation.

One of the benefits of developing personal motivation is the increased ability to recognize unlimited opportunities. Not only do you see the abundance of opportunities that exist, but you also begin to claim a portion of them for yourself. Your world becomes full of objectives to pursue, opportunities to grow and missions to accomplish.

Anyone can succeed if enough doors are opened, but only the wise realize that they must open the doors for themselves. To do this, they must have the key, and the key is found deep within – it is called *personal motivation*.

*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).*

## Do Something Nice

One of the best ways to guarantee a great day is to focus your attention on someone else. Several years ago the spirit of “Random Acts of Kindness” captured the imagination of the country. What a simple, yet powerful, concept – the idea of doing something nice for someone else with no expectations of anything in return.



One morning, I had the radio on listening for a weather forecast, the temperature, and the traffic report. As I listened, a caller telephoned in on his cell phone to report something he had just witnessed. Several people were standing at a bus stop in the torrential downpour. Since the storm hadn't been predicted, they had no protection from the rain and were getting soaked. One woman was holding her purse over her head, as if it would protect her. The caller reported that he had watched as a car pulled up beside the people on the curb. The driver had jumped out of his car, handed them an umbrella, and then gotten back into the car, quickly moved into the flow of traffic, and was gone. The caller was touched by what he had seen and wanted to share the story of that simple, yet benevolent, gesture with those of us who were listening.

What a beautiful example of doing something for someone else. I recently read, “*Share an umbrella with someone, and your heart will be filled with sunshine.*” The giver of the umbrella that morning surely had a heart filled not only with sunshine, but also with love and compassion for his fellow man. Today and every day, be ready to share umbrellas with those who need them.

*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](http://www.JulieAlexander.com).*



## InSync® Moment – Launch Your Dreams

Think of one of your dreams. How clear is it? How potent? How present? Do you truly want what your dream to be in your life? Do you believe in its eventuality? Your dream will remain a dream unless you see it clearly, believe in it steadfastly, and take the right actions to launch it into reality. Dream... AND move!



© Susan Pilgrim, Ph.D., author of Living InSync®. Contact her at 1-877-InSync® (1-877-467-9627) or at [spilgrim@transbay.net](mailto:spilgrim@transbay.net).

## On the Road to Recovery

**M**illions of people survive a heart attack and then face many challenges on the road to recovery. Not only are there physical challenges of healing, heart attack survivors also face emotional issues such as feeling fearful, angry, or depressed at times. They struggle with wanting to get back to their “normal” life, when in fact, the road to recovery doesn’t lead “back,” but instead forward, to a new and healthier life.

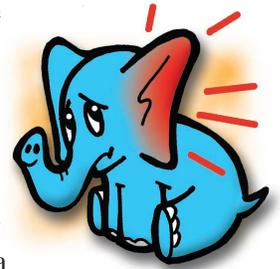


**Here are several basic tips to keep in mind on the road to recovery after having a heart attack:**

- Talk about your feelings with someone you feel comfortable with. Ask your doctor if there’s a counselor or support group in your area that might help you.
- Follow your doctor’s prescription for a healthier life.
- Pay attention to physical symptoms or problems you experience and seek medical attention promptly.
- Ask family and friends to be considerate of your new habits. Encourage them to share in eating heart-healthy meals and exercising with you. Let this be a time where all of your family gets healthier.

## Ear Infections: Ease the Pain

According to the National Institutes of Health, ear infections are common in infants and children in part because their eustachian tubes become clogged easily. For each ear, a eustachian tube runs from the middle ear to the back of the throat. Its purpose is to drain fluid and bacteria that normally occurs in the middle ear. If the eustachian tube becomes blocked, fluid can build up and become infected.



The symptoms of an ear infection include:

- inconsolable crying
- irritability
- fullness in the ear
- feeling of general illness
- diarrhea
- vomiting
- hearing loss in affected ear.

Often, children get ear infections after having a cold.

**To relieve pain, cure the infection, and prevent complications:**

- Contact your child’s doctor. Some ear infections require antibiotics, especially if your child is under age two.
- Follow the directions for the prescription ear drops or over-the-counter pain relief drops for ears.
- Apply a warm cloth or warm water bottle to affected ear.
- Take over-the-counter pain relievers, like ibuprofen or acetaminophen. Never give children aspirin.

## CPR: Are You Prepared to Save Someone’s Life?

Because most cardiac arrests – when the heart stops beating – occur at home, it’s important for people to learn how to help save a family member or friend’s life with CPR – cardiopulmonary resuscitation. Many times, the reason people die from cardiac arrest is that no one nearby knew CPR, or if they did know it, they didn’t do it.

New guidelines by the American Heart Association (AHA) for CPR make it simpler and less intimidating for a bystander thrust into the role of rescuer.

The new process of CPR is simple: *Call for help, push the chest, and don’t stop.* Two rescue breaths can be given before pushing on the chest and after every 30 compressions, but *mouth-to-mouth is optional.* The new guidelines say the more times a person pushes on the chest, the better off the patient is. Compressions cause blood flow to the brain and other vital organs.



When someone collapses, doesn’t respond to shaking, and isn’t breathing, CPR can save his or her life. **Here are the revised guidelines from the AHA:**

- ◆ Position the person flat on his back, tilt the head back, and lift the chin until the teeth nearly touch. Check for breathing.
- ◆ (Optional) If the person isn’t breathing, pinch the nose and give two full breaths that are two seconds long and produce a visible chest rise.
- ◆ Place your hands in the center of the chest between the nipples, one hand on top of the other. With elbows locked, press the heel of your hand into the chest. Give 30 compressions for every two full breaths.
- ◆ Continue with two breaths and 30 compressions until medical help arrives.

Check out the American Heart Association website for CPR class options.

## Deter Drowsy Driving



According to the National Safety Council, driving when you're drowsy is just like driving under the influence of drugs or alcohol. Sleepiness slows reaction times, decreases awareness, and impairs judgment.

**Here are several tips to remember before driving:**

- Maintain a regular sleep schedule.
- When signs of fatigue begin to show – eyes closing, yawning, irritability, inability to remember the last few miles, drifting between lanes, abnormal speed, failure to obey traffic signs, burning eyes, and back tension – get off the road and take a short nap.
- Try to avoid driving between 12 a.m. and 6 a.m.
- Share driving responsibilities with a companion.

Source: National Safety Council, [www.nsc.org](http://www.nsc.org)

## Facing the Baby Blues...

**P**ostpartum blues are common, occurring in up to 80 percent of new mothers. The onset of postpartum blues usually occurs three to five days after delivery, and subsides as hormone levels begin to stabilize. The symptoms usually don't last for more than a few weeks. If a mother experiences mood swings or feelings of depression for more than two weeks after childbirth, the problem may be more serious.

**The following symptoms may mean a mother is experiencing something more serious than the “baby blues”:**

- increased crying and irritability
- hopelessness and sadness
- uncontrollable mood swings
- feeling overwhelmed
- fear of harming the baby, her partner, or herself
- lack of interest in the baby or being overly concerned for it
- poor self-care
- decreased energy
- withdrawal
- inability to think clearly
- exhaustion, sluggishness, and fatigue
- sleep and appetite disturbances
- headaches, chest pains, hyperventilation or heart palpitations.

If a mother is showing any of these symptoms, seek medical attention. Early treatment can prevent it from getting worse.



Source: National Mental Health Association, [www.nmha.org](http://www.nmha.org)

## Sniffing Out a Danger

When you think of drug abuse, you may think of illegal drugs like heroin, cocaine, and LSD. However, it may surprise you to know that some of the most toxic substances abused by many people – especially children and teens – can be found in the home. Household and office products, including glue, shoe polish, gasoline, and cleaning fluids, can cause intoxication when their vapors are inhaled. These drugs are called “inhalants” and they can have devastating side effects. They pose a particularly significant problem because they're readily accessible, legal, and inexpensive.

Common items abused include:

- paint thinners
- gasoline
- glues
- correction fluids
- felt-tip markers
- spray paints
- deodorant and hair sprays
- vegetable oil sprays for cooking
- butane lighters
- whipped cream aerosols or dispensers
- nitrites (commonly known as poppers)



According to the National Institute on Drug Abuse, the vapors in inhalants contain chemicals that change the way the brain works, causing the user to feel happy for a short time. However, these vapors often contain more than one chemical. Some may leave the body quickly, but others are absorbed into fatty substances in the brain and nervous system. Over time, people taking inhalants may have trouble solving complex problems and planning ahead. They might start losing control over their movements and coordination, making them slow or clumsy. **Other ways to recognize inhalant abuse include:**

- chemical odors in breath or clothing
- paint or other stains on face, hands, or clothes
- hidden empty spray paint or solvent containers and chemical-soaked rags or clothing
- drunk or disoriented appearance
- slurred speech
- nausea or loss of appetite
- inattentiveness
- lack of cooperation
- irritability
- depression.

Source: National Institutes of Health. For more information on inhalant abuse, visit [www.inhalants.drugabuse.gov](http://www.inhalants.drugabuse.gov).

## The Diabetes/Alzheimer's Link

A study done at Chicago's Rush University shows that volunteers who had diabetes had a 65 percent greater risk of developing Alzheimer's disease than those who didn't. Researchers also found impairment to memory and problem solving was greater among study participants with diabetes. Research also suggests that Alzheimer's risk can be lowered by controlling blood pressure and body weight.

## YOGURT FRUIT SAUCE

- 4 cups nonfat plain yogurt
- 1 cup orange juice
- 1/2 cup honey
- 2 Tbsp. grated orange rind
- 2 Tbsp. grated lemon rind
- 1/2 Tbsp. nutmeg
- fresh fruit, chopped

Whisk together yogurt, orange juice, honey, orange rind, lemon rind, and nutmeg. Chill.

When serving, mix in 2 Tbsp. chopped fresh fruit per 1/4 cup serving of yogurt sauce.

Wonderful with pancakes, waffles, or french toast, or use as a dipping sauce for fruit.

Makes 25 servings, 1/4 cup each

*Each serving contains: 46 calories, 2 g. protein, 0 g. fat, 0 mg. cholesterol, 9 g. carbohydrates, 28 mg. sodium. Calories from fat 0 percent*

## STRAWBERRY SAUCE

- 1 cup fresh strawberries
- 1/4 cup all-fruit strawberry spread

Puree strawberries in a blender until smooth. Add fruit spread; mix well.

A delicious dessert sauce or topping for fresh fruit, pancakes, or French toast.

Makes 4 servings, 1/4 cup each

*Each serving contains: 35 calories, 0 g. protein, 0 g. fat, 0 mg. cholesterol, 8.5 g. carbohydrates, 17 mg. sodium. Calories from fat 0 percent*

Fruit sauces can be more than sweet toppings. They can also become the crowning touch in your food presentation. Buy a ketchup-type squeeze bottle and spoon the sauce into it. Then, you can “paint” it on dishes with a plan or with a random, creative squeeze. You can even make a beautiful heart design by squeezing droplets on the plate and then pulling a toothpick through the sauce to shape a heart.

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!



## Improve Your Health: Eat More Whole Grains

**W**hole grains are found in breads, cereals, crackers, rice, and pasta. Grains have fibers that lower cholesterol and blood pressure, and may reduce the risk of colon cancer. Whole grains are loaded with B vitamins, calcium, fiber, magnesium, and vitamin E. These nutrients enhance the immune system and help prevent coronary artery disease. In fact, research shows that diets that provide several servings of whole grains each day can lower the risk of some chronic diseases.

**Here are several tips on how to add more whole grains to your diet:**

- Use whole grains rather than the white, refined types. When purchasing bread, look for labels such as 100 percent whole wheat, with the word “whole” first in the ingredient list. Many manufacturers call products whole grain even if they contain minimal amounts of bran. Brown dye and caramel coloring do wonders in making foods *look* healthy!
- Add unprocessed bran to your foods. How much bran do you add? The ideal is 3 Tbsp. each day. Try eating it as a hot cereal, sprinkling it on your dry



cereal, or making homemade bran muffins. Be careful to add bran to your diet gradually; begin with 1 tsp. and gradually increase as your body adjusts to more fiber. Too much, too quickly can result in a stomach ache or diarrhea. Wheat and oat bran can be found in the cereal section of your grocery store.

- Choose whole-grain snacks. Try whole grain crackers and low-fat cheese, whole-grain cereal with skim milk, oat bran muffin with skim milk, or a small pop-top can of water-packed tuna with whole-grain crackers.
- Compliment your meals with barley, brown rice, and whole-wheat pasta.

## COUNTRY FRENCH TOAST

- 1/4 cup orange juice
- 1/2 cup skim milk
- 4 egg whites, lightly beaten
- 2 tsp. vanilla
- 1 tsp. cinnamon
- 6 slices whole-wheat bread
- 1 cup Yogurt Fruit Sauce (see recipe to the left)
- Serve with 1/4 cup Strawberry Sauce (see recipe to the left) and 1/4 cup fresh berries per serving.



In a medium-sized dish, whisk together juice, milk, egg whites, vanilla, and cinnamon. Add bread slices, one at a time, allowing them to soak in the egg mixture. Let sit for 4 to 5 minutes. Spray a nonstick skillet or griddle with cooking spray. Heat. With spatula, gently lift bread slices onto heated surface and brown on both sides. When done, cut toast into triangles and place three triangles on each plate; top with 1/4 cup Yogurt Fruit Sauce, then drizzle with 2 Tbsp. Strawberry Sauce, and garnish with berries.

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

*Each serving contains: 286 calories, 13 g. protein, 2 g. fat, 1.5 mg. cholesterol, 56 g. carbohydrates, 416 mg. sodium. Calories from fat 7 percent*

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

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## mental

### Drive Careful on Wet Surfaces

In all sorts of rain, you can help prevent skids by driving slowly and carefully, especially on curves. If the vehicle starts skidding, stay calm, ease your foot off the gas, and carefully steer in the direction you want the front of the car to go.

Hydroplaning happens when the water in front of your tires builds up faster than your car can push it away. The water pressure causes your car to rise and slide on a thin layer of water between the tires and the road. You're in danger of skidding or drifting out of your lane.

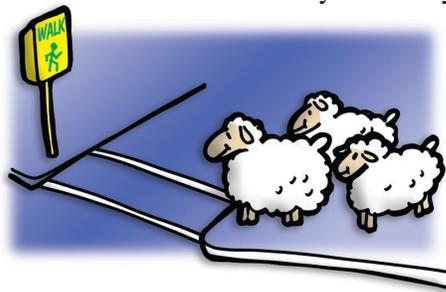
#### To avoid hydroplaning, experts recommend:

- ◆ Keep good tread on your tires and replace them when necessary.
- ◆ Steer away from large puddles.
- ◆ Try to drive your vehicle in the tire tracks left by vehicles in front of you.
- ◆ Adjust your speed when driving in wet road conditions to avoid hydroplaning.

### Keeping Pace with Pedestrian Safety

**W**hen crossing a street or intersection, standing on the corner of a street, or walking down the sidewalk, you put yourself at greater risk of danger. Pedestrians aren't always visible to drivers, which puts you at risk of being hit. **Here are several tips that could save your life when walking:**

- Walk on sidewalks when they're available and always use crosswalks to cross streets. Avoid walking out into the street from between parked vehicles.



- Keep a safe distance from the curb when standing on the corner. When some vehicles turn, they occasionally run up on the curb.

- Assume that a driver doesn't know you're there when crossing a street. When possible, make eye contact with the driver before proceeding across the street.

- Never walk behind a vehicle when it's backing up. The driver may not be able to see you so it's your responsibility to avoid the accident.

- Be visible. Wear reflective or bright clothing, especially at night. Also, carry a flashlight.

- Supervise children when crossing the street. Always hold your child's hand when you walk along the street.

- Set a safe example for your children. Show them safe ways to cross the street.

### Keeping Kids Safe on Trampolines

- Allow only one person on the trampoline at a time.
- Avoid somersaults because landing on your head or neck can cause paralysis.
- Make sure the springs, hooks, and frame are covered by shock-absorbing pads.
- Place the trampoline away from structures, trees, and other play areas.
- Avoid letting children under six years old use a full-sized trampoline.
- Supervise children who use a trampoline. Install a trampoline enclosure to help prevent falls off trampolines.