



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

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Skin Cancer: Detect It Early

According to the American Academy of Dermatology, the three most common forms of skin cancer include:

- ◆ *Basal cell carcinoma* – the most common skin cancer. It appears as a pearly bump that sometimes won't heal. It can also look like a sore that won't heal.
- ◆ *Squamous cell carcinoma* – the second-most common skin cancer. It appears as a crusty, scaly patch with a hard surface.
- ◆ *Melanoma* – the least common type of skin cancer, but most dangerous. People can die from melanoma. If you have a family history of this skin cancer, you could get it even if you've never been out in the sun. It's usually a dark mole, sometimes with an uneven edge. The color and size may change over time.

You need to be especially careful to check your skin if you:

- have light hair and skin
- freckle and burn easily
- have a family history of skin cancer
- spent a lot of time in the sun during your life
- had blistering sunburns as a child
- have blue, green or gray eyes.

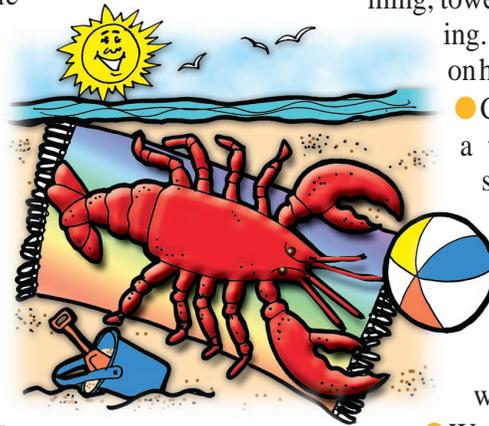
Note: Having a checkup by a dermatologist could be a lifesaver.

For more information on skin cancer, visit the American Academy of Dermatology at <http://www.aad.org/professionals/SkinCancerScreenings/>.

Protect Against Sun Exposure

Have you ever been cooked like a lobster? Lobsters turn bright red as they cook and so do people when they're exposed to the burning rays of the sun for long time periods. Protecting your skin from prolonged sun exposure is vital.

According to the American Cancer Society (ACS), unprotected exposure to UV rays can cause prematurely aged skin, wrinkles, freckles, loss of elasticity in the skin, dark patches, rough or scaly spots, and skin cancers. Besides these conditions, the sun's UV radiation can also increase the risk of cataracts and certain other eye problems, and can suppress the immune system in some people.



To protect your skin against the sun, consider these tips from the ACS:

- Avoid prolonged sun exposure between 10 a.m. and 4 p.m.
- Look for shade, especially in the middle of the day when the sun's rays are strongest. Practice the shadow rule. If your shadow is shorter than you, the sun's rays are at their strongest.
- Wear protective clothing to guard as much skin as possible when you're outside in the sun. Choose comfortable clothes made of tightly woven fabrics

that you can't see through when held up to a light.

- Use sunscreen with a sun protection factor (SPF) of 15 or higher. Apply a generous amount (about a palmful) of sunscreen and reapply it after swimming, toweling dry, or perspiring. Use sunscreen even on hazy or overcast days.
- Cover your head with a wide-brimmed hat, shading your face, ears, and neck. If you choose a baseball cap, remember to protect your ears and neck with sunscreen.
- Wear sunglasses with 99 percent to 100 percent UV absorption to provide optimal protection for the eyes and the surrounding skin.
- Follow these practices to protect your skin even on cloudy or overcast days. UV rays travel through clouds. Use extra caution near water, snow and sand as they reflect the damaging rays of the sun which can increase your chance of sunburn.
- Pay attention to the daily UV index. The higher the number, the greater the exposure to UV radiation.

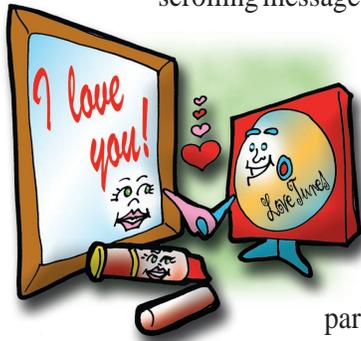
For more information, visit the American Cancer Society at www.cancer.org or the American Academy of Dermatology at www.aad.org.

How to Express "I Love You"

Here are several ways to say "I Love You" to the special someone in your life:

- ◆ Make a music CD of all of your favorite love songs. Slip the CD into the stereo of your partner's car before he or she leaves in the morning so it starts playing when he or she starts the car up to leave home.

- ◆ Change the screen saver on your home computer to a scrolling message. Tell him or her you love them or write another special message that is meaningful to the two of you.



- ◆ Pack a special picnic lunch and put a blanket in your vehicle's trunk and invite your partner for an impromptu picnic in the park during lunch.

- ◆ Write a special note to your partner on a sticky note and place it on an upcoming page of the book your partner is reading.
- ◆ Rent the first movie that the two of you watched together and surprise your partner with a movie night with just the two of you.
- ◆ If you're partner travels a lot, surprise him or her at the airport when they arrive home from their next trip.
- ◆ Using bright red lipstick, write a special message to your partner that says "I love you."
- ◆ Watch the sunrise or sunset together.
- ◆ Wink at your partner from across the room at a random moment and for no special reason other than you love him or her.
- ◆ Write a loving message on the bathroom mirror using anti-fog solution so that when the room fogs up from a shower, your partner can see the message from you.

Easy Steps to Better Health

- Eat together at the table: People consume more when eating in front of the TV. And foods eaten "on the go" are generally higher in calories.
- Play with kids for at least 20 minutes a day. Ride a bike, jump rope, or play touch football or soccer. Visit www.caloriecontrol.org/exercalc.html to find out the calories burned in various sports.
- Focus on favorite foods. Instead of trying to give up your favorites, eat smaller portions or switch to lower-fat versions. They can be just as good.
- Eat soup. Soup leaves you feeling full on fewer calories.

Tips for a Healthy Pregnancy



To increase your chances of having a healthy pregnancy, consider these tips from the Centers for Disease Control:

- Get prenatal care as soon as possible and see your doctor regularly through the whole pregnancy.
- Stop smoking.
- Drink at least six to eight glasses of water, fruit juice, and milk every day.
- Eat healthy.

Consume fortified foods (enriched grain products, including cereals, rice, breads, and pastas) and foods with natural sources of folate (orange juice, green leafy vegetables, beans, broccoli, asparagus, peas, and lentils).

- Don't drink alcohol or take illegal drugs.
- Check with your doctor before taking any medicine or using solvents, insecticides, and paints.
- Engage in safe exercises for pregnant women.
- Get plenty of rest.

How to Quiet a Barking Dog

The Humane Society of Denver says a barking dog can cause neighborhood disputes and violations of animal control ordinances. If your dog's barking has created neighborhood tension, it's a good idea to discuss the problem with your neighbors and tell them you're taking steps to eliminate it.

Determine when and for how long your dog barks, and what's causing him to bark. Is he left alone for long periods of time? Is his environment barren, without playmates or toys? Is he a young dog with few outlets for his energy? Is he a herding or sporting dog who needs a "job" to be happy?



Here are some tips:

- Walk your dog daily.
- Teach him to fetch a ball or Frisbee.
- Teach commands for five to 10 minutes a day.
- Take an obedience class with your dog.
- Provide interesting toys to keep him busy when you're not there.
- When you have to leave for extended periods, take him to a "doggie day care" or have someone walk with him.
- Teach him a "quiet" command. Interrupt his barking by shaking a can filled with pennies or squirting water at his mouth with a spray bottle. This startles him into being quiet so you can reward him.
- If he barks when you're home, call him to you and have him obey a command such as "sit." Praise him and give him a treat.

For more information, visit the Humane Society of the United States at <http://www.hsus.org/>.

All About Allergies...

It's that time of year again! The sniffing, sneezing, spring time of year. **Here is a general list of allergens:** ✿ *Dust* (contains dust mites and finely ground particles from other allergens such as pollen, mold and animal dander) ✿ *Pollen* (trees, grasses, weeds) ✿ *Fungi* ✿ *Furry animals* (cats, dogs, guinea pigs, gerbils, rabbits, and other pets) ✿ *Latex* (rubber gloves, toys, and balloons) ✿ *Foods* such as cow's milk, eggs, peanuts, tree nuts, soy, wheat and fish



The symptoms for allergies vary depending on what's causing the reaction and the part of the body affected. **Symptoms can include:**

- runny nose
- tearing eyes, burning or itching eyes
- red eyes
- conjunctivitis
- swollen eyes
- itching nose, mouth, throat, skin, or any other area
- wheezing
- coughing
- difficulty breathing
- hives (skin wheals)
- skin rashes
- stomach cramps
- vomiting
- diarrhea
- headache

Here are some do's and don'ts from the American Academy of Allergy, Asthma and Immunology: ✿ Keep windows closed at night to prevent pollens or molds from drifting into your home. ✿ Minimize early morning activity when pollen is usually emitted. ✿ Keep your car windows closed when traveling. ✿ Try to stay indoors when the pollen count or humidity is reported to be high, and on windy days when dust and pollen are blown about. ✿ Take a vacation during the height of the pollen season to a more pollen-free area, such as the beach or sea. ✿ Take medications prescribed by your allergist/immunologist regularly and in the recommended dosage. ✿ If you have bad allergies, don't mow lawns or be around freshly cut grass. Don't rake leaves, as this also stirs up molds. ✿ Avoid hanging sheets or clothing out to dry. Pollens and molds may collect in them. ✿ Don't grow too many or overwater indoor plants if you're allergic to mold. Wet soil encourages mold growth.

Source: American Academy of Allergy, Asthma and Immunology, www.aaaai.org



Fever Blisters: Find Relief

If you get a fever blister:

- Keep them clean and dry to prevent bacterial infections.
- Wash your hands often and avoid picking at the blister.
- Eat a soft, bland diet to avoid irritating the sores.
- Avoid kissing other people.
- Don't drink out of the same glass or use the same utensils as others.
- Try holding an ice cube or ice pack on the fever blister for about five minutes.
- Apply topical creams or ointments as directed by your doctor or pharmacist.

Gout: Coping with the Pain

Gout is one of the most painful forms of arthritis. It occurs when too much uric acid builds up in the body. For many people, the first attack of gout occurs in the big toe. Often, the attack wakes a person from sleep. The toe is very sore, red, warm, and swollen. Gout can cause:

- Pain
- Swelling
- Redness
- Heat
- Stiffness in joints.

You're more likely to have gout if you:

- Have family members with the disease
- Are a man
- Are overweight
- Drink too much alcohol
- Eat too many foods rich in purines, such as liver, dried bean and peas, anchovies, and gravies
- Have an enzyme defect that makes it hard for the body to break down purines
- Are exposed to lead in the environment
- Have had an organ transplant
- Use some medicines such as diuretics, aspirin, cyclosporine, or levodopa
- Take the vitamin niacin.

To treat or prevent gout, consider these tips:

- To help prevent future attacks, take the medicines your doctor prescribes. Carefully follow instructions about how much medicine to take and when to take it.
- Tell your doctor about all the medicines and vitamins you take. He or she can tell you if any of them increase your risk of hyperuricemia. Plan follow-up visits with your doctor to evaluate your progress.
- Maintain a healthy, balanced diet. Avoid foods that are high in purines and drink plenty of fluids, especially water. Fluids help remove uric acid from the body.
- Exercise regularly and maintain a healthy body weight.
- Lose weight if you're overweight, but don't go on diets designed for quick or extreme loss of weight because they increase uric acid levels in the blood.

Source: National Institute of Arthritis and Musculoskeletal and Skin Diseases, www.niams.nih.gov. For more information on gout, visit <http://www.niams.nih.gov/hi/topics/gout/Gout.pdf>.

Prevent Nighttime Leg Cramps

Here are suggestions for preventing leg cramps before they happen:

- Wear good shoes during the day. Flat feet and other problems make people susceptible. Good footwear can compensate.
- Loosen the covers. Tight covers can press feet down and tighten muscles in the calf and on the bottom of the foot.
- Stretch calf muscles before bed to loosen them up.
- Drink plenty of water, especially if you're active. You need fluids to prevent dehydration, which can cause cramps.



Choices and Consequences

By Paul J. Meyer



What you choose to say and do will change your life. What is more, it will become your life, affecting you and everyone around you. That is because you possess one of the most powerful forces in the world – the power of choice.

Making choices will bring consequences, whether good or bad. This may seem a little obvious, but why do people fail to grasp this reality? Winning an academic scholarship, hitting a sales goal, and making a wise investment might be called “rewards,” “profits,” or even “luck,” but in reality, they are simply the consequences of making the right choices at the right time in your life.

This principle has been referred to as “sowing and reaping.” Whatever it is you plant, whether it is physical, spiritual, mental, financial, relational, or emotional, it will grow and someday come back to you in a multiplied condition. It can be incredibly good or terribly bad – depending on the seed.

Minor Choices, Major Impact

You never know how large the impact may be from a seemingly minor choice. I found this to be the case several years ago on a family vacation when the cruise ship we were on stopped briefly on the Cayman Islands. I asked the captain, “Do you know of any place prettier than this?” He said it was the prettiest of the eight stops the ship would make, so I replied, “OK, we’ll get off here.”

Little did we know that the Caymans would become the home office to several of our overseas businesses and prove to be one of the best choices we ever made, not to mention the location for many meaningful relationships, unforgettable times as a family, and great business deals. One choice, with many positive consequences as a result.

If you hesitate to exercise your freedom of choice, others will choose for you and tell you what to do, directing you toward *their* goals, not yours. Use your freedom of choice to design a stronger, more positive self-image for yourself. If you are fearful, choose courage. If you are timid, choose to love people. If you frequently procrastinate, choose to take action now. If you have always waited for others to lead, choose to act on your own initiative now.

Saying “yes” to one thing means saying “no” to another. *How wisely you use the power of choice is up to you!*

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.

Give Out What You Want to Get Back

While stopped at a traffic light one day, I couldn’t help but notice the little girl who was peering out the back window of the car in front of me. She looked disgruntled, out of sorts, and mad at the world. It was obvious that she wasn’t having a great day. She could see that I was looking at her, and she glared back at me.



I decided to have a little fun with her and responded to her scowl with a big smile. She wasn’t amused, and she retaliated by sticking out her tongue at me and making a face at me. I just smiled back at her – a much bigger, warmer smile this time. It was obvious that she didn’t know what to do since I responded to her in an unexpected way. She was stumped and unsure of what to do next. I just continued to smile, and then I waved at her. Now the ball was in her court. Suddenly, she disappeared out of my view, but when she reappeared, she was holding up her doll for me to see – and she was smiling too. We do, indeed, get back what we send out.

I read something one time that said if you’re dog-tired when you come home at night, maybe it’s because you’ve been growling all day. The wisdom of the Golden Rule still holds true today. Radiate cheerfulness, a love of life, and a sincere interest in others. Treat everyone with kindness, respect, and loving compassion. If you want to have great days, what you give is what you’ll get.

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.



InSync® Moment – Getting Good Sleep

Trouble sleeping? About an hour before bedtime, engage in relaxing activities. Turn off the television. Listen to soothing music. Resolve differences. Record your thoughts and concerns. Plan the upcoming day. Lower the room temperature and lights. Receive the benefits of physical stamina, mental clarity, and emotional stability from healthy sleep.



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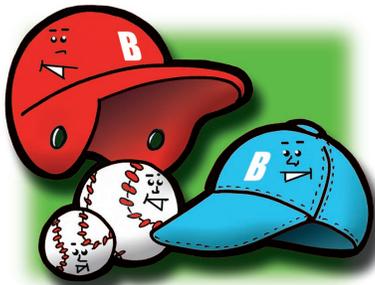
Do the Drill for Fitness

Want to get stronger and burn more calories? A half-hour walk each day is a good start, but adding special drills will make you stronger and help you to burn more calories.

The Running Center in New York City suggests these drills be used two days a week. First warm up by walking briskly for 10 minutes. Then stretch your calves and hamstrings. Continue with 30 minutes of brisk walking broken into 10-minute segments. Between each segment try one of the two-minute drills below, then cool down by walking for five minutes.

- ▲ Drill 1: March for 30 seconds. Walk lifting your knees high, thighs parallel to the ground. Use a bent-arm swing. Then walk normally for one minute and march again for 30 seconds.
- ▲ Drill 2: Do butt kicks for 30 seconds: Step forward and kick the opposite foot toward your butt. Use a bent-arm swing. Walk normally for one minute, then butt kick for another 30 seconds.
- ▲ Drill 3: Skip for 30 seconds. Skip high and let your arms swing. Walk normally for one minute, then skip again for 30 seconds.

Let's Play Ball... Safely!



To avoid injuries while playing baseball or softball, follow these safety tips from sports and health organizations:

- Always wear all the required safety gear every time you play or practice.
- Warm up and stretch before playing or practicing.
- If you have an injury, see a doctor. Follow all the doctor's orders for recovery, and get the doctor's okay before returning to play.
- Make sure first aid is available at all games and practices.
- Talk to and watch your child's coach. Coaches should enforce all the rules of the game, encourage safe play, and understand the special injury risks that young players face. Make sure your child's coach teaches players how to avoid injury when sliding (prohibits head first sliding in young players), pitching, or dodging a ball pitched directly at them.
- Keep baseball and softball fun. Putting too much focus on winning can add unnecessary stress.

Relief for an Aching Back

A while back I gave my medical doctor a copy of my first book, *Pushing Yourself to Power*, and the other day he told me he has been using one of my favorite Isometric exercises to help certain patients who have bad backs. It is a simple exercise that strengthens the back muscles and is also excellent for stretching and limbering up. Many of his patients have reported phenomenal relief from back soreness. I'm not offering this as medical advice (always check with your medical practitioner regarding your physical health), but I'm offering this as an effective exercise for strengthening your back muscles.



My doctor modified my exercise to be developed at your own pace and to be done regularly for the rest of your life. Here's how it's done: Place an open newspaper on the floor (for a clean place for your face and to read while doing the exercise). Lie on your stomach with your hands at your side and get comfortable for 10–20 seconds. Then lift your chest up off the floor so you can read the newspaper. Hold this position until you're tired, then lie back down on the floor. Completely relax! Let your body melt into the floor and rest for 20–30 seconds. Repeat the lifting and relaxing for a total of three times.

“Keep your back muscles strong, and your body will thank you for it.”

Do this every day for a week and listen to your body and back. If you feel okay, increase the workout by bringing up your hands into a “stick ’em up” position. Now lift your chest and hands and hold it with a stopwatch in your hand to click “on” as you lift up and click “off” as you relax. Repeat three times and note the combined total time. The next day, lift a total of two seconds longer. Continue adding two seconds every day (which makes for an additional minute every month) until you're able to lift for a total of five minutes.

Continue five-minute lifts every other day... forever! Keep your back muscles strong, and your body will thank you for it.



John Peterson is a lifelong fitness expert, the founder of Bronze Bow Publishing, and the author of *Pushing Yourself to Power*, *The Miracle Seven*, and *Isometric Power Revolution*. He created the *Transformetric Training System* that maximizes strength, fitness, and wellness. For more information of John Peterson and *Transformetrics*, visit www.bronzebowpublishing.com or call 1-866-724-8200.

Protect Against Window Falls

According to the National Safety Council, preventing falls out of windows is very important. **Here are several safety tips to remember:**

- When doing spring repairs, make sure that your windows aren't painted or nailed shut. (You must be able to open them to escape in an emergency.)
- When opening windows for ventilation, open windows that a child can't reach.
- Set and enforce rules about keeping children's



play away from windows or patio doors. Falling through the glass can be fatal or cause serious injury.

- Keep furniture – or anything children can climb on – away from windows.
- If you're considering installing window guards or window fall prevention devices, be aware that the window guards you install must have a release mechanism so that they can be opened for

escape in a fire emergency. Consult with your local fire department or building code official to determine proper window guard placement.

- Never install window unit air conditioners in windows that may be needed for escape or rescue in an emergency.
- Place shrubs and soft edging like wood chips or grass beneath windows to lessen the impact if a fall does occur.

Note: Be sure and teach your children how to safely use a window to escape from your home in case of a fire.

How to Stay Safe After Dark

Night driving can be challenging and hazardous. In fact, traffic deaths are three times greater at night than during the day. **Consider these night-driving tips from the National Safety Council:**

- ◆ Keep your headlights, tail lights, and signal lights clean, and make sure headlights are properly aimed.
- ◆ Don't drink and drive. Drinking impairs driving ability, is a depressant, and induces fatigue.
- ◆ Turn lights on early in the day.
- ◆ Reduce speed at night and increase following distance.
- ◆ Don't overdrive your headlights. You should be able to stop inside the illuminated area.
- ◆ Keep your headlights on low beams when following another vehicle.
- ◆ If you're too tired to drive, pull off the road and rest.

Source: National Safety Council, www.nsc.org

Coping with Grief

According to the National Mental Health Association, grief is the normal response of sorrow, emotion, and confusion that comes from losing someone or something important to you. It's a natural part of life.

Grief is a typical reaction to death, divorce, job loss, a move away from family and friends, or loss of good health due to illness. People who are grieving may experience these symptoms:

- an empty and numb feeling, as if they're in

shock • trembling • nausea, trouble breathing • muscle weakness • dry mouth • trouble sleeping and eating • anger issues – angry at a situation, a particular person, or just angry in general • feelings of guilt often expressed in

"I could have, I should have, and I wish I would have" statements • strange dreams or nightmares • absentmindedness • withdrawing socially • lack of desire to return to work.

For some people, grief lasts a few months. For others, grieving may take years. The length of time spent grieving is different for each person. There are many reasons for the differences, including personality, health, coping style, culture, family background, and life experiences. The time spent grieving also depends on the relationship with the person lost and how prepared they were for the loss.

Here are tips on dealing with grief:

- Accept the loss
- Work through and feel the physical and emotional pain of grief.
- Realize that grief has no timetable. Your emotions may come and go for weeks, months, or even years.
- Talk about your loss and take the time to seek comfort from friends and family who will listen.
- Forgive yourself for all of the things you believe you should have said or done.
- Remember to maintain a healthy diet and exercise.
- Engage in activities you enjoy – read a good book, listen to your favorite music, go to a ball game, or rent a movie.
- Prepare for holidays and anniversaries. Many people feel especially "blue" during some holidays, and on the anniversary date of the death of a friend or loved one. Make plans to be with friends and family members at these times.
- Adjust to living in a world without the person or item lost.
- Move on with life.
- Seek professional counseling to help you through some of the challenges of grieving.

Source: SAMHSA's National Mental Health Information Center, <http://mentalhealth.samhsa.gov>



Apples: Take a Bite into Health

When it comes to apples, the good news gets better all the time. Apples can preserve memory and help to prevent asthma, cancer, diabetes, and heart disease.

Researchers at the University of Massachusetts Lowell say the big news about apples right now is its possible ability to keep Alzheimer's disease away. Apples can increase production of the neurotransmitter *acetylcholine*, resulting in improved memory. Neurotransmitters are also vital for good health throughout the body. (The University of Massachusetts study mostly used apple juice.)

Apples are the best source of *quercetin*, an antioxidant that protects brain cells against oxidative stress. This is a tissue-damaging process associated with Alzheimer's disease.

Drinking two cups of apple juice or eating three apples a day boosts production of quercetin. C.Y. Lee, professor and chairman of the Department of Food Science & Technology at Cornell University, says apples are among the best choices for fighting Alzheimer's disease.

Lee says people should eat more apples, especially fresh ones. Red Delicious has a very high antioxidant content. Be sure to eat the skin. It can have six times more antioxidants than the flesh. Apples are also well-known cancer fighters and heart protectors. They reduce risk of diabetes, asthma, and tooth loss.

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!

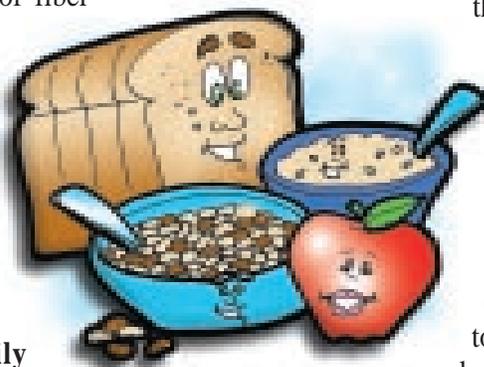


Fuel Your Body Up on Fiber

Fiber helps your body stay healthy and may prevent heart disease. Soluble fiber, which is found in oats, barley, beans, apples, oranges and other fruits and vegetables, may help prevent heart disease by lowering LDL, or "bad" cholesterol levels. Set a goal to eat 20 to 35 grams of fiber every day. The best way to do this is to consume a wide variety of whole grains, nuts, seeds, beans, fruits and vegetables.

Here are tips from the American Academy of Family Physicians and American Dietetic Association:

- ❖ Eat at least five servings of fruits and vegetables each day. Fruits and vegetables that are high in fiber include:
 - Apples • Berries • Figs • Oranges
 - Pears • Prunes • Broccoli • Brussels sprouts • Carrots • Cauliflower • Green peas • Beans
- ❖ Replace white bread with whole-grain breads and cereals. Eat brown rice instead of white rice. Eat more of the following foods:
 - Bran muffins
 - Brown rice
 - Oatmeal
 - Popcorn
 - Multiple-grain cereals, cooked or dry
 - 100% Whole-wheat bread



❖ Eat bran cereal for breakfast. Check labels on food packages for the amounts of dietary fiber in each brand. Some cereals may have less fiber than you think.

❖ Add 1/4 cup of wheat bran (miller's bran) to foods such as cooked cereal, applesauce, or meat loaf. You can also add oats to meatloaf, breads and cookies.

- ❖ Include more fiber in your eating plan by adding vegetables to stews and casseroles.
- ❖ Add fruit on cereal or eat fruit as a snack and in salads.
- ❖ Eat cooked beans each week.

Note: Be sure to drink more fluids when you increase the amount of fiber you eat. Liquids help your body digest fiber better. Try to drink 8-10 glasses of water each day – and even more when you exercise or travel by air.

BANANA-STRAWBERRY-PEANUT BUTTER STUFFED FRENCH TOAST

- 4–2-inch thick pieces whole grain country bread
- 1 ripe banana, sliced
- 1 cup strawberries, sliced
- 1/4 cup natural peanut butter
- 1 egg
- 2 egg whites
- 1 cup milk
- 1/2 tsp. salt
- 2 tsp. honey
- 1/2 tsp. ground cinnamon
- Nonstick cooking spray



Makes 4 servings

Using a sharp, serrated knife, cut a horizontal pocket in each bread slice; cut close to the edges but leave crusts intact. In a small bowl, mash the banana with a fork. Fold in the strawberries and peanut butter. Using a spoon, stuff each piece of bread with the banana/strawberry mixture; fill until stuffed, but not falling out of bread. In a shallow bowl, lightly beat the egg and egg whites with milk, salt, honey, and cinnamon. Dip the stuffed bread in the egg mixture and let soak about five minutes, turning occasionally, until egg mixture is absorbed. Spray a large cast-iron or nonstick skillet with cooking spray and heat over medium heat. Cook the toast in the hot pan until cooked through, about two to three minutes per side. Serve topped with warm honey, pure maple syrup, or all-fruit spread.

Each serving contains: 240 calories, 9 g. protein, 6.5 g. fat, 55 mg. cholesterol, 37 g. carbohydrates, 32 mg. calcium. Calories from fat 24 percent

Source: National Peanut Board, www.nationalpeanutboard.org

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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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Buying Organic Fruits and Veggies

Know when it pays to buy organic food products to reduce your exposure to pesticides and other additives, when it might sometimes pay, and when it's a waste of your money.

Go organic when you can to replace these Most Contaminated Fruits and Veggies:

- Apples
- Bell peppers
- Celery
- Cherries
- Imported grapes
- Peaches
- Nectarines
- Pears
- Potatoes
- Red raspberries
- Spinach
- Strawberries

Unless price is no object, choose conventionally grown produce from these Least Contaminated Fruits and Veggies (pesticide residues are virtually not detectable):

- Asparagus
- Avocados
- Bananas
- Broccoli
- Cauliflower
- Sweet corn
- Kiwi
- Mangos
- Onions
- Papaya
- Pineapples
- Sweet peas

Learning the ABCs of Autism

Autism knows no racial, ethnic, social boundaries, family income, lifestyle, or educational levels. It can affect any family and any child. It's a complex developmental disability that usually appears during the first three years of life. It affects the normal functioning of the brain, impacting development in social interaction and communication skills.

Someone with autism may show some of the following traits:

- Insistence on sameness and a resistance to change
- Difficulty in expressing needs, using gestures or pointing instead of words
- Repeating words or phrases in place of normal, responsive language
- Laughing and/or crying for no apparent reason
- Preference to being alone
- Tantrums
- Difficulty in mixing with others
- Not wanting to cuddle or be cuddled
- Little or no eye contact
- Unresponsive to normal teaching methods
- Sustained odd play
- Spinning objects
- Obsessive attachment to objects
- Apparent over-sensitivity or under-sensitivity to pain
- No real fears of danger
- Noticeable physical over-activity or extreme under-activity
- Non responsive to verbal cues.

The demands of raising a child with



autism are great, and families frequently experience high levels of stress. Recognizing and preparing yourself for the challenges that are in store will make a tremendous difference to all involved, including the parents, siblings, grandparents, extended family, and friends.

While there's no cure for autism, there are treatment and education approaches that may reduce some of the challenges associated with the disability. Intervention may help to lessen disruptive behaviors, and education can teach self-help skills that allow for greater independence. But just as there is no one symptom or behavior that identifies autistic children, there is no single treatment. Children can learn to function within the confines of their disability, but treatment must be tailored to a child's individual behaviors and needs.

Source: Autism Society of American. For more information and helpful tips on autism, visit www.autism-society.org.