



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

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Lifting Wisely to Avoid Injury

Lifting injuries are a common cause of back pain. You can protect yourself by practicing good lifting habits – both at home and in the workplace.

Your physical condition is important. For example, stiff joints and muscles can reduce your ability to keep your back in a safe position as you lift. Poor fitness can also cause your muscles to tire, placing more stress on your spine. Other factors for back pain include the weight of the load, how far it's held from your body, how often and how fast you lift, and how long you hold the load.

Here are tips on safe lifting:

- ◆ Always check the weight of a load and get help if necessary.
- ◆ Wherever possible, lift and carry heavy items with a dolly or forklift.
- ◆ Repackage heavy articles to reduce their size and weight.
- ◆ Wear comfortable clothing and flat, nonslip shoes.
- ◆ When lifting, plant your feet firmly and bend at your knees – not your waist. Tighten your abdominal muscles and use your leg muscles to lift. Keep your back straight and lift steadily and smoothly without jerking. Remember to breathe.

Reduce Risk of Pain when Lifting

According to the Bureau of Labor Statistics, more than one million workers suffer back injuries each year. Lifting-related injuries include sprains, strains, neural- and neuromuscular-related injuries, and/or bone-related injuries. These injuries can affect any part of the body, but the majority cause injury and pain in the lower back.

The back is composed of vertebrae, discs, nerves, muscles, ligaments, and tendons.

Together, they provide support to the body, protect the spinal cord, and provide flexibility for bending and rotating. The discs in the back lie between each vertebrae. They act as “spinal shock absorbers” during activities such as sitting, standing, walking, lifting, and so on. The nerves in the back carry electrical impulses throughout the body. Muscles in the back provide support and help produce movement. The ligaments in the back connect bones or cartilage together to help support and strengthen joints. Tendons are fibrous cords of connective tissue which attach muscle to bone.

To reduce your risk of back pain:

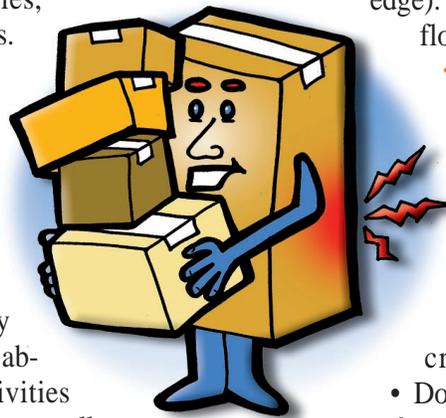
- ◆ When standing: • Keep your spinal column aligned in its natural curves. •

If you have to stand for a long period, prop one foot up on a stool to reduce stress on your lower back.

- ◆ When sitting: • Keep your head balanced naturally over your shoulders (not protruding in front of your body). • Keep your shoulders relaxed, not hunched. • Keep your forearms and thighs parallel to the floor. • Sit back in your chair for support (not on the front edge). • Settle your feet on the floor or footrest.

◆ General tips: • Change or shift your posture often. • Stretch frequently throughout the day. • Keep your body flexible. Rigid or fixed posture becomes uncomfortable and decreases productivity.

- Don't force your body to conform to its workspace. Habitually poor posture causes increased aches and pains. • Listen to your body. Feeling discomfort or pain is an indication that something is wrong. See your doctor if you experience back pain. • Lift with common sense. Is the load big, bulky, or heavy? Get help lifting it. • Avoid lifting loads that exceed one-third to one-half of your body weight.



For information on protecting your back, visit the American Academy of Orthopaedic Surgeons at www.orthoinfo.aaos.org.

Use Budgeting to Succeed

"I can't do that." It's easy to let those words roll off your tongue when you're faced with a difficult task. Then, you walk away, back into your comfort zone and the familiar routines of the past.

But when it comes to handling your money, what's comfortable and routine isn't always best. Take budgeting, for example. You may say, "I tried it once before, and it didn't work." That may be true, but we don't perfect new skills on the first try. Did you ride a bike, cook a gourmet meal, or hit a home run the first time you tried? If you have tried budgeting before, you're in the best position to succeed. You can learn from your previous mistakes and experiences.

Here are some other budgeting myths and truths:

Myth: "We live on a variable income and, therefore, can't budget."

Truth: More than anyone, people on a variable income should budget. Although your income varies, you still need to follow a budget to ensure your expenses don't exceed your average variable income.

Myth: "It's impossible to budget for contingencies and unplanned expenses."

Truth: Contingencies are one of the most important items to include in your budget. You may not know exactly what will happen, but you know that some doctor visits and car repairs will happen. The sooner you begin your budget and establish some history and experience, the better you can predict future occurrences. Companies estimate contingencies. An entire industry (insurance) is built around estimating contingencies. Build contingencies into your budget.

Myth: "I'm not mathematically inclined."

Truth: A budget doesn't involve calculus, geometry, or complex algebraic equations. Knowing addition and subtraction is enough. Other tools, like calculators and computers, can eliminate any math that may be difficult or tedious.

Myth: "We don't earn enough income to budget."

Truth: You definitely need a budget. The smaller your income, the stronger your need for a budget. When you budget, you limit excess spending, and it's as if your income grows.

Myth: "We earn too much income to worry about a budget."

Truth: Unfortunately, as incomes rise, the expenses rise at the same or greater rate. A budget can help you be a good manager of your surplus.

Finally, you may argue that you don't have time to keep track of a budget.

The truth is, it takes far more time to handle a financial mess than it does to keep your finances in order. After you establish your budget, it takes only 30 minutes to an hour per week to maintain it. So, an ounce of prevention really is worth a pound of cure.

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*.

Make Wise Vacation Choices

The arrival of summer usually means vacation time for many families. Unfortunately, it also means the risk for vacation-related scams heats up too.

According to the Better Business Bureau, here are a few tips to remember so you're not taken advantage of financially:



- When choosing a travel or vacation-related company, deal with members of a professional association, such as the American Society of Travel Agents and National Tour Association.
- If you're not familiar with a company, get its complete name, address, and local telephone number. Check the company out with the Better Business Bureau.
- Verify arrangements before you pay. You should receive complete details in writing prior to paying for a trip. These details should include the total price, cancellation and change penalties, and specific information on all components of the package. Don't accept vague terms, such as "major hotels" or "luxury cruise ships." Call the actual destination to confirm your reservations.
- Avoid giving out your credit card account number over the phone to a telemarketer who claims you've won a free vacation and he or she needs your card number for identification or verification.

For more information, visit the Better Business Bureau at www.bbb.com.

Check Out Free Family Adventures

Planning to take your children on an outing? Why not choose free ones? They can be both informative and fun.

Check the newspaper for museums, gardens, historical buildings, and other attractions listed in the calendar section.

At the library, check the *Guide to Free Attractions USA* and *Guide to Free Campgrounds*.

Shopping: Save in the Morning



Want to browse in the department store, try on clothes, or look for a gift? The best time to do so is early in the morning. Paco Underhill, author of *Why We Buy: The Science of Shopping*, says

his research proves it. End-of-day buyers spend the most on purchases and are more likely to regret it later because they're tired, hungry, and time-crunched.

Nourish Your Baby Naturally

Breast-feeding is the natural way to feed a newborn. A mother's milk offers babies many benefits, including:

- the most balanced food for normal babies
- the right amount of nutrients a baby needs
- antibodies to protect the baby from illness and infections
- protection from developing allergies
- works well with a baby's digestive system
- enhances the development of oral muscles and facial bones
- enhances the development of premature or small babies.

Here are several helpful tips for mothers who want to breast-feed:

- Maintain a well-balanced diet. Include a variety of foods from all of the food groups.
- Consume lots of calcium from milk, yogurt, cheese, and other dairy foods. If you can't digest milk products, ask your doctor for tips on what to consume.
- Avoid nicotine, drugs (over-the-counter, prescription, and illegal), alcohol, and too much caffeine.
- If you work:
 - Consider using a breast pump to collect milk for your baby during times when you can't be there to nurse.
 - Make arrangements for your baby to be brought to you at feeding times.
 - Take advantage of on-site child care if your place of employment offers it.

For more information, visit the American College of Obstetricians and Gynecologists at www.acog.org.

Diabetes: How to Deal with It

Diabetes results from the body's inability to produce or use insulin – a hormone that converts sugars, starches, and other foods into energy. As a result, the body's blood sugar level remains high and causes damage to the body.

Often diabetes goes undiagnosed because many of its symptoms seem harmless. **Common symptoms include:**

- frequent urination
- excessive thirst
- extreme hunger
- unusual weight loss
- increased fatigue
- irritability
- blurry vision.

If you have one or more of these symptoms, see your doctor for a checkup.

If you're diagnosed with diabetes, here are several tips



on dealing with the disease:

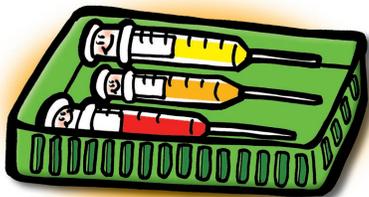
- Establish a good food and healthcare plan. Work with your doctor to manage your diabetes.
- Exercise most days of the week. Talk to your doctor about your exercise program to make sure it's safe for you.
- Keep your blood pressure under control.
- Stop smoking.
- Wear shoes that fit well and avoid walking barefoot because taking care of your feet and legs is important.
- Inspect your skin daily. Look for any cuts, bruises, blisters, redness, or swelling. Treat them as soon as possible.
- Maintain healthy gums and teeth.
- Have your eyes checked regularly.

For more information, visit the American Diabetes Association at www.diabetes.org.

Are Your Shots Up-to-Date?

Vaccines are a key to a healthy life for people of all ages. They've been used since the 1700s and are recognized as among the safest and best ways to prevent a variety of diseases.

Before school starts, the Centers for Disease Control and Prevention recommends that children receive vaccines against diphtheria, tetanus, pertussis (whooping cough), mumps, rubella, chicken pox, and polio. Adolescents should be vaccinated against hepatitis A, hepatitis B, and meningococcal disease, as well as any immunizations they've missed earlier. Adults need immunizations too! Immunizations recommended for adults include vaccines against influenza, pneumonia, tetanus, and diphtheria. Talk to your doctor about your family's immunizations.



For more information, visit www.partner.sforimmunization.org.

When Your Energy Sags...

Does your energy level begin to sag by midday or early evening? **If so, here are possible causes for this:**

- ▲ Stress. Release your tension with yoga, meditation, or physical activities, such as walking, swimming, or playing racquetball.
- ▲ Lack of rest. Turn off your TV, put down the book, zip up the briefcase, and get in the habit of going to bed at a reasonable hour every night.
- ▲ Depression. In many cases, fatigue and insomnia are signs of depression. If the blues and sadness linger in your life, get help. Counseling, medication, and exercise can also help.
- ▲ Lack of exercise. The human body is like a car. It won't work right if you don't use it. Try to exercise on most days of the week. Try exercising with a friend or family member to motivate each other.
- ▲ Irregular diet. Skipping meals is asking for trouble. Choose healthy foods and eat regularly.

The Power of Choice

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 for making the right choices at the right time in your life.

This principle is often called “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.

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, many positive consequences as a result.

I encourage you to exercise your freedom of choice. If you hesitate, 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.

Winning Teamwork Gets the Job Done

As I learned playing soccer in high school, doing your job to the best of your ability doesn’t always mean you’re helping your team to win. By exclusively focusing on doing your job, you can actually hurt the team in some cases.

Winning teamwork means you focus on what’s best for the whole team. Your greatest success will come from your team winning the game. If you do a great job and the team “loses,” it’s hard to take credit for a job well



done. Does this mean you sacrifice your success for the good of the team? No, it means you take actions that help both you and the team at the same time. Your greatest success will come when both the team and you win at the same time.

Within your job, you have specific tasks you must complete and responsibilities that you’re accountable for. Your tasks and responsibilities are your job. Complete them and you’re doing your job. However, just doing your job isn’t enough. First, you have to benefit from being on the team that day, and second, your team must benefit from you being on the team. Either result by itself is easy to achieve. To do both on the same day requires a focus on winning teamwork.

If you focus on only doing your job, you may help your team to win or you might not. Today, put yourself in the best position to win by focusing on what will help both you and the team win!

By Mr. Per – America’s Confidence Coach™ – who is one of those rare individuals who has both the powerful ideas of an original thinker and the energy of a performer. He has the gift of being able to see the issues of life, decipher them and then explain them in a way you can use. When not writing books and articles or appearing on TV, Mr. Per entertains corporate audiences from American Express to Walt Disney companies with his keynote speeches. For more information, call (407) 210-3666 or go to www.everydayknowledge.com.



InSync® Moment – Checking Up on Your Body

Have you had your teeth cleaned or your eyesight checked recently? When was your last overall physical exam you’ve had? Do you attribute aches and pains to “overdoing it” or “growing older?” Since your body is the only one that you have, it’s important for you to take good care of it.



So... make the commitment to get a check up on your body each year!

© Susan Pilgrim, Ph.D., author of Living InSync®. Contact her at 1-877-InSync® (1-877-467-9627) or at spilgrim@transbay.net.

Have Fun Getting Healthy

You know you want to get more exercise, but how do you find the time and the desire? Making it something you can look forward to and enjoy doing is the key. **Here are a few ways to enjoy getting healthier:**

- ◆ Join up. Go with the fun crowd to play tennis, soccer, basketball, or bowling. When you're with people you enjoy, you'll make time for the activity even if you're not good at it.
- ◆ Get outside. Hiking in beautiful surroundings, swimming, biking, or skiing in winter will make you physically and mentally healthier. And you'll burn more calories. Studies at Utah State University show that people hiking outdoors burn more calories than people using a treadmill.
- ◆ Walk to the music. Going with the beat is great whether you walk outside or on a treadmill. At East Carolina University in Greenville, N.C., doctors found that men listening to the tunes of their choice upped their speeds and burned more calories but didn't even realize they were working harder.
- ◆ Get an instructor. Find one at your health club who cares about you, your program, and your measurements. Don't focus on body shape, focus on training and health instead.

Finding the Right Fit

Finding shoes that fit properly is very important when you exercise or anytime you will be walking or standing on your feet for an extended time. **Here are a few tips on how to find the right fit for you:**

- Avoid selecting shoes based only on the size marked inside. Be sure to try them on and make sure they fit your feet properly.
- Have your feet measured regularly. The size of your feet may change as you grow older.
- Measure both of your feet. In some people, one foot is larger than the other.
- Buy your shoes at the end of the day, when your feet are at their largest.
- For comfort, make sure the insole is made of absorbent material. You may want padded insoles.
- Always stand and walk in the shoes during the fitting process because the foot gets longer when you stand.
- Make sure the outer sole provides good traction, cushioning, and flexibility.
- Make sure there's one-half an inch between your longest toe and the end of the shoe.
- Avoid wearing heels that are too high.
- If shoes don't fit, don't buy them. Don't expect them to stretch later to a better fit.



Prevent Injuries

Personal protective equipment (PPE) – which includes eye and face protection, gloves, protective clothing, head protection, hearing protection, protective footwear, and respiratory protection – may be needed to make sure you're adequately protected from hazards you may face on the job or at home.

PPE comes in many forms, including:

- head protection, like hard hats
- eye protection, like safety glasses, goggles, and face shields
- foot protection, like steel-toed shoes or boots
- hearing protection, like ear muffs and ear plugs
- hand protection, like gloves
- clothing, like chemical aprons, cotton coveralls, and others
- respiratory protection, like half-face, full-face, and powered air purifying masks and respirators.



Here are general PPE safety suggestions from various sources:

- ▲ Avoid or minimize your exposure to safety hazards by wearing the appropriate protective equipment. Be sure to select the proper protective equipment for the job.
- ▲ Always inspect your equipment before each use to make sure it is still in good condition. Never alter or modify your equipment.
- ▲ Make sure your protective equipment fits properly. Talk to your supervisor, safety manager, or other safety professional to find out how equipment should fit.
- ▲ Know that personal protective equipment is not a substitute for correct safety procedures. A hard hat or another type of safety equipment is not going to save you if a forklift dumps its load on you. However, using the right safety equipment the right way can reduce the danger of injury.
- ▲ To be effective, personal protective equipment must be used regularly and properly. Make sure you and your coworkers take safety on the job seriously.

Invest in Your Family's Security

Like any other major purchase, buying a home security system requires careful thought and planning. **Here are tips for buying a security system for your home:**

- Choose a system that meets your needs.
- Shop around.
- Make sure the security company is licensed and screens its employees before hiring.
- Ask your insurance agent if there are any discounts for having a security system.

Use Caution with Paper Shredders

According to Underwriters Laboratories, Inc., people must use caution when using paper shredders, especially if young children are present.

Here are some precautions to remember when using a paper shredder:

- Never place hands or fingers in the shredder, as a serious injury could result.
- Don't allow children to operate paper shredders.
- Unplug the paper shredder power cord when not in use.
- Place the paper shredder in an area less accessible to children.
- Avoid operating a paper shredder while wearing loose fitting clothing that may enter the shredder opening.
- If wearing a tie or long necklace, use caution to keep these items away from the shredder opening.



Prevent Slips and Falls in Your Home



Falls in the home cause or lead to about 15,900 deaths each year. And while all age groups are at risk, older adults are most at risk. In fact, 80 percent of those receiving fatal injuries from home falls are over the age of 65. **Follow these tips to prevent slips and falls in your home:**

- Reduce clutter on the floor and tuck telephone and electrical cords out of walkways.
- Clean up grease, water, and other liquids immediately.
- Avoid waxing floors.
- Use nonskid throw rugs to reduce your chance of slipping on linoleum.
- Install handrails in stairways and grab bars in the bathroom (by toilets and in the tub/shower.)
- Make sure living areas are well lit.
- Use a sturdy step stool with hand rails when reaching high places.
- Follow medication dosages closely and find out if a medication can cause dizziness, weakness, and other side effects that can lead to a fall.

Celebrate Safely on the Fourth

- * Protect yourself with safety glasses.
- * Respect the sparklers. The American Academy of Pediatrics reports that half of fireworks injuries involve kids under age 15. And 65 percent of all injuries are caused by common fireworks like sparklers.
- * Don't put firecrackers in a bottle, can, or a container of any kind.
- * Choose a site that is away from flammable material.
- * Any eye injury should be seen by an emergency room doctor. Never press, rub, or touch an injured eye.
- * Keep a bucket of water handy to put out grass fires and fireworks that don't go off. Never try to relight them.
- * To avoid injuries from fireworks, attend a community fireworks display. Ask some friends to go with you and make it a fun time.



Keep Your Teeth for a Lifetime

When it comes to teeth, looks aren't everything. Even if teeth are beautiful, there could be plenty of trouble brewing. Your mouth is a perfect breeding ground for tooth decay, plaque, and gum disease.

There's a lot at stake. If your gums are infected with gingivitis, that can lead to periodontitis, which affects the connective tissue and bones in your jaw, according to the American Dental Association.

Here's how to prevent damage or stop its progress:

- Skip the crackers and dried fruit unless you intend to brush your teeth soon afterward.
- Eat an apple for mouth cleansing and antioxidants.
- Get enough calcium and vitamin D by including low-fat dairy products in your diet.
- Eat oranges. Vitamin C strengthens teeth and gums.
- Get enough folic acid. It's now added to many foods.
- Drink water to dilute toxins in your mouth.
- Brushing is important. Get a soft brush with synthetic bristles. Soft brushes reach more tooth surfaces. Brush both teeth and gums including the sides of your teeth. Brushing before bed is best, but brushing after breakfast and lunch is an additional benefit.
- Flossing removes plaque from between your teeth. Floss before bed for best results. Little floss holders are inexpensive, convenient, and may make it easier for you.
- For an extra measure of protection, swish some germ-killing mouthwash around your mouth after your brushing and flossing.

Help Fight Anemia with Good Eating

• Eat small, frequent meals throughout the day to allow your body to absorb iron more effectively. • Have protein with every snack and meal, as protein enhances your iron absorption. • Eat fruits high in vitamin C – citrus, strawberries, and pineapple – and vegetables from the cabbage family – broccoli, cabbage, and cauliflower. • Avoid drinking tea, colas, and coffee with meals or snacks. They contain tannic acid, which hinders absorption of iron.

JAMAICAN SAUCE

1 tsp. olive oil
 2 cloves garlic, minced
 1 Tbsp. minced shallots
 1 tsp. Creole seasoning
 2 cups beef stock (fat-free/low-salt)
 1/4 diced fresh pineapple (about 1/2 cup)
 2 Tbsp. Jamaican dark rum (optional)
 1/2 tsp. five-spice powder
 1 Tbsp. honey
 2 Tbsp. golden raisins
 1 Tbsp. Pickapeppa sauce (or hot pepper sauce)
 1 Tbsp. chopped fresh herbs (cilantro, basil, rosemary, and thyme)
 Spray a nonstick skillet with cooking spray. Add olive oil and heat. Sprinkle garlic and shallots with seasoning and quickly sauté one to two minutes. Add stock and allow to reduce while adding remaining ingredients. Add extra stock as needed.

Makes 2 cups, 1/4 cup per serving.

Each serving contains: 31 calories, 0 g. protein, less than 1 g. fat, 0 mg. cholesterol, 8 g. carbohydrates, 134 mg. sodium. Calories from fat: 0 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 book, *The Energy Edge*, gives power points to have energy for life!

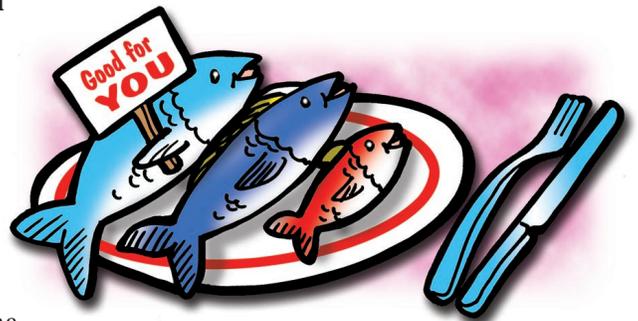


Bite into the Tasty Benefits of Fish

Fish is a high-protein, low-fat food rich in omega-3 fatty acids, which provide a range of health benefits. Fish can help lower total cholesterol while increasing your level of good HDL cholesterol. Fish oils also have been shown to reduce the tendency of the blood to clot, decrease triglycerides, and even help to battle arthritis.

Here are a few tips on adding more seafood to your diet:

- Pick the right type of fish to grill. Those highest in disease-preventing oils are cold-water fish and hard shellfish, such as salmon, albacore tuna, swordfish, sardines, and mackerel.
- Use a clean plate for transferring the fish from the grill to the table. Never put cooked fish on a plate with left-over marinade.
- When cooking, be sure to let the fat drain away. It's also good to remove the skin before cooking.
- Choose salmon or tuna for "burger night." Use fresh fish steaks to form patties to grill or broil. Canned tuna or salmon can also be used for burgers or for a fish "loaf."



- Try marinating and grilling fish "steaks" such as halibut or salmon. Grilled fish kabobs are also a possibility with firm-fleshed fish.
- Check your supermarket for a wide variety of marinades and spice mixtures to use with fish. You can always use lemon juice, garlic, and herbs on fish for a great taste.
- Cook fish and shellfish thoroughly. Handle raw fish as you would handle other raw meat products. Take care not to cross-contaminate cooked food or vegetables with the utensils used to prepare raw fish. Avoid eating shellfish from unknown sources, particularly if eaten raw.
- Introduce fish and seafood to your children when they're young, so they get into the habit of eating it.
- Choose broiled, grilled, or baked fish instead of fried, which is high in fat.

JAMAICAN GROUPER

Serves 4

1/2 cup white wine Worcestershire sauce
 4 grouper fillets (5 oz. each)
 1 tsp. olive oil
 1 tsp. Creole seasoning
 2 cups Jamaican Sauce
 1/2 cup chicken stock (fat-free/low-salt), if needed
 1 Tbsp. chopped fresh herbs (cilantro, basil, rosemary, and thyme)

Marinate the grouper in the Worcestershire sauce. Spray a nonstick skillet with cooking spray. Add olive oil and heat. Sprinkle grouper with seasoning and lightly sear on both sides. Add Jamaican Sauce to skillet and allow grouper to finish cooking while sauce is reducing. Add chicken stock, if necessary, to keep the grouper from burning. Serve the grouper with pan sauces.

From Pamela Smith's *Healthy Living Cookbook*. Visit www.pamsmith.com for more information.

Each serving contains: 199 calories, 30 g. protein, 3 g. fat, 53 mg. cholesterol, 11 g. carbohydrates, 598 mg. sodium. Calories from fat: 14 percent

✂ 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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mental and educational

Are You Sad? Don't Buy or Sell!

Behavioral economists at Carnegie Mellon University in Pittsburgh have found that people aren't the logical decision makers that textbooks say they are.

Some of their findings include:

- ◆ People who are feeling sad are less likely to negotiate for a lower price. Therefore, it's not a good time to buy a used car.
- ◆ If you're feeling sad, don't sell anything on which the price can be negotiated, because you will be more willing to sell for less. For example, don't sell a car or hold a garage sale.
- ◆ Disgust makes people want to get rid of things and reduces their selling prices. Organize your place before giving away half of your personal belongings.
- ◆ Anger makes people assess situations more optimistically. They downplay risks and overestimate potential benefits. It's not a good time to invest.

Is Your Anger Out of Control?

Everyone has experienced intense anger at one time or another – on the road, at work, at home, or on the playing field. The result is physical and mental anger that can sometimes lead to a situation you regret.

Properly handled, however, anger can be used to give you courage to stand up for yourself. It can be channeled into greater work energy or it can give you the strength and inspiration to play harder at your sport.

Psychiatrists at the University of Chicago say everyone has a threshold for anger arousal which is probably set at birth. It controls at what point you're going to be "acting up."

But anger isn't all negative. Sports psychologists call the push anger can bring "the law of the inverted U." They say there's an optimal point of emotion where you get optimal performance in sports. If you're below it, you're not fired up enough to be your best. If you pass it, you're so angry you can't perform well.

Dr. W. Doyle Gentry, author of *Anger-Free*, says athletes like Michael Jor-

dan can stay in the optimal zone. They can get angry, control it, focus on what they're doing, and perform better.

You can't change your biological threshold for anger, but you can change it into a touch of anger that will inspire you to peak your performance at any task. **Doctors recommend:**

- When anger makes you reactive rather than strategic, step back. Take deep breaths, in through your nose, out through your mouth. Count to 10 if this helps you calm down.
- Learn to relax rather than being uptight so often. Practice lying on your back with eyes closed. Starting with your toes, flex all of your muscles for a few seconds.
- Recognize that life isn't fair. Don't get mad if you don't like the way things are. Do something to change the situation.
- Exercise. Cardiovascular activity will drain your anger and make you stronger. It could change your outlook on life.



For more information on managing your anger, visit the National Mental Health Association at www.nmha.org.