



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

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## Consume More Whole Grains

Taking care of your oral health is important for promotive overall general health. In fact, research has identified periodontal (gum) disease as a risk factor for heart and lung disease, diabetes, premature, low birth weight babies, and a number of other conditions.

Did you know that the signs and symptoms of many potentially life-threatening diseases often appear in the mouth first? Dental hygienists routinely screen for these signs and symptoms during regular oral health examinations and explain their observations to patients, urging them to follow-up with a medical visit for diagnosis.

Numerous research studies have shown a connection between heart disease and key bacteria in periodontal disease. Another disease that has an important relationship to periodontal disease is diabetes. Periodontal disease has long been considered a major complication of diabetes. In fact, approximately 95 percent of Americans who have diabetes also have periodontal disease and research shows that people with periodontal disease have more difficulty controlling their blood sugar level.

For more information, visit the American Dental Hygienists Association at [www.adha.org](http://www.adha.org).

## Taking Care of Your Teeth

**B**y taking good care of your teeth and gums, you can protect them for many years. No matter how old you are, it's important to take care of your teeth and gums. Because when your mouth is healthy, you can eat the foods you need for good nutrition and you will also feel better about your health.

Brushing and flossing properly, along with regular dental checkups, can help prevent tooth decay and gum disease. **Here are some general tips on dental care:**

- ▲ Brush your teeth twice a day and floss at least once a day. Brushing stimulates the gums, which helps to keep them healthy and prevent gum disease.
- ▲ Practice prevention. Visit your dentist regularly for checkups. It's recommended you go to the dentist twice a year.
- ▲ Use a toothpaste that contains fluoride, the most common active ingredient in toothpaste that helps prevent cavities.
- ▲ To slow the development of tartar – plaque in a hardened form – on the teeth and gums, use anti-tartar toothpastes and mouthwashes, as well as spend extra time brushing the teeth near the salivary glands (the inside of the lower front teeth and the outside of the upper back teeth).
- ▲ If you have sensitivity in your teeth to heat, cold, and pressure, consider a special toothpaste for sensitive teeth. Talk to your dentist about your sensitivity because it may indicate a more seri-



ous problem, such as a cavity or nerve inflammation (irritation).

- ▲ Time yourself when brushing. Use an egg timer or play a favorite song while brushing your teeth to get used to brushing for a full two to three minutes. Some electronic toothbrushes have timers that let you know when two minutes are up.
- ▲ Replace your toothbrush every three or four months, or sooner if the bristles are frayed. A worn toothbrush won't do a good job of cleaning your teeth.
- ▲ Remember to brush your tongue and the roof of your mouth to remove the decay-causing bacteria on them.
- ▲ If you can't brush your teeth after eating, rinse your mouth with water or mouthwash, or chew sugarless gum.

For more information on dental care, visit the American Dental Association at <http://www.ada.org>.

## Keep It Safe on Halloween

Halloween is a fun time of year for many kids. **To help ensure children have a safe holiday, here are some tips from the American Academy of Pediatrics:**

- Plan costumes that are bright and reflective. Make sure shoes fit well and costumes are short enough to prevent tripping, entanglement, or contact with flame.
- Add reflective tape or striping to costumes and bags for greater visibility.
- Because masks can limit eyesight, consider non-toxic makeup and decorative hats as safer alternatives.
- If a sword, cane, or stick is part of your child's costume, make sure it's not sharp or too long. A child can be hurt by these accessories if he stumbles or trips.
- Have flashlights with fresh batteries for all children and their escorts.
- Teach children how to call 9-1-1 if they have an emergency or become lost.
- When carving a pumpkin, remember these safety tips: • Small children should never carve pumpkins. Children can draw a face with markers. Then parents can do the cutting. • Votive candles are safest for candle-lit pumpkins. Consider battery-operated candles too. • Candle-lit pumpkins should be placed on a sturdy table, away from curtains and other flammable objects.
- Remove from the porch and front yard tripping hazards such as garden hoses, toys, and lawn decorations.
- Check outdoor lights and replace burned-out bulbs.
- Sweep wet leaves from sidewalks and steps.
- Restrain pets so they don't inadvertently jump on or bite a trick-or-treater.
- Always accompany young children on their neighborhood rounds. If your older children are going alone, plan and review a route that's acceptable to you.
- Carry a cell phone for quick communication.
- Eat a good meal prior to parties and trick-or-treating to discourage filling up on Halloween treats.
- Consider purchasing non-food treats for those who visit your home, such as coloring books or pens.
- Closely examine all treats and throw away any spoiled, unwrapped, or suspicious items.
- Ration treats for the days following Halloween.



## Balancing Work and Family

Today, about 50 percent of families have two wage earners. Finding a balance between work and family is an issue of importance to men, women, and employers. It's important for the well-being of your children to find a way to balance your multiple roles.

**Here are some tips to consider:**

- ◆ Clarify your values and goals as a family. Discuss housework, meal preparation and times, child care, car and house maintenance, the nature and amount of couple and family time, money, religion, education, entertainment, or politics.
- ◆ Plan your time. Keep your schedule organized by carrying a calendar with you that includes both work and home activities. Find a way to balance and prioritize your activities fairly.
- ◆ Go on school field trips or volunteer in the classroom if you can take time off from work. If you can't take off during the day, volunteer to help after work hours – plan parties, prepare crafts, or make phone calls.
- ◆ Turn off the TV more in the evenings and spend quality time talking, snuggling on the couch reading a book together, or playing board games as a family.
- ◆ Develop a workable routine and stick to it in the mornings and evenings. Children appreciate consistency.



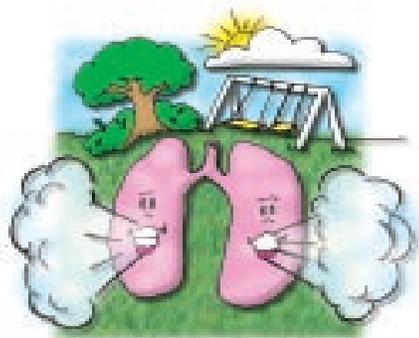
## Staying Warm this Winter

**Consider these tips for keeping your home warm and saving money:**

- Turn down the thermostat.
- Lower the temperature even further at night when you're sleeping. Toss an extra blanket on the bed.
- Close the vents and doors in rooms that aren't in use for long periods of time.
- Let steamy air from the bathroom escape into the rest of the house after a shower.
- Hang heavy curtains that you can pull closed at night.
- During the day, open the curtains, especially those on southern windows, to let the sunlight warm the house.
- Use a draft stopper at the bottom of outside doors. You can make one, buy an inexpensive one, or roll up a bathroom towel and place it next to the bottom of the door.
- Close the flue on your fireplace when not in use.



Source: American Academy of Pediatrics, [www.aap.org](http://www.aap.org)



## Breathing Easier

A new study published in the *New England Journal of Medicine* finds that average life expectancy in U.S. cities has increased nearly three years over recent decades, and approximately five months of that increase, or 15 percent, came because of reduced fine particle air pollution.

For more information on breathing and air quality, visit the American Lung Association at [www.lungusa.org](http://www.lungusa.org).

## Infertility: Get the Facts

About 12 percent of women in the United States ages 15-44 had difficulty getting pregnant or carrying a baby to term in 2002, according to the National Center for Health Statistics of the Centers for Disease Control and Prevention.

Learn more about infertility causes, treatments, and assisted reproductive technology from the U.S. Department of Health and Human Services' website at <http://www.womenshealth.gov/>.

## Age: A Major Factor

A woman's chance of getting breast cancer increases with age. Your chance by your current age is:

- age 20 1 in 1,837
- age 30 1 in 234
- age 40 1 in 70
- age 50 1 in 40
- age 60 1 in 28
- age 70 1 in 26
- Lifetime 1 in 8

Source: American Cancer Society Breast Cancer Facts and Figures 2007-2008

## Keeping Your Back Healthy

**B**ack pain affects eight out of 10 people at some point during their lives. Back pain can range from a dull, constant ache to a sudden, sharp pain. Acute back pain comes on suddenly and usually lasts from a few days to a few weeks. If pain lasts for more than three months, doctors refer to it as chronic.

According to National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS), anyone can have back pain, but these factors may increase your risk: • Getting older • Poor physical fitness • Being overweight • Inherited diseases or conditions • Other diseases such as arthritis and cancer • Your job if you have to lift, push, or pull while twisting your spine • Smoking.

The NIAMS names several mechanical problems that can cause back pain. These include: • Disc breakdown • Spasms • Tense muscles • Ruptured discs • Injuries from sprains, fractures, accidents, and falls • Scoliosis • Spondylolisis



• Arthritis • Spinal stenosis • Pregnancy • Kidney stones • Infections • Endometriosis • Fibromyalgia • Infections • Tumors • Stress.

**If you have back pain, consider the following:**

- ▲ Exercise often and keep your back muscles strong.
- ▲ Maintain a healthy weight or lose weight if you're overweight. To have strong bones, you need to get enough calcium and vitamin D every day.
- ▲ Try to stand up straight and avoid heavy lifting when you can. If you do lift something heavy, bend your legs and keep your back straight.
- ▲ See a doctor if you have pain with any of these symptoms: • Numbness or tingling • Severe pain that does not improve with rest • Pain after a fall or an injury • Pain plus any of these problems: trouble urinating, weakness, numbness in your legs, fever, or weight loss when not on a diet.

## Breast Cancer: Practice Awareness

Today, there are about 2.5 million breast cancer survivors living in the United States. Despite the seriousness of breast cancer, there is hope for those diagnosed early. Therefore, it's important to be informed and be proactive.

**The best way to protect yourself is to remember these three tips:**

- ◆ Have regular mammograms (usually every 1-2 years starting around age 40).
- ◆ Have your doctor check your breasts.
- ◆ Check your breasts yourself every month.

Doing all of these things gives you the best chance to find cancer as early as you can.

**To check your breasts, check for:** • Any new lump (which may or may not be painful or tender) • Unusual thickening of your breasts • Sticky or bloody discharge from nipples • Any changes in the skin of your nipples or breasts, such as puckering or dimpling • An unusual increase in the size of one breast • One breast unusually lower than another.

For more information, visit <http://nbcam.org>, [www.komen.org](http://www.komen.org), or <http://cancernet.nci.nih.gov>.



## Propel Forward with Productivity

By Paul J. Meyer



The term productivity captures the essence of the human pursuit of becoming better and doing better. Productivity, in fact, has earned recognition as an important key to personal and business progress, success, and survival.

Since improving productivity is vital in today's competitive world, a clear understanding of the term productivity is essential. Productivity in a broad sense is concerned with the overall effectiveness of getting things done. Regardless of your particular business or career, productivity is the force that propels continuous improvement.

Consider these time-use practices that can positively affect your productivity:

- ◆ Concentrate on high-priority activities. The quickest and most effective route to increasing productivity is to spend time on tasks that advance important goals. Respond to concerns expressed by various team members by empowering them to solve their own problems. This approach saves you valuable time and gives others the opportunity to develop skills, commitment, and the sense of ownership needed to solve significant problems.
- ◆ Exercise self-discipline. Self-discipline enables you to stay focused on a task and work on it until it is complete. Establish your priorities and then refuse to let distractions, interruptions, or happenings of the moment destroy your concentration. Discipline yourself to give tasks only the amount of time and effort they truly deserve from you.
- ◆ Be persistent. Set definite goals, plan carefully, and concentrate on the actions necessary to meet your goals. This combination of factors enables you to be persistent, and persistence is a characteristic of the successful individual.
- ◆ Get started. The best way to guarantee completion of a project is to get started now. Avoid the tendency to procrastinate. Be proactive in all instances.
- ◆ Strive for results – not perfection. Distinguish between what is important and what is not. Set aside a reasonable amount of time to accomplish a specific task; then stick to your deadline. Recognize that some tasks are not important enough to lavish too much time and effort on.

*Invest your time wisely, and reap greater dividends!*

*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).*

## Live Life with Fun

What a pleasure it is to be around people who are fun. They're the ones who smile, who are optimistic, who find humor even in difficult situations, and who make the time you spend with them enjoyable. They make you glad that you saw them. They help you have great days.



A wonderful story is told about Theodore Roosevelt. The day of his funeral, a ceremonial procession moved slowly and solemnly along Pennsylvania Avenue. Standing on a street corner was a policeman who, as the funeral procession passed by him, began to laugh. He was chuckling to himself.

The man standing next to him was shocked by his insensitive behavior. He couldn't believe the disrespect that the policeman was showing. In anger, he turned to the policeman and said, "How can you laugh at a time like this? How can you have such little respect for this great man? Surely you did not know him."

"On the contrary," said the policeman. "I knew him very well. I served with him during the Spanish-American War. We rode up San Juan Hill together, and I was just thinking that it was such fun being led by him."

Is that what your family or your coworkers would say about you? Is it fun being led by you? Is it fun working with you?

When people are "fun," they add energy, enthusiasm, and enjoyment to the lives of those with whom they live and work. And maybe that's a small contribution that each of us can make to help make this world a better place to live. Be fun!

*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](http://www.JulieAlexander.com).*



### InSync® Moment – Breaking the Tension

Do you feel tightness in your neck, shoulders, or hands? This tightness could be the buildup of tension from the telephone ringing, the emails beeping, computers crashing, people demanding, and your to-do lists. Now, focus on a tense area. Breathe deeply. Squeeze your muscles and hold. Then release and let go of your tension. Whenever you need a break from tension, do this.



© 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).

## Let Massage Ease Your Pain

Whether you exercise daily for health, participate in organized sports, or are training for a marathon, therapeutic sports massage may be a technique you could benefit from. Therapeutic sports massage focuses on treating soft tissue aches, pain, and



injuries that are associated with recreational activities. Some researchers believe that therapeutic massage

can result in improved muscle flexibility, increased range of motion in the joints, and decreased muscle stiffness.

According to the American Massage Therapy Association (AMTA), massage can help reduce stress and promote relaxation. And, a growing body of research also shows that massage therapy can also be effective for relieving and managing chronic and acute pain, a significant national health problem. According to the National Institute for Health, more than one-third of all Americans will suffer from chronic pain at some point in their lives, and approximately 14 percent of all employees take time off from work due to pain. The Joint Commission on Accreditation of Healthcare Organizations has suggested massage therapy as one means to manage pain without use of pharmaceuticals.

To find an AMTA massage therapist, visit the AMTA website at [www.amtamassage.org](http://www.amtamassage.org) and click on the "Find a massage therapist" link.

## Jogging: Weather Safety Tips

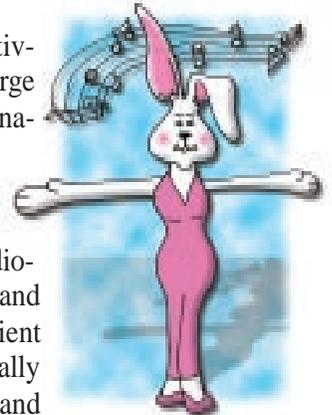
- ❖ Check the weather forecast before you head out. If temperatures or wind chill dip too low, consider an indoor option such as a treadmill.
- ❖ Layer your clothing. Wear a thin layer of synthetic material such as polypropylene to wick sweat from your body.
- ❖ If you have a medical condition, check with your doctor before embarking on an outdoor jogging routine.
- ❖ Cover your head. Body heat escapes through the head. Wear a toboggan when outside on a cold day.
- ❖ Even though it's cold outside, drink plenty of water to keep your body hydrated.



## Where to Start With Restoring Yourself to Fitness

When people ask me where they should start to restore themselves to fitness, I suggest that three to five aerobic sessions per week for a duration of at least 20 minutes at 60 to 85 percent of your age-specific maximum heart rate is a good place to start. Beginning exercisers would start lower in their target zone.

Aerobic exercise is any activity requiring oxygen that uses large muscle groups, is rhythmic in nature, and can be maintained for a period of time. Done consistently, aerobic activity trains the heart, lungs, and cardiovascular system to process and deliver oxygen in a more efficient manner. Therefore, an aerobically fit person can work longer and harder during an exercise session than someone who is not.



Whether your goal is weight loss or restored fitness, the longer the duration of your exercise, the more calories you will burn. You should check with your doctor before beginning this or any exercise program. If you're overweight or out of shape, start with 10 to 20 minutes and move up. Also, keep track of your heart rate.

**To keep your heart rate in your target zone, follow this simple equation:**

MHR (maximum heart rate) = 220 – (your age)  
Target Heart Rate Zone = MHR x .60 to MHR x .85  
Example – age 40: 220–40 = 180  
180 x .60 = 108 (low end target heart rate zone)  
180 x .85 = 153 (high end target heart rate zone)

To keep things more interesting, mix your workouts up a little. One day take a 30-minute walk during your lunch hour, and the next day dust off your bike and give that a go. Here are 10 examples of aerobic exercise for you to choose from: walking/hiking, jogging/running, cycling, swimming, dancing, kick-boxing, roller-blading, cross-country skiing, stair climbing, and elliptical cross-training.

Is it challenging? Certainly. Anytime change is desired, work is required. Whether our challenge is getting an unfit body fit, or getting a fit body fitter, the benefits far outweigh the challenge.



John Peterson is a lifelong fitness expert, the founder of Bronze Bow Publishing, and the author of *Pushing Yourself to Power*, *The Miracle Seven*, *Isometric Power Revolution*, and *Balance of Power*. He created the *Transformetrics Training System* that maximizes strength, fitness, and wellness. For more information of John Peterson and *Transformetrics*, visit [www.transformetrics.com](http://www.transformetrics.com) or call 1-866-724-8200.

## Prevent Medicine Mix-Ups

During any given week, four out of every five U.S. adults will use a prescription or over-the-counter (OTC) medication or dietary supplement, and nearly one-third of adults will take five or more different medications.

Here are tips on what you can do to prevent medication errors:

**At Home:** • Keep an updated list of the prescription and nonprescription medicines and other products like vitamins and minerals, you're taking. • Take your medicine list with you every time you visit a healthcare provider and have him or her review it.



**At the Doctor's Office:** • Have the doctor, physician's assistant, or nurse practitioner write down the name of the medicine (brand & generic, if available), what it's for, its dosage, and how often to take it, or provide other written material with this information. • Ask them to explain how to use the medicine properly and any side effects to expect.

**At the Pharmacy:** • Review your list of medications with the pharmacist for additional safety. • Counsel with the pharmacist if you have any questions.

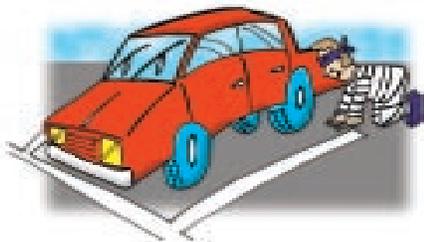
**At the Hospital:** • Ask the doctor or nurse what medicines you're being given. • Never take a medicine without being told the purpose for doing so. • Before you go home, ask for a list of the medications that you should be taking at home, have a healthcare provider review the medicines with you, and be sure you understand how to take these medicines.

Source: National Council on Patient Information and Education, [www.talkaboutrx.org](http://www.talkaboutrx.org)

## Protect Yourself from Crime

• Don't walk or jog early in the morning or late at night when the streets are deserted. • Don't display your cash or any other inviting targets such as pagers, cell phones, hand-held electronic games, or expensive jewelry and clothing. • If you think someone is following you, switch directions or cross the street. If the person continues to follow you, move quickly toward an open store or restaurant or a lighted house. Don't be afraid to yell for help.

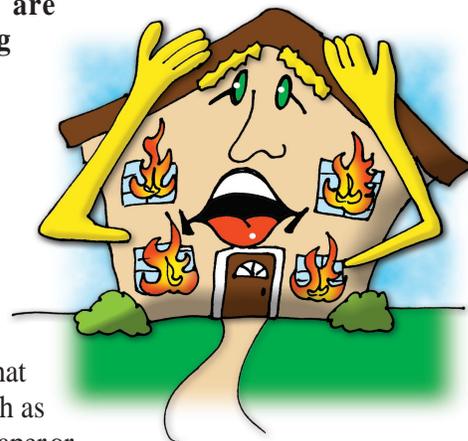
• Try to park in well-lit areas close to walkways, stores, and people. • Make sure you have your key out as you approach your door.



## Prevent Fires in the Home

Families spend a lot of time in the kitchen. It's often the favorite place to be together; however, many injuries happen there. **To stay safe when you're cooking, here are some cooking safety tips:**

- ◆ Always stay in the kitchen while cooking on the range, especially when frying food.
- ◆ Keep things that can burn, such as dish towels, paper or plastic bags, and curtains at least three feet away from the range top.
- ◆ Keep your cooking area clean. Don't let grease build up on the range top, toaster oven, or in the oven.
- ◆ Keep children and pets away from the range when anyone is cooking and keep a close eye on them at all times. Put tape on the floor around the stove. Teach children to stay away from there.
- ◆ Before you start to cook, roll up sleeves and use oven mitts. Loose-fitting clothes can touch a hot burner and catch on fire.
- ◆ If clothes do catch fire, "Stop, Drop, Roll and Cool" by dropping immediately to the ground, crossing hands over your chest, and rolling over and over or back and forth to put out the flames. Cool the burned area with cool water and seek medical attention for serious burns.
- ◆ If you can, cook on the back burners. Always turn pot handles toward the back of the range to prevent small children from reaching and pulling down a hot pan.
- ◆ If you have a small pan fire on the stove, put on an oven mitt. Carefully slide a cookie sheet over the pan. A lid can also be used. This cuts off the oxygen and allows the fire to go down. Turn off the heat at the burner. Leave the pan covered and in place. Don't try to move it! Let the pan cool down before you take away the cover.
- ◆ Know that food cooked in a microwave can be dangerously hot. When you take off the lid or wrap, wear oven mitts and be very careful moving the dish from the oven to the counter. Stir the food and test it before you serve it to children.



Source: Home Safety Council, [www.homesafetycouncil.org](http://www.homesafetycouncil.org)

## Roasted Garlic Dijon Vinaigrette

- 5 full heads garlic, roasted\* and pureed
- 1 tsp. creole seasoning
- 1/2 cup rice wine vinegar
- 2 Tbsp. honey
- 1/2 cup Dijon mustard
- 1 tsp. cracked black pepper
- 1 tsp. Mrs. Dash Garlic and Herb Seasoning
- 1/4 cup olive oil

\*To roast garlic, chop stems off garlic heads until the flesh of the cloves is visible. Place open ends down on very lightly oiled baking pan. Cover with aluminum foil and bake in 350-degree oven until soft, about 45 minutes to 1 hour. Remove from oven and allow to cool. Then squeeze out all the tender and flavorful flesh from the heads. Discard emptied heads.

Combine all ingredients except oil in food processor or blender. Blend together. While blending, slowly add oil and continue processing until oil is incorporated and dressing is well blended. Refrigerate.

*Makes 25 servings, 2 Tbsp. each. Each serving contains: 42 calories, 1 g. protein, 2 g. fat, 0 mg. cholesterol, 5 g. carbohydrates, 110 mg. sodium. Calories from fat: 43 percent*

## How Many Fruits & Vegetables Do You Need?

Fruits & Veggies – More Matters, a national health initiative designed to encourage Americans to eat more fruits and vegetables has a fun and interactive website to help you increase your daily consumption of fruits and vegetables. Interactive tools include “Analyze My Plate” and “Recipe Remix,” among others. Plus you can download excellent recipes for adults and kids and get 10 tips on how to get your kids to eat more fruits and veggies. Check it out at [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov).

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!



## Avoid the “I’ve Blown It” Syndrome

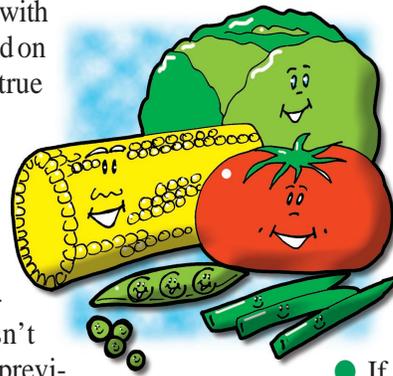
**M**aking changes in eating behavior is a lot like running a marathon; it takes pacing, consistency, and endurance. Those who jump out ahead, thinking they can take a short cut, will either burn out or get disqualified! Yet no amount of falling down can stop a runner determined to finish. That person just keeps running with eyes more closely focused on the track. The same is true with eating a healthy diet.

### Here are tips on overcoming setbacks in healthy eating:

- Know that one lapse in your healthy pattern of eating doesn’t ruin all the health previously obtained. Once you’ve started on the right track, your health will never be ruined with one extravagant meal, one hot dog at a ball game, or one slice of cake.
- Accept that a lapse in your healthy lifestyle is just that, a lapse, a time when you made a less-than-ideal choice. Don’t let it become a relapse, another relapse, another relapse, and finally a collapse.
- Realize that there is no “making up” for a poorly chosen meal. Don’t try to

fast the next day or punish yourself with restrictive dieting. Just choose to get back on track with your nutritious lifestyle of healthy eating.

- Listen to your body and how bad it feels after eating poor-choice foods. Your body is wonderfully designed to reinforce your decision to eat in a healthier way. You’re avoiding high-fat and highly sweetened foods because they’re wellness robbers; no food is worth feeling that bad.
- Expect stomach distress, bloating, and sluggishness.
- If you’re a scale-watcher, you will be disheartened by the jumps you see three to four days following a lapse in your good eating. The gain is only temporary, but the heavy and bloated feeling should remind you why you’re choosing to eat in a healthier way.
- Live one day at a time and one meal at a time. Some days will work out as you had hoped they would, and some won’t. The rewards come from continuing to see changes in your eating attitude in the long run.



### GARLIC DIJON GREENS

Makes 4 servings

- 8 cups mixed lettuces
- 2 tomatoes, quartered
- 1 cucumber, peeled and sliced
- 1/2 cup Roasted Garlic Dijon Vinaigrette (see left column)

Toss vegetables with dressing.



*Each serving contains: 42 calories, 1 g. protein, 2 g. fat, 0 mg. cholesterol, 5 g. carbohydrates, 110 mg. sodium. Calories from fat: 43 percent*

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

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This newsletter is not intended to provide medical advice on personal wellness matters, which should be obtained directly from your physician.

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## mental

### 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.

### Depression: Walking with Hope

**D**epression is a mood disorder that attacks the mind and body at the same time, leaving a person feeling out of control of their life. Depression may be associated with a chemical imbalance in the brain or it can be related to negative life experiences including stress or loss, medication, other medical illnesses, and certain personality traits and genetic factors. Whatever the cause, depression is real.

**The symptoms of depression include:**

- Persistent sad, anxious or empty mood
- Feelings of hopelessness or pessimism
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in ordinary activities
- Decreased energy, a feeling of fatigue
- Difficulty concentrating or making decisions
- Restlessness or irritability
- Inability to sleep or oversleeping
- Changes in appetite or weight
- Unexplained aches and pains
- Thoughts of death or suicide.

**To help a friend or relative who is depressed:**

- Offer emotional sup-

- port and encouragement.
- Talk with your friend or relative and listen.
- Never discount the feelings your friend or relative expresses.
- Never ignore comments about suicide.
- Invite your friend or relative out for walks, outings and other activities.

**If you're depressed, consider these tips:**

- Engage yourself in mild activities. Go to a movie, a ball game, or another

- event or activity that you once enjoyed. Participate in religious, social or other activities.
- Set realistic goals for yourself. Break up large tasks into small ones, set some priorities

- and do what you can as you can.
- Try to spend time with other people and confide in a trusted friend or relative. Don't isolate yourself.
- Expect your mood to improve gradually, not immediately. Be patient.
- Postpone important decisions, such as getting married or divorced or changing jobs, until you feel better.
- Remember that positive thinking will replace negative thoughts as your depression responds to treatment.

Source: National Institute of Mental Health, [www.nimh.nih.gov](http://www.nimh.nih.gov)

