



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

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How to Avoid Drowsy Driving

Sleepiness and driving are a dangerous mix. In fact, drowsy driving can be as dangerous as drinking alcohol and driving. Being sleepy behind the wheel slows reaction time, decreases awareness, impairs judgment, and increases your risk of having an accident.

Drivers who are most at risk for drowsy driving include:

- third shift workers
- people who drive a lot of miles each day
- people with sleep disorders
- people who take prescribed or over-the-counter medications that cause drowsiness.

Here are safety tips on how to avoid drowsy driving:

- ◆ Establish a regular sleeping schedule that has adequate sleep.
- ◆ When you show signs of fatigue – eyes closing, yawning, wandering thoughts, inability to remember last few miles, and restlessness – get off the road.
- ◆ On long trips, share driving responsibilities with another licensed driver.
- ◆ Begin a trip early in the day when you're most rested.
- ◆ Be careful about what you eat or drink.

Stay Safe on Your Summer Vacation

Summer vacations can be a lot of fun and offer you and your family a much-needed time of relaxation. However, it's important to take steps to stay safe and healthy to prevent your getaway from taking an unhealthy turn.

Here are several tips on how to stay safe and healthy on vacation:

- On the Road:
 - Have your vehicle serviced before any long trip.
 - Require that all passengers buckle up.
 - Make sure all child safety seats and booster seats are properly installed.
 - Obey speed limits and road-way signs.
 - Give yourself plenty of extra time in case there are construction zones, traffic jams, or other incidents that can cause delays.
 - Pay attention to the vehicles around you.
 - Take frequent breaks and avoid driving when tired.
 - Never drink alcohol and drive.
 - Never reach under or behind the seat to retrieve items when you're driving. Focus on the road and keep your hands on the wheel.
 - Avoid multi-tasking while driving. Pull over to eat, study maps, read directions, put on makeup, or make phone calls.
- At Your Destination:
 - Carry a minimum amount of cash with you. Secure your purse or wallet in an inside pocket.



- Take a walking tour of the area to get exercise. Consider choosing lodging that has a workout room available.
- Be observant and report any suspicious activity to police or security officers.
- If possible, enjoy sites in pairs or groups.
- Have a planned meeting site in case someone in your group gets lost.

Never pick up strangers or tell your plans to strangers.

- Learn about evacuation procedures at your hotel or destination.
- Locate fire exits, stairs, and telephones in case of emergency.
- Always keep your hotel doors or windows locked.

Make sure your children know where you're staying in case they get lost.

- Park your vehicle safely in well-lit areas and always lock the doors and store valuables out of sight.

- At the Table:
 - Pack nonperishable healthy snacks and plenty of juice or water.
 - Choose sensibly from menus and ask for sauces and dressings to be served on the side.
 - Avoid overeating. Take your time and eat your food slowly. Share large meals with someone else.
 - Drink plenty of water to stay hydrated.
 - Try to get five servings of fruits and vegetables every day.
 - Always wash your hands before eating.

Sleep Tips to Ease Fatigue

Lack of sleep is a problem all over the U.S. today. Weariness and fatigue affects production levels and increases safety risks. The National Sleep Foundation concludes that 51 percent of working people say sleepiness affects their performance at work.

The signs of weariness and fatigue include:

- Feeling tired or drowsy – Yawning or sore, tired eyes
- Feeling bored – Getting restless and uncomfortable
- Not remembering the past few minutes or forgetting where you're going
- Getting angry or annoyed on the road – Missing road signs or taking wrong turns
- Reacting slower – Under or overcorrecting your steering or straying out of your lane
- Experiencing microsleeps, where you “nod off” for a short time.

The following are several sleep tips to help you get enough shut-eye:

- Keep your bedroom cool, dark, and quiet.
- Make sure that your mattress is comfortable.
- Avoid caffeine, cigarettes, alcohol, and exercise close to bedtime.
- Be wary of sleeping pills. They can make you drowsy the next day. Talk to your doctor before taking sleep aids.
- Finish eating at least two to three hours before your regular bedtime.
- Get your internal clock set. Go to bed and get up at the same time every day.
- Create sleep-friendly habits. Spend the hour before you go to bed relaxing to soothing music, soaking in a hot bath, doing yoga, or reading a book.
- Keep a record of the number of hours you sleep and how you feel the next day in a journal. This may help you determine the right amount of sleep you need to function well.



Build Up Back Muscles

According to the American Academy of Orthopaedic Surgeons, to minimize risk of back pain, it's important to keep your back muscles in good physical condition through activities such as running, walking, bike riding, and swimming. There are also exercises that strengthen your back muscles, including:

- *Wall slides* – Stand with your back against a wall with feet shoulder-width apart and slide down into a crouching position with knees bent about 90 degrees. You count to five and slide back up and repeat five times.
- *Leg raises* – Lie on your stomach and tighten the muscles in one leg and raise it from the floor. Hold your leg up for a count of 10 and return it to the floor. Do the same with the other leg. Repeat five times with each leg.

For more exercises that can help strengthen your back muscles, visit the American Academy of Orthopaedic Surgeons at http://orthoinfo.aaos.org/fact/thr_report.cfm?Thread_ID=17&topcategory=Spine.

Isometric Exercises for the Neck

One of the most important muscle groups in the entire body is the neck. Yet most fitness programs don't even mention the neck. Not only does your neck support the entire weight of your head, but it has both a muscular and joint structure that allows you to turn 180 degrees from side to side and to swivel a full 360 degrees. **To have a superbly developed neck, consider following my Classic Isometric Exercises:**

- ◆ *#1 Reverse Neck Contraction.* Stand erect with your feet about 12" apart. Clasp your hands behind your head and interlock your fingers with your chin tucked close to the chest. Now push your head firmly up while resisting with your hands. Slowly build contraction to peak intensity for three to four seconds while deeply inhaling. Upon reaching peak contraction, slowly start a controlled exhale by making an “s-s-s-s” sound as you exhale air slowly through closed teeth or lips. This procedure should last from seven to 12 seconds while maintaining the peak contraction. Slowly release tension for three to four seconds while inhaling. Relax and take several deep breaths.
- ◆ *#2 Forward Neck Contraction.* With your head tilted back and hands placed on your forehead, begin pushing up and forward against the resistance of your hands. Following the exact same contraction and breathing procedure from Exercise #1, maintain the peak contraction for seven to 12 seconds. Relax and take several deep breathes.
- ◆ *#3 Side Neck Contraction (left to right).* With the left side of your head close to your left shoulder, place your right hand on the right side of your head. Begin pushing your head to the right side while resisting with your right hand. Following the exact same contraction and breathing procedure from Exercise #1, maintain peak contraction for seven to 12 seconds. Relax.
- ◆ *#4 Side Neck Contraction (right to left).* Follow the exact same procedures as in Neck Exercise #3, moving from right to left while following the correct breathing procedure. Relax.



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

Wise Choices for Water Fun

For many people, summer isn't summer without swimming and other water sports. These activities, however, can lead to tragedy without water safety precautions. **Here are water safety tips to remember:**

- ▲ Learn how to swim and know your limitations. Never overestimate your ability.
- ▲ Swim in areas supervised by lifeguards.
- ▲ Avoid swimming if you've been drinking alcoholic beverages. Remember that alcohol and driving don't mix – in a car, power boat, jet ski, or canoe.
- ▲ Stay out of the water during electrical storms.
- ▲ Never dive into shallow or unfamiliar waters.
- ▲ Bring a first aid kit, sunscreen, hat, and sunglasses with you to the pool, lake, or ocean.
- ▲ Never leave a child unattended near water areas.
- ▲ Make sure that emergency rescue equipment is readily available, and that someone knows how to use it.
- ▲ Always swim in safe swimming areas.
- ▲ Make sure that floats, diving boards, piers, and similar structures are well-built and securely anchored in place.
- ▲ If you get caught in a current, swim with it or diagonally across it until you can get free or call for help.
- ▲ If you take a long-distance swim, swim parallel to the shore and close enough to it so you can reach it easily.
- ▲ When boating, make sure all boat occupants wear Coast Guard-approved life jackets.



Safely Move Heavy Objects

Are you moving a heavy piece of furniture to another room or a heavy piece of equipment to storage? **Here's how to move it without hurting your back:**

- ◆ Clear the path from all possible obstructions. Give yourself plenty of room. Measure doors to see if they have to be removed to give you a few extra inches to get through.
- ◆ Know exactly where you plan to place the object so you don't have to move it several times.
- ◆ Decide where you'll grip the object and where you'll put it down if you have to. If there are no acceptable grip points, strap it to a dolly.
- ◆ If you're lifting an object by yourself, don't overload. It's safer to make two trips with a 30-pound load than to carry 60 pounds at once.
- ◆ Never lift from a position that causes you to twist your back to one side or the other. If necessary, slide the heavy object into an open space so you can lift it straight up.
- ◆ Bend your knees to lift instead of bending your back.



In Case of Emergency... Be Ready!

Hurricanes, tornadoes, earthquakes, extreme heat, floods, fires, and other destructive events from natural events can happen. Therefore, it's smart to expect the unexpected. Being prepared for an emergency will give you peace of mind and possibly save your life. **Here are several tips to remember:**

- Designate a safe place to take shelter.
- Keep flashlights and extra batteries in your home.
- Post emergency phone numbers near every phone.
- Keep your cell phone charged and working.
- Create an emergency kit that you can grab quickly.
- Develop a family emergency plan.
- In case of evacuation, know several escape routes from your town.
- Make a written inventory with photos of all valuable items in your home. Keep a copy outside your home.



When Celebrations Spark Injury

The National Safety Council advises that the best way to safely enjoy this 4th of July is to watch a public fireworks display conducted by professionals. However, if fireworks are legal where you live and you decide to set them off on your own, remember these safety tips: • Never allow young children to handle fireworks. • Light fireworks outdoors in a clear area away from onlookers, houses, and flammable materials. • Maintain a safe distance after lighting. • Don't try to re-light or handle malfunctioning fireworks. Douse and soak them with water and discard them safely. • Keep a bucket of water nearby to fully extinguish fireworks that don't go off or in case of fire.

Source: National Safety Council, www.nsc.org/preparedness/.

Concentrate on Personal Success

By Paul J. Meyer



The next time you watch a baseball game, notice how intently the pitcher stares at the catcher before delivering the pitch. Or, when you are at a concert or watching one on television, observe how the performers glue their eyes on the conductor to ensure starting right together. The pitcher and the musicians are using concentration to do exactly what is needed to perform their best. Concentration is one of the keys to success; it is an absolute essential to high performance.

Intense concentration improves your performance and releases the power of your mental potential, no matter what you are doing. Just as you use only a small fraction of your physical abilities, you habitually make use of only a small portion of your brain capacity. You can be reasonably successful when you use only a fraction of your ability, but you can perform even better if you concentrate and tap some of your unused power.

Everyone can improve concentration. Even though concentration begins with a simple decision to concentrate, it takes practice and it may not be easy at first. **Take these steps to improve your ability to focus your mental powers and concentrate:**

- Relax. When you are nervous, worried, or “keyed up,” your body cannot perform at its best. Before you begin any important activity, take deep rhythmic breaths until your body is relaxed. Explore other methods of relaxation to discover what works best for you.
- Try this concentration exercise. Picture in your mind a blackboard in a classroom with a single number written on it. Concentrate on this number for a while, then imagine beside it another digit, and then add a third. Continue adding digits until you are no longer able to hold together the picture of the new largest number.
- Learn how to tune out distracting influences. Practice the art of ignoring distracting noises and sights. To begin, try to tune out television commercials, street noises, and other distractions. The ability to eliminate distractions will prove valuable to you when you must perform at your best.
- Make concentration a habit. Discipline your mind when you are doing important work. Concentrating on everything you do makes it easier to focus your thoughts on reaching your important goals.

Concentration can boost your performance to levels higher than you ever thought possible!

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.

Taking Risks

Most regrets that people have in life are regrets not of what they did but 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, and experiences that are never experienced. People miss out on so many of life's opportunities because they're afraid to try, afraid to ask, and afraid to take the risk that's necessary for any bold action.



I have to admit that for most of my life, I've been a chicken, a wimp, and 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, and involves 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.

Am I always courageous? Do I take the leap every time with no hesitation? Certainly not. There are many times when I'm afraid to ask. 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 take a risk, I'm rewarded with 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.



InSync® Moment – Exchanging Energy

How's your energy? Is it moving and vivacious? Dull and lethargic? High? Low? Make sure it's what you want it to be. When you interact with others, you exchange energy. Pay attention to the energy of others. If it's not what you want, refresh your own. We're constantly exchanging energy. Do so consciously.



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

Connect with a Fishing Getaway

Being with family and friends, relaxing, and being outdoors and close to nature are the primary reasons people spend time fishing. There's something about being at the edge of the sea, lake, or ocean, casting again and again, that makes them relax. Studies show that people who participate frequently in outdoor recreation like fishing are more satisfied with life overall. It offers a way to get away from the stresses of everyday life.



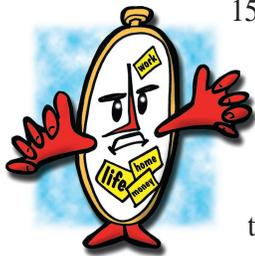
To reap the benefits of a fishing getaway:

- Leave the stresses of the world behind you.
- If you go alone, use the time to refresh your mind and clear your head of deadlines, rush hours, and responsibilities. If only for a while, become one with nature and the universe.
- If you take along family and friends, purposefully use the time to reconnect and catch up with them. Strive to have quality time with them.
- Cherish the special moments and remember them so you can share them with your children later in life.
- Be safe. Pay attention to the weather. Protect against insects. Wear sunscreen and clothing to protect against sunburn. Use caution when casting lines. Wear personal flotation devices.

For more information, visit www.takemefishing.org.

Escape from Stress' Grip

• Write things down so you don't forget appointments, events, and so on. • Learn how to say "No" to some things. • Allow about 15 minutes extra to get to appointments to avoid rushing. • Take paperwork or a good book with you to appointments so you have something to do while you wait. • Relax your standards and avoid being perfectionistic. • Clarify directions by repeating them back to the person giving them to you. • Prepare for the morning the evening before. Make lunches and put out the clothes you plan to wear. • Get plenty of sleep each night. • Find a quiet place to go and unwind from the stresses of your day. Take deep breaths and think relaxing thoughts. • Learn to live one day at a time and avoid fretting over tomorrow. • Be realistic when you schedule your day, week, month, or year. • Delegate tasks to others when possible. • Simplify things at home and work. • Take a stretch break if you sit a lot.



Overcome Feelings of Loneliness

Research suggests that more than 11 million Americans age 50 and over often feel isolated, left out, or lonely.

A study by scientists at the University of Chicago showed that people who were lonely had blood pressure readings as much as 30 points higher than those who weren't. The effect was as great as being overweight or sedentary.

Harvard doctors linked loneliness in men with increased blood levels of inflammatory markers associated with heart disease. And a Duke University study found increased risk of death in isolated patients with heart disease.

The study says social connection in our everyday lives is important. The researchers say part of living a healthy life is paying attention to friends and family.

To overcome loneliness, consider the following suggestions:

- Make sure your feelings aren't medical related.
- Join a social club in your community.
- Do volunteer work to increase contact with people and help others.
- Invite family and friends over for a visit.
- Sign up for a class at an area college.
- Try something new. Change your hairstyle, buy a new outfit, or change your attitude.
- Ask for help.

Screening for Depression

Doctors screening for heart problems check for high cholesterol, high blood pressure, smoking, and other factors, but few will ask about depression.

Many studies around the world show that depression is a factor in heart disease. Otherwise healthy patients with symptoms of depression have been shown to have as much as a 70 percent higher risk of having a heart attack.

More evidence about the link recently came from the Women's Health Initiative. Of the 93,000 women in the study, those who were depressed had a 50 percent greater risk of developing or dying from cardiovascular disease than women who had no signs of depression.

Everyone should take depression seriously. Talk to the doctor about depression just as you would discuss other health issues. Many treatments are available.

Though they rarely ask about it, doctors know simple questions that can easily screen for symptoms of depression. Symptoms can include:

- a persistent sad, anxious, or empty mood
- loss of interest in hobbies or other pleasurable activities
- insomnia.



Tetanus: Do You Need a Boost?

Tetanus is a serious illness caused by tetanus bacteria that live in soil, saliva, dust, and manure. The bacteria can enter the body through a cut, like those you might get from cutting yourself with a knife or stepping on a nail.

Common signs of tetanus include:

- muscular stiffness in the jaw (lockjaw) followed by stiffness of the neck
 - difficulty swallowing
 - rigidity of abdominal muscles
 - spasms
 - sweating
 - fever.
- Symptoms usually begin seven days after the bacteria enters the body through a wound, but may start in three days or up to three weeks.

Vaccination is the best way to protect against tetanus, but its protection doesn't last forever. Adults should get a tetanus shot, or booster, every 10 years. If you get a bad cut or burn, you should see your doctor and you may need a booster to be safe.

For more information about tetanus, visit the National Foundation for Infectious Diseases at <http://www.nfid.org/pdf/factsheets/tetanusadult.pdf>.



Increase Survival Rate with CPR Training



To learn how to save someone's life in an emergency, contact your local American Red Cross or health department and take a CPR training class.

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.



Stay Safe in the Sun

The sun provides light, makes the garden grow, and prompts your body to produce vitamin D.

But sunshine has its dark side. It ages the skin. It makes some people break out in a rash. It's a main cause of skin cancer, with a million new cases in the U.S. each year. How can you enjoy summer and still protect yourself? **Here are several tips:**



- Use a lot of sunscreen. Most users get about a third of the sun protection listed on the bottle. For the full effect, use a full ounce on exposed areas of the body. Most sunscreens protect against both ultraviolet A (UVA) and ultraviolet B (UVB) light. UVB is responsible for sunburn. UVA penetrates deeper into the skin. Both contribute to melanoma, so take precautions.
- Cover up with clothes. Dark colors are better because they absorb more sunlight. Polyester garments are usually more protective than cotton or linen, but it depends on the weight and the weave. (Sunlight gets through the holes.) Some clothes are marketed as sun-protective. They state the ultraviolet protection factor (UPF) rate. The rating system was developed in Australia, the country with the highest rate of skin cancer in the world. The Australians rate clothing with a UPF rating of 15 or over as good.
- Watch the clock. Avoid extended exposure between 11 a.m. and 3 p.m.
- Don't trust the clouds or the shade. On cloudy days, ultraviolet radiation levels are almost the same as in the sunshine. In the shade, you're better off than in the sun, but if you can see the sky, radiation is getting to your skin. That's especially true near water and other reflective surfaces.
- Check your altitude. Doctors at Harvard Medical School say the intensity of radiation increases by about four percent for every 1,000 feet in altitude.

Tips for Headache-Free Travels

- Maintain normal sleeping and waking patterns.
- Plan your trip in advance to avoid waiting in lines and traffic congestion. Pack medications in a carry-on bag if you're flying.
- If you're traveling to a high altitude location, talk to your doctor about any adjustments you need to make in dosage or times.
- Avoid skipping or delaying meals.

Source: National Headache Foundation, www.headaches.org

Eating Out Healthily

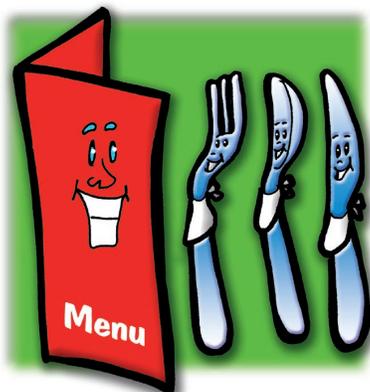
Research shows that Americans spend 40 percent of their food dollars dining away from home. For the health-conscious, dining out presents a culinary challenge – to enjoy fine food without compromising health.

Here are several tips for dining out healthily:

- Plan ahead. When you're in charge, choose a restaurant that you know and trust for quality food and a willingness to prepare foods in a healthful way upon request. Many restaurants have also started offering healthy selections on their menu.
- Read between the lines. Think before you order. Menus are filled with clues about what the selections contain. Avoid these words:
 - à la mode (with ice cream)
 - au fromage (with cheese)
 - au gratin (in cheese sauce)
 - au lait (with milk)
 - basted (with extra fat)
 - bisque (cream soup)
 - buttered (with extra fat)
 - casserole (in some type of cream sauce)
 - creamed (in extra fat)
 - crispy (fried)
 - escalloped (with cream sauce)
 - hash (with extra fat)
 - hollandaise (with cream sauce)
 - pan-fried (in fat)
 - sautéed (fried with extra fat).
 If you see these words in the description of an appealing entrée, be bold enough to ask for the entrée prepared in a special way. If the description says "buttered," ask for it without the added butter. If it says "pan-fried," ask for it grilled or poached instead.
- Ask questions. Remember, it's your health and waistline. If you have concerns about the way something will be

prepared, discuss it kindly with the server.

- Make special requests. Learn to say "on the side" or "no butter." Ask for your salad dressing "on the side" and then apply sparingly. (You can add extra lemon juice or vinegar for moistness.) Order meats, fish, or poultry broiled or grilled without butter and sauces. When fresh vegetables are available, ask for them steamed without the butter added. If you order a baked potato, ask for it without butter or sour cream. Request salsa, cottage cheese, or mustard on the side to put on your potato.
- Monitor extra fats. Watch for the pats of butter, the cream in coffee, and the whipped cream on desserts. If the restaurant brings bread and rolls to the table, ask them to remove the butter. It's too easy to find yourself spreading that roll liberally with butter. When the dessert tray comes by, ask for fresh berries – a much healthier choice than mousse.
- Control portions. As an adult, there are no rewards for cleaning your plate. Restaurant portions can be huge; yet people often eat them. Select a lunch portion for dinner if you can. Also, consider smaller appetizer selections



for your meal. Try ordering one meal and an extra plate to share the meal. And don't forget "take home." You can enjoy what's left as an elegant lunch the next day. Never eat "all you can eat" at brunches, lunches, or dinners. Revise your perspective from "I need to get my money's worth" to "Look at all the choices I have to choose from."

GARLIC AIOLI

1 cup light mayonnaise
 1/2 cup nonfat plain yogurt
 1/2 tsp. creole seasoning
 1 Tbsp. finely chopped shallots
 2 tsp. chopped fresh herbs (cilantro, basil, rosemary, thyme)
 4 cloves garlic, minced
 juice of 1/2 lemon
 Mix together all ingredients. Refrigerate. Makes 25 servings, 1 Tbsp. each.

Each serving contains: 28 calories, 0 g. protein, 2.5g. fat, 3 mg. cholesterol, 1 g. carbohydrates, 25 mg. sodium. Calories from fat: 80 percent

GRILLED TURKEY BURGERS

Make Turkey Burger Patties:

3 lbs. ground turkey breast
 8 oz. Simply Potatoes hash browns, cooked
 1/3 cup chopped fresh parsley
 1 Tbsp. Mrs. Dash seasoning
 1/2 tsp. black pepper
 1/2 cup diced white onions
 1 Tbsp. chicken stock (fat-free/low salt)
 1 egg white, lightly beaten
 Mix all ingredients together in food processor or blender on rough chop until ingredients are blended. Shape into 10 patties. Makes 10 patties, 5-1/2 oz. each.

Each serving contains: 236 calories, 36 g. protein, 5 g. fat, 96 mg. cholesterol, 6 g. carbohydrates, 294 mg. sodium. Calories from fat: 19 percent



Make Turkey Burgers:

1 Turkey Burger Patty
 1 multi-grain hamburger bun
 1/2 Tbsp. Garlic Aioli (see recipe on this page)

1 large lettuce leaf
 2 slices tomato
 2 red onion rings

Grill Turkey Burger Patty. Place patty on whole wheat bun and spread with aioli, lettuce, tomato slices, and onion. Serves 1.

Each serving contains: 403 calories, 41 g. protein, 7 g. fat, 96 mg. cholesterol, 44 g. carbohydrates, 724 mg. sodium. Calories from fat: 16 percent

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

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!



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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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Alcohol Poisoning: Seek to Be Safe

Some people laugh at the behavior of others who are drunk. Some think it's even funnier when they pass out. But there's nothing funny about drinking so much that it leads to alcohol poisoning.

Here are the signs of alcohol poisoning:

- Mental confusion, stupor, coma, or person cannot be roused
- Vomiting
- Seizures
- Slow breathing (fewer than eight breaths per minute)
- Irregular breathing (10 seconds or more between breaths)
- Hypothermia (low body temperature), bluish skin color, or paleness.

Here are some safety tips:

- ◆ Know the danger signals.
- ◆ Don't wait for all symptoms to be present to get help.
- ◆ Be aware that a person who has passed out may die.
- ◆ If you suspect an alcohol overdose, call 911 for help immediately. Don't try to guess the level of drunkenness.
- ◆ Don't worry that your friend or family member may become angry or embarrassed. Remember that you care enough to help. Always be safe, not sorry.

Feel Good with Gardening

Did you know that gardening is one of the country's number-one outdoor leisure activities? Gardening can be therapy for worried minds. Being outdoors doing a variety of garden activities gives a psychological boost and can make you feel good.

But all that digging and weeding can be hard on knees, hands, wrists, and shoulders. Digging with a garden trowel can cause ulnar deviation that leads to muscle strain and nerve pain in the wrist. Even tools that are ergonomic may not help much, according to the Department of Occupational Therapy at the Medical University of Ohio. **Through their studies, here are some tips:**

- ▲ Buy tools with thick handles. Single-handle tools like trowels should have handles that are 1-1/4 to 2 inches in diameter.
- ▲ Choose long handles. You can get a firmer grip on the tool if there's plenty of room for all of your fingers.
- ▲ Look for sturdy but lightweight tools. A flimsy tool makes for more work. Whatever the tool, the less it weighs, the easier it is on your body.
- ▲ Avoid transferring the stress. Trowels that have a frame around the hand keep the wrist straight. But keeping the wrist straight can cause awkward motions for the elbow and shoulder.
- ▲ Avoid getting into the "zone," where you lose track of time. Repetitive motions and staying in one position can cause muscle problems and aggravate arthritis. So stop, stretch, sit in a lawn chair, and have a drink of water periodically.



The National Safety Council says that 8 million people in the United States suffer from disabling injuries in the home. For tips on how you can keep your home safe, visit the Home Safety Council at <http://www.homesafetycouncil.org>.