



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

Volume XXII, Number 3

March 2014

Stay Energized on the Road

Are you a road warrior—spending more time traveling than at home? **In order to stay well on the road, here are some simple tips to ensure that you stay energized and strong:**

- ◆ Drink plenty of water, especially if you fly. Lack of fluids may lead to dehydration, which can cause puffy hands and ankles and a generally bloated feeling. The best fluid choices are water, sparkling water, club soda, lemonade, or fruit juice. Ask the airline about special snacks available, such as low fat and sodium-restricted selections.
- ◆ Watch out for foods high in salt and fat. When eating out, select healthier foods and focus on vegetables, fruits, and whole-grain choices. Skip the sauces and added fats. Say no to sugary muffins, pre-sweetened cereal, or sweet rolls.
- ◆ Stick to a normal routine. Try to eat on an even schedule and pack healthy snacks to help keep you nourished.
- ◆ Pack a cooler full of healthy snacks like healthy sandwiches, yogurt, granola, and lots of water. If you're driving, pull over often to stretch your legs and eat.

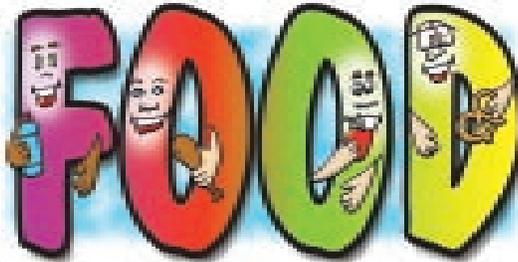
Healthy Eating for a Busy Life

People today are in a hurry. They rush from one activity to the next and often are forced to grab a bite to eat on the run in order to stay nourished and keep moving forward. In this fast-paced world, it's important for people to slow down and think about what they're putting into their bodies and make choices that will keep them healthily nourished so they live a long and healthy life.

Planning is the key ingredient when it comes to eating healthily when you have a hectic schedule.

Here are several ways to eat healthy and still maintain a busy life:

- Take a few minutes each week to review your schedule and determine how your meals will be impacted. Plan to buy foods that will work with your schedule as far as preparation and convenience is concerned.
- When your business day is busy and taking a lunch is questionable, bring some healthy snacks to nibble on between meetings or on breaks. Items such as a granola bar, graham crackers, raw veggies, fresh fruit, nuts, pretzels, and trail mix will give you fuel.
- Choose restaurants wisely. Order water, tea, or diet soda. Pass on the bread and butter. Opt for steamed, poached, broiled, baked, grilled, or lightly sauteed foods. Watch portion sizes. Order a la carte so you don't overeat.



- Prepare ahead of time. Spend an hour or less on the weekend washing and cutting raw vegetables, so you can grab them and pack them in lunches or your briefcase. Cook homemade soup or a casserole and freeze individual portions for lunches or snacks. Mix a batch

of low-fat, whole-grain muffins that you can eat with a container of yogurt and a piece of fruit when you're hurried for breakfast.

- If you have to grab lunch at your office desk, stock a drawer with non-perishable foods, such as: • canned or dried fruit • whole grain crackers • peanut butter • nuts • 100 percent juice boxes.
- For family sit-down meals, prepare all-in-one dishes. One-pan meals—pasta, soups, stir-fries, and rice dishes—can provide a variety of foods from all or most of the food groups. Casseroles with healthy ingredients make great meals in a hurry. For nights when there's not enough time for a sit-down meal, have a no-cook meal. Serve sandwiches with vegetable sticks, fresh fruit, and a glass of milk.

For more information, visit the American Dietetic Association at www.eatright.org.

Dealing with Debt

A little over 10 years ago, the Cat in the Hat, Garfield, Spiderman, and Bullwinkle were among the most popular hot air balloons treating spectators every year at the annual Macy's Thanksgiving Day Parade. But during the 1997 parade, 40-mph wind gusts transformed the balloons from entertainment to danger. Handlers struggled to control the balloons as winds sent them hurtling toward sidewalk spectators, injuring several persons.

Debt is like those winds because it drives people into making decisions they wouldn't otherwise choose, often leaving havoc and suffering in its path. A leading cause of marriage conflict is money, and credit card abuses account for a large percentage of personal bankruptcy filings. Out-of-control spending can and will wreak disaster on family life.

Tragically, debt also hinders your ability to help others. Maybe you've heard about a single mom who just couldn't pay the rent, fix the car, and get her sick children to the doctor all in the same month. Maybe you had a desire to help, but you couldn't because you were overwhelmed with debt payments. Perhaps you wanted to give to an organization or to your church, or maybe you wanted to send your teenager to a camp. You wanted to, but money was just too tight.

The ancient Hebrews understood this predicament clearly. One of their words translating into English as "borrow" literally means "to twine together, to unite, to abide with or cleave, or to join oneself to a lender." Another word literally means "to entangle." When you borrow, you become obligated to the lender, who rightfully will hold you to a repayment schedule. Are you entangled with debt and money problems?

Your life shouldn't be characterized by worry and sorrow resulting from debt. If you're not debt-free today, will you commit to a plan to take you there? People seldom get in debt overnight; neither do they get out of debt overnight. It may take a number of years.

If that sounds discouraging, keep in mind that being debt-free is a lifestyle, not a quick-fix to bail you out of a financial jam. And if taking years to pay off your debts sounds too discouraging, consider the consequences of doing nothing.

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.



Are You Addicted to Gambling?

Problem gambling can strain relationships, interfere with responsibilities at home and work, and cause financial disaster.

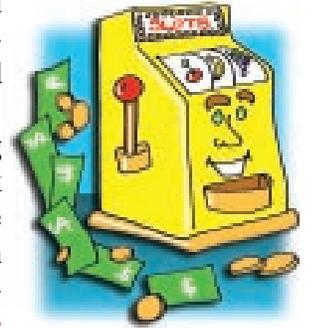
You may have a gambling problem if you:

- Neglect work or your family to gamble
- Gamble in secret
- Lie about how much money you gamble
- Feel compelled to keep raising your bets

- Feel remorse after you've gambled
- Keep gambling until you've spent your last dollar
- Gamble with money you need to use to pay bills
- Steal, borrow, or sell things to get money for gambling
- Dream of the "big win" and what you can do with it
- Gamble to escape your life
- Gamble in order to "solve" financial problems
- Celebrate by gambling.

A gambling addiction *is* treatable. If you're ready to admit you have a problem and seek help, you can overcome your gambling problem and regain control of your life.

For more information, visit the National Council on Problem Gambling at www.ncpgambling.org.



When a Rainy Day Comes Along...

You might be surprised to know how many people live comfortable lives but have saved little or nothing. If you're among the non-savers, get your emergency plan on track. With many responsibilities, it might seem difficult or pointless to save just \$20 a week. But within a year, \$20 a week comes to more than \$1,000. If you consider your spending habits, however, you might find that you spend \$5 or \$10 per day on things you don't really need. Whatever you can put together, start setting it aside in an emergency fund so you're prepared for a rainy day.

Plant a Garden to Save Money

While snow may still be swirling in many locations, it's time to think about the blooms of spring. March is the perfect time for starting seedlings in window planters, small greenhouses, or even under plant lights in the basement or garage. It usually takes about six weeks to two months for seeds to become strong enough plants to be set outside in pots or a garden. All in all, you

can enjoy the fruits of your labors when you start the process from scratch, not to mention the significant amount of money you can save by not having to buy bedding plants.



When You Hit Your Head...



Head injuries can occur when someone is in a car wreck, has a bicycle or motorcycle wreck, falls from a window (especially among children who live in the city), or falls around the house or on the sidewalk.

According to the American Family of Physicians, people with head injuries often have a headache and nausea, and feel dizzy right

after the head injury. Other symptoms can include ringing in the ears, neck pain, and feeling anxious, upset, irritable, depressed or tired. People who have had a head injury may also have problems concentrating, remembering things, putting thoughts together, or doing more than one thing at a time. These symptoms usually go away in a few weeks, but may go on for over a year if the injury was severe.

A person should seek immediate medical help if they experience the following symptoms:

- worsening headaches
- nausea that doesn't go away
- unusual sleepiness
- changes in behavior, such as irritability or confusion
- dilated pupils (pupils that are bigger than normal) or pupils of different sizes
- trouble walking or speaking
- drainage of bloody or clear fluids from ears or nose
- vomiting
- seizures
- weakness or numbness in the arms or legs.

Check Your Mouth for Risks

It's not just what comes out of your mouth that is important – it's also what is in it. The American Dental Association reports that many people aren't even aware of oral cancer of the mouth and throat, even though it causes twice as many deaths as cervical cancer.

Only half of all people who are diagnosed survive for five years, according to the American Cancer Society. The death rate is high because oral cancer often isn't diagnosed early enough, making treatment less effective.

A five-minute checkup by you, a doctor, or dentist could save many lives. **What to look for:**

- Patches of white, red, or mixed white and red (Feel for sore places on the lips, roof of the mouth, cheeks, and gums.)
- A sore on the lip or in the mouth that doesn't heal
- Bleeding in the mouth
- Loose teeth
- Difficulty or pain when swallowing
- A lump in the neck
- Continuing earache.

Ease Stress with Sleep

People need a good night's sleep. If you don't get enough sleep, you will tend to have higher blood pressure. High blood pressure can lead to heart problems and your overall health could decline.

Here are benefits of good sleep:

- ▲ Encourage your growth hormone by getting enough sleep. That's the number-one way to do it. Growth hormone brings better-looking skin and more muscle mass.
- ▲ Reduce stress to increase good feelings. Half of adults surveyed by the National Sleep Foundation said they have insomnia a few nights a week. Relax before sleep and take steps to get a good night's sleep.
- ▲ Have a healthier weight. Michael Beus, author of *Good Night: The Sleep Doctor's 4-Week Program to Better Sleep and Better Health*, says sleep loss leads to a lower level of *leptin*, a hormone that makes you feel full, and increases *ghrelin*, a hormone that makes you feel hungry.

Not everyone needs a full eight hours of sleep; some people need a little more.



Steer Clear of Motion Sickness

Motion sickness is a common disturbance of the inner ear that's caused by repeated motion such as from the rock of a boat on the water, the movement of a car, the motion of a plane in turbulent air, or even the tilt of an amusement ride.

The symptoms of motion sickness include:

- nausea
- vomiting
- dizziness
- sweating
- a general feeling of discomfort or not feeling well.

To prevent or lessen the symptoms of motion sickness, consider these suggestions:

- Choose a seat where your eyes can see the same motion that your body and inner ears feel. For example, in a car, sit in the front seat and look at the distant scenery, or on a boat, go up on the deck and watch the motion of the horizon.
- Avoid reading while traveling.
- Don't sit in a seat facing backward.
- Try to avoid strong odors and spicy or greasy foods.
- Talk to your doctor about a motion sickness medicine that you can take before your travel begins and take as directed.



Dealing Positively with Negative Emotions

By Paul J. Meyer



Everyone faces difficulties related to negative emotions such as irritation, impatience, resentment, or anger. However, how people choose to deal with these emotions is often the determining factor between a successful outcome and a seemingly hopeless situation.

The basic reason for any negative emotion is that expectations are not satisfied, and we are not mentally prepared for this lack of satisfaction. When we have failed to plan a practical way to react – both inwardly and outwardly – to unpleasant events, unguided negative impulses may surface and radiate from us.

Learning to plan for and deal positively with negative emotions strengthens relationships, spreads goodwill and respect, and contributes to a sense of personal well-being.

To give yourself positive mental preparation for negative emotions, consider other suggestions:

- ◆ First of all, accept personal responsibility for your feelings toward the events and people around you. Realize that *you* determine how you will react toward events and people.
- ◆ Remember that entertaining feelings of impatience, irritation, or anger keeps you from achieving cooperation and communication with others.
- ◆ Decide in advance how you intend to think, feel, and act when an undesirable circumstance occurs. Use mental pictures to see and feel yourself as you would *like* to be during a difficult situation.
- ◆ When a negative situation comes along, use judgment, understanding, and visualization to neutralize the tendency to react negatively. Recall the benefits of keeping a level head no matter how the situation deteriorates, or what other people say, think, or do. Then, deliberately act as you have planned and visualized. Allow your actions to generate the feelings you desire.
- ◆ When a situation has passed, try to learn a new attitude, action, or principle from what has happened. Avoid harboring ill feelings and dispose of any regrets about the situation. Resolve to look at the positive aspects of the situation.

Keep in mind that when you think straight and keep your head, you can overcome any obstacle or negative emotion you may encounter!

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.

Take a Risk for Success

Most regrets that people have in life are regrets not of what they did, but of what they didn't do. Because people aren't willing to risk, there are great ideas that are never acted upon, fascinating people who are never met, adventures that are never taken, experiences that are never experienced. People miss out on so many of life's opportunities because they're afraid. They're afraid to try, afraid to ask, afraid to take the risk that is a necessary component of any bold action.



For most of my life, I've been a chicken, a wimp, or a coward. In describing myself, I would have to use all those unsavory words that characterize someone who's fearful, overly cautious, and unwilling to take a chance. But I've discovered that some of the most rewarding circumstances in life are those which have come when I've stepped out on a limb and taken a risk.

What do you want or need to do that requires a risk? I'd recommend that every day you do something that makes you sweat – something that's a little difficult, a little challenging, something that involves mustering your courage and reaching out beyond your comfort zone. You may surprise yourself at what you can do. Remember, turtles can't get anywhere without sticking out their necks; maybe the same is true for us.

There are many times when I'm afraid to risk. I'm unwilling to chance loss or embarrassment or failure. But nine times out of 10, when I muster my courage and am willing to risk, I'm rewarded with feelings of self-confidence to take on other challenges. The same can happen for you!

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 or call 1-877-GR8-DAYS.



InSync® Moment – Supporting Others

Being a listening ear, a sounding board, and a receptive shoulder are all ways to support others when they're challenged. Give support without attachment. Refrain from taking on the responsibility of resolving the situation. Let others know that you're in their corner no matter what the outcome.



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

Be Safe on the Job

- ◆ Learn your building's evacuation plans.
- ◆ Encourage your company to hold regular fire drills.
- ◆ Keep your work area clean and free of tripping hazards or dangerous chemicals or objects.
- ◆ Make sure everyone knows where to go if the alarm sounds, and practice your escape route together. Decide on a meeting place where you can gather after leaving the building.



- ◆ Always wear personal protective equipment for your specific job.
- ◆ Learn the sound of your building's fire alarm.
- ◆ Know at least two exits from every room at work.
- ◆ Make sure all equipment used on the job is in good working condition. Report any problems immediately.
- ◆ Learn first aid and CPR at a Red Cross class.
- ◆ If you have a disability that could delay your escape, let someone in authority know about it, and be sure there's a plan to assist you.
- ◆ Know the location of your building's fire alarms, and learn how to use them.
- ◆ Post emergency fire department numbers near all telephones.

Keeping Your BBQ Party Safe

To make your next barbecue safe, the Home Safety Council recommends the following tips:

- Designate the grilling area a "No Play Zone." Keep kids and pets away until grill equipment is completely cool.
- Before using, position your grill at least 10 feet away from other objects, including the house and any shrubs or bushes.
- Always stay by the grill when cooking.
- Only use starter fluid made for barbecue grills when starting a fire in a charcoal grill.
- Before using a gas grill, check the connection between the propane tank and the fuel line to be sure it's working properly and not leaking.
- Never use a match to check for leaks.
- Never bring a barbecue grill indoors, or into any unventilated space. This is both a fire and carbon monoxide poisoning hazard.



Reduce Your Risk of Poisoning

Poison Control Centers receive more than 2 million accidental poisoning calls each year. More than 90 percent of non-fatal poisoning occurs in the home and most involve children, according to the Poison Control Centers.

To protect your children:

- Choose child-resistant packaging whenever possible.
- Close containers tightly after every use.
- Store hazardous products in a safe place and out of children's reach.

These include personal care products, such as baby oil and mouthwash; cleaning substances including drain and oven cleaners; over-the-counter pain relievers including ibuprofen and aspirin; and cough and cold medicines. Adult-strength vitamins and supplements containing iron are also dangerous to kids. Hydrocarbons, such as lamp oil and furniture polish, pose a danger too.



Here are general safety tips for preventing poisoning in your home:

- ▲ Always read the directions and follow them for over-the-counter and prescription medications. Adults may poison themselves by taking prescription or over-the-counter medications improperly.
- ▲ Wear protective clothing when spraying pesticides or other chemicals. Pesticides can be absorbed through the skin and are very poisonous. Stay away from areas that have recently been sprayed.
- ▲ Keep all products in their original containers. Never sniff a product to discover what's inside.
- ▲ Always use safe food-handling procedures to avoid food poisoning.

Using Gas-Powered Equipment

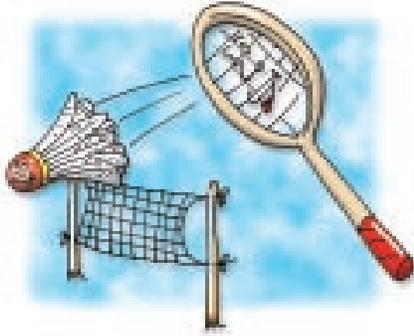
Each year, more than 400,000 people are treated in emergency rooms for injuries from outdoor equipment. **Before starting your lawnmower, weed eater, snow blower, or other gas-powered machines, remember these safety tips:**

- Check that safety devices are in place and functioning properly.
- Always handle gasoline with care.
- Never fill the gas tank while the engine is running.
- Always wipe up spills when they happen.
- Store fuel in an approved container away from the house and out of children's reach.
- Never smoke while around gasoline – at home or around a pump.
- Never use or store gasoline near possible ignition sources like water heaters or furnaces.

Badminton: Fun Way to Get Fit

Badminton is a sport that offers people of all ages a fun way to enjoy time with friends and family and at the same time get fit. And it can be set up in your very own backyard. **Here are several tips on how to play a safe and good game of badminton:**

- Before you start a game, warm up your muscles. Jog or run for a few minutes and stretch your muscles. During a game, there's a lot of twisting, turning, and stretching so injuries are possible.
- Avoid trying to do too much too soon. Build up your endurance and range of motion moves. If you feel pain, stop and rest.
- Learn how to play the sport. Focus on how to hold the racquet to avoid wrist or arm injuries.
- Make sure the playing surface is accident-free. Check for holes, dips, and unsafe objects.
- Consider investing in goggles and good shoes that allow you to start and stop without slipping.
- Take water breaks to stay hydrated, especially outdoors on hot days.
- When you play doubles, talk to your partner to avoid crashing into one another.



Ease Into Shape this Spring

According to the American Academy of Orthopaedic Surgeons (AAOS), the toughest and most important step in an exercise program is getting started. People often think they need to tackle a strenuous program right away to prove they're committed, but in reality, a slow and steady program is the best way to begin.

A good exercise program should focus on aerobic conditioning, flexibility exercises, and building strength. **The AAOS offers these tips for easing into fitness this Spring:**

- ◆ Choose both indoor and outdoor exercise options so weather or boredom won't be an easy excuse to skip your workout.
- ◆ If you have an existing health problem, talk to your doctor before beginning any vigorous physical activity.
- ◆ Establish an exercise routine you enjoy. Make sure your first workouts are fun and not overly tiring. Give your body a chance to get used to it.
- ◆ Give yourself plenty of time to warm up and cool down.
- ◆ Set a weekly exercise schedule. You might exercise every other day. Choose a convenient time for you to exercise.

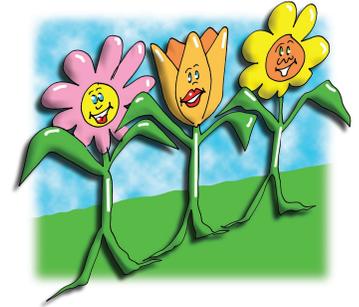
Source: American Academy of Orthopaedic Surgeons, <http://orthoinfo.aaos.org/>



Keep the Moment Alive to Stay Alive

Our wellness journey begins with one thing – a moment. Just one moment can become the culprit for life change and can give daily reminders to make healthier choices.

It's been a few months since resolutions were made and what started out as good intentions may have gone bad. The memory or vision of "what one would like to see in the future" have faded. Keeping a moment alive, whether as a memory or a vision, is an important step in keeping the goal "real". It's almost impossible to reach a goal if you can't picture it. Even if you reach a goal, it's important to remember what it was like prior to reaching it so you don't revert back to old habits.



Keep in mind that having a moment isn't a guarantee for everyone to stay on track of their goals. For some, it may take many moments. The miracle and transformation occurs when we realize the need to keep the moment alive; we realize the need to remember. Pulitzer Prize-winning American journalist, Katherine Anne Porter, once wrote, "Miracles are instantaneous, they cannot be summoned, but come of themselves, usually at unlikely moments and to those who least expect them."

One of my clients continues to stay alive by remembering her moment. She not only had food addictions, but also alcohol addiction. A life threatening incident in her life offers a constant reminder of "what could have been" and allows her to continue to make good choices. It's not always easy to make those good choices, but the transformational moment encourages one to do so. Her moment has led to a change in behavior and attitude which has literally kept her alive for the future! She now assists others that may have had similar situations and struggle to keep their moment alive in order to reach their goals.

Just think – your moment could encourage others to change their ways into more positive ones. Everyone's journey is different... pay attention to how you feel and honor those feelings. It's usually when one has experienced the depth of darkness that the light shines the brightest.

Wendie Pett is a mother and fitness expert, the author of Every Woman's Guide to Personal Power and co-author of The Miracle Seven. She trains people individually and conducts seminars to corporate groups to help teach others how to maximize their wellness through the balance of mind, body, and spirit. For more information on Wendie visit www.wendiepett.com.



Reap the Benefits of Eating Rice

Wild rice is more than a delicacy, it has big health benefits. In some parts of the world, the word for “to eat” literally means “to eat rice.” It may be the world’s most popular food, supplying as much as half of the daily calories for half of the world’s population.

The most nutritious kinds of rice are brown and wild rice, say doctors at Louisiana State University. They have high amounts of fiber, complex carbohydrates, and essential B vitamins. And they contain a compound that reduces the amount of cholesterol produced by the body.

In the mineral department, a cup of wild or brown rice contains half the daily value of manganese, 27 percent of selenium, 20 percent of magnesium, and 18 percent of a person’s daily requirement of tryptophan.

Half a cup of brown rice contains two grams of fiber. This means it passes quickly through the colon, reducing the risk of cancer.

The fiber in brown and wild rice binds with estrogen so there’s less of the hormone circulating in the bloodstream. High levels of estrogen have been shown to trigger changes in the cells that can lead to breast cancer.

While white rice is softer and fortified to contain B vitamins, it lacks fiber, containing only 1/10th the amount in brown rice.

Long-grain and wild rice are the gourmet’s favorites. Short-grain, however, has similar health benefits.

*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!*



Helpful Tips on Eating Lighter

Fried potatoes, chicken fried steak, fatty sauces and gravies, calorie-filled salad dressing, melted cheese sauces... and the list goes on. All of these foods and many others that most people tend to enjoy most on their plate are filled with fat, calories, and other ingredients that can spell disaster for your health. But you don’t have to be deprived of tasty food! Healthier alternatives to favorite foods are an option and can offer you a way to eat lighter while still enjoying good food.

Here are several ways to eat lighter:

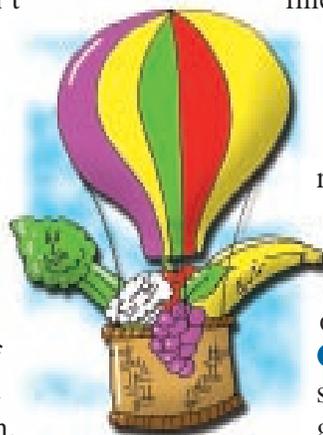
- Choose pizza with half the cheese, a regular size roast beef sandwich, baked potato, or green salad with reduced calorie dressing. Limit high-fat foods like french fries, fried chicken, or fried fish sandwiches, and

watch out for salad dressing.

- Use sugar sparingly and consider sweetening coffee, tea, cereal, and fruit with diet sweeteners instead.
- Select leafy greens, raw vegetables, fresh fruits, and fat-free dressing from the salad bar. Creamy dressings, bacon bits, and mayonnaise-based salads are filled with calories and fat and should be avoided.

- Go green. Spinach pasta gives you twice as much potassium and folic acid as the regular kind, along with beta-carotene. For a quick and easy meal, toss spinach bowties with crumbled feta, black olives, and chopped tomatoes.

- For a quick and healthy sweet snack, wash seedless grapes, put them in a zip-lock baggie, and freeze them. Grapes contain resveratrol, an antioxidant that helps protect your heart, and they’re tasty when frozen.



Reduce Alzheimer's Risk with Brain Foods

Columbia University Medical Center reports that the risk of Alzheimer’s disease and other dementia can be reduced by 40 percent if your diet is rich in fruits, nuts, legumes, whole grains, fish, and olive oil. Risk can be reduced by 76 percent if you drink fruit or vegetable juice three times a week.

TURKEY BACON AND CHEESE BISCUITS

1 can purchased low-fat biscuits
3 slices turkey bacon, halved
3/4 cup grated part-skim cheddar/fat-free mozzarella cheese blend
Serve with 1/4 of a cantaloupe, sliced, per serving

Bake biscuits according to package directions. While biscuits are baking, place turkey bacon slices on a paper



Makes 9 servings, 2 biscuits each

towel-lined plate, and microwave for three minutes or until crisp. Or, brown and crisp bacon in a nonstick skillet. When biscuits are done, slice each open partway, add 1/2 slice of bacon and sprinkle with one Tbsp. grated cheese. Put back into hot oven for one to two minutes or until cheese melts.

Each serving contains: 206 calories, 11 g. protein, 6 g. fat, 18 mg. cholesterol, 27 g. carbohydrates, 415 mg. sodium. Calories from fat: 26 percent

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

✂ clip and keep

This newsletter is published monthly by Rutherford Communications, P.O. Box 8853, Waco, Texas 76710, 1-800-815-2323, www.rutherfordcommunications.com. Copyright © 2014 Rutherford Communications. All rights reserved. Material may not be reproduced in whole or part in any form without the written permission of the publisher. Subscription price (12 issues), \$25 per year in U.S.

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

mental and social

Sidestep Stress in Your Life

Are you feeling overwhelmed by stress? If so, you're not alone. In fact, one survey found that one-third of people in the United States are living with extreme stress.

According to Mental Health America, stress in small doses can be good for you since it can give you energy and motivation. However, too much stress or stress over a long period of time can take an unhealthy toll on your body.

Here are some of the warning signs of too much stress in your life:

- Feeling angry, irritable or easily frustrated
- Feeling overwhelmed
- Headaches
- Change in eating habits
- Problems concentrating
- Feeling nervous or anxious
- Trouble sleeping
- Problems with memory
- Feeling burned out from work
- Feeling that you can't overcome difficulties in your life
- Having trouble functioning in your job or personal life
- Faster heartbeat
- Susceptibility to illness
- Nausea, stomach pain, or heartburn
- Muscle aches and tension
- Diarrhea and other digestive problems
- Acne and other skin problems.

Enjoy Springtime Family Fun

Learning how to balance your work and your family is the key for creating a happy, satisfying life. **As the warmer weather of Spring blossoms, consider some of these simple ways to have more fun with your family:**

- ◆ Take a walk in the sunshine at your local park or just around your neighborhood.
- ◆ Get a bottle of bubbles for each member of your family and blow bubbles outside. Chase them around the yard for an added fitness benefit.
- ◆ Select different types of seeds and plant a flower or vegetable garden. Clean the area, weed it, and prepare it together. Then, tend to it and watch it grow together.
- ◆ During the drizzling rain, go outside and dance in the rain together. Put on your raincoats and boots and lift your favorite umbrella. Play follow the leader in your driveway.
- ◆ Take a bike ride in the evening or on the weekend. Be sure and wear the proper safety gear.
- ◆ Purchase various colors of sidewalk chalk and draw pretty pictures on the



sidewalk or driveway. Play hopscotch together.

- ◆ Fly kites in an open field. You might try to make your own kites.
- ◆ Go to the local library and choose a book to read as a family. Visit the local park and sit under a tree and read it out loud. Take turns reading it.
- ◆ Engage in a game of badminton or tennis. Explore other outdoor games for warmer weather.
- ◆ Volunteer as a family to help with a community spring clean-up day.
- ◆ Using a digital camera, take pictures of your family and the Spring flowers and make a collage of all the pictures. Display your picture collage on the refrigerator or family bulletin board.