City of Helena

MAKING LIFESTYLE CHANGES..... THAT CHANGE LIVES

Total Wellness®

BECOMING A TOTAL PERSON®

Volume XXIII, Number 9 September 2015

Consume More Whole Grains

The amount of grains you need to eat depend on your age, gender, and level of physical activity. At least half of the grains you eat should be whole grains. Whole grains include brown rice, bulgur, oatmeal, whole-grain corn, whole oats, whole rye, whole wheat, and wild rice.

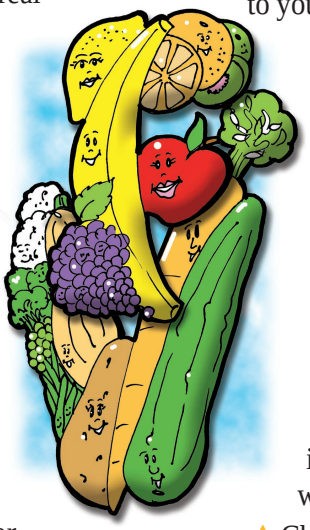
If you aren't consuming recommended amounts of whole grains, you're missing out on valuable fiber, antioxidants, vitamins, minerals, and nutrients. **Here are some tasty whole-grain ideas:**

- Make sandwiches with whole-grain bread. Stores offer white whole-grain bread now.
- Make pizza with a whole-grain crust.
- Offer popcorn instead of chips. Some varieties are 100-percent whole-grain.
- Choose oatmeal-raisin cookies instead of chocolate chip for whole-grain goodness.
- Pack multi-grain chips or whole-grain pretzels instead of potato chips.
- Check ingredient lists on food labels to see if the words "whole" or "whole grain" appear before the grain ingre-dient's name.

Eat Plenty of Fruits and Vegetables

According to the Centers for Disease Control and Prevention, fruits and vegetables are critical to promoting good health. Fruits and vegetables contain essential vitamins, minerals, and fiber that may help protect you from chronic diseases.

Fruits and vegetables come in a variety of colors and flavors, but their real beauty lies in what's inside. Fruits and vegetables are great sources of many vitamins, minerals, and other natural substances that may help protect you from chronic diseases.



To get a healthy variety, think color. Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients, like fiber, folate, potassium, and vitamins A and C. Some examples include green spinach, orange sweet potatoes, black beans, yellow corn, purple plums, red watermelon, and white onions. For more variety, try new fruits and vegetables regularly.

Here are some other tips on how to add more color to your diet:

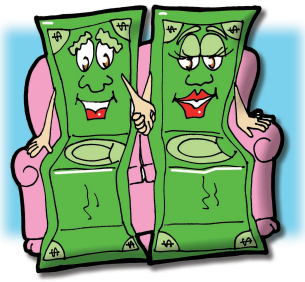
- Stir low-fat or fat-free granola into a bowl of low-fat or fat-free yogurt. Top with sliced apples or berries.
- Have a piece of fruit as a mid-morning or afternoon snack.
- Add strawberries, blueberries, or bananas to your waffles, pancakes, cereal, oatmeal, or toast.
- Top toasted whole-grain bread with peanut butter and sliced bananas for breakfast or a tasty snack.
- Add vegetables like bell peppers, broccoli, spinach, mushrooms or tomatoes to your egg or egg-white omelet.
- Place a box of raisins in your child's backpack and pack one for yourself, too.
- Ask for more vegetable toppings (like mushrooms, peppers, and onions) and less cheese on your pizza.
- Add broccoli, green beans, corn, or peas to a casserole or pasta.
- Add lettuce, tomato, onion, and cucumber to sandwiches.
- Choose beans, corn on the cob, or a side salad with low-calorie salad dressing instead of French fries or other fried side items.
- Snack on vegetables like bell pepper strips and broccoli with a low-fat or fat-free ranch dip.
- Treat yourself to a fruit smoothie made with whole fruit, ice cubes, and low-fat or fat-free yogurt.

Source: Centers for Disease Control and Prevention, http://www.fruitsandveggiesmatter.gov/index.html

The Danger of Deception

In tough financial times, one spouse may lie to the other about their financial situation, especially if the two of them are suffering marital problems.

Steve was such a person. He borrowed money to keep his home finances going until he couldn't borrow another dime. His routine was always the same. He would use some of the money to hold off creditors and would use most of the remaining funds to invest in new "get-rich-quick" ventures. Each new venture seemed to drain his resources and his ingenuity in keeping his wife, Pam, unaware of their financial problems.



Pam operated a small business in which she acted as a distribution center for a cosmetics company by collecting its money from local salespeople and stocking products for them. At any time she might have one to two thousand dollars on hand, of which only about 10 percent was actually hers. One day she received a notice from the cosmetics company that her account was seriously delinquent and approximately $3,000 was due to them. Pam checked her accounts book and verified that she had asked Steve to deposit the money into a common checking account at a local bank, just as she had many times in the past. The company would then withdraw their percentage, leaving Pam with her commission.

When Pam called the bank, she found that the deposits had not been made for at least a month, and that the amount of money in question had been deposited into their household account. A further search of the household account showed all the money had been spent and several overdrafts issued.

Pam confronted Steve and found that he owed virtually everyone in town. To get them out of their immediate crisis, she had to borrow $3,000 from her brother. Steve was not only left with the financial mess he had created, but with an untrusting wife, as well.

The conclusion to a situation like Steve's always depends on whether or not spouses can face their problems honestly and not try to escape the symptoms. A ruse like Steve's can't be maintained forever and eventually the truth will be known.

Spouses who've been deceived in this way will be hurt and offended. They will become distrustful because their position in the family has been downgraded. And, they will soon begin to question many other areas of their relationship.

Open communication is vital to a marriage, especially in tough financial times. Deception may seem like a good idea, but it threatens the survival of your relationship.

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.

Managing Your Time

To get the most out of your life – both at home and work – you need to know how to apply sound time-management principles. **To manage your time better:**

- Be assertive. Say "no" to doing additional projects that aren't a high priority or that someone else could do better. Explain that the new project would hinder your ability to accomplish your priorities.

- Exercise self-discipline. Stay focused on your priorities, and stick to your deadlines. Realize that there will be times when you must keep on working even though you don't feel like it.
- Kick the procrastination habit. Break big projects down into smaller, more manageable pieces. Put your goals and deadlines in writing, and aim to complete them on or ahead of schedule.
- Do no more than you can handle. Recognize the distinction between cooperating with others and doing their work for them. Set realistic deadlines that you can reasonably accomplish.

When Kids Stay Home Alone

Today, many children come from households where both parents work or where the children live with just one parent. Millions of children spend time alone after school. **If your child goes home alone or with siblings after school, here are several tips on setting rules for their safety:** • Post a list of the house rules where everyone can see them, like on the refrigerator door. Make sure they understand what is expected of them. • Teach your children how to make emergency, local, and long distance calls and how to reach the operator. • Have your children check in with you or a neighbor immediately after arriving home. • Instruct them on how to answer the doorbell and telephone when they're home alone. • Tell them if they feel they're being followed, either on foot or by a car, to run to the nearest public place or neighbor.

Focus on Personal Fitness

Getting fit is a personal decision that only you can decide to do. It requires a personal commitment to eating right and exercising regularly. **Here are some tips on how to focus on fitness:**

- Find exercise activities that you enjoy and will stick with doing. This may include dancing, walking, or running.
- Schedule exercise just like you do your other daily activities. Having a regular exercise schedule helps prevent you from making excuses.
- Exercise with a friend or family member. On days you don't feel like working out, your exercise partner can help motivate you.
- Begin slowly and build up to a more intense workout. Doing too much too soon only leads to sore muscles and can be discouraging.
- Avoid comparing yourself to others. Work at your own pace and recognize that everyone is different. Set your own personal fitness goals and motivate yourself with rewards that make you happy.
- Make exercise a habit in your life just like brushing your teeth or washing your hands. Integrate it into your life so that it becomes part of your everyday life.

Exercising at Any Age

Did you know that regular physical activity is one of the best things you can do for your health? According to the Centers for Disease Control and Prevention, exercise can prevent many health problems that can occur as you age. Exercise can also help your muscles stay strong so you can maintain mobility and strength to perform daily activities. **Here are some tips:** • Get the okay from your doctor before beginning an exercise program. • Stretch before you exercise. Walk first to warm up your muscles before doing so. • Avoid holding your breath when doing strength exercise. This could cause changes in blood pressure.

For more information on exercising as you age, visit http://www.cdc.gov/physicalactivity/everyone/guidelines/olderadults.html or http://www.nia.nih.gov/HealthInformation/Publications/exercise.htm.

Joint Mobility: Say Goodbye to Snap, Crackle and Pop!

Have you ever felt like the Tin Man in the Wizard of Oz as you rise out of bed in the morning? Wishing you could reach for the oil can to lubricate your joints quickly and get them in "working" order. Or maybe you thought there must be a nearby bowl of Rice Krispies as you clearly hear the snap, crackle, and pop or your neck, back, shoulders, and knees. That stiff, achy feeling isn't comfortable and it can sometimes take minutes before warming up enough to take the first steps of the day.

If you work on joint mobility daily it will help to diminish the pain and discomfort of stiffness by lubricating the joints. It will increase your range of motion, lower your stress level, and keep connected muscles, ligaments, and tendons flexible and strong. Many people have this discomfort daily, but rather than reach for a bottle of ibuprofen, here are seven natural ways to improve your joint mobility to get your day started with ease.

First thing to do once you are out of bed is to slowly take a deep breath with an attitude of gratitude for the day. Next, start with my favorite…the neck roll. Drop your neck down and roll it to the left and back to center 8 to 10 times, then to the right and back to center 8 to 10 times. Now, slowly drop your head back at a comfortable level and look up at the ceiling then bring it back to an upright position. Repeat 8-10 times.

Now, straighten your arms out to your side and rotate your arms in a medium to large circle movement forward then backward 8 to 10 times each. This will lubricate your joints in your shoulders to get them ready for your day.

Now rotate your wrists in a circular motion forward and backward and then each ankle forward and backward. Again, repeat each movement 8 to 10 times. Sometimes I like to rotate the lower part of my leg and ankle at the same time so I'm working the knee in conjunction to the ankle, thus saving time.

Last, but not least, it's important to rotate the hips. Place your feet a little more than six inches apart and rotate your hips to the left and then to the right 8 to 10 times. You might want to envision that you're using a hula-hoop slowly while doing this move.

Lifelong pain-free mobility can literally only take you 10 minutes a day to accomplish. These moves work, but only if you practice them often. Practice them so they become part of your everyday routine and eventually, snap, crackle and pop will no longer be the first sounds of your day!

Wendie Pett is a nationally renowned fitness expert, mother, speaker, author of Every Woman's Guide to Personal Power, *and creator of the Visibly Fit™ exercise program. Her many Visibly Fit™ instructional DVDs teach wellness maximization through the balance of mind, body, and spirit. To learn more about Wendie or to schedule group or individual training/coaching, visit www.wendiepett.com.*

Seize Every Day

By Paul J. Meyer

With his health failing, Joe's family asked him what he wished he had done while he still could. Instead of listing all the things he had spent years pursing and dreaming about, such as the bigger house, the ultimate job, more investments, etc., Joe's wish list was short and simple. He wished he had spent more time with his family, gone to his kids' ball games, taken his grandkids out of school for lunch more often, and not worked as much. In everything he said, the only reference to work was wishing he had done less of it.

Isn't it interesting that in life's most trying times, what's most important instantly comes to the surface and what's not as important is suddenly inconsequential? Sadly, most people don't get another chance because they come to the revelation when it's too late.

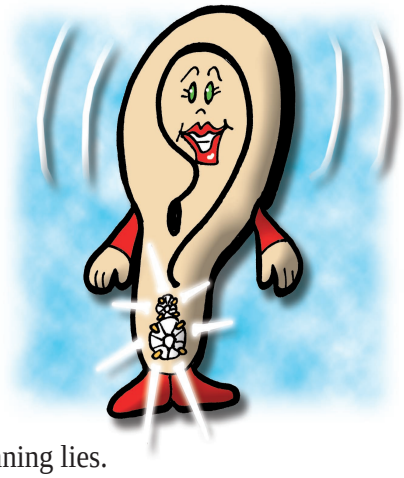
We can't afford to lose a single moment – life is just too short! I challenge you to make the most of every day. One of my most favorite sayings is "carpe diem," which means "seize the day." **The following are habits to help you seize every day as if it were your last:**

- Be a quick forgiver. Realize that you have been forgiven for much and decide to forgive much as well.
- Be optimistic. Believing the best in people and circumstances is a sure way to find the best.
- Be thankful. Always give thanks for everything in your life, and strive to keep a smile on your face.
- Be encouraging. Encouragers make others feel better, stronger and more capable of accomplishing their dreams.
- Be spontaneous. Take advantage of situations and circumstances. Adopt a sense of urgency and a do-it-now attitude.
- Be a giver. Tell people, "If I can be of any service to you or your children, just call."
- Be positive. Being positive has the potential of turning the worst situations into victories.
- Be enthusiastic about life. Since you only live once, why not give it your all in all that you do?
- Be joyful. Enjoy your life and view adversity as a stepping stone, not a roadblock at the end of the road.
- Be active. Find an activity you enjoy such as hiking, golf, tennis, or fishing, and share it with someone else.

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.*

Listening to Others

When you think of communicating with people, you usually think about the talking, but perhaps the most important part of communication is the listening. Most people aren't too good at that. They're so busy thinking about what they're going to say next that they hardly wait for the other person to finish.



Have you ever noticed that some people have "selective hearing?" They hear only what they choose to hear and ignore the rest.

Perhaps the greatest compliment we can pay to another person is to really listen to what he or she is saying, to focus our attention, and tune in not only to the words but also to the unspoken message, which often is where the true meaning lies.

What are you listening for? Are you listening for the real message that is being sent to you, or are you so focused on yourself that your voice is all you can hear?

To have a great day, remember that the key element in communication is listening. Really listen to people. Listen to your children, your grandchildren, your spouse, your family, your coworkers, your customers, and your friends. Look into their eyes and focus your attention on them. Perhaps they will learn from your example and listen to you when you want to be heard. Listening to another person with your ears, your eyes, your mind, and your heart is the best way to say to the people in your life, "You are important," and of course, they are.

Julie Alexander is a professional speaker who works with organizations that want to boost morale and people who want great days on and off the job. She is the author of Great Days: 50 Ways to Add Energy, Enthusiasm, & Enjoyment to Your Life *and* Make Life Count! – 50 Ways to Great Days. *For more information, visit www.JulieAlexander.com.*

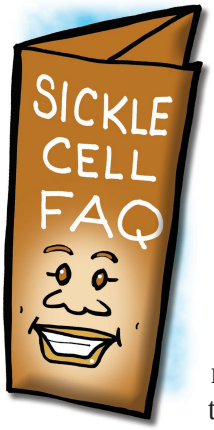
InSync® Moment – Appreciating Friendships

Friendships are our teachers. We learn about differences and sharing. We learn about trust and vulnerability. We learn about love and support. We learn about disappointment and pain. We learn about ourselves. Every friendship – short- or long-term – has a reason for being. Think of one of your friends. How can you express your appreciation? Do it now!

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

Become Aware of Sickle Cell Disease

According to the Sickle Cell Disease Association of America, Inc., sickle cell disease is an inherited blood disorder that affects red blood cells. People with sickle cell disease have red blood cells that become hard and pointed instead of soft and round. Sickle cells cause anemia, pain, and many other problems.



When sickle-shaped cells block small blood vessels, less blood can reach that part of the body. Tissue that doesn't receive a normal blood flow eventually becomes damaged. This is what causes the complications of sickle cell disease – lung tissue damage, pain episodes, and stroke. The blockage of blood flow caused by sickled cells also causes damage to most organs including the spleen, kidneys and liver.

If you have sickle cell trait, you have inherited the gene for sickle cell disease. (Having the trait doesn't mean it will turn into sickle cell disease.) If someone has sickle cell trait and his or her partner has sickle cell trait, they may produce a child with sickle cell disease. There are about 2.5 million people in America with sickle cell trait.

There's currently no universal cure for sickle cell disease. However, there are treatments for the symptoms and complications of the disease. Work closely with your doctor.

For more information on sickle cell disease, visit Sickle Cell Disease Association of America, Inc. at www.sicklecelldisease.org. For children, visit www.sicklecellkids.org.

Get a Grip on Your Cholesterol

High blood cholesterol is one of the major risk factors for heart disease. In fact, the higher your blood cholesterol level, the greater your risk for developing heart disease or having a heart attack.

When there is too much cholesterol (a fat-like substance) in your blood, it builds up in the walls of your arteries. Over time, this buildup causes "hardening of the arteries" so that arteries become narrowed and blood flow to the heart is slowed down or blocked, sometimes causing a heart attack.

Various factors can cause unhealthy cholesterol levels. Some factors can't be changed, but most can be modified.

Those you cannot change:

- *Heredity.* High blood cholesterol can run in families. However, very few people are stuck with a high cholesterol just by heredity. You can take action to lower your cholesterol.
- *Age and sex.* Blood cholesterol begins to rise around age 20 and continues to go up until about age 60 or 65.

Those under your control:

- *Diet.* Three nutrients in your diet make LDL levels rise: • Saturated fat, found mostly in foods that come from animals • Trans fat, found mostly in foods made with hydrogenated oils and fats such as margarine, crackers, and french fries • Cholesterol, which comes only from animal products. Eating healthy is vital.
- *Overweight.* Excess weight tends to increase your LDL level. Losing the extra pounds may help lower your LDL and triglycerides, while raising your HDL.
- *Physical inactivity.* Regular physical activity can raise HDL and lower triglycerides, and can help you lose weight and, in that way, help lower your LDL.

For more information visit the National Heart, Lung, and Blood Institute at http://hp2010.nhlbihin.net/cholmonth/#lower.

Menopause: The Ups and Downs

What is menopause? Menopause is the final menstrual period, which can be confirmed after going 12 consecutive months without a period, or when both ovaries are surgically removed or damaged. Menopause can result in unpleasant symptoms for some women as well as increased risk of serious disease later in life.

Each woman's menopause experience is different. **The symptoms of menopause include:** • A change in periods – shorter or longer, lighter or heavier, with more or less time in between • Hot flashes and/or night sweats • Trouble sleeping • Vaginal dryness • Mood swings • Trouble focusing • Less hair on head, more on face.

Here are some basic tips on coping with menopause: • Talk with your doctor about your symptoms and follow his/her instructions. • Avoid hot places and wear lighter clothes. • Eat a healthy diet and maintain a healthy weight. • Try to avoid stress in your life, which may bring on hot flashes.

For more information, visit the North American Menopause Society at www.menopause.org.

Keeping Your Baby Safe

According to the Juvenile Product Manufacturers Association (JPMA), creating a safe environment for your baby is the best way to keep him or her healthy and happy. **To help you create a safe environment, consider these general safety tips from the JPMA:**

- Always read and follow all manufacturers' instructions and warning labels.
- Avoid using secondhand baby products if possible. If it's necessary, make sure that they have the safety features needed, all parts are available, the product is fully functional, it's not broken, and hasn't been recalled.
- Get down on your hands and knees and look around from a baby's perspective. Remove any unsafe conditions, such as plants or dangerous objects.
- Make sure your child doesn't have access to swimming pools, toilets, cleaning buckets, bathtubs, showers, or hot tubs. A baby can drown in as little as one inch of water.
- Keep medicines, bleaches, oven and drain cleaners, paint solvents, polishes, waxes, matches, cigarettes, and lighters out of children's reach. The safest place is in a child-proof safety locked cabinet.
- Cover unused electrical outlets with safety caps and replace broken or missing receptacle cover plates.
- Keep plastic wrap and plastic dry cleaning, shopping, and garbage bags away from a baby at all times.
- Always pull drape or blind cords and decorative wall hangings with strings out of your baby's reach. Be cautious when choosing the location for your baby's crib.

For more safety tips, visit the Juvenile Product Manufacturers Association at http://jpma.org/bsm/2009/index.cfm?section=safety_tips.

Keeping Safe on the Farm

It's vital for anyone who works with farm tools or machinery to be educated on how to keep them and their family safe. The National Education Center for Agricultural Safety offers safety tips on all aspects of production agriculture. Visit them at *http://www.necasag.org/safety_brochures.php* and click on one of the safety topics.

Get a Handle on Your Hunger

Looking forward to some festive barbecues or picnics this coming Labor Day? Go ahead – eat up. We all deserve it once in a while. But if overdoing it in the buffet line has become a regular habit for you, **here are some tips that can help you curb your appetite and still feel satisfied:**

❖ Eat a big breakfast. Believe it or not, eating a large breakfast (think healthy, though: eggs, lean turkey, whole-wheat toast, and fruit) can curb cravings for belly-padding carbohydrates later in the day. Skipping breakfast or eating too lightly in the morning may open the door to extra afternoon snacks and bigger evening meals.

❖ Sleep tight. Research shows that fewer than eight hours of sleep per night may cause hormonal fluctuations that increase appetite, so make sure you're catching enough ZZZs.

❖ Fill up on fiber. Studies confirm it: Foods high in fiber (like beans, whole grains, and certain fruits and veggies) make you feel fuller faster and keep you eating lighter.

❖ Eat fat. We mean the healthy kind – like the unsaturated fat in olive oil, nuts, avocados, and fish. Eating something with a little healthy fat before a meal will satisfy your hunger faster and squash cravings for seconds on the potato salad.

❖ Skip the smorgasbord. Eating a wide variety of foods in one meal can increase the time it takes you to tire of the foods' taste – so you eat more of it, whether you're hungry or full.

❖ Look at your food. Yeah, that's right. Pay attention to it. When people pay attention and savor each bite, they're satisfied with less of it. But munching with the TV, the computer, or a novel can switch off your appetite-control mechanisms.

❖ Chew this. Gum, that is. Compared with folks who didn't chew gum after a meal, the folks in the study who did felt full longer, experienced fewer hunger pangs or cravings for sweets, and ate fewer afternoon snacks.

❖ Get moving. Exercise not only burns fat, strengthens bones, and enhances your mood but also may increase production of a blood protein known to curb appetite.

That's not all, folks... get more weight-loss and appetite-curbing tools from the RealAge More to Lose Center at **http://www.realage.com/ct/the-you-docs/more-to-lose/**.

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.*

Spice Up Your Meal with Turkey Burritos

Combining turkey with whole wheat tortillas can help you create a tasty, satisfying meal that's compatible with on-the-go schedules.

Turkey Burritos

1 pound skinless, boneless turkey breast, cut in thin strips
1 tsp. ground cumin, divided
1 tsp. chili powder, divided
1/8 tsp. cayenne pepper
1 tsp. pepper, divided
2 Tbsp canola oil, divided
Juice of 1 lime
1 red onion, sliced
1 red bell pepper, cored, seeded, and sliced
1 green bell pepper, cored, seeded, and sliced
1 clove garlic, minced
1/4 cup chopped fresh cilantro, divided
1/4 cup low fat shredded Colby Jack cheese, Monterey Jack, or cheddar
1 cup green leaf lettuce, chopped
1 cup of your favorite salsa
6 whole-wheat tortillas (heated per package directions)

Season turkey with half of the cumin, chili powder, cayenne pepper, and pepper, and toss with half the oil. Heat cast iron skillet over medium-high heat. When skillet is hot, add turkey and brown. After about five minutes, squeeze juice of the lime on top and remove turkey from pan. Add remaining oil to the same pan and add the onion. Cook for about two minutes before adding the peppers and garlic and remaining spices. Cook for two more minutes. Take pan off heat and add the reserved turkey and half the fresh cilantro. Toss so that all the flavors can mix together. On a hot tortilla, place the turkey, onion, pepper mixture, sprinkle cheese, some chopped lettuce, salsa, and fresh cilantro. Roll up and enjoy.

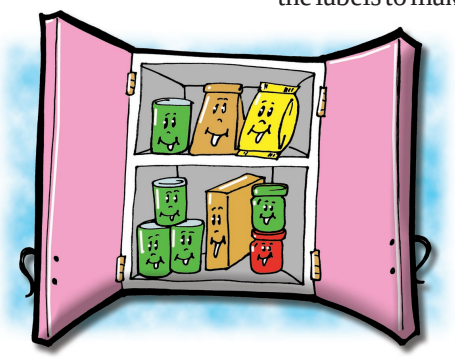
Makes 6 servings Per serving: 340 calories, 9 g total fat (1 g saturated fat), 43 g carbohydrate, 28 g protein, 7 g dietary fiber, 820 mg sodium.
Source: American Institute for Cancer Research, www.aicr.org

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!*

Fill Your Cabinet with Healthy Items

Do you struggle to eat well? If so, you're just like the majority of people in this country. To eat well, it's important to fill your pantry and refrigerator with the right foods. Unhealthy food choices can be avoided if they are out of sight and touch – therefore they're out of your mouth.

Rethinking your food supply is a major step toward making healthy eating habits. A well-stocked kitchen makes the difference in putting together a healthy flavorful meal.



Here are some tips on what to put into your shopping cart and store in your cabinets and refrigerator:

- Choose whole-grain cereals and breads. The word *whole* should be the first word of the ingredient list. Remember to select whole grain English muffins, bagels, pita breads, and rice cakes.
- Stock up on whole-wheat or artichoke pastas and brown rice. Incorporate barley, oats, cracked wheat, and cornmeal into recipes. Dried or canned beans, split peas, lentils, and chickpeas are also good items to have on hand.
- Look for low-fat varieties of dairy favorites such as skim milk, nonfat yogurt, skim milk ricotta, pot or farmer's cheese, part-skim mozzarella, and skim milk cottage cheese. Check the labels to make sure they have fewer than three grams of fat per hundred-calorie serving.
- Select sliced turkey or chicken, lean ham, and low-fat cheeses from the deli for lunch meats. Limit the use of high-fat, high-sodium processed sausages, hot dogs, bacon, and salami.
- Limit the use of butter, margarines, and cream cheese. Select reduced-fat or light mayonnaises and salad dressings. Don't use polyunsaturated oils, but instead use olive or canola oil in small amounts.
- Stock up on bottled water. Try sparkling mineral waters and add a splash of fruit juice for flavor.
- Keep enough fruits and vegetables on hand to always make a salad.

SQUASH CREOLE

Makes 4 servings

1 tsp. olive oil
2 cloves garlic, minced
1 lb. yellow crookneck squash, cut into chunks
1 lb. zucchini squash, cut into chunks
1 red bell pepper, sliced thin lengthwise
1 tsp. Mrs. Dash seasoning
1/2 tsp. creole seasoning
1 Tbsp. chopped fresh herbs (cilantro, basil, rosemary, thyme)
1/4 cup chicken stock (fat-free/low-salt)

Spray a non-stick skillet with cooking spray, add the olive oil and heat. Add garlic and lightly sauté about 30 seconds. Add the squash, peppers, seasoning, and herbs. Cook until squash is tender, stirring often, adding chicken stock to prevent sticking.

Each serving contains: 50 calories, 3 g. protein, 1.5 g. fat, 0 mg. cholesterol, 8 g. carbohydrates, 140 mg. sodium. Calories from fat: *24 percent*

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

✂ clip and keep

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wellness

Sidestep Stress in Your Life

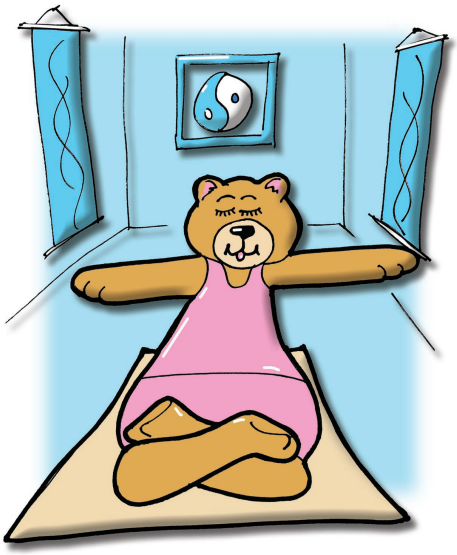
Are you feeling overwhelmed by stress? If so, you're not alone. In fact, one survey found that one-third of people in the United States are living with extreme stress.

According to Mental Health America, stress in small doses can be good for you since it can give you energy and motivation. However, too much stress or stress over a long period of time can take an unhealthy toll on your body.

Here are some of the warning signs of too much stress in your life: • Feeling angry, irritable or easily frustrated • Feeling overwhelmed • Headaches • Change in eating habits • Problems concentrating • Feeling nervous or anxious • Trouble sleeping • Problems with memory • Feeling burned out from work • Feeling that you can't overcome difficulties in your life • Having trouble functioning in your job or personal life • Faster heartbeat • Susceptibility to illness • Nausea, stomach pain, or heartburn • Muscle aches and tension • Diarrhea and other digestive problems • Acne and other skin problems.

Relieving Stress in Your Life

Do you feel like your life is somewhat like a super highway and it's speeding by you and hyperspeed and you running to keep up? Sometimes, the activities and demands of everyday life can cause unhealthy stress in people's lives. If you feel like your life is racing by, you may need to stop and "smell the roses" Not literally, but taking a break to find relief for your stress can do wonders for your mental and physical well-being.



Here are several ways to find relief for the stress in your life:

- Listen to some calming music. Close your eyes and let the music just carry you away to a relaxing place in your mind.
- Buy a fish aquarium and watch the fish swim around. Or, visit your local Aquarium and do some fish watching. The calming movements can help relax you.
- Visit the local park and take a friend along. Take a leisurely stroll and admire the plants and animals you see along the way. Breathe in the fresh air.
- Treat yourself to a relaxing hot bath, manicure, pedicure, or other personal treats.
- Practice relaxation techniques such as yoga, aromatherapy, and deep breathing. Take a class at your local college or YMCA.
- Schedule one night every week where you don't schedule activities. Spend some time resting. Watch a movie or read a good book.
- Meditate on happy thoughts. Lie down in a quiet and relaxing place. Close your eyes and think about good things. Think about things you're thankful for.
- Exercise. Physical activity can trigger endorphins in the brain that create a positive attitude.