



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

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Coping with Holiday Stress

If you're trying to "do it all" this holiday season, beware. You may be setting yourself up for holiday stress. **If you tend to get stressed around the holidays, consider these suggestions:**

- ◆ If the house needs cleaning, let each family member do chores that are age-appropriate. Make it a fun family activity.
- ◆ To avoid financial burdens, set limits on gift-giving. Set a budget and stick to it. Focus on free activities. Bake cookies, go caroling, volunteer to help others, gather up old toys and donate them to needy children, or visit a local nursing home and sing with the residents.
- ◆ Strive to get along with your family and extended relatives. Avoid trying to address past issues over the holidays. The holidays aren't the time for this.
- ◆ If you have young kids and are overwhelmed with things to do, ask a friend or relative to take the kids for a few hours so you can get things done.
- ◆ Take time out for your own needs and enjoyment. Sleep in one day, snuggle up on the couch and watch a favorite movie or play racquetball with a friend.

Wipe Out the Wintertime Blues

While the holidays are supposed to be filled with good cheer and optimistic hopes, for many people the holidays are sad, lonely, and unsettling. This condition has come to be known as the wintertime blues.

The wintertime blues can affect men and women, young and old. Factors that typically contribute to wintertime blues include increased stress and fatigue, unrealistic expectations, financial stress, over-commercialization, and the inability to be with one's family or friends. In addition to these factors, dealing with the demands of shopping, parties, family obligations, and house guests can contribute to feelings of being overwhelmed.

The symptoms of the wintertime blues often include:

- headaches
- inability to sleep or sleeping too much
- excessive drinking
- agitation or anxiety
- changes in appetite causing weight loss or gain
- excessive or inappropriate feelings of guilt
- diminished ability to think clearly
- lack of concentration
- decreased interest in activities – such as food, work, friends, hobbies, or entertainment – that usually bring pleasure.

To overcome the wintertime blues, consider some of these tips:

- Set realistic goals and expectations for the holidays.
- Organize your time by making lists and setting priorities. Avoid scheduling more activities than you can handle.



- Allow others to share the responsibilities for holiday tasks.
- Get plenty of rest, eat right, and exercise regularly.
- Avoid comparing today with the good old days of the past. Enjoy the present.
- If you've recently experienced a tragedy, death, or romantic breakup, tell people your needs.
- Do something nice for someone else. If you're lonely, try volunteering to help others in need.
- Limit your drinking. Excessive drinking increases feelings of depression.
- Spend time with supportive and caring people. Take time to contact a long lost friend or relative.
- Enjoy free holiday activities, such as looking at holiday lights, going window shopping without buying anything, and gazing out the window at the snowflakes or raindrops.

Merging Your Family Into One

Holidays can be stressful for any family, but for blended families, merging holiday traditions and plans can often be difficult. New family arrangements can require children to celebrate at several homes. **Here are several ways to ease holiday stress in blended families:**

- Accept that it takes time to merge families and their traditions.
- Establish new traditions with input from all family members.
- Be sensitive to your children's need to be with both of their biological parents.
- Allow family members to miss and grieve traditions from their original family.
- Let children know that they're not alone and other people are going through the same situation as them.
- Talk to each other about your wants, feelings, and expectations.
- Enforce rules and limits to keep things stable.
- When possible, adjust family plans to accommodate special family situations.



Caring for Your Pets this Holiday Season

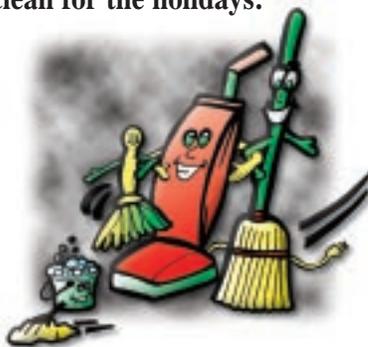


- Hang breakables, tinsel, and other decorations out of paw's reach.
- Place holiday plants – mistletoe, holly berries, and poinsettias – out of pet's reach.
- Watch out for electrical cords as they may chew them and get burned, shocked, or electrocuted.
- Instead of metal hooks, use ribbon or yarn instead to hang your ornaments.
- If you're having a family gathering or holiday party at your home, provide a safe haven for pets to stay.
- If you're going out of town for the holidays, make arrangements for your pet's care while you're gone.

Preparing Your Home for Guests

Here are several tips on getting your home clean for the holidays:

- ◆ Begin cleaning early before the holiday rush.
- ◆ Make a list of things you need to do and check off items as they're completed.
- ◆ Divide chores by room, estimating the time it will take to complete each task.
- ◆ Set aside a specific time each week for cleaning. Divide chores so your children and spouse can pitch in. Kids can make their own beds, sort toys, dust, or wipe off countertops.
- ◆ Simplify your home by reducing clutter. Donate clothes that don't fit or that you haven't worn in more than two years, excess furniture, and knickknacks. Dispose of broken items.
- ◆ Try speed cleaning your home. Set a timer for 30 minutes and go room by room and pick up items that don't belong in a specific room. Then, as you go into new rooms, leave items that belong there. You might also carry a garbage bag with you to deposit any trash you find.



Deliver a Smile to Your Loved One

Who doesn't like the mail man? Well, maybe we all despise him on the days we get a fistful of bills and a pile of junk mail. But other than that, he (or she) brings us some pretty nice stuff.

It's fairly easy to send your sweetheart a postcard or letter in the mail. What takes a little more planning and is sure to take his or her breath away is to mail a postcard or letter to the location where you will be vacationing or visiting family. I have sent my wife postcards to both my parent's house and her parent's house when we were going to be visiting for a few days. Not only did it bring a smile to her face, it also was a surprise for our parents when they checked the mail. It reinforced in their minds that I was being a loving, devoted husband. (Of course that wasn't the reason I sent the postcards, but it was a nice benefit.)

You don't have to limit yourself to a postcard. Letters, packages, and priority parcels would make any mate quiver with anticipation. The more thought and preparation you put in to it, the greater the thrill will be.

The next time you want to impress your soul-mate (or the in-laws), mail a letter to your next destination. It'll be there, rain or shine.

Michael Webb is the best-selling author of The RoMANtic's Guide, 50 Secrets of Blissful Relationships and The RoMANtic's Guide to Popping the Question, available at bookstores nationwide, by calling 1-888-4ROMANTIC, or by visiting www.TheRomantic.com.



"Treasure the love you receive above all. It will survive long after your gold and good health have vanished."

– Og Mandino

How to Help Prevent the Flu

Did you know that vaccination is not the only way to help prevent the flu? According to the Department of Health and Human Services, you can still protect yourself from the flu even if you're not included in a priority group for the flu season this year, or if no vaccines are available.

These simple actions can stop the spread of germs and help protect you from getting sick:

- ◆ **Avoid close contact.** Avoid close contact with people who are sick. When you're sick, keep your distance from others to protect them from getting sick too.
- ◆ **Stay home when you're sick.** If possible, stay home from work, school, and errands when you're sick. You will help prevent others from catching your illness.
- ◆ **Cover your mouth and nose.** Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- ◆ **Clean your hands.** Washing your hands often will help protect you from germs.
- ◆ **Avoid touching your eyes, nose, or mouth.** Germs are often spread when a person touches something that's contaminated with germs and then touches his or her eyes, nose, or mouth.

Other good habits, such as getting plenty of sleep, engaging in physical activity, managing stress, drinking water, and eating good food, will help you stay healthy in the winter and all year.

Source: Centers for Disease Control and Prevention (CDC), www.cdc.gov.

For more information, ask your doctor or visit the CDC at www.cdc.gov/flu or call 1-800-232-2522 (English) and 1-800-232-0233 (Spanish).

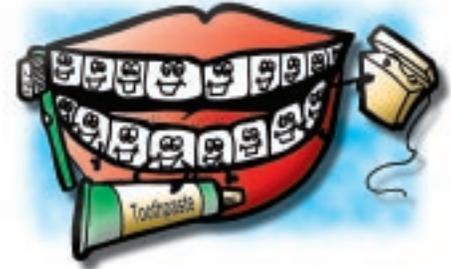
Preventing Periodontal Disease

Maintaining a healthy mouth isn't just a matter of a pretty smile. According to the American Academy of Periodontology (AAP), research shows that nearly one in three U.S. adults aged 30 to 54 and 50 percent of adults aged 55 to 90 have some form of periodontitis.

Periodontal (gum) diseases, including gingivitis and periodontitis, are serious infections that, left untreated, can lead to tooth loss. In addition, research has linked it to more serious health threats such as diabetes, cardiovascular and respiratory disease, and pre-term low-birthweight babies.

Here are the warning signs of periodontal disease:

- persistent bad breath
- gums that bleed when you brush
- red, swollen and bleeding gums
- gums that have pulled away from the teeth
- loose or separating teeth
- pus between the



gum and tooth • a change in the way your teeth fit together when you bite.

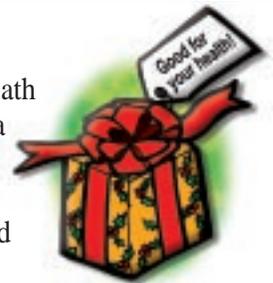
To prevent periodontal disease:

- Replace toothbrushes every few months or when the bristles begin to look frayed.
- Floss daily to break up the bacterial colonies between teeth that can cause periodontal disease.
- Seek dental care for professional cleanings, as well as screenings for periodontal disease.

For more information on periodontal disease, visit AAP at www.perio.org. In Canada, visit the Canadian Dental Association at www.cda-adc.ca.

Gift Ideas to Promote Good Health

- fragrant herbal bath products for a relaxing, spa-like bath
- a basket filled with apples, oranges, and tangerines
- a low-fat and heart-healthy cookbook
- gadgets to make the transition to healthy foods easier
- a plastic steamer basket for cooking vegetables with no fat
- a gravy and soup separator
- a food scale to help with portion sizes



Pull the Plug on Headache Pain

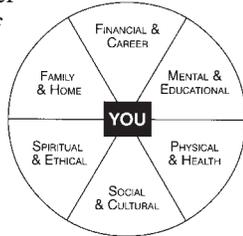
According to the National Headache Foundation, headache sufferers can take an active role in managing their pain. **Here are several strategies for pulling the plug on headache pain:**

- ◆ Maintain a regular sleep/wake cycle. Go to sleep at the same time every night and wake up the same time each morning.
- ◆ Use hot or cold packs. Place a heating pad on the base of your neck or a cold pack on your forehead. A warm or cool shower may also be helpful.
- ◆ Practice deep breathing. Slowly inhale through your nose, filling your lungs with fresh air, and slowly exhale through your mouth to help you relax.
- ◆ Keep a log of foods that trigger your headaches. See if removing these foods from your diet reduces your headaches. Remember not to skip meals.
- ◆ Supplement your diet. Some headache sufferers may have a low magnesium level. Talk to your doctor about taking a supplement.
- ◆ Get a massage. Some studies suggest massage can decrease headache frequency and promote relaxation to relieve stress.

Keeping Your Life in Balance

By Paul J. Meyer

You are a complex, unique individual. Part of your complexity stems from the fact that you fill many roles in life and possess numerous needs and desires that grow out of your unique potential. However, you can be more productive over a long period of time and find greater satisfaction in your accomplishments when you establish priorities in all six areas of life.



Enhance your productivity and enjoyment of life by keeping all areas of your life in balance, like the balanced spokes of a bicycle wheel. **Remember these suggestions:**

- ◆ *Financial and career.* Exercise the same careful watch over your personal financial affairs as you demand in your business. Consider the effect of finances on your ultimate career goals and priorities.
- ◆ *Physical and health.* Successful people take care of themselves physically; they know a healthy body supports an active and creative mind and turns stress into a motivating force for achievement. Set a priority of eating nutritious meals, exercising and getting enough sleep.
- ◆ *Family and home.* Spend quality time to maintain meaningful relationships with all members of your family. Exhibit the same caring for them that you do for the members of your team at work.
- ◆ *Mental and educational.* Continue to grow in knowledge of your career field and knowledge of the world in general. Read something every day that stimulates you to think about important ideas.
- ◆ *Spiritual and ethical.* Give attention to becoming the kind of person you want to be and to the values you want to demonstrate in your life. Find some cause greater than yourself and support it with your time, money, and influence.
- ◆ *Social and cultural.* Develop a broad circle of friends who have mutual interests. Remember that the most successful people know how to get along well with others at home and work.

Make a commitment now to yourself and your future to take charge of all areas of your life and establish priorities that will enrich your life and the lives of those around you.

Paul J. Meyer is a successful entrepreneur and author of personal and professional improvement programs, courses, and books, including his latest book, Unlocking Your Legacy: 25 Keys for Success. For more information, visit his website at www.pauljmeyer.com.

Show Your Appreciation

Who and what do you appreciate? If you're like most people, many people and circumstances in your life are worthy of appreciation. Most of us have been showered with more blessings than we deserve, but we don't often take the time to let people know how much we appreciate them and how important they are in our lives. We often take our friends, family, and lifestyle for granted.

One of the greatest needs that human beings have is the need to be appreciated. Employees list "appreciation" as one of the primary things they want from their job, simply to be recognized for the contribution they

make. And all of us want to feel like we're valued by others! In turn, we must be appreciative, thankful, and grateful for what we have.

Who and what do you appreciate? How long has it been since you've expressed that appreciation to the people who are important in

your life or who help you on a regular basis?

Showing appreciation costs nothing but a little time and a little thoughtfulness. But expressing your appreciation not only will add joy to the lives of those who receive it, but it will also make you feel better in the process.

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 or call 1-877-GR8-DAYS.



“Some men have thousands of reasons why they cannot do what they want to, when all they need is one reason why they can.”
– Willis R. Whitney

InSync® Moment #62 – Speaking Wisdom with Action

Wisdom abounds. We say, “Be considerate” yet we block another’s path. “Be kind,” yet we taunt another. “Do your part,” yet we don’t do ours. “Be respectful,” yet we’re rude. “We’re all equal,” yet we create exclusivity. “Love makes the world go ‘round,” yet we hold grudges. “Take responsibility,” yet we look for ways to cheat. “Let there be peace,” yet we argue. Incongruent wisdom and actions are meaningless. So, make sure you’re speaking wisdom with action.

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

Finding Fitness Equipment

It's no surprise that much of the home fitness equipment bought these days winds up in the closet collecting dust. A recent Fitness Products Council study found that 50 million households nationwide own some type of fitness equipment, but nearly one-third of the equipment isn't used regularly.

Here are some tips from the American Council on Exercise:

- Take the time to consider your fitness goals. Do you want to build strength, increase flexibility, improve endurance, or enhance your health? Look for equipment that helps you achieve your personal goals.
- Try before you buy. Put on your workout gear and visit a store that specializes in fitness equipment. Plan on breaking a sweat as you "test drive" the equipment. The goal is to find something you like to do.
- Consider your space. Think about where you plan to put your equipment. Be sure to check for adequate ventilation, electrical outlets, floor space, and lighting.
- Shop around. Set a budget and purchase the highest quality equipment you can afford. Take the time to do some research. Check out fitness and consumer magazines that rate exercise equipment. Visit several stores including specialty fitness shops with knowledgeable salespeople who can help answer your questions. Get all of the details on warranties, delivery, and return policies.

For more information, visit *Shape Up America!* at www.shapeup.org. In Canada, visit the *Coalition for Active Living* at www.activeliving.ca.

Balance Your Fitness with Tai Chi

Tai Chi (said "tie chee") is a low-impact exercise that appeals to people of all ages. Tai Chi is a traditional Chinese conditioning exercise that combines deep breathing, relaxation, and slow, gentle, structured movements. Tai Chi is often a helpful therapy for these conditions:

- arthritis
- poor balance
- circulation problems
- high blood pressure
- multiple sclerosis
- stress
- muscle mass and tone
- stamina
- posture.

Tai Chi's movements, called forms, resemble a slow, graceful dance. An average routine takes about 10 minutes, but more advanced forms can take as long as an hour to do. Sessions usually begin with some type of meditation to calm your mind and follow with easy warm-up exercises to get your blood circulating. Deep breathing is a key element of Tai Chi.

You can learn Tai Chi from books or videos, but in the beginning it may be beneficial to learn it from a coach at a health club, school, and other recreational facility.



you want to build strength, increase flexibility, improve endurance, or enhance your health? Look for equipment that helps you achieve your personal goals.

Make Your Workout Fit Your Schedule

A common misbelief I hear regarding physical fitness is that you have to block out huge chunks of time for your daily workout.

For most people that involves workout time, drive time, costly gym memberships, equipment, and possibly a babysitter. The truth is that none of these are necessary. In just 30 to 45 minutes over the course of your day, you can break your exercises up and fit them into your schedule – and the results are amazing. Here's my proof!

On February 20, 1962, astronaut John Glenn made history by circling the globe three times while manning space capsule Friendship 7. It was a monumental achievement for the United States, but afterward Glenn could barely walk due to excessive atrophy of the leg muscles. It took him days to recover. NASA realized that the physiological problem of accelerated atrophy of skeletal muscles caused by weightlessness threatened the future of manned space flight. Certainly, the possibility of a manned space flight to the moon was a virtual impossibility.

When NASA consulted Professor Lawrence Morehouse, Director of the Human Performance Laboratory at the University of California, he discovered that short, intense periods of exercise (as little as five minutes in duration) spaced throughout the day were the key to combating muscular atrophy and strength loss. Shortly thereafter, the medical establishment implemented this same strategy with virtually all post-operative patients and began having patients begin walking and moving at the very first opportunity. The result was that patients healed faster and with fewer complications.

This incredible discovery by Dr. Morehouse has been confirmed and reconfirmed for more than 40 years, and it should reassure you that five- to seven-minute segments of intense exercise spaced throughout the day can help you sculpt and build the body you've always desired. An effective workout may involve 10 minutes at home in the morning, 10 minutes on a lunch break, 10 minutes between appointments, and 10 minutes in the evening.



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.

Avoid Drinking and Driving

Did you know that thousands of tragedies could be prevented if people make a simple pledge to drive safe and sober? According to National Highway Traffic Safety Administration statistics, 40 to 50 percent of holiday crashes are alcohol related.



Remember these tips from Mothers Against Drunk Driving:

- Don't drink and drive.
- Designate a non-drinking driver or take a cab or other public transportation.
- Be a responsible party host. Prepare plenty of food so guests don't drink on an empty stomach. However, avoid salty snacks which tend to make people thirsty and drink more.
- Offer a variety of nonalcoholic drinks at parties or family gatherings.
- Never let guests mix their own drinks.
- Never serve alcohol to anyone who's under the legal drinking age of 21.
- Report suspected drunk driving to law enforcement.

For more information, visit MADD at www.madd.org. Or visit the National Council on Alcoholism and Drug Dependence at www.ncadd.org.

Stay Safe this Holiday Season

For many people, decorating the Christmas tree is a favorite part of the holiday. **The National Safety Council offers these tips to make sure a holiday safety mishap doesn't spoil your holiday season:**

- ▲ If you're going to have a fresh tree, select one that's green. The needles of pines and spruces should bend but not break, and should be hard to pull off the branches. On fir species, a needle pulled from a fresh tree will snap when bent, much like a fresh carrot. Also, look for a trunk sticky with sap.
- ▲ Cut off about two inches of the trunk and put the tree in a sturdy, water-holding stand. Keep the stand filled with water so the tree doesn't dry out quickly.
- ▲ Stand your tree *away* from fireplaces, radiators, and other heat sources. Make sure the tree doesn't block foot traffic or doorways.



- ▲ If you use an artificial tree, choose one that's tested and labeled as fire resistant. Artificial trees with built-in electrical systems should have the Underwriters Laboratory (UL) label.
- ▲ Use indoor lights *indoors* and outdoor lights *outdoors*. Look for the UL label on the lights.
- ▲ Check lights for broken or cracked sockets, frayed or bare wires, or loose connections. Replace or repair any damaged light sets.
- ▲ Use no more than three light sets on any one extension cord. Extension cords should be placed against the wall to avoid tripping hazards, but don't run cords underneath rugs.
- ▲ Turn off all lights on trees and decorations when you go to bed or leave the house.
- ▲ Always use the proper step stool or ladder to reach high places.
- ▲ Never place lighted candles on a tree or near any flammable materials.

Tips for Choosing Safe Toys

As the holiday season approaches, the U.S. Consumer Product Safety Commission (CPSC) urges people to keep safety in mind when choosing toys for children. **To find toys that are safe, remember these guidelines:**

- Pay attention to the age and safety guidelines recommended on toys. Select toys to suit the age, abilities, skills, and interest level of the in-



tended child. Toys too advanced may pose safety hazards to younger children.

- Inspect the toy's construction. Steer clear of toys that have sharp points, spikes, rods, and sharp edges. Look for sturdiness, such as tightly secured eyes, noses, and other potential small parts.
- Avoid toys that shoot projectiles or that include flying parts.
- Avoid giving small children toys that have small, removable parts. This could pose a choking hazard.
- Always read the provided instructions and warnings before allowing your children to play with their toys.
- Look for the letters "ASTM" on the toys you buy. This means the toy meets the national safety standards set by the American Society for Testing and Materials.
- Discard plastic wrappings and other packing material on toys immediately.

Compliment Your Meal with a Healthy Side Salad

It's sometimes difficult to think of a salad as high-fat, but many times a salad is just that – high fat! To serve a healthy salad this holiday season and throughout the year, **consider these ingredients:**

- ◆ At least one dark-green, leafy vegetable such as spinach, romaine lettuce, or broccoli.
- ◆ At least one deep-yellow vegetable such as carrots or sweet potatoes.
- ◆ At least one starchy vegetable such as potatoes, corn, or peas.
- ◆ At least one type of legume such as navy, pinto, or kidney beans, or chickpeas.
- ◆ At least one type of other vegetable such as tomatoes, onions, green beans, cucumbers, celery, radishes, or mushrooms.
- ◆ Bite-sized pieces of apple, grapes, and oranges.
- ◆ Slender strips of lean meat such as turkey or ham.

Once you have the salad, what goes on top? You can pick up a bottle of fat-free dressing or you can make your own flavored vinegars to drizzle on your salad. **Here's how to make herb vinegar salad dressing:** Start with a wine vinegar, cider vinegar, or rice wine vinegar base. Then, add fresh herbs of your choosing, such as tarragon or basil. Whole garlic cloves can be added as well. Refrigerate and serve on your salads.

*Pamela Smith is a Registered Dietitian and nationally known radio and TV host. For more information, call 1-800-896-4010 or visit her website at www.pamsmith.com. Her new book, *Take Charge of the Change*, focuses on women 35-55, their issues and hormones.*

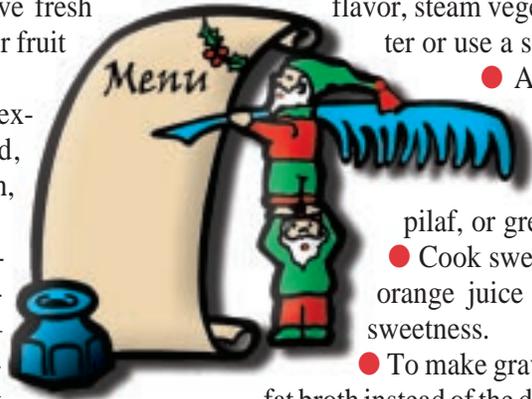


Plan a Healthy Holiday Menu

For many people, the holidays are a time of setting limits – limits on spending, time away from family, or number of hours worked. However, one area where some people neglect to set limits is eating.

Here are several suggestions on planning a healthy holiday menu:

- For appetizers, serve fresh vegetable platters or fruit kabobs.
- Mix flavors and textures – hot, cold, spicy, mild, smooth, and crunchy.
- In soups, let vegetables be your primary ingredient – such as carrots, winter squash, sweet potatoes, and potatoes.
- Chill soups, stews, and chili, and then skim off the fat from the top and discard it.
- In salads, add fruits and vegetables, like cranberries and pomegranates, for a festive touch. You can also add pear slices, orange segments, or dried fruit for added taste.
- Choose fat-free or low-fat salad dressings or use salsas and chutneys.
- Roast the turkey on a rack that allows



the fat to drip into a pan.

- Remove any skin before cooking or before eating poultry.
- If you have dressing, cook it in a casserole dish separate from the turkey. This can reduce the amount of fat in the stuffing.
- To avoid losing vitamins and retain flavor, steam vegetables in water or use a steamer.
- Add dried cranberries to whole grain stuffing, rice pilaf, or green beans.
- Cook sweet potatoes in orange juice for a natural sweetness.
- To make gravy, use a low-fat broth instead of the drippings from poultry. If the recipe calls for milk, use skim milk. Use a fat separator to separate the fat in the gravy.
- Serve angel food cake topped with fruits such as strawberries, raspberries, or a fresh fruit salad for a tasty dessert.
- Stew mixed dried fruit with water, and season with ginger, cinnamon, and apple juice concentrate until soft. Serve as a side dish or over low-fat frozen yogurt.

APPLE CRISPY

- 10 medium cooking apples
- juice of 1 lemon
- 3/4 cup raisins
- 3 Tbsp. canola oil
- 3 Tbsp. honey
- 1 cup old-fashioned oats, uncooked
- 1/2 tsp. ground allspice
- 1 tsp. ground cinnamon
- 1/4 tsp. salt
- 2 Tbsp. walnuts, chopped



Serves 8

- 2 Tbsp. sunflower kernels
- 1/3 cup whole-wheat pastry flour
- 1/2 cup unsweetened apple juice

Preheat oven to 375° F. Pare and slice apples; drizzle with fresh lemon juice. Spread half into a large rectangular pan. Top with raisins; set aside. Heat together the oil and honey. Add oats, allspice, cinnamon, salt, walnuts, sunflower kernels, and flour. Crumble half of this mixture onto the apples and raisins in the pan. Cover with remaining apples and the rest of the topping. Pour apple juice over the top. Bake uncovered for 40 to 45 minutes.

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

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Keeping Your Mind and Body Sharp

Whether you just hit 30, are a baby boomer determined not to get “old,” or are ready to retire, you can keep your body fit and your mind sharp.

Here's how:

- Get seven or eight hours of sleep each day.
- Stay limber. Sports doctors quoted in *Men's Fitness* say stretching keeps muscles in shape so they can work through a complete range of motion. Stretch for five minutes a day.
- Watch your weight. Being overweight increases risk for many diseases.
- Control stress. Prayer, meditation, slow exercises can help.
- Do different things. Take a vacation to somewhere you've never been.
- Learn something new. Learning a skill, a game, or a language is exercise for the brain.
- Have smart pals. Trade ideas online or with other people.
- Move your eyes. Writing in *Fortune*, University of Toledo researchers say you activate recall by moving your eyes back and forth for 20 seconds.

Make Your Dreams Come True with a Positive Attitude

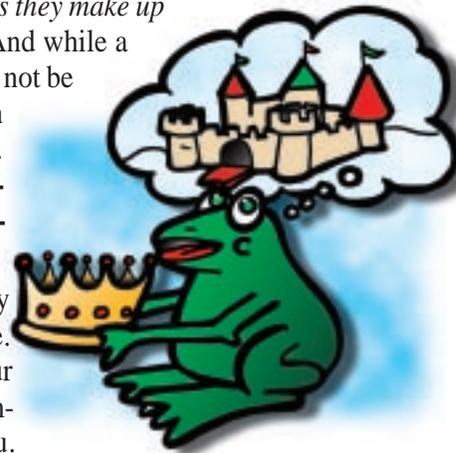
Happiness is a choice. Perhaps Abraham Lincoln put it best when he said, “*Most people are about as happy as they make up their minds to be.*” And while a positive attitude may not be automatic, you can learn to be positive.

Here are tips on cultivating a positive attitude:

- ▲ Take responsibility for your attitude. Refuse to let your feelings or circumstances rule you. Take action to do something about your problems and confront unpleasant tasks head-on.
- ▲ Laugh at your mistakes and accept your shortcomings. Take your responsibilities seriously, but don't take yourself seriously. Acknowledge disappointments, and then move on.
- ▲ Keep a happy journal. Write down one thing that happens each day that

makes you smile. Relish in the simple pleasures you find daily.

- ▲ Stir your senses. Sniff a pleasant fragrance that brings back good memories. Boost your spirit with soulful music. Get a massage to relax and reinvigorate you.



- ▲ Nourish your body. Eat right. Avoid crankiness by getting enough sleep on a consistent basis. Do something active that

you enjoy to get your blood pumping.

- ▲ Nurture loving bonds with others. Give and receive love freely. Escape the empty pit of self-focus by taking interest in the lives of the people around you. Use your talents to serve others.
- ▲ Look to the future expectantly. Make plans to reach your dreams and desires, and set realistic goals for yourself. Embrace new ideas and experiences, and stop yourself when you begin to worry.