



# Total Wellness<sup>®</sup> BECOMING A TOTAL PERSON<sup>®</sup>

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## Make Healthy Choices Eating Out

Most people spend about 40 percent of their food budget dining away from home. For people who are striving to be health-conscious, dining out can be a culinary challenge. **Here are tips on how you can make healthy choices while eating out:**

- ◆ For breakfast, select healthy choices such as: • cereal with skim milk and fruit • whole-wheat French toast and berries • fresh fruit with cottage cheese or yogurt • fresh vegetable egg-white omelet and unbuttered whole-wheat toast.
- ◆ Say no to sauces. Mayonnaise, special sauces, and sour cream can triple the fat, sodium, and calories you consume.
- ◆ Shun the cheese. The cheeses commonly used at fast-food restaurants are high in fat, cholesterol, and calories.
- ◆ Choose a plain baked potato and add salsa, broccoli, and other vegetables to it.
- ◆ When selecting a salad, leave the mayonnaise-based dressings, croutons, and bacon bits at the bar. Add extra lemon juice or vinegar for moistness.
- ◆ Order water, sparkling water, club soda, or fruit juices for your beverage.

## Consume More Fruits and Veggies

**E**ating five to nine servings of brightly colored fruits and vegetables offers a host of benefits to you and your family. In fact, these colorful natural sources of vitamins, minerals, fiber, and phytochemicals help your body to: • maintain a healthy weight • promote good health • improve energy levels • protect against the effects of aging • help reduce anxiety and depression • reduce the risk for heart disease, type 2 diabetes, high cholesterol levels, high blood pressure, and some cancers.

When adding more fruits and vegetables to your diet, think about the colors of the rainbow. *Blue* and *purple* foods include blueberries, blackberries, plums, black olives, and purple figs. *Green* foods include green beans, zucchini, peas, spinach and other leafy greens, artichokes, and asparagus. *White* foods are mushrooms, pears, and potatoes. *Red* foods include tomatoes, beets, cherries, and red peppers. *Yellow* and *orange* foods to consider are carrots, corn, mangoes, papayas, peaches, pineapple, pumpkin, yellow peppers, and sweet potatoes.

Getting five to nine servings of fruits and vegetables is easier than people may think. One serving is: • one medium-sized

fruit • 1/2 cup raw, cooked, frozen, or canned fruits or vegetables • 3/4 cup (six ounces) of 100 percent fruit or vegetable juice • 1/2 cup cooked, canned, or frozen legumes (beans and peas) • 1 cup raw, leafy vegetables • 1/4 cup dried fruit.

**Here are several ways to get more fruits and vegetables in your diet:**

▲ Mix numerous fruits and vegetables into your tossed green salad for flavor, variety, color, and crunch.

▲ Keep various types of frozen fruits and vegetables in your freezer to add to your meals.

▲ To save time, use pre-cut fresh vegetables and salad mixes.

▲ Add apples, raisins, or pineapple chunks to tuna, pasta, or chicken salads.

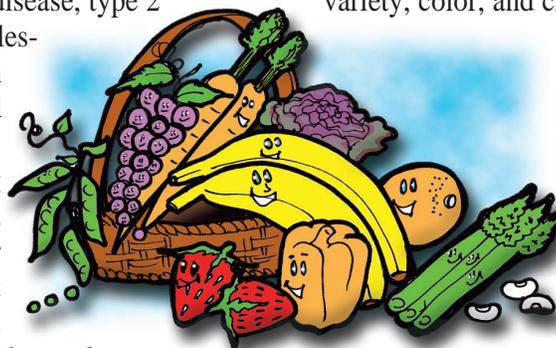
▲ Keep easy-to-grab, pre-washed fruit in a bowl on your kitchen counter for quick snacks.

▲ For desserts, choose fresh fruit or fruit-based desserts.

▲ Place cut-up fruits and vegetables into small airtight bags and take them along for healthy snacks at work or school.

▲ Add extra vegetables to soups and casseroles.

For more information, visit the U.S. Department of Agriculture at [www.usda.gov](http://www.usda.gov), or the Produce for Better Health Foundation at [www.5aday.org](http://www.5aday.org).



## Recognize Prostate Cancer Risks

Although scientists don't fully understand what causes prostate cancer, they have identified several risk factors associated with it. **Risk factors for prostate cancer include:**

- ▲ **Age** – A man's chance of developing prostate cancer rises significantly after age 50, and more than 70 percent of cases are diagnosed in men over the age of 65.
- ▲ **Race** – African-American men are more likely to develop and die from prostate cancer, and they're also more likely to be diagnosed at a more advanced stage of the disease.
- ▲ **Family history** – If a man has a father or brother who has prostate cancer, this doubles his risk. The odds are even greater if he has had several relatives with it, especially if they were young when diagnosed.
- ▲ **Diet** – Men who eat red meat and a lot of fat appear to have a greater risk. They also tend to eat fewer fruits and vegetables as well as more high-fat dairy products.
- ▲ **Sedentary lifestyle** – Staying physically active and keeping a healthy weight may help lower a man's risk of having prostate cancer.

Early prostate cancer generally shows no symptoms. Once the cancer becomes advanced, some signs may appear. These symptoms can be identical to those for benign prostate problems as well as for other diseases. Signs of prostate problems can include the following: slow, weak, or interrupted urination; difficulty starting or holding back urine; frequent urination, especially at night; painful or burning urination or ejaculation; inability to urinate; blood in urine or semen; impotence; or pain in the lower back, hips, or pelvis.

For more information, visit *The American Cancer Society*, [www.cancer.org](http://www.cancer.org), and the *National Cancer Institute*, [www.nci.nih.gov](http://www.nci.nih.gov).

## Reduce Your Risk of Getting an Ulcer

*"If you don't stop worrying, you're going to get an ulcer..."*

**H**as anyone ever told you this before? While it's true that stress can be harmful to your health, scientists now know that ulcers aren't caused by stress or spicy foods. Ulcers, sores that form in the stomach lining or the first part of the small intestine, are most often caused by bacteria called *Helicobacter pylori* (H. pylori). They can also be caused by frequent or long-time use of non-steroidal anti-inflammatory drugs (NSAIDs), such as aspirin and ibuprofen. And if not treated, ulcers can cause swelling and scarring that block the passage of food and can even eat a hole in your stomach.

The most common symptom of ulcers is a burning pain in the stomach between the breastbone and naval. People generally experience this pain between meals or in the middle of the night or early morning hours. The pain can last for a few minutes or for several hours and is often relieved after eating food or taking antacids. **Other symptoms of ul-**

**cers include:** nausea, vomiting, loss of appetite, blood in the stool and anemia.

**To effectively reduce your chance of getting an ulcer:**

- ❖ Only eat food that has been prepared and stored properly.
- ❖ Drink water that you know is from a safe, clean source.
- ❖ Practice good hygiene and wash your hands frequently and thoroughly.
- ❖ Try to reduce how often you use NSAID pain relief medications like aspirin and ibuprofen.
- ❖ Ask your doctor about using an alternative pain relief medication such as acetaminophen.
- ❖ Visit your doctor if you experience any symptoms of an ulcer.

For more information on ulcers and digestive health, visit the *American Gastroenterological Association* at [www.gastro.org](http://www.gastro.org).



## Coping with Colds and Allergies

**When trying to decide if you have a cold or allergies, consider the following:**

- **Type** – Both colds and allergies exhibit symptoms such as watery eyes, runny nose, sneezing, congestion, headache and fatigue, but colds generally won't give you itchy eyes or a scratchy throat. Instead, colds often begin with or have a sore throat as one of the symptoms.
- **Sequence** – Cold symptoms differ from allergies in that they often appear one at a time in succession. One symptom may diminish before the next one emerges. For example, first you may sneeze occasionally, then have a runny nose and finally congestion may set in.
- **Length** – Whereas allergy symptoms may soon cease after you leave the presence of the allergen, cold symptoms will continue to persist for about seven to 10 days. If reducing your exposure to certain things relieves your symptoms, you most likely have allergies rather than a cold.

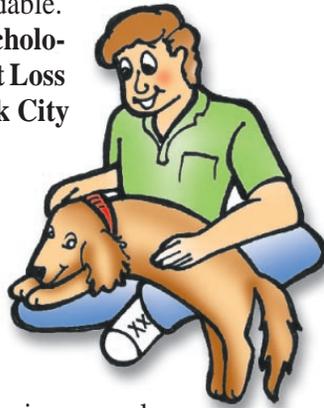


## Mourning Loss of a Pet

**W**hen a pet dies, people find themselves apologizing to others for their sad mood or tears. Rather, they should realize that when pets become members of the family, mourning is unavoidable.

But how do you recover? **Psychologists for the Association for Pet Loss and Bereavement in New York City give this advice:**

- ◆ Have a small memorial service. It can be therapeutic for some people.
- ◆ Recall happy memories of your pet with others who knew your pet well.
- ◆ Give yourself permission to grieve your loss.
- ◆ Talk about it with those who share your love for animals.
- ◆ Recognize that your pet can never be replaced, but leave yourself open to having a new pet when you're ready.
- ◆ Remember that your pet loved you and was fortunate to have a good home with you.
- ◆ Tell kids the truth. Say the pet died, not that it went to sleep or ran away.
- ◆ Think of your other pets. Give them affection and help them deal with the loss of their friend.



## Improve Grades with More Sleep

Kids who get less than nine hours of sleep will do better in school if they go to bed an hour earlier. Most doctors recommend that children get between nine and 11 hours of sleep a night.

A study published in *Child Development* shows that kids who were sent to bed an hour earlier got about 40 minutes more sleep. Even that modest amount improved their ability to remember new information and do better on tasks that required attention.



## Stay Current with Information

For some people, taking the time to report changes in their personal information is a needless hassle. Even so, reporting a change is important.

**Keep the following information up-to-date:** • Name, address and telephone number • Marital status • Person to be notified in an emergency • Beneficiary on insurance policies • People covered by your health insurance

## Teaching Safety to Kids

In his book, *Protecting the Gift*, author Gavin de Becker says that telling kids not to talk to strangers isn't enough. Dangerous people don't always look evil, and a soft-spoken person looking for help finding a dog could be dangerous.

**Here are some tips for parents on teaching kids to be safe:**

- Yell and tell. Kids should be taught to be very assertive. When someone takes them and says, "Don't yell," they should yell, "This isn't my dad/mom!" and scream for help right away.
- Go to a mom. If a child is lost and scared, it's often difficult to find a security guard or police officer. Tell kids to find a mom – particularly, someone with a stroller or a child in tow. Mothers are more likely to help a lost child.
- Don't get into a car. Tell your children that you'll never ask someone to pick them up without telling them first. Kids should never approach a car. If one approaches them, they should run or ride their bike in the opposite direction and go to a safe place immediately.
- Have a recent photo. Take photos of your children every few months, noting their correct height and weight on the back of the photo. According to the National Center for Missing and Exploited Children, accurate photos helped recover one in six children last year.
- Set up a meeting place. Establish a place to meet if you become separated. For example, at an amusement park, select a location by a tall ride that can be easily seen.

For more safety tips, visit [www.missingkids.com](http://www.missingkids.com).



## Staying Close to Grandkids

Grandparents play an important part in children's lives, whether they live near or far. **In her book *Grandloving*, Sue Johnson offers these simple suggestions for bringing your grandkids closer to you:**

- ◆ Record bedtime stories on tape or CD for grandkids to play before bed.
- ◆ Teach them how to dance.
- ◆ Lie on a blanket and describe to each other what the clouds look like.
- ◆ Send them postcards and souvenirs from the places you visit.
- ◆ Show old home movies and tell them stories about their parent's childhood.
- ◆ Have them videotape you talking about family history.
- ◆ Cook together and make a recipe book of your favorites.



## Choices and Consequences

By Paul J. Meyer



**W**hat 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.

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

### Minor Choices, Major Impact

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

Little did we know that the Caymans would become the home office to several of our overseas businesses and prove to be one of the best choices we ever made, not to mention the location for many meaningful relationships, unforgettable times, 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](http://www.pauljmeyer.com).*

## Information in an Instant



When you need a reply in an instant, instant messaging (IM) can be a convenient way to communicate. **Here’s how to communicate with courtesy via IM:**

- ◆ Initiate contact with new people. When you want to add people to your list of IM contacts, send a personal greeting along with the message that announces you’ve added their name to your list.
- ◆ Be mindful of people’s time. Always begin an instant message by asking if the person has a minute to talk. This gives people a chance to decline politely if their attention needs to be elsewhere at the moment.
- ◆ Keep it short and sweet. IM is best for brief communication that’s not important enough for an E-mail. Post messages in one or two sentences each that express a single thought. Save longer messages for the phone.
- ◆ Break up longer messages. If you have a lengthy message to communicate, make this known and verify that the person has enough time for it. Then send it in shorter chunks with the word “MORE” at the end of each entry.
- ◆ Check the emotional content. Don’t write in all capital letters, which is translated as shouting. Since tone of voice and body language are absent in text messaging, use emoticons to ensure that your intent is clear.
- ◆ Indicate your status. Let people know when you aren’t available for IM by selecting a setting from the status menu. This will prevent you from unintentionally offending someone by not responding.
- ◆ Save sensitive discussions for face-to-face exchanges. When you need to confront, correct, deliver bad news, or discuss a controversial topic, don’t hide behind your computer.
- ◆ Give people the benefit of the doubt. If people don’t respond to your message, say you’ll contact them later. If someone’s message upsets you, ask for clarification.

### InSync® Moment – Making Priorities

What are your priorities? It’s worthwhile to identify your priorities and determine which ones are really important. What was your priority last week may not be so next week. Life changes. Priorities shift. Maintain gentle control of your time and activities by periodically prioritizing your priorities.



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

## Watch Out for Water Bottles

**D**id you know that your water bottle could actually make you sick? According to a University of Calgary study, bacteria that can cause everything from colds to stomach infections may be lurking in your bottle. And even if you're the only one who uses it, germs can grow on the saliva that backwashes into your bottle and in turn infect you. **To avoid getting sick from your bottle:**



- Use a bottle made of plastic intended for multiple uses. According to the International Bottled Water Association, the containers bottled water come in should only be used once. While safe for their intended use, the plastic in these bottles may break down when reused over and over again and release potentially harmful substances into your water.
- Clean your bottle frequently. To prevent germs from building up, wash your bottle with warm, soapy water each day and let it air dry. Or, run it through the dishwasher.
- Keep your water cool. Bacteria thrive in a warm, moist environment, so refrigerate your water.
- Wash your hands often. Observe good hygiene and always wash your hands after using the rest room. Bacteria on hands can be transferred to your bottle and mouth.

## Protect Against Injuries

**If you or your child is involved in fall sports, here are a few safety tips to remember:**

- Have a physical exam before playing.
- Wear the proper gear for your sport, including face masks, mouthguards, shoes, shin guards and other gear.
- If you wear prescription eyewear, use shatterproof lenses and sports frames.
- Avoid wearing ear, nose, lip, belly button, or finger rings; bracelets, watches, necklaces, hard hair barrettes, or anything else that is jewelry-related during contact sports.
- Learn the rules and specific safety skills for your sport.
- Always warm up and stretch before a practice or game.
- Treat injuries promptly. Avoid playing through pain.
- In hot weather, drink water before, during and after your workout or game to avoid heat exhaustion or heatstroke.
- If caught in an electrical thunderstorm, get indoors or inside a vehicle immediately. If caught out in the open, lie down on the ground and curl into a ball.



## Get a Good Night's Sleep

When was the last time you woke up feeling refreshed and ready to face the day? If it's been a while, you might want to take stock of your sleep situation. Although it's normal to have an occasional sleepless night, frequent poor sleep can contribute to many physical problems. Studies show that poor sleep can weaken the immune system, increase blood pressure and stress levels, interfere with blood sugar control and cause growth hormone deficiencies that may lead to weight gain.

Are you getting enough sleep? Most people need between seven and eight hours of sleep each night. **If you fall outside those numbers, ask yourself whether you frequently:**

- ◆ Have difficulty falling or staying asleep
- ◆ Wake up too early
- ◆ Have trouble falling back asleep when awakened
- ◆ Feel tired during waking hours
- ◆ Don't feel refreshed shortly after waking

If so, it's time to get your health back on track with good sleep habits. There are many things you can do on your own to improve your sleep. It may seem like a contradiction, but being active is a good way to get better rest. Studies show that regular exercise can help you sleep not only longer, but also more deeply. Aim for at least 30 minutes of exercise on most days of the week. Just be sure to avoid exercising close to bedtime, which may interfere with sleep.



The foods you eat can also affect your sleep. A sleep-promoting snack shortly before bedtime, such as milk, a banana, a slice of whole-wheat toast with all-fruit jam, or whole-grain cereal, may improve shut-eye, but consuming caffeine or alcoholic beverages after lunchtime may degrade it.

Stress is a common cause of sleep problems, so engage in low-energy, relaxing activities before bed. Take a warm bath or focus on pleasant reading materials that aren't too stimulating. Other sleep-friendly tips include eliminating bedroom distractions and keeping a regular sleep schedule.

If attempts to improve your sleep habits on your own have failed, talk to your doctor. Sometimes sleep problems have underlying medical or psychological causes that need to be treated first before sleep can be improved.

Whichever route to better sleep you take, don't let yourself lose another hour of health-preserving shut-eye. You may very well find that a few simple steps can improve the quality of your sleep and your life.

By Michael F. Roizen, M.D., author of *RealAge: Are You as Young as You Can Be?* and *The RealAge Diet: Make Yourself Young with What You Eat*. Roizen, an internist and anesthesiologist, has been listed for the last 13 years in *The Best Doctors in America*, published by Woodward/White. For more information on RealAge, visit [www.RealAge.com](http://www.RealAge.com).



## Lift the Pack Carefully

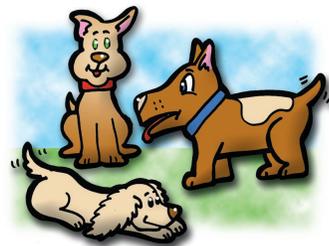
**F**rom shoes and clothes to a list of school supplies the length of your arm, families are making their purchases for the new school year. While these things are important, finding the right back pack and using it wisely should also top your list. **Here are several tips on backpack safety:**

- ▲ Choose the right backpack: one with two wide, padded shoulder straps, a padded back, a waist strap, lightweight, or a rolling capability.
- ▲ Always use both shoulder straps when carrying the backpack. Wearing it on one shoulder may increase curvature of the spine.
- ▲ Tighten the straps to fit your body. Position the backpack two inches above your waist.
- ▲ Pack it lightly. Avoid overstuffing your backpack. The backpack shouldn't weigh more than 20 percent of the student's total weight.
- ▲ Organize the backpack by using the compartments and packing heavier items closer to the center of the back.
- ▲ Bring home only the books needed for homework. Avoid carrying CD players, CDs, video games, and other unnecessary items.
- ▲ When bending down with your backpack on, bend using both knees and your leg muscles.
- ▲ Build up the muscles in the back by doing strengthening exercises.



## Reduce Risk of Getting a Dog Bite

Whether it's a nip, bite, or actual attack, dog bites can be a serious problem. Statistics show that about 800,000 Americans have to seek medical attention each year for dog bites and half of these are children. **To reduce the risk of one of your family members being bitten, remember these tips from the Centers for Disease Control:**



- Ask a professional about suitable breeds of dogs that would be best for your family.
- Be sensitive to your children's fears. If they're afraid of dogs, delay getting one until they're older.
- Spend time with a dog before buying it or adopting it.
- Spay or neuter the dog before bringing it home.
- Avoid leaving a baby or young child alone with a dog.
- Don't play games with your dog that teach aggressive behaviors.
- Take your dog to an obedience class for training.
- Keep your dog healthy and its shots current.
- Avoid running by a strange dog. Dogs naturally like to chase and catch things.
- Don't disturb a dog that is caring for puppies, sleeping, or eating.
- If a strange dog approaches you, be very still and let it sniff you. Avoid sudden movements and stay calm.
- If you fall or are knocked to the ground by a dog, curl into a ball with your hands over your head and neck.

## Stay Hydrated in Heat

Everyone loses body fluid daily through sweat, tears, urine and stool. In a healthy person, this fluid is replaced by drinking water and eating foods that contain water. However, when a person becomes so sick with fever, diarrhea, or vomiting or if they're overexposed to the sun, dehydration can occur. **The symptoms of dehydration may include:** • thirst • less-frequent urination • dry skin • fatigue • light-headedness • dizziness • confusion • dry mouth and mucous membranes • increased heart rate and breathing. **Children may also have these symptoms:** • dry mouth and tongue • no tears when crying • no wet diapers for more than three hours • sunken abdomen, eyes, or cheeks • high fever • listlessness • irritability • skin that doesn't flatten when pinched and released.

Drinking fluids is usually the best treatment for mild dehydration. It's better to have frequent, small amounts of

fluid (using a teaspoon or syringe for an infant or child) rather than trying to force large amounts of fluid at one time. Drinking too much fluid at once may actually cause more vomiting. Electrolyte solutions or freezer pops available in your pharmacy may also be effective.

**To avoid dehydration this summer:** • Drink plenty of fluids, especially when working or playing in the sun. • Make sure you're taking in more fluid than you're losing. • Try to schedule physical outdoor activities for the cooler parts of the day. • Drink appropriate sports drinks to help maintain electrolyte balance. • For infants and young children, use solutions that help maintain electrolyte balance during illness or heat exposure.



## Warm Up with "Chili in a Hurry"



- 1 tsp. olive oil
  - 1 small red onion, chopped
  - 1 red bell pepper, seeded and chopped
  - 1 green bell pepper, seeded and chopped
  - 2 cloves garlic, minced
  - 1 jalapeño pepper, seeded and finely chopped
  - 1 tsp. cumin
  - 1-1/2 Tbsp. chili powder
  - 1 tsp. creole seasoning
  - 1 lb. ground turkey breast, browned
  - 2 cans (28 oz. each) whole tomatoes
  - 1 cup chicken stock (fat-free/low salt)
  - 1 can (15 oz.) black beans, drained
- Serve with cooked brown rice, nonfat sour cream, and cilantro.

Spray a large, heavy saucepan with cooking spray and heat over medium heat. Add the olive oil, onions, and bell peppers; sauté until softened, about four to five minutes. Add garlic, jalapeño pepper, cumin, chili powder, and seasoning; sauté about two minutes more.

Add cooked turkey to sautéed vegetables and mix together. Add tomatoes and break up with spoon while sautéing.

Add chicken stock; reduce heat to low and bring to a simmer, stirring often. Cook another 15 minutes; add drained black beans. Heat through.

When serving, scoop 1/3 cup cooked brown rice into a bowl and ladle 1-1/2 cups of chili on top. Top with 1 Tbsp. nonfat sour cream and garnish with cilantro. Makes 8 servings.

*Each serving contains: 255 calories, 21 g. protein, 2 g. fat, 35 mg. cholesterol, 38 g. carbohydrates, 485 mg. sodium. Calories from fat 7 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](http://www.pamsmith.com). Her book, *The Energy Edge*, gives power points to have energy for life!



## Win Big with Your Tailgate Party

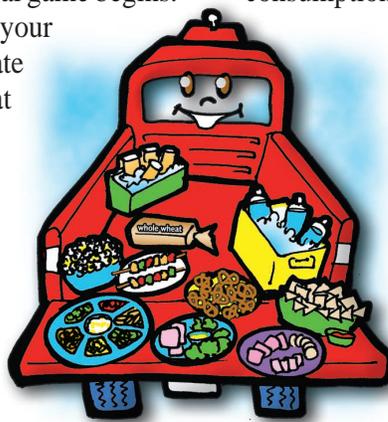
Football season is prime time for tailgating parties – a common form of entertainment for many sports fans. Teams of tailgaters plan elaborate and elegant menus to kick off the game before the actual game begins. The key to not fumbling your healthy diet at a tailgate party is to team up great taste and good nutrition.

**Here are a few strategies on how you can have a healthy tailgate party:**

- ❖ Plan your “starting line-up” wisely. Decide what your menu will be ahead of time and include plenty of lean meats, fruits, and vegetables on your winning line-up. Foods that you might consider include fresh vegetables with low-fat dip, fruit kabobs, unbuttered popcorn, dried fruits, pretzels with mustard dip, baked tortilla chips with salsa, whole-grain breads, and lean meats for sandwiches.
- ❖ Don’t select high-calorie or high-fat foods to be on your “team.” Remember the importance of substituting low-fat, low-sodium options.
- ❖ Avoid the “piling it on” penalty. Re-

member portion control by not filling your plate too full and stopping eating when you’re full. *Tip:* Use smaller plates for your party.

- ❖ Use wise “plays” concerning alcohol consumption. Moderate your alcohol intake or avoid it altogether. Drink plenty of water and fruit juices instead.
- ❖ Take a step back and look at your choices before digging in. Take only the foods you want to eat.
- ❖ Once you’ve eaten, keep your mouth busy by chewing sugar-free gum or nibbling on sugar-free candy to decrease your need to eat more.



**Here are some safety tips to keep in mind:**

- Before, during, and after preparing foods, wash your hands. Have antibacterial cleaners or towelettes for people to use.
- Keep cold foods cold.
- Store drinks and food in separate coolers.
- Use a thermometer if you’re cooking raw meats, and be sure to cook them to their proper temperature.
- After the party, dispose of all perishable foods that have been unrefrigerated for more than two hours.

### MANGO CHICKEN SALAD SANDWICHES

Makes 2 servings

- 1-1/2 Tbsp. light mayonnaise
- 1 Tbsp. minced celery
- 1 Tbsp. chopped fresh cilantro or parsley
- 2 tsp. fresh lemon juice
- 1 Tbsp. chopped red bell pepper
- 1/2 tsp. creole seasoning
- 2/3 cup peeled and diced mango
- 1 can (6 oz.) of water-packed chicken\*, drained
- 2 green or red leaf lettuce leaves
- 2 whole-wheat English muffins, split

- and toasted
- 1 Tbsp. slivered almonds, toasted



*\*You may substitute fresh crabmeat or water-packed solid white tuna.*

Combine the first six ingredients in a bowl; stir well. Add mango and chicken; toss gently to coat. Arrange one lettuce leaf on each muffin half, top with 3/4 cup chicken mixture, and sprinkle with almonds. Place on a plate and enjoy!

From Pamela Smith’s *Eat Well, Live Well*. Visit [www.pamsmith.com](http://www.pamsmith.com) for more information.

*Each serving contains: 408 calories, 30 g. protein, 9 g. fat, 70 mg. cholesterol, 51 g. carbohydrates, 744 mg. sodium. Calories from fat 20 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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## safety



### Protect Your Children from Danger

- ◆ Always supervise children in or near water.
- ◆ Buckle up your children in proper car seats or seat belts.
- ◆ Never leave a child alone in a car, even for a minute.
- ◆ Never have guns where children can get them. Lock up all types of weapons or keep them out of your home.
- ◆ Use safety gates on stairways to prevent falls.
- ◆ Focus on safety when your children are playing on playgrounds. Watch your children carefully.
- ◆ Post emergency numbers near your phones.
- ◆ Sign up to take a first aid and CPR class so you know what to do in case of an emergency.

Source: American Red Cross at [www.redcross.org](http://www.redcross.org).

## Be Prepared in Case of Emergency

**D**uring the month of September, the U.S. Department of Homeland Security and the National Preparedness Month Coalition recommend that all Americans take simple steps to prepare themselves and their families for possible emergencies.

### Here are few general tips:

- Keep a full tank of gas in your vehicle if an evacuation situation seems likely.
- Purchase a battery-operated radio so you can listen to emergency instructions. Keep extra batteries on hand.
- Always follow recommended evacuation routes. Avoid taking shortcuts since they may be blocked.
- Establish a location for your family to meet in case of any type of emergency. Also, select a contact person who doesn't live in the area who family members can contact.
- Review the coverage you have for your property, health, and life insurance, and weigh whether it's adequate enough for your needs.



- Consider putting money in a special emergency savings account that can be used in any crisis.
- Make a record of your personal property. Take photos or a video of the interior and exterior of your home. Be sure to include personal belongings in your inventory.
- Store important documents – insurance policies, deeds, property records, and other important papers – in a safe place, such as a safety box away from your home. Make copies of these documents for your disaster supplies kit.
- Plan for your pets in case of an emergency situation. Identify a shelter if you need one, gather supplies they will need, ensure your pets have up-to-date veterinarian records and proper ID, and have a pet carrier and leash available for each pet.
- Prepare a disaster supplies kit. The kit should include basic items like water, food, a battery-powered radio, flashlights, and a first-aid kit. Visit [www.ready.gov](http://www.ready.gov) for a complete list of recommended supplies.