



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

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Simple Steps for Better Sleep

Here are ways to get the sleep you need and deserve:

- ◆ Give yourself “permission” to go to sleep. As hard as it may be to put away your “to do” list, make sleep a priority. You’ll thank yourself in the morning.
- ◆ Unwind early in the evening. Try to deal with worries and distractions several hours before bedtime.
- ◆ Develop a sleep ritual. Do the same things each night just before bed to signal your body to settle down for the night.
- ◆ Keep regular hours when possible. Keep your biological clock in check by going to bed around the same time each night and waking up close to the same time each morning – even on weekends.
- ◆ Exercise regularly. Regular exercise can help relieve daily tension and stress – but don’t exercise too close to bedtime or you may have trouble falling asleep.
- ◆ Don’t smoke or drink. Smokers take longer to fall asleep and wake up more often during the night. Drinking alcohol shortly before bedtime interrupts and fragments sleep.

Improving Your Sleep Habits

Employees are paying a high price for too little sleep when it comes to work productivity, according to statistics from the Better Sleep Council. According to the Council, lack of sleep impacts quality of work, level of alertness, judgment, productivity, information retention, and the ability to socially interact with coworkers. In fact, 44 percent surveyed said they were likely to be in an unpleasant or unfriendly mood because of lack of sleep.

The Council survey also showed that tired employees are turning to quick-fix performance enhancers to remedy their sleep deficiency problem, including drinking coffee or other highly caffeinated drinks, taking a nap, or going outside for fresh air. The Council says only a few Americans surveyed were willing to make the commitment to get more sleep in order to feel more awake and productive at work.

Here are several tips to help you improve your sleep:

- ▲ Pay your sleep debt. Getting even 30 minutes less sleep than your body needs can lead to accumulated sleep debt, which has both short- and long-term consequences for health, mood, and performance – both on and off the job.

It’s important to schedule eight to nine hours of sleep each night and maintain a regular sleep and wake schedule, even on the weekend.

- ▲ Designate your bedroom for rest. The bedroom should be an uncluttered environment that’s relaxing, comfortable, and conducive to good sleep and relaxation. Keep work, computers, and televisions out of the bedroom.

- ▲ Kick the caffeine habit. Research shows that caffeine interferes with getting a restful night’s sleep and waking refreshed in the morning. Avoid tea, coffee, and soft drinks close to bedtime.

- ▲ Evaluate your bed. Though your mattress may not show physical signs of wear, mattresses

lose comfort and support over the years. It’s important to evaluate your mattress every five to seven years to ensure it still provides optimal comfort and support. Research shows that the age of a mattress directly impacts the quality of sleep. Be sure to invest in the best quality and most comfortable mattress you can afford to ensure a great night’s rest for a healthier, happier, and more productive you.

For more information on better sleep, visit the Better Sleep Council at www.bettersleep.org.



Get the Most from Your Car Purchase

Automobiles are among the major causes of the debt that's burdening many people these days. And, this debt is a major contributor to stress within marriages. A study by the Creighton University Center for Marriage and Family shows that among couples ages 29 and under, top concerns include their household financial situations and debt brought into marriage.

However, excessive debt is stressful whether you're under or over the age of 29. So, I encourage you to limit the amount of debt you assume, and one sure way to do that is by making wise choices in automobile purchases.

According to the Consumer Bankers Association (CBA), the average new automobile loan totals more than \$22,000, and 88 percent of new automobile loans are longer than 48 months. CBA says 45 percent of loans extend beyond 60 months. And, maximum loan maturities are now extending to 77 months – more than six years.

Because of depreciation, a longer loan maturity increases the likelihood that you'll end up owing more than your automobile is worth. This is called being "upside down," and it's estimated that 40 percent of automobile owners are in this predicament. On average, the amount they owe is more than \$2,000 greater than their automobiles' values!

To avoid being upside down, you must take depreciation into account. Within two years, it will claim up to 40 percent of a new automobile's value. Thus, at the end of two years, your \$25,000 sedan could be worth \$10,000 less.

One way to beat depreciation is to buy an automobile that's two or more years old. Don't let yourself be persuaded by advertising that promotes new cars based on image. Instead, seek affordable, but reliable, transportation. One way to find a good used automobile is to ask your friends and family if they have one for sale. Many times they do and just haven't mentioned it. Another benefit of this approach is that in most states, there's no sales tax on private owner sales.

When you buy an automobile, make a significant down payment to reduce the amount you need to borrow and opt for a shorter-term loan. Try to pay off the loan early, and plan to keep the automobile at least three years after your last payment has been made.

Once the loan is paid off, don't stop making payments. Instead, keep making the same payment...to yourself. Put the money into an account that you can use to buy your next automobile.

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.



Bike Safely with Your Family

According to the American Academy of Family Physicians, riding a bicycle can be good for the whole family. It can help you get in shape and lose weight, and it can reduce the risk of health problems such as heart at-



tacks. **Here are several safe biking tips:** • Protect your head by wearing a helmet at all times. • Wear sunglasses to prevent dust and bugs from getting into your eyes. • Wear bright, reflective clothing to make it easier for drivers to see you. • Install a comfortable, padded seat or wear padded shorts to reduce buttock pain. • Learn the basic traffic rules for bicyclists. • Check the bike to make sure everything is working correctly before riding.

For more information, visit the American Academy of Family Physicians at www.familydoctor.org or the National Center for Injury Prevention and Control at <http://www.cdc.gov/ncipc/bike/>.

Give Your Home a Check-Up

- Clean the gutters. Make sure downspouts or splash backs direct water at least six feet from the foundation.
- Have the central air conditioning unit checked. Replace the filter in the forced-air system. Clean debris from condenser or heat pump outside.
- Remove mineral deposits from faucet aerators and shower heads by soaking parts in white vinegar and scrubbing with an old toothbrush.
- Have the swimming pool cleaned. Inspect and service pool liners and filters.

Save Money on Electricity

- Turn off anything you're not using – this includes lights, TVs, radios, and computers.
- Use energy efficient light bulbs, such as compact fluorescent bulbs.
- Turn your thermostat up in the spring and summer when you're not home.
- Weatherize windows and doors on your home.
- Upgrade your refrigerator or freezer to a more energy efficient model.
- Upgrade your attic insulation.
- Unplug appliances and other electronic items not in use.
- Use your dishwasher, washer, and dryer only when you have a full load.
- Change the filter on your air conditioner as recommended.
- Use dimmers, timers, and motion detector lights for outdoor lighting.





Does Motion Make Your Head Swim?

Whether you're traveling by car, train, airplane, or boat, motion sickness can creep up on you when you least expect it. Motion sickness is a common problem faced by many people who are traveling and can lead to dizziness, fatigue, cold sweats, headaches, nausea, and vomiting. It can definitely put a damper on your travels.

According to the Centers for Disease Control, your brain senses movement by getting signals from your inner ears, eyes, muscles and joints. When it gets signals that don't match, you can get motion sickness.

Here are some tips to ease or prevent motion sickness:

- ◆ Sit in the front seat of a car, forward cars of a train, upper deck on a boat, or wing seats in a plane to give you a less bumpy ride.
- ◆ Look toward the horizon or focus on a distant, stationary object.
- ◆ Use a head rest to minimize head movement while you travel.
- ◆ Make sure you have proper ventilation and avoid foul odors.
- ◆ Avoid reading as this may aggravate the condition.
- ◆ Don't smoke or sit near smokers.
- ◆ Avoid bulky, spicy, and greasy foods. Don't drink alcohol.
- ◆ Talk to your doctor about taking a motion sickness medication to help you.
- ◆ Nibble on dry crackers or drink a carbonated beverage to help settle your stomach if you become ill.

Recovering from Cancer Treatment

Whether your cancer is gone or in remission, eating well, exercising, seeking support from others, and following your doctor's advice can all help you regain your strength, rebuild tissue, and feel better overall in your journey back to good health. **Here are several tips:**

- Take your recovery one day at a time and ease into a healthier lifestyle.
- Continue to have regular medical checkups and follow your doctor's instructions for recuperation.
- Take small steps to make your life more active. Take the stairs more often, park farther from your destination and walk, or take a stroll in the park with your spouse or a friend.
- Choose a variety of foods from all the food groups. Try to eat at least five to seven servings a day of fruits and vegetables, including citrus fruits and dark-green and deep-yellow veg-



etables. Eat plenty of high-fiber foods, such as whole grain breads and cereals. Decrease the amount of fat in your meals by baking or broiling foods. Choose low-fat milk and dairy products. Avoid salt-cured, smoked, and pickled foods. Drink eight or more glasses of pure water each day.

- Talk to your doctor about what a healthy weight is for you and how to achieve that goal weight.
- Don't use tobacco products.
- If you drink alcohol, do so in moderation or not at all.
- Seek the support of other cancer survivors. Be an encouragement to someone else overcoming cancer.

For more information on cancer recovery, visit the Cancer Recovery Foundation at www.cancerrecovery.org or visit the American Cancer Society at www.cancer.org.

Insect Bites: How to React Fast

For most bites and stings: • Remove the stinger if still present by scraping the back of a credit card or other straight-edged object across the stinger. (Using tweezers may squeeze the venom sac and increase the amount of venom released.) • Wash the bite area with soap and water. • Place an ice pack on the site of the sting. • Take an antihistamine or apply creams that reduce itching. • Watch for signs of infection and see your doctor if you have infection. **If you or someone else has a reaction** – trouble breathing, wheezing, shortness of breath, swelling on the face, tight throat, weakness, or turning blue – call 911 immediately. (People who have a serious allergy to insect bites or stings should carry an emergency epinephrine kit as prescribed by their doctor.)



Here are ways to protect against insect bites: • Avoid provoking insects whenever possible. • Avoid rapid, jerky movements around insect hives or nests. • Avoid perfumes and floral-patterned or dark clothing. • Use appropriate insect repellents and protective clothing. • Use caution when eating outdoors, especially with sweetened beverages or in areas around garbage cans, which often attract bees. • If you have an allergy, wear a medical ID bracelet to warn others.

Source: MedlinePlus, <http://www.nlm.nih.gov/medlineplus/ency/article/000033.htm>

Rejuvenate Your Drive for Success

By Paul J. Meyer



Occasionally, you encounter people who are completely satisfied with themselves and their performance. They see no reason to try to improve. Complacent people surrender to the inner urge to “take it easy.” They are satisfied with *good enough* instead of *good*, or *good* instead of *excellent*. They have stabilized their income and their work habits, practically immobilizing their lives. Unfortunately, they are usually totally unaware that this has occurred.

Complacency in individuals seems to conform to the principle of cycles; every living organism grows to maturity, levels off, and then dies. But the cycle can be broken – even reversed – by the infusion of a new purpose, new life, new ideas, and new activity into your daily routine.

Like a muscle or organ that is not exercised, your abilities can lose strength and tone. But you can be inspired to reach toward a new and rewarding way of thinking with new ideas, new goals, and higher aspirations. **Here are several ways to rejuvenate your drive for success and overcome complacency:**

- ◆ *Set new and higher goals.* Examine your ambitions and interests. Have you achieved all that you want to in life? You may be prone to claim you are satisfied when actually you have merely found a safe harbor from the storms of life.
- ◆ *Overcome your fear of failure.* Often, a negative self-image can establish a low ceiling of achievement. Believe in your talents and abilities, and use them to boost your success. Take steps to reach the level of success you desire.
- ◆ *Explore your interests.* Sometimes you need more responsibility and a bigger challenge to get motivated to reach new goals. Seek out new opportunities to succeed. Try new activities and explore new interests. Avoid putting a limit on what you can do.
- ◆ *Never look back, unless you plan to go that way.* Learn from the past, but move forward into the future with optimism and positive expectancy. Every success is the result of trial and error, and of learning from mistakes.

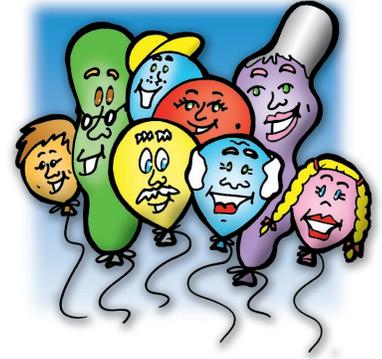
Make a conscious, deliberate decision to restart your internal motivator, and experience the rewards of achieving even higher goals!

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

The Power of a Smile

A smile is the most universal of expressions. Its meaning is the same in every language, so it’s the international symbol of happiness and acceptance. A smile says, “I acknowledge you. I accept you.”

Some people are more generous with their smiles than others. They have an unlimited supply; however, some people seem to want to hoard their smiles and keep them to themselves. And most people take their smiles for granted.



Smiling not only brightens the day of those around you, but research shows that it even makes you feel better. When students involved in a research project were asked to contract the muscles of their faces and to frown, they started feeling angry and out of sorts. Compared to the frowners, those students who were asked to smile felt happier. They had a more positive disposition and found jokes and cartoons funnier.

Try smiling – even when you don’t feel like it. In fact, smile especially when you don’t feel like it. You’ll be surprised by the results. Smile because it feels good. Smile because it makes others feel good. Smile because it looks good. Smile because it makes you look younger. A smile can give you energy, give you power, help you gain control, and relieve stress. If you smile when you’re down, it will lift your spirits.

Smile for no reason other than you can. Smile and put a sparkle in your eyes and joy in your heart. Smile because it costs nothing but has tremendous value. Smile generously because you have plenty to share. And finally, smile because it only takes a moment but the memory can last a lifetime.

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 – Savor the Flavors

Was your last meal tasty? Satisfying? People often rush through meals, not paying attention to what they eat. Enjoy your food. Notice how it tastes. Taste for the sweet, sour, bitter, and spicy flavors. Relish each bite. You’ll experience more satisfaction when you take the time to savor the flavors – of food and life!



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

Commit to Safe Boating

Most boating accidents involve capsizing, falling overboard, and collisions. Unfortunately, about 90 percent of these accidents end in fatalities due to drowning and in most cases no personal flotation device is used. **If you will be boating this summer, remember these safety tips:**

- ❖ Limit loading your boat to the recommended limitations.
- ❖ Restrict movement in your boat when in the water.
- ❖ Take your boat out during safe weather and water conditions.
- ❖ Be aware of other boaters and yield the right of way.
- ❖ Always maintain a safe speed while boating.
- ❖ Avoid drinking alcohol while operating a boat.
- ❖ Make sure your boat is properly maintained.
- ❖ Provide a personal flotation device for everyone who rides in your boat. Make sure they wear them.

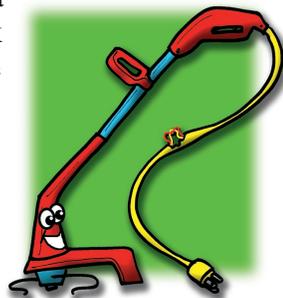


For more information on safe boating, visit the National Safe Boating Council at www.safeboatingcouncil.org.

Be Safe Doing Yard Work

Taking care of your lawn is a chore that can put you at risk of injury unless safety tips are followed. **Remember these safety tips when doing yard work:**

- Before mowing, trimming, or edging, read the owner's manual, and pay particular attention to safety recommendations.
- Don't let people stand or sit anywhere near where you're mowing or weed eating.
- Prepare your lawn by walking over it, checking for broken sticks, stones, toys, and anything else that could shoot out from under the mower or damage the blade.
- Wear sturdy, closed-toe shoes. Never go barefoot or wear cloth shoes or sandals.
- When using a chain saw, make certain it's equipped with an anti-kickback chain that's well sharpened.
- Never leave garden tools such as rakes, spades, forks, pruning clippers, files, and metal plant stakes lying around when not in use.
- Wear proper eye protection when using any power tool.
- Don't wear any loose or dangling clothing that could be caught in moving parts.



Prevent On-the-Job Injuries

- Keep your work area free of clutter. Boxes should be stacked out of the way of traffic.
- Clean up trash and spills from the floor immediately.
- Avoid leaving drawers or cabinet doors open so no one trips over them or runs into them.
- Know where to locate the fire extinguishers in an emergency situation and learn how to use them.
- Know where emergency numbers, first-aid actions, and evacuation procedures for your workplace are posted. Review emergency procedures.
- Don't overload electrical circuits.
- Read the instructions, operator's manuals, material safety data sheets, and safety labels before handling new equipment or substances.
- Wear the protective equipment items – gloves, safety eyewear, special boots, etc. – for your job.
- Plan lifts carefully so that your leg muscles rather than your back handle most of the load. Avoid twisting when lifting. Seek help for heavy loads.
- Know that long hair, jewelry, and loose clothing can be hazardous around some office equipment. They can become entangled in moving parts of computer printers, postage meters, and other equipment, and cause injury.



Drinking and Driving Don't Mix

Each year, about 42,000 people die in motor vehicle accidents and more than 16,000 of these deaths are alcohol or drug-related. It's very important to prevent drinking and driving. **Here are several safety tips:**

- Designate a non-drinking driver beforehand.
- Give a non-drinking friend your car keys to reduce the likelihood you'll drive under the influence.
- If you don't have a designated driver, arrange for a sober friend or family member to pick you up or call for a taxi.
- If you're at a friend's home, arrange to spend the night. Most people will understand and would rather you camp on their couch or floor than take unnecessary risks.
- If a friend is drunk, use a soft, calm approach and take their keys from them. If it's somebody you don't know well, speak to their friends and have them make an attempt to persuade them to hand over the keys or call the police if they get in the car.

For more information, visit the National Highway Traffic Safety Administration at www.nhtsa.gov.

Tone Up for Summer

It's time to play, have fun, and get in shape no matter what your age or present fitness level. You don't have to be an athlete to participate in physical fitness and sports activities. **Here are some easy ways to tone up for summer:**

- ◆ Walk. It's the easiest and most natural form of exercise in the world. Put a daily walk on your schedule, and you'll find you can make time to do it.
- ◆ Work in the yard. You should do that anyway, but researchers say yard work and gardening are among the best forms of exercise.
- ◆ Target activities you love. Dance, hike in the woods, or play outside with your children. Instead of doing the same thing, schedule a different activity for each day.
- ◆ Ride your bike. If you haven't ridden for a while, take shorter rides at first. Riding a bike to work on a nice day makes you feel good and saves money on car expenses.
- ◆ Swim. It exercises all your muscles. Take advantage of good weather and go to the lake or a swimming pool. Also consider taking a water aerobics class.
- ◆ Lift weights. When it rains, make that the day you stay inside and lift, either at home or in the gym.



Recognizing Asthma

When someone has asthma, the inside walls of their airways are inflamed or swollen. The inflammation makes them very sensitive, and they tend to react strongly to things that they're allergic to or find irritating. Some of the more common things that bring on asthma symptoms include exercise, allergens, irritants, and viral infections. When the airways react, they get narrower and less air flows through to the lungs. This causes symptoms like wheezing, coughing, chest tightness, and trouble breathing, especially at night and in the early morning.

Here are several tips to consider: • Learn about your asthma and how to control it. • Use medicines as directed by your doctor to prevent or stop attacks. • Avoid things that make your asthma worse as much as possible. • Get regular checkups from your doctor. • Follow your asthma self-management plan.

Source: National Heart Lung and Blood Institute, www.nhlbi.nih.gov/health/dci/Diseases/Asthma/Asthma_WhatIs.html

Focus on Sports' Safety



Sports are a fun way to get fit, but they can be dangerous if the proper precautions to avoid injuries aren't taken. **Here are several safety tips to keep in mind:** • Always wear the safety gear for your sport, such as mouth guards, shin pads, helmets, elbow pads, knee pads, safety goggles, and so on. • Warm up with a light jog and stretch your muscles

before you play. • Know the rules of the game to avoid injuring other players. • Check the playing field for hazards, such as rocks, holes, and water, and remove them. • Pay attention to potentially dangerous weather conditions, such as lightning. • Drink plenty of water to avoid dehydration. • Make sure a properly stocked first-aid kit is available at all games and practices. • Avoid playing through an injury. See your doctor for treatment and follow your doctor's advice for recovery.

Avoid Dehydration

- ◆ Drink plenty of water before, during, and after exercising.
- ◆ Cut down on sweating by wearing loose-fitting clothes and a hat.
- ◆ If you feel dizzy or weak when exercising, stop and rest. If you're outside, sit in the shade and drink cool water.
- ◆ Recognize the symptoms of dehydration – dizziness, headache, dark urine, inability to urinate, dry mouth and nose, weakness, nausea, and vomiting. Seek medical help if needed.



Tips on Trimming Down

• Watch out for extra calories. Drink water and sugar-free drinks to quench your thirst. • When you feel full, stop eating. Avoid taking seconds at meals. • Instead of driving, walk or ride a bike to places that are nearby. • When you park at the grocery store or mall, park further out and walk the distance to the door. • Limit the time you watch TV, use the computer, or play video games. Do activities that get you moving. • Keep healthy snacks like carrot sticks or unsalted pretzels handy for quick bites. • Build up your muscles with push-ups, pilates, or resistance exercises. Muscle burns more calories than fat.



Greek Pasta

- 4 cups bowtie pasta, cooked and cooled
- 1 red bell pepper, finely diced
- 1 green bell pepper, finely diced
- 1 yellow pepper, finely diced
- 1/2 red onion, finely minced
- 2 Tbsp. chopped fresh herbs (cilantro, basil, rosemary, thyme)
- 1 cup Greek Vinaigrette (see below)
- 1 tsp. creole seasoning

Combine all ingredients. Allow to marinate at least one hour.

Makes 4 servings.

Each serving contains: 204 calories, 7 g. protein, 4 g. fat, 0 mg. cholesterol, 35 g. carbohydrates, 420 mg. sodium. Calories from fat: 18 percent

Greek Vinaigrette

- 1/4 cup olive oil
- 1-1/4 cups rice wine vinegar
- 3/4 cup chicken stock (fat-free/low salt)
- 1/4 cup Dijon mustard
- 1/2 cup pepperoncini juice
- 1 Tbsp. minced garlic
- 1 Tbsp. minced shallots
- 1 tsp. creole seasoning
- 2 Tbsp. chopped fresh herbs (cilantro, basil, rosemary, thyme)
- 1 Tbsp. chopped fresh oregano (or 1 tsp. dried)

In a large bowl, whisk together ingredients. Refrigerate.

Makes 24 servings, 2 Tbsp. each.

Each serving contains: 21 calories, 0 g. protein, 2 g. fat, 0 mg. cholesterol, 1 g. carbohydrates, 139 mg. sodium. Calories from fat: 66 percent

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 new book, *When Your Hormones Go Haywire*, provides natural solutions for women over 40.



Snack Smartly for Good Health

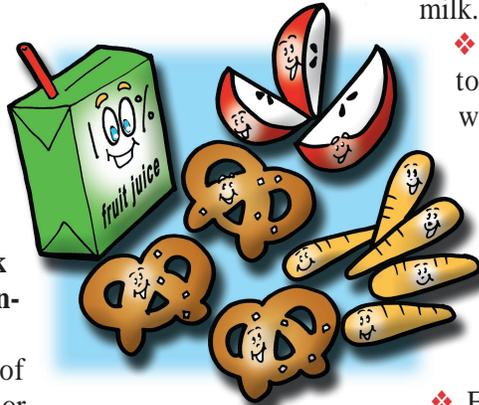
People nowadays are so busy. They're trying to balance their career, family, friends, and a healthy lifestyle. For some people, when they're on move so much, they may skip a healthy meal and opt for a quick snack instead. But they may turn to the wrong kind of snacks – those that are high in fat and sugar that may actually drain their much-needed energy.

Here are several healthy snack ideas for you to consider:

- ❖ Try a handful of dried blueberries or cherries instead of cookies. Or nibble on frozen fruits for a chilly treat.
- ❖ Drink a glass of tomato or mixed vegetable juice.
- ❖ Microwave a sweet potato and enjoy it straight out of the microwave. Skip the butter.
- ❖ Crunch on a rice cake topped with a slice of fat-free cheese, mustard, and a large slice of tomato.
- ❖ Have a turkey roll. Cover a piece of Romaine lettuce with a piece of lean, sliced turkey breast, a slice of tomato, and chopped cucumber. Roll it up and

enjoy.

- ❖ Gulp a refreshing glass of calcium-fortified grapefruit or orange juice.
- ❖ Toss together a crunchy snack mix of pretzel sticks, raisins, wheat cereal, and dried cranberries.
- ❖ Chug a glass of chocolate soy milk.
- ❖ Nibble on a piece of toasted raisin bread with all-fruit spread or low-fat cream cheese.
- ❖ Munch on corn-on-the-cob.
- ❖ Treat yourself to frozen red grapes.
- ❖ Enjoy grated carrots tossed with raisins and a bit of orange juice.



- ❖ Swirl applesauce and cinnamon into a cup of low-fat vanilla yogurt.
- ❖ Whirl frozen strawberries, a banana, and some orange juice in a blender for a fruit smoothie.
- ❖ Dip unsalted pretzels or carrot sticks into spicy mustard.
- ❖ Nibble on broccoli florets, celery sticks, or cucumber slices dipped into fat-free ranch dip.
- ❖ Dip baked tortilla chips into vegetable salsa or fruit chutney.

TUSCAN BROCCOLI

- 1 tsp. olive oil
- 2 cloves garlic, minced
- 2 Tbsp. capers, rinsed
- 1/2 tsp. creole seasoning
- 1 tsp. Mrs. Dash seasoning
- 1 Tbsp. chopped fresh rosemary (or 1 tsp. dried)
- 1 bunch (1-1/4 lbs.) broccoli, cut into florets and trimmed of tough stalks
- 1/2 cup chicken stock (fat-free/low salt)



Makes 4 servings

Spray a large nonstick skillet with cooking spray. Add olive oil and heat over medium heat. Add garlic, capers, seasonings, and rosemary, and sauté until the garlic is golden (about three seconds). Add the broccoli florets and chicken stock. Reduce heat and cook covered until broccoli is crisp tender and cooking liquid is reduced, about five to seven minutes. Ladle into serving dish, tossing together.

Each serving contains: 57 calories, 4 g. protein, 1 g. fat, 0 mg. cholesterol, 8 g. carbohydrates, 688 mg. sodium. Calories from fat: 16 percent

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

✂ clip and keep

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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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wellness and educational

Recognize the Signs of a Heart Attack

According to the American Heart Association, here are the possible signs that you're having a heart attack:

- ◆ Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.
- ◆ Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- ◆ Shortness of breath with or without chest discomfort.
- ◆ Other signs may include breaking out in a cold sweat, nausea, or lightheadedness.

Even if you're not sure if you're having a heart attack, have it checked out. Minutes matter! Fast action can save your life.

Source: American Heart Association, www.americanheart.org

Taking Care of Your Heart

Small choices you make today could boost your heart health and save your life. Exercising, eating right, not smoking, and checking your blood pressure can all help prevent heart disease. Thinking small about heart health *does* make a difference, and it doesn't take much time or effort.

Whether you're in your 20s, 40s, or 60s, it's important to take care of your heart. Heart disease is a leading killer among Americans today. Although some risk factors, such as family history and age, can't be changed, there are many ways to help prevent heart disease and stroke.

Here are some small things you can do to make a big difference in boosting your heart health:

- ▲ Eat an apple or a pear instead of a donut. Fruit tastes good. You'll be less likely to gain weight, which makes your heart work harder.
- ▲ Walk with your dog or kids instead of watching television. Try to include at least 30 minutes of physical activ-

ity most (preferably all) days of the week.

- ▲ Do something you really want to do instead of lighting a cigarette. Smoking more than doubles your risk for heart disease. Secondhand smoke is also very harmful. If you smoke, quit.



- ▲ Include more heart-healthy foods such as fruits, vegetables, and whole grains in your diet. Limit your sodium (salt in foods) intake and get no more than 30 percent of your daily calories from fat.

▲ Check your waist-to-hip ratio. If you're overweight, make the effort to lose those extra pounds. Being overweight can contribute to heart disease and stroke.

- ▲ Control your blood pressure by exercising regularly, eating healthy, limiting sodium and alcohol intake, and not smoking. Have your blood pressure checked as recommended and take medicine as prescribed.

For more information, visit the American Heart Association at www.americanheart.org.