

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

Volume XXI, Number 2

February 2013

## Take Small Steps for Heart Health

Choices you make today could boost your heart health *right now*. You probably know that exercising, eating right, stopping smoking, and checking your blood pressure are crucial. There are a lot of scary statistics that prove this advice to be correct. But thinking small about heart health *does* make a difference too, and it doesn't take much time or effort. **Here are some tips:**

- ◆ Eat an apple or a pear instead of a donut. Fruit tastes good. You'll be less likely to gain weight, which would make your heart work harder.
- ◆ Walk with the dog or the kids instead of watching television. You'll enjoy it, and new studies show that the condition of your arteries improves immediately, not just in years to come.
- ◆ Do something you really want to do instead of lighting a cigarette. Every cigarette counts. Your blood pressure bounces up every time you light one.
- ◆ Park farther away from the store. That little walk is good for your heart.
- ◆ Order broiled fish instead of batter fried. A meal high in saturated fat causes arteries to stiffen right away.

## Get a Heart Health Checkup

**W**hat have you done for your heart lately? The heart goes about its work without saying much. Though it might have a lot to complain about, it might not give you a clue – until it quits.

Don't wait to take care of your heart! If you haven't done anything for your heart lately, this is a good time to start. February is American Heart Month and a great time to get your heart checked out and start making wise choices to keep your heart healthy.

There are many things you can do without investing a lot of time or money.

### Consider these heart-pleasing steps:

- ▲ Check your number – your blood pressure reading, that is. If it's too high, it can kill your heart over time. If it's borderline, you can reduce it a few points by eating more fruits and vegetables, especially those with potassium or magnesium. Try bananas, baked potatoes, and spinach. Blood pressure will decline if you relax for a half hour each day and get enough sleep.
- ▲ Get more fit. Aerobic fitness is a key predictor of longevity, say physiologists at the University of Virginia. Even if you don't lose weight and do have other heart-risk factors, just taking a 25-

minute walk three times a week increases fitness and helps your heart.

- ▲ If you're a TV addict, do something during commercials like walking in place, getting up and down from the chair, or doing push-ups. It adds up.
- ▲ Lower your LDL – the bad cholesterol. You'll do your heart a favor.

With a high LDL level, it can be deposited as plaque in arteries, including those in the heart.

▲ Quit smoking. Everybody knows that it's bad for the heart. Talk to your doctor about the best method for you to quit the smoking habit.

▲ Lose weight when you should. It will help keep diabetes away, a big heart disease risk factor.

If you put more movement into your life, control your blood pressure and cholesterol, and eat better, you'll be doing a lot for your heart.

### Risk Factors

There are risk factors you can't control. If you have any of these risk factors, the previous advice is even more important: • Heredity • You're African American • You're a man • You're a woman over age 50.

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



## Communicating Clearly

**B**eing in a relationship isn't always an easy thing. In fact, molding a strong relationship with the one you love takes work and the key ingredient is to have good communication. **If you're in a relationship, here are a few tips on how to communicate clearly and effectively with your significant other:**



- ◆ Be a good listener. Make sure you clearly understand the words of your loved one. If something isn't clear to you, ask them to clarify it for you. Never "assume" you understand.
- ◆ Show respect to one another. Avoid calling each other names or putting each other down. It's okay to agree to disagree on certain things. But show respect for your loved one's opinions.
- ◆ Spend quality time with your loved one. Plan a weekly time that you focus on one another.
- ◆ Be honest with your loved one. Tell them what makes you happy or what hurts your feelings. Avoid starting a conversation with "You always..." or "You never..."
- ◆ Strive to be positive when discussing tough subjects or working through difficult situations. Don't allow things from the past to ruin your future.
- ◆ Take a "time-out" if the conversation becomes too intense. Postpone the discussion to another time after you both have cooled off and can talk rationally – but make sure you do talk about it.
- ◆ Be willing to compromise. Good relationships involve give and take. When each person gives a little, you can create a mutual solution that makes both of you happy.
- ◆ Laugh together. Share jokes or read the comics together. Schedule a comedy movie night each month and laugh openly.
- ◆ Express your love in physical ways. Hold hands, give each other hugs and kisses during the day, and smile at one another often.
- ◆ Focus your conversation on one topic. When the goal is to plan a family budget, avoid straying off topic to other issues that aren't relevant. Don't play the "blame" game with your loved one. Focus on creating solutions.
- ◆ Don't be afraid to ask for help if communication is a problem in your relationship. A good counselor or marriage conference can offer suggestions for building good communication in your relationship.

## Coping with Arthritis Pain

According to the Arthritis Foundation, here are tips to help you cope with arthritis pain:

- ▲ Note your symptoms and see your doctor for an accurate diagnosis of arthritis. Then, follow your doctor's instructions for how to ease your pain.
- ▲ Avoid excess stress on your joints. Maintain a healthy weight and lift and bend properly.
- ▲ Exercise regularly. Physical activity will help lessen pain, increase range of movement, reduce fatigue, and help you feel better overall.
- ▲ Add calcium. A diet rich in this important mineral can help decrease your risk of osteoporosis. If you don't like drinking milk, try consuming more milk products, such as yogurt, cheese, and ice cream. Other good sources of calcium include: broccoli, salmon (with the bones), and kale.
- ▲ Wear comfortable, supportive shoes. A well padded, well fitting shoe with plenty of room for your toes is best.
- ▲ Take a warm bath before bed to relieve muscle tension, ease aching joints, and help you get a good night's sleep.
- ▲ Apply a cold pack. When joints are hot and inflamed, applying something cold can decrease pain and swelling by constricting blood vessels and preventing fluids from leaking into surrounding tissues. Try using a bag of frozen peas or corn that can be molded to the shape of your body.
- ▲ Stop smoking. Smoking can increase your risk of complications from lupus and rheumatoid arthritis. It can also predispose you to osteoporosis.



## Recognizing an Eating Disorder

**Here are a few warning signs for a possible eating disorder:**

- preoccupation with food, weight, calories, and body image
- constantly thinking about "feeling fat"
- bingeing
- purging
- skipping meals
- laxative and/or diuretic abuse
- compulsive exercising
- withdrawal from family or friends
- self esteem determined by weight
- denial and defensive behavior about changes in weight, appearance, or eating habits
- rapid weight loss
- changes in menstrual cycle
- dehydration

For more information on eating disorders, visit the National Eating Disorders Association at <http://www.nationaleatingdisorders.org/information-resources/>.



## Soothe Your Cold Symptoms

**A**re you suffering from that stuffy, sneezing, sore throat, and coughing feeling? Unfortunately, the common cold is probably the most common illness that affects people. In fact, in the course of a year, people in the United States suffer about 1 billion colds.

A cold is a minor infection of the nose and throat caused by several different viruses. It usually lasts for about a week, but some colds may last longer. Colds are highly contagious and most often spread when droplets of fluid that contain a cold virus are transferred by touch from one person to another.



**The symptoms of a common cold often include:**

- runny nose • congestion • sneezing • weakened senses of taste and smell • scratchy throat • cough.

**According to the National Institute of Allergy and Infectious Diseases, here are ways to soothe your cold symptoms:** • Get plenty of rest. • Drink plenty of fluids. • Gargle with warm salt water. • Use cough drops or throat sprays – but not cough medicine for children under four. • Take over-the-counter pain or cold medicines – but not aspirin for children. Follow dosage instructions carefully. • Wash your hands often during cold season. • Stay away from people who have a cold.

For more information, visit Medline Plus at <http://www.nlm.nih.gov/medlineplus/commoncold.html> or visit the American Lung Association at [www.lungusa.org](http://www.lungusa.org).

## Take Steps to Prevent SIDS

A study reported in the *Archives of Pediatrics & Adolescent Medicine* shows that babies who slept in a room with a fan running were 72 percent less likely to die of sudden infant death syndrome (SIDS). By improving air circulation infants are less likely to breathe exhaled carbon dioxide. The gas fills the gap between a baby's face and the mattress.

**Other tips to help prevent SIDS include:**

- ◆ Place your baby on a firm mattress on his or her back to sleep, never on a pillow, waterbed, sheepskin, couch, chair, or other soft surface.
- ◆ Keep stuffed toys, loose bedding, and soft bumpers out of the crib.
- ◆ Make sure your baby doesn't get too warm while sleeping.
- ◆ Don't smoke, drink, or use drugs while pregnant and don't expose your baby to secondhand smoke.
- ◆ Put your baby to sleep with a pacifier during the first year of life. Pacifiers have been linked with lower risk of SIDS.
- ◆ Make sure your baby has regular well-baby checkups.

## Dealing with a

# MIGRAINE

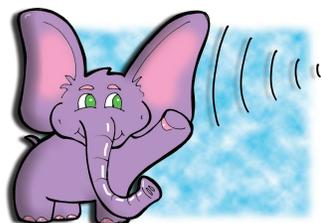
Migraine headaches can be intense for some people and they can get in the way of daily activities. **Here are some of the symptoms of a migraine headache:** • Intense throbbing or dull aching pain on one side of your head or both sides • Nausea or vomiting • Changes in how you see, including blurred vision or blind spots • Being bothered by light, noise or odors • Feeling tired and/or confused • Stopped-up nose • Feeling cold or sweaty • Stiff or tender neck • Light-headedness • Tender scalp.

According to familydoctor.org, migraines may last from four to 72 hours. They may occur only once or twice a year, or as often as daily. **Triggers that may set off a migraine include:** • Strong or unusual odors, bright lights, or loud noises • Changes in weather or altitude • Being tired, stressed, or depressed • Changes in sleeping patterns • Missing meals or fasting • Menstrual periods, birth control pills, or hormones • Intense physical activity, including sexual activity • Smoking.

Source: [www.familydoctor.org](http://www.familydoctor.org)

## How's Your Hearing?

Approximately 15 percent of Americans between ages 20 and 69 have high frequency hearing loss that may have been caused by exposure to loud sounds or noise at work or in leisure activities. **To protect your hearing:** • Know which noises can cause damage (those at or above 85 decibels). • Wear earplugs or other hearing protective devices when involved in loud activities (special earplugs and earmuffs are available at hardware and sporting goods stores). • Protect the ears of children who are too young to protect their own. • Make family, friends, and colleagues aware of the hazards of noise. • If you suspect hearing loss, get checked.



Source: National Institute on Deafness and Other Communication Disorders, <http://www.nidcd.nih.gov/health/hearing/noise.asp>

## Accomplish More with Time Management

By Paul J. Meyer



Imagine for a moment that you have been given a million dollars. How would you feel? Would it change your life, career, family, or perception of yourself? Would it change the way you spend each day? Most people forget to realize that every day you receive a gift that holds the potential for a million dollar impact on your life. What am I talking about? It's the gift of 24 hours each day to spend however you choose.

Benjamin Franklin once said, "Time is money." He could not have been more right. Your time capital – 24 hours every day – can be spent and invested just as you do money with only one difference – it cannot be accumulated for later use. It must be used each day, and it must be used effectively to have any worth.

How much is time worth to you? By looking at your present hourly rate of income, you can tangibly determine how much each working hour is worth. But time also has an intangible worth. When you invest time in building a relationship with someone, you are making profitable use of your time. You are spending time that will bring rewards that cannot be measured in dollars and cents.

Everyone is allotted the same amount of time each day, but whether it is used wisely or wasted foolishly is up to you. Practicing effective time management can ensure that you use your time in a manner that produces multiple rewards. **Here are some of the rewards you can anticipate from effective time management:**

- ◆ An eagerness to begin each day
- ◆ Increased productivity and more income as a result
- ◆ Ability to handle crises quickly and effectively
- ◆ Avoidance of time conflicts through improved organization and prioritizing
- ◆ Improved decision-making skills
- ◆ A guide that lets you know what you need to do
- ◆ Confidence to say "No" to projects of low priority
- ◆ Reduction of the "hurry up" feeling
- ◆ More time with your family and for recreation

With effective time management, you can invest your time wisely and live in full enjoyment of every moment of your life.

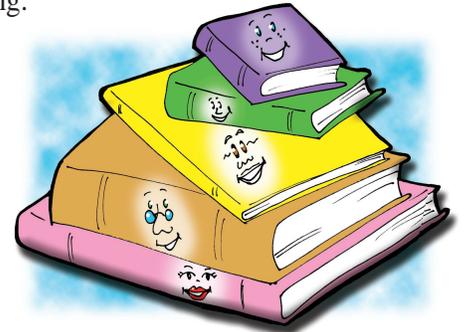
*Paul J. Meyer was a successful entrepreneur and author of personal and professional improvement programs, courses, and books, including his latest book, Forgiveness... The Ultimate Miracle. For more information, visit his website at [www.pauljmeyer.com](http://www.pauljmeyer.com).*

## Read for Life Enjoyment

Some of my favorite places to go are book stores and libraries. I could, and sometimes do, spend hours just browsing shelves – looking, skimming, and enjoying the volumes of books out there.

Mark Twain said, "A man who doesn't read good books has no advantage over the man who can't," and with the wealth of books that are available on every possible subject, there's no excuse for not reading.

With the abundance of reading materials available, it's astonishing that so few people read. Research tells us that after high school, 58 percent of society will never read a non-fiction book and that the average American reads only one book of any kind each year. Did you know that only 10 percent of the people who buy books will read past the first chapter?



Some of you are probably saying to yourself, "But I don't have time to read." How much time do you spend watching television or talking on the phone? The busiest people – corporate executives and successful entrepreneurs – are able to find 10-15 minute intervals in their fast-paced schedules to read and often read two to three books at the same time.

If you want to make a difference in your life this year, read. If you want to make a difference in someone else's life, encourage them to read. Read to stay current. Read to revisit the past. Read to learn. Read for pleasure. To make it a great day, read.

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 – Dispel Disappointment

Expectations we have for ourselves and others often go unmet. You can take all the right actions and things still don't work out. When you experience disappointment, acknowledge the feeling. Learn what you can from the experience. Then, focus on a new project or challenge.



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

## Exercising in the Comfort of Home

Do you have exercise equipment that is collecting dust? Millions of people invest in or receive exercise equipment as gifts and use it for a short while and then it ends up becoming a clothes rack or an unused piece of furniture. You can have a good workout in the comforts of your own home if you make a commitment and stick to it. **Here are several ideas on how to get a good workout at home:**

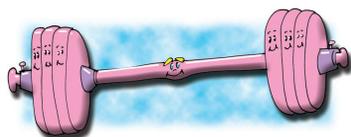


- ▲ Walk on a treadmill. A treadmill can be used for running and walking that will boost leg strength. It allows you to adjust your workout as your fitness level improves.
- ▲ Lift your arms. Hand weights ranging from five pounds to 50 pounds can be very useful for muscle toning and strengthening. They're inexpensive and offer you variety in workouts.
- ▲ Roll into fitness. A fitness ball can provide exercises that offer toning, strengthening, and stretching for many muscle groups. For fitness ball workout tips, visit <http://www.ball-exercises.com/>.
- ▲ Invest in a stretch. Purchase a simple resistance band and you have bought into an excellent tool for strength training. For some helpful exercise band stretches and workouts, visit <http://www.band-exercises.net/>.
- ▲ Tune in to workouts. Scan your TV channels and locate programs that offer exercise tips and workouts. Or, purchase workout DVDs and exercise any time of the day. A variety of cardio strength training workouts are available.

## Lift Weights Safely

**Here are several tips on how to lift weights safely and get a good workout:**

- Always use spotters when you try major lifts.
- Keep your back straight when lifting.
- Use proper lifting techniques when moving weights around the room.
- Wear shoes with good traction.
- Make sure the equipment you use is in good condition.
- Get instruction from a trainer on how to properly lift the weights *before* you lift.
- Never lift more than you know you can lift safely.
- Practice proper breathing while lifting.



## A Beautifully Sculpted Chest

**T**he function of the pectoral muscles is to move your arms forward, downward, and across the chest. These muscles, which cover the chest, enhance the appearance of one's physique when fully developed and greatly enhance one's ability in all you do. **Here are some isometric exercises to develop and define the pectoral muscles for a beautifully sculpted chest:**

- Position #1: While inhaling deeply for 3 to 4 seconds, cross your right arm over your left arm just below your elbows and straight down in front of your body close to your waistline. You must twist your arms so that your fists are facing each other and your thumbs are turned downward (clockwise for your left arm and counterclockwise for your right arm). Twist your arms as intensely as possible, thereby contracting your shoulder, arm, forearm, and especially your chest muscles. Flex as hard as possible as you slowly exhale for 7 to 12 seconds while making an *f-f-f-f* or *s-s-s-s* sound. Upon completion, relax. Power breathe for 7 to 10 breaths, and then repeat this same exercise with the left arm over the right. Follow the same protocols for contraction and relaxation. Power breathe for another 7 to 10 breaths before moving to position #2 for contractions 3 and 4.
- Position #2: Your arms are crossed exactly as in position #1. This time your arms are held straight out from your body at shoulder level. While inhaling for 3 to 4 seconds, twist your arms and contract your pectoral muscles as powerfully as possible. Upon reaching peak contraction, begin a slow, controlled exhalation for 7 to 12 seconds while making an *f-f-f-f* or *s-s-s-s* sound – all the while flexing as powerfully as possible. Relax and power breathe for 7 to 10 breaths, and then repeat the exercise with your left arm over the right. Upon completion, move to position #3 for contractions 5 and 6.
- Position #3: Once again, your arms are crossed exactly as in the two preceding positions with your arms held pointing up at eye level. Follow the same protocols as previously for both arms.



John Peterson is the founder of Bronze Bow Publishing and author of *Pushing Yourself to Power*, *The Miracle Seven*, and *Isometric Power Revolution*. He created the *Transformetrics™ Ultimate Training System* to help individuals maximize strength, fitness, and wellness. For more information about John Peterson and *Transformetrics*, visit [www.bronzebowpublishing.com](http://www.bronzebowpublishing.com) or call 1-866-724-8200.

## Keep Your Kids Safe on the Road

According to the National Highway Transportation Safety Administration (NHTSA), placing your children in age- and size-appropriate car and booster seats reduces serious and fatal injuries by more than half.

Here are several safety tips from various sources, including the Centers for Disease Control and [seatcheck.org](http://www.seatcheck.org):

- Have all children ages 12 and younger sit in the back seat and be sure they're properly restrained every time they ride with you – even during those quick trips to the corner store.
- Have your car/booster seat inspected by a certified professional.
- Read both your car/booster seat instruction manual and your vehicle owner's manual to make sure you're properly installing and using the seat. One study found that 73 percent of nearly 3,500 observed child restraint systems were misused in a way that could increase a child's risk of injury

For more information on child passenger safety, visit [www.cdc.gov](http://www.cdc.gov), [www.nhtsa.dot.gov](http://www.nhtsa.dot.gov) or <http://www.seatcheck.org/index.html>.



during a crash.

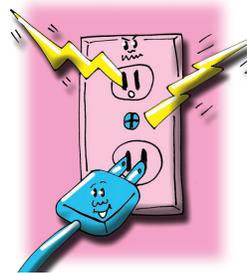
- Mail in your car/booster seat registration card so that the manufacturer can contact you about any recalls. You can also call the NHTSA Auto Safety Hotline at (888) 327-4236 to find out about recalls.
- Replace any car seat that was used during a motor vehicle crash, has been recalled, is too old (check with the manufacturer), has any cracks in its frame, or is missing parts.

## Protect Against Electrical Fires

According to the Electrical Safety Foundation International (ESFI), home electrical problems account for nearly 55,000 home fires every year. These fires cause over 500 deaths, injure more than 1,400 people, and account for \$1.4 billion in property damage. Older homes are at even greater risk to fire. Here are some electrical safety tips from EFSI:

- Make sure you use the correct wattage of bulbs in your lights.
- Check all electrical cords for damage or cracks. Also, make sure they don't pose any tripping hazards in walkways.
- Inspect all wall outlets and switches. Make sure they're working properly, cool to the touch, and not making any crackling, sizzling, or buzzing sounds.
- Make sure all counter top appliances work properly. Make sure they're placed away from hot surfaces and the sink.
- Electrical appliances can cause a shock if they come into contact with water.
- If you use portable heaters, place them away from walkways and keep all flammable materials (curtains, rugs, furniture, or newspapers) at least three feet away from it.
- Check your smoke detectors and replace batteries as needed.
- Unplug hair dryers and curling irons when not in use. Make sure they're in good working condition.

For more information, visit the EFSI at [www.electrical-safety.org](http://www.electrical-safety.org).



## Take Steps to Avoid a Tumble

According to the National Safety Council (NSC), All-Terrain Vehicles (ATVs) are a very popular recreational vehicle as well as useful for work on many farms and ranches. Remember these safety tips from the NSC:

- ◆ Remember that an ATV isn't a "toy" and must be operated wisely.
- ◆ Wear appropriate gear such as a helmet, goggles, gloves, over-the-ankle boots, and a long-sleeve shirt and long pants.



- ◆ Read the owner's manual before operating the vehicle.
- ◆ Don't operate the ATV on streets, highways, or paved roads.
- ◆ Exercise caution when using attachments on the ATV.
- ◆ Make sure the operator of the ATV is 12 years old or older if the ATV has an engine size of 70cc to 90cc.

Source: [www.nsc.org](http://www.nsc.org)

## Accident in the Making

The National Highway Traffic Safety Administration says about 80 percent of all roadway accidents could be avoided if people paid more attention to their driving. Here's what happens: A person looks up from tuning the stereo, helping a child, or tending to a GPS, and suddenly they're in the wrong lane, on the shoulder, or coming up fast on a stopped car. It's a close call! The next time they may not be so lucky because *distraction* can lead to accidents. It can happen anytime! **Safety tip:** Keep your eyes on the road at all times and avoid distraction.

## Chewing Gum: A Weight Loss Tool

Did you know that chewing gum is one of the most popular snack choices by Americans? In fact, according to the American Dietetic Association, chewing sugarfree gum can help prevent tooth decay and freshen breath. Now, new research is indicating that chewing gum may be used as a tool to help manage weight, increase focus, alertness and concentration, and help relieve “life’s everyday stresses.”

In addition to freshening breath, chewing gum increases saliva, which is one of the most powerful defense mechanisms in the body. Chewing sugarfree gum can deliver many oral health benefits including helping to:

- Reduce plaque
- Reduce cavities
- Remineralize enamel to strengthen teeth
- Reduce and prevent stains.

Chewing gum is portable, inexpensive, and low in calories. At 5 to 10 calories per serving, chewing gum is a great way to avoid munching and reduce calorie intake. **Here are some tips to help you manage your weight by chewing gum:**

- ◆ Pop a piece of gum in your mouth to signal the end of a meal.
- ◆ Chew gum between meals when you’re feeling the urge for high-calorie snacks.
- ◆ Try chewing gum to help relieve stress and avoid any “mindless munching.”
- ◆ Chew gum while cooking to keep you from nibbling.

Source: American Dietetic Association, [www.eatright.org](http://www.eatright.org)

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



## Choose Fruit in Your Daily Cooking

**F**ruit isn’t just for desserts or snacks. It can be the centerpiece of a savory dish using a modest amount of meat that acts almost like a condiment, yet is adequate in providing needed protein and nutrients.

According to the American Institute for Cancer Research, this approach fits health experts’ recommendations on diet. Cancer researchers recommend cutting back on meat and increasing consumption of fruits and vegetables to help reduce the risk of cancer, heart disease, and other chronic health problems.

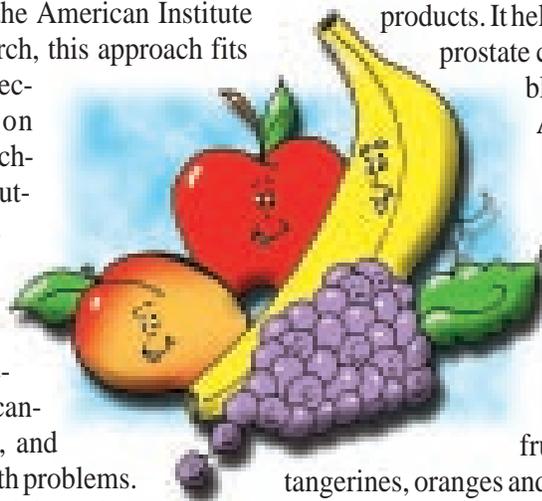
A diet emphasizing plant-based foods supplies the health-protective phyto-chemicals that help protect you from serious and chronic health problems. Research on the relationship between nutrition and cancer, for example, shows that specific phytochemicals protect you from particular aspects of the cancer process. And because certain phyto-chemicals are found only in specific foods, eating a wide variety of vegetables and fruits, as well as other

plant-based foods, is the best way to protect against the many different types of cancer.

*Lycopene*, for example, is only found in red fruits like watermelon, pink grapefruit, and in tomatoes and tomato-based products. It helps protect against prostate cancer, and possibly breast cancer. Another phytochemical, *cryptoxanthin*, which is linked to a decreased risk of cervical cancer, is abundant in many orange fruits, like mango, tangerines, oranges and papaya.

**Here are easy ways to add more fruit to your diet:**

- Make a yummy fruit smoothie for breakfast.
- Pack pre-packaged containers of fruit for at-work or at-school snacks.
- Mix frozen or canned vegetables into your favorite casseroles.
- Add dried fruits to grain side dishes, such as rice and couscous.
- Choose 100 percent juice instead of soda for lunch.



### GINGERED PEACH MELBA

- 1/2 cup all-fruit raspberry spread
- 2 Tbsp. orange juice
- 1/2 tsp. ground ginger
- 4 ripe peaches, cut in half and pitted (or canned, unsweetened)
- 4 gingersnaps, crushed

Preheat oven to 425 degrees.

In a small microwavable bowl, whisk together all-fruit spread, orange juice, and ginger. Microwave for two to three



Makes 4 servings

minutes until thinned.

Place the peaches, cut side up, in a shallow 1-quart baking dish. Pour the gingered jam over the peaches and sprinkle with gingersnap crumbs. Bake for 15 to 20 minutes or until the peaches are tender when pierced with a knife and the syrup has thickened. Serve warm or at room temperature, with the sauce spooned over.

Each serving contains: 123 calories, 2.5 g. protein, 4 g. fat, 0 mg. cholesterol, 28 g. carbohydrates, 46 mg. sodium. Calories from fat: 23 percent

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

✂ clip and keep

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Publisher: Ronnie Marroquin

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.

ISSN 1072-4788

## family

### Gain Insight from Dr. Martin Luther King, Jr.

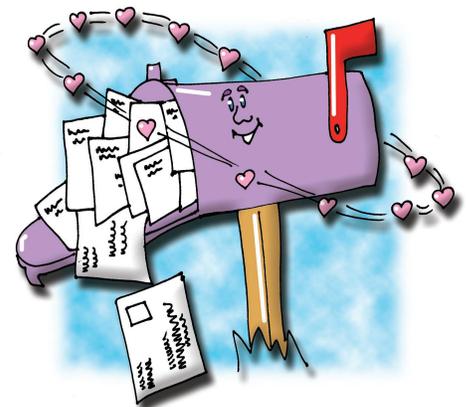
Consider these quotes from Dr. Martin Luther King, Jr.:

- ◆ “A genuine leader is not a searcher for consensus but a maker of consensus.”
- ◆ “All labor that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence.”
- ◆ “I refuse to believe that mankind is so tragically bound to the starless midnight of racism and war that the bright daybreak of peace and brotherhood can never become reality.”
- ◆ “Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.”
- ◆ “A lie cannot live.”

## Showing Kindness to Others

Numerous scientific studies show that acts of kindness result in significant health benefits – both physical and mental. **When you help someone else and show sincere kindness:**

- ▲ It can diminish the effect of diseases whether they’re serious, minor, psychological, or physical.
- ▲ You can experience a rush of euphoria, followed by a longer period of calmness. This is often called a “helper’s high,” and involves physical sensations and the release of the body’s natural painkillers, the *endorphins*. This initial rush is then followed by a longer-lasting period of improved emotional well-being.
- ▲ You can lower your stress level. Helping others reverses feelings of depression, supplies social contact, and decreases feelings of hostility and isolation that can cause stress, overeating, ulcers, etc. A drop in stress may, for some people, decrease the constriction within the lungs that leads to asthma attacks.
- ▲ You can experience feelings of joyfulness, emotional resilience, and vigor. Helping others can reduce the



unhealthy sense of isolation.

- ▲ You can improve your self-esteem. An increased sense of self-worth, greater happiness, and optimism, as well as a decrease in feelings of helplessness and depression, are felt after showing kindness.
- ▲ You can feel a sense of “belonging.” Regular club attendance, volunteering, entertaining, or attending a faith group is the happiness equivalent of getting a college degree or more than doubling your income. You find a place where you can belong and contribute something positive to the world.

Source: *The Random Acts of Kindness Foundation*, [www.actsofkindness.org](http://www.actsofkindness.org), and *The Healing Power of Doing Good: The Health and Spiritual Benefits of Helping Others* by Allan Luks.