

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

Volume XXIV, Number 12

December 2016

## 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.

Source: National Headache Foundation, [www.headaches.org](http://www.headaches.org).

## Dealing with Holiday Headaches

**T**he holidays are traditionally a time of joy, excitement, and good cheer. However, for some people, all the celebrations, family gatherings, and other activities can also cause an added amount of stress and tension – two key triggers in the onset of headaches.

**To battle holiday headaches, the National Headache Foundation (NHF) offers these tips:**

- ◆ Take extra steps to prevent headaches when traveling. Pack extra medication, take your own sleeping pillow, make flexible plans, and get plenty of rest. Talk to your doctor about adjustments to your medications for high altitudes, time zone changes, or different climates.
- ◆ Make checklists. Compile a list of everything that must be done and divide the tasks among all family members to lighten the load on one person.
- ◆ Be aware of smoke- and perfume-filled rooms. According to the NHF, both are typical celebration environments that can trigger headaches. If possible, get some fresh air or find an area that's relatively smoke- and perfume-free.
- ◆ Avoid skipping meals. Empty stomachs can spur headaches. If you're

unable to follow your normal eating pattern during the holidays, pack healthy snacks like fresh fruit or whole-wheat crackers to nibble on when you're hungry. Avoid foods such as ripe cheeses, processed meats, and chocolate, which may trigger headaches in some people.

- ◆ Avoid last-minute shopping. Crowded stores and long lines can trigger tension-type headaches. Utilize catalog or online shopping as a stress-free option. Also, start shopping early and ask for a holiday wish list in advance to make your shopping more simple.
- ◆ Keep normal sleeping patterns. Limit the number of late-night parties and gatherings you attend. Sleep changes can trigger headaches.
- ◆ Schedule personal time. Plan to visit friends, take a long walk, and give yourself a break from crowded places. Have realistic expectations about your holiday visits.
- ◆ If you begin experiencing more frequent or severe headaches during the holidays, call your doctor for an accurate diagnosis and treatment tips.



Source: National Headache Foundation, 1-888-NHF-5552 or [www.headaches.org](http://www.headaches.org).

## Putting Limits on Spending

**D**uring the holidays, keeping a tight rein on your budget can be as difficult as it sometimes is to drive the speed limit when driving a car. In fact, some people may speed out of control on their holiday spending and come to regret it later when the bills arrive in the mail. **Here are tips on how you can slow down on spending this holiday season:**

- Set a limit and stick with it.
- Avoid using credit cards unless you're able to pay them off when the bills arrive.
- Figure in all the expenditures, including cards, food and beverages, new clothing, and so on.
- Avoid feeling pressured to overspend based on what you think others are expecting.



- Spend within your predetermined means.
- Begin shopping early and pay attention to sales.
- Take the time to comparison shop.
- When you reach your budget, stop shopping. Accept the mindset that “when it’s gone, you’re done.”
- To supplement gifts, give homemade gifts or volunteer your time to baby-sit, do yard work, cook a meal, or help take down decorations.
- If you have a large family, suggest that your family draw names. This will limit the number of gifts you have to purchase and ease your financial stress.
- Focus on spending time with your family and friends rather than on spending money.

## When You Miss Someone...

The holidays can be a very difficult time when you're grieving the loss of a loved one. **Here are a few tips on how to cope:**

- Know that the pain and loss you're feeling is normal.
- Realize that it's okay to cry and mourn your loss.
- Create new family traditions but remember the old ones.
- Do something in memory of your loved one.

## Seek Harmony in Your Marriage

Emerson Eggerichs, author of *Love and Respect* gives this advice on marriage:

**For husbands:**

- Show affection.
- Enjoy time together, focusing on each other and laughing together.
- Set a date night with a little romantic candlelight or a stroll in the park.
- Discuss ideas and get her opinions.

**For wives:**

- Tell him you love him and show it.
- Value his opinions and desires.
- If he plays sports, go watch him play and do recreational activities with him.
- Let him spend time alone and then reconnect with him later.

## Lull Yourself to Sleep

Watching the bright light of a television or a computer screen less than an hour before bed is enough light to upset your circadian rhythm and delay sleep.

Studies show that listening to relaxing music for 45 minutes prior to bedtime for three weeks improved sleep quality. If you try it, nix upbeat, fast music because it's not relaxing.

**Here are several other tips on how to get a good night's sleep:**

- Maintain a regular bed and wake time schedule, including weekends.
- Establish a regular, relaxing bedtime routine.
- Create a sleep-conducive environment that's dark, quiet, comfortable, and cool.
- Sleep on a comfortable mattress and pillow.
- Finish eating at least two to three hours before your bedtime.
- Exercise regularly. It's best to complete your workout at least a few hours before bedtime.
- Avoid nicotine – cigarettes and tobacco products.
- Limit or avoid caffeine – coffee, tea, soft drinks, or chocolate – close to bedtime.
- Avoid drinking alcohol before bedtime.



Sources: National Sleep Foundation, [www.sleepfoundation.org](http://www.sleepfoundation.org) and the Better Sleep Council, [www.bettersleep.org](http://www.bettersleep.org)

## Making Holiday Memories

Holiday traditions have special meaning for many families



and can be passed down from generation to generation. **Here are ways to make holiday memories:**

- Set aside a special time for everyone to join in on decorating for the holidays. Play festive holiday music in the background.
- Plan the meal together and then assign different family members to prepare certain dishes. Children can also help if you exercise caution.
- Find a fun craft to do as a family. For quick and easy ideas, visit [http://familyfun.go.com/arts-and-crafts/season/feature/holiday\\_main\\_ms/](http://familyfun.go.com/arts-and-crafts/season/feature/holiday_main_ms/).
- Go caroling at a local orphanage, hospital, or nursing home. (Be sure to get permission beforehand if needed.)
- Adopt a family for the holidays. Invite them to join your family for the holidays.
- Play board games as a family.
- Watch a classic movie together – maybe the same one every year. Enjoy air-popped popcorn and apple cider.

## Celebrate the Holidays Safely

The holiday season is the busiest time on the roadways and it's also one of the most dangerous, due to a high-incidence of alcohol-related traffic accidents. In fact, according to the National Traffic Safety Administration, about three in every 10 Americans will be involved in an alcohol-related crash at some point in their lives.



**To protect yourself and your family, here are several safety reminders on how to host a safe holiday party:**

- ◆ Have something to do other than drink. Play games, have a gift exchange, make holiday crafts, have music and dancing, tell stories, or play cards.
- ◆ Have healthy foods or snacks available during the entire event. Eating slows the absorption of alcohol into the bloodstream. Limit salty foods as they make guests thirsty.
- ◆ Serve alcohol-free beverages in fancy glasses so they're more appealing. Offer a variety of drinks, including soft drinks, fruit juices, bottled water, coffee, and tea.
- ◆ Hire a bartender who is trained in the responsible service of alcohol. Avoid allowing guests to serve themselves and never serve alcoholic beverages to someone who is underage.
- ◆ Close the bar an hour before the event is over.
- ◆ Never allow a guest to drive drunk. Call a taxi, find another guest to drive him or her home, or offer a bed for the night.
- ◆ Take the keys away from guests who clearly shouldn't be driving.
- ◆ Encourage everyone to buckle their seatbelts when they leave the party.

## Wash Away the Germs

**To prevent the spread of germs, always wash your hands after you:**

- go to the bathroom
- blow your nose, cough, or sneeze
- handle garbage
- touch a pet or clean up after a pet
- come into contact with someone who is sick
- rub your nose.

**To wash your hands well, remember these tips:**

- Use soap and warm water.
- Scrub your hands well.
- Wash between your fingers, on your wrists, under fingernails, and on the backs of the hands.
- Rinse well.
- Dry your hands with a paper towel.
- Use the paper towel to turn off the water and open the door.

## Light Up Your Holiday Safely

As the holidays approach, the U.S. Consumer Product Safety Commission (CPSC) encourages people to look for and eliminate potential dangers from holiday lights, decorations, gifts, and fireplaces.



**The CPSC suggests these safety tips for decorating this holiday season:**

- ▲ When purchasing an artificial tree, look for the label "Fire Resistant." Although this label doesn't mean the tree won't catch fire, it does indicate the tree will resist burning and should extinguish quickly.
- ▲ When purchasing a live tree, check for freshness. A fresh tree is green, needles are hard to pull from branches, and when bent between your fingers, the needles don't break. The trunk butt of a fresh tree is sticky with resin, and when tapped on the ground, the tree shouldn't lose many needles.
- ▲ When setting up a tree at home, place it away from fireplaces and radiators. Heated rooms dry live trees out rapidly, so be sure to keep the stand filled with water. Place the tree out of the way of traffic and don't block doorways.
- ▲ Use lights that have been tested for safety by a recognized testing laboratory, which indicates they meet proper safety standards.
- ▲ Check each set of lights – new or old – for broken or cracked sockets, frayed or bare wires, or loose connections, and throw out damaged sets.
- ▲ Use no more than three standard-size sets of lights per single extension cord.
- ▲ Turn off all lights when you go to bed or leave the house. The lights could short out and start a fire.
- ▲ Never use lighted candles on a tree or near other evergreens. Always use non-flammable holders, and place candles where they won't be knocked over. Extinguish candles when you leave a room.
- ▲ In homes with small children, take special care to avoid decorations that are sharp or breakable, keep trimmings with small removable parts out of the reach of children to avoid the child swallowing or inhaling small pieces, and avoid trimmings that resemble candy or food that may tempt a child to eat them.
- ▲ Don't burn wrapping papers in the fireplace. A flash fire may result as wrappings ignite suddenly and burn intensely.



For more safety tips, visit the U.S. Consumer Product Safety Commission at [www.cpsc.gov](http://www.cpsc.gov).

## Anticipate the Opportunity of Change

By Paul J. Meyer



Change is an integral part of life. If nothing changed, management would be a simple process of developing smooth, workable procedures, and then sitting back to watch them operate. But since change is inevitable, every executive faces the challenge of managing change.

Change can frighten or challenge, depress or inspire, and paralyze or energize. Since you cannot prevent, avoid, or escape change, your best option is to anticipate it, prepare for it, and channel it constructively. **Consider these tactics for viewing change as an opportunity:**

- ▲ Establish clear goals. An organizational or personal goals program makes change less threatening and more manageable because goals define the changes to be made, the direction they will take, and the actions you must take. Goals alleviate fear of change by spelling out the benefits to be enjoyed and projecting a picture of the rewarding conditions to be established.
- ▲ Encourage personal growth. Involve team members in personal growth. When team members grow personally, their positive attitudes, enthusiasm, and excitement about their work is contagious. They support one another – and you, too.
- ▲ Involve team members in the process of planning, tracking results, and providing feedback. Participation provides a sense of ownership and encourages commitment to the overall success of the organization. It also reduces the threat and fear of change.
- ▲ Provide a safety net. When you ask people to change, provide a safety net in the form of a provision for handling unexpected obstacles or roadblocks. Base these provisions not on punishment but on positive support such as specific feedback, open and frequent communication, and increased involvement by the top executive.
- ▲ Be flexible. The secret of managing change constructively is flexibility – the careful balance between maintaining control and considering the needs of people. When you are sensitive to people’s needs, they respect you and willingly follow your leadership.

Whether change is chosen or thrust upon you, handle it by welcoming it as a time of growth.

*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).*

## Finding the Link Between Resilience and Saying "No"

Resilience is usually associated with life-changing events, but can be even more important in handling daily life. Sometimes it’s not the big events that get people down, it’s the barrage of everyday tasks and aggravations. One way to maintain resilience – the ability to handle problems and move on – is to avoid extra responsibilities.

*The key to learn how to say no.* Saying “yes” too often means you’re letting other people decide how you’ll use your time, says Dr. David Posen, author of *The Little Book of Stress Relief*. Saying no can reserve your energy and enthusiasm for things you want to do and have to do. You and everyone you associate with will be better off.



Have a hard time saying no? **Here are a few simple ways to do it:**

- ▲ Say the truth. Tell them you just don’t have time to do it.
- ▲ Delay. Even though you would like to do it, say you have to check with your spouse or your calendar.
- ▲ Choose the fast no. Be ready with an immediate reason. You can’t do it because you’re expecting company from out of town or helping a friend that day.
- ▲ Select the sympathetic no. You really wish you could, and you sympathize with their situation, but you just can’t do it.
- ▲ Avoid being swayed by flattery. If they say you’re the best one to head up the festival or lead the club, say you wish you could do it, but you truly can’t.

*Note:* Avoid overusing your right to say no. There are times when you may be available to help with a project, function, or service in your community or workplace. Helping others when you have the time is one way you can plug in.

### InSync® Moment – Helping the Less Fortunate

In the midst of the shopping, decorating, gift-giving, and merry-making, remember those who can’t. Donate toys and clothes. Make financial contributions. Serve meals. Invite an “outsider” to your celebration. Participate in gift-giving events for underprivileged children. In the spirit of love, peace, and good will, do something to help the less fortunate... now and often.



© Susan Pilgrim, Ph.D., author of *Living InSync®*. Contact her at [pilgrim.s@sbcglobal.net](mailto:pilgrim.s@sbcglobal.net).

## Know How to Talk to Your Doctor

Your doctor may not be able to correctly treat your medical problem unless you can describe it effectively.

**Here are some questions you should be prepared to answer:**

- ◆ Can you pinpoint exactly where your pain or discomfort is?
- ◆ Can you describe how it feels? What are your symptoms?
- ◆ Can you compare it to another type of pain?
- ◆ How often does it occur?
- ◆ How long does it last?
- ◆ Is there anything you can do that changes it?
- ◆ What makes it worse?
- ◆ When did you first notice the pain?
- ◆ What were you doing at the time you first experienced the pain?

It's important to know how your body works and to become an active participant in your own care. An easy flow of conversation can provide your doctor with the necessary information to diagnose and treat you more effectively. In fact, most doctors can make an initial diagnosis within one minute of talking to a patient.

## Plan Your Holiday Trip Wisely

- ◆ Arrange a relaxing trip and a relaxing schedule at your destination.
- ◆ Minimize jet lag by arriving close to your usual bedtime, according to your destination time zone.
- ◆ Always carry your health insurance cards and the phone number of your doctor with you.
- ◆ Avoid wearing tight clothing.
- ◆ Check to be sure you carry all of your medications. Diabetics should take an appropriate snack in case of a hypoglycemic attack.
- ◆ Avoid traveling alone whenever possible.

## Dealing with Diabetes and the Holidays

For people who have diabetes, the holidays can be stressful. The temptation of calorie- and sugar-rich foods can be almost overwhelming. However, you can enjoy the holidays if you balance your food, activity, and medication. **If you have diabetes, here are several tips:**

- ◆ Know that you'll be tempted and make plans for how you will handle it.
- ◆ Remember that moderation is the key.
- ◆ Eat a light, healthy snack an hour before the party so you can avoid the tendency to overindulge.

◆ Suggest a meal schedule that works with your medication schedule. Avoid skipping a meal. If you have to, eat a healthy snack.

◆ Cook healthy alternatives to traditional foods. Have a vegetable platter with low-fat crackers and fat-free dip available for nibbling.

◆ Get plenty of exercise. Take the stairs instead of the elevator or escalator, walk the dog, play with the kids, or rake the leaves.

◆ Remember to take your medications as prescribed by your doctor.



For more information on diabetes, visit the American Diabetes Association at [www.diabetes.org](http://www.diabetes.org).

## Live Longer: Get Checked Out

According to Healthy People 2010, life expectancy for every age group has increased during the past century. However, there's always a need for improvement. One way to extend your life is to get checked out. Regular wellness checks, exams, and screenings can help you live a longer, healthier life.

For more information on ensuring a healthy life and living longer, visit [www.healthypeople.gov](http://www.healthypeople.gov).



## Avoiding Travelers' Thrombosis

**D**eep vein thrombosis (DVT) is the development of a blood clot (thrombus) in the deep veins of the legs, pelvis, or arms. According to the National Heart, Lung, and Blood Institute, only about half of the people who have DVT have symptoms. The symptoms may include: • swelling of the leg or foot • pain or tenderness in the leg (the pain is usually only in one leg and only present when standing or walking) • feeling of increased warmth in the area of the leg that's swollen or that hurts • red or discolored skin.

If you have DVT and are planning any type of travel that involves sitting for long stretches of time, it's important to talk to your doctor and take precautions. **Here are a few to consider:** • Walk for 30 minutes before leaving on your trip. • Take short walks at stops during a car trip and walk in the aisles on an airplane when possible. • While seated, do easy stretches such as rotating your shoulders and flexing and pointing your feet every 20 minutes. • Elevate your feet by propping them up on luggage or another object. • Wear loose clothing and avoid clothing that constricts blood flow. • Stay hydrated by drinking lots of water – one glass an hour is good. • Talk to your doctor about wearing compression stockings during a journey longer than eight hours.



## Cut Holiday Weight Gain

There's a difference between the temporary weight gain from one big dinner and permanent weight gain. A few days of sensible eating can erase the temporary gain, but overeating again and again is a problem.

Though most people think they gain five to 10 pounds between Thanksgiving and New Year's, studies show that their weight a week or two later is actually less. However, one to two pounds may never come off.



**Here are tips on avoiding permanent extra pounds:**

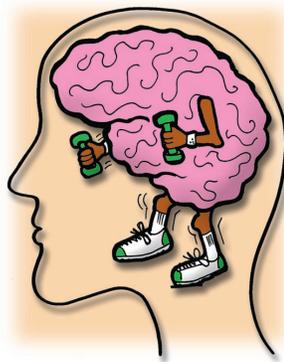
- Be physically active every day.
- When you attend an event, wear clothes that fit well so you'll eat less because they're getting too tight.
- Pick only the candy and sweets that are worth the calories. Scan what's available before making your choices.
- At the table or a buffet, decide what foods you really like. Avoid the tendency to eat some of everything.
- Avoid recreational eating. Plan to visit with people or do something other than eating at parties.
- Enjoy friends and family more than food. Laugh, love, celebrate, and have a wonderful time.

## High-fat Diets and Dementia

Middle-age spread could mean more than buying clothes a few sizes larger, especially if it moves to actual obesity. At Kaiser Permanente Northern California, new studies show that long-term obesity increases the risk of dementia in later years.

You don't have to be really overweight to increase your risk. It begins to rise with a BMI (Body Mass Index) of 25, and rises higher with each point thereafter.

Women have a somewhat greater risk than men. Those with a BMI of 25 to 29.9 were 35 percent more likely to suffer from dementia later in life. Men with the same numbers have a 30 percent greater risk. According to the Alzheimer's Association, a high-fat diet may be associated with an increased risk of developing Alzheimer's disease.



To determine your BMI, visit <http://nhlbisupport.com/bmi/>.

## Stop Psyching Yourself Out of Exercising

I hope you're not among the large numbers of people I've met who think and read so much about exercise that they get overwhelmed by all the information and end up not exercising at all. I was reminded about it recently when I received an e-mail from a man who was overly concerned about whether or not he was doing one exercise exactly right. These were just some of his questions: "John, how far apart should the chairs be for maximum benefit? Should my shoulders be right over my hands? How many repetitions should I do in each set? How many sets should I do? How long should I wait between sets?" The poor guy had so psyched himself out that he wasn't even doing the push-ups.

As I read it, I remembered a lesson I learned from Professor Laurence Morehouse's 1977 book, *Maximum Performance*. He stated: "As a nation, we are almost invariably overcoached. We take lessons by the millions annually. Our teachers want us to feel that we've gotten our money's worth. So they explain more than we need to know, and thereby cripple our performance. The next time you're on a stairway, try descending the stairs while thinking consciously of how one foot is coming down after the other. But be sure to hold on to the banister. You may fall over if you don't. That simple experiment illustrates one of the great impediments to maximum performance."

He also quoted an anonymous poet who once wrote:

*The centipede was happy, quite  
Until the frog in fun  
Said, pray, which leg comes after which?  
This set his mind in such a pitch  
He lay distracted in a ditch  
Figuring how to run.*

The point is that sometimes you really need to just pick out some exercises and do them. By doing, you will learn. It gives you a starting point, and from there you can always make specific refinements that will be of greater benefit to you personally. You don't need a gym or a personal trainer or exercise equipment. Let your own body be your gym, and it all starts with doing it. Quit psyching yourself out.



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.

## Eating Right During Holidays to Control Cholesterol

**D**id you know that your body makes all the cholesterol that it needs? Therefore, when you eat foods high in saturated fat, you can raise your blood cholesterol levels, and in turn, increase your risk for heart disease.

Your blood levels of cholesterol, lipoproteins (LDL and HDL), and triglycerides are a good gauge of your heart health. *Cholesterol* is a waxy substance produced by the liver and supplied in the diet by animal foods – meat, poultry, eggs, fish, and dairy products. *Lipoproteins* are formed when your liver “bundles” fat and cholesterol with protein. *LDL*, the “bad” cholesterol, has a tendency to build up on the walls of arteries. *HDL*, the “good” cholesterol, helps remove cholesterol from the arteries. *Triglycerides* is the fat carried in the blood. High levels of triglyc-



erides are associated with increased blood cholesterol levels.

**Here are suggestions from the National Heart, Lung, and Blood Institute for cutting your cholesterol count:**

- ◆ *Try some of these new ways of cooking:* • For biscuits – Use vegetable oil instead of lard or butter and skim milk or 1 percent buttermilk instead of regular milk. • For macaroni and cheese – Use low-fat cheese and 1 percent or skim milk. • For gravies or sauces – Skim the fat off pan drippings. • For cream or white sauces, use skim milk thickened with cornstarch. • For dressings or stuffing – Add broth or skimmed fat drippings instead of lard or butter. Use herbs and spices for added flavor. • For sweet potato pie – Mash sweet potato with orange juice

concentrate, nutmeg, vanilla, cinnamon, and only one egg. Leave out the butter. • For cakes, cookies, quick breads, and pancakes – Use egg whites or egg substitute instead of whole eggs. Use applesauce instead of some of the fat.

- ◆ *Cook in healthy ways:* • Bake, steam, roast, broil, stew, or boil instead of frying. • Take off poultry skin before eating. • Use a nonstick pan with vegetable cooking oil spray or a small amount of liquid vegetable oil instead of lard, butter, shortening, or other fats that are solid at room temperature. • Trim visible fat before you cook meats.
- ◆ *Shop wisely:* • Choose chicken breast or drumstick instead of the wing and thigh. • Select skim milk or 1 percent instead of 2 percent or whole milk. • Buy lean cuts of meat such as round, sirloin, and loin. • Buy more vegetables, fruits, and grains.
- ◆ *Read food labels:* When you select a food, reading the food label can help you view its saturated fat and cholesterol levels. Pay attention to the serving size. If you eat 2 cups and the serving size is 1 cup, you have to double the amounts listed.

### Cut Cholesterol with a Plant-Based Diet

A new study published in the *Annals of Internal Medicine* shows that a low-fat diet that’s rich in vegetables, fruits, whole grains, and beans has twice the cholesterol-lowering power of a conventional low-fat diet.

It’s long been known that a plant-based diet lowers cholesterol partly because those who use it typically consume less saturated fat.

A plant-based diet isn’t a vegetarian diet, but includes whole grains, beans, and vegetables with color such as bell peppers, carrots, broccoli, and red cabbage.

*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!*



### BRAN MUFFINS

- 1/4 cup unprocessed wheat bran
- 1/4 cup unprocessed oat bran
- 1/3 cup boiling water
- 1/2 cup milk
- 3 Tbsp. packed brown sugar
- 3 Tbsp. canola oil
- 3 Tbsp. honey
- 4 egg whites (or 1/2 cup egg substitute)
- 1-1/3 cups whole-wheat pastry flour
- 2 tsp. baking powder
- 1 tsp. cinnamon
- 1/4 tsp. salt
- 1/2 cup raisins



Makes 12 servings

Preheat oven to 400° F. Spray the bottoms in a 12-well muffin tin with cooking spray or line with paper baking cups.

Mix brans and boiling water; set aside. In medium bowl, beat milk, brown sugar, oil, honey, and egg whites. Add bran mixture, flour, baking powder, cinnamon, and salt; stir until moistened (batter will be lumpy). Fold in raisins.

Divide batter evenly among muffin cups. Cups will be about 2/3 full. Bake 20 to 25 minutes or until golden brown. Immediately remove from pan.

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

*Each serving contains: 138 calories, 4 g. protein, 3 g. fat, 0 mg. cholesterol, 24 g. carbohydrates, 71 mg. sodium. Calories from fat: 23 percent*

This newsletter is published monthly by Rutherford Communications, P.O. Box 8853, Waco, Texas 76710, (254) 235-9679, [www.rutherfordcommunications.com](http://www.rutherfordcommunications.com). Copyright © 2016 Rutherford Communications. All rights reserved. Material may not be reproduced in whole or part in any form without the written permission of the publisher. Subscription price (12 issues), \$25 per year in U.S.

Publisher: Ronnie Marroquin

Managing Editor: Kimberly Denman

Illustrations by RMS Graphics

Editorial Advisory Board: *Bill Anderson, Ph.D., and Richard Jackson, M.D., F.A.B.F.P., and Pamela Smith, R.D.*

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

ISSN 1072-4788

## family and home

### Are You Feeling SAD this Winter?

Seasonal Affective Disorder (SAD) is a form of depression that affects many people during the cold, winter months. The symptoms of SAD include: • lack of energy • tendency to oversleep • trouble concentrating • irritability • increased appetite for sugary or starchy foods • weight gain • decreased interest in activities • insomnia • low self-esteem.

Many doctors believe SAD is caused by a disruption in the body's circadian rhythm, or "body clock," due to seasonal changes and decreased amounts of sunlight. **If you're experiencing signs of SAD, here are tips:**

- ◆ Make yourself be more active.
- ◆ Spend time with other people.
- ◆ Keep your home bright with more lights during dark, winter months.
- ◆ Exercise every day.
- ◆ Start a new hobby that you enjoy.
- ◆ Participate in outdoor activities on sunny days.
- ◆ See your doctor for treatment for SAD.

For more information, visit the National Mental Health Association at [www.nmha.org](http://www.nmha.org).

### Beat Stress with a Dose of Laughter

**D**id you know that a good hearty laugh can help reduce stress, lower blood pressure, elevate mood, boost immune system, improve brain function, protect the heart, connect you to others, foster instant relaxation, and make you generally feel good? The old saying that laughter is good medicine is really true.

So how can you make yourself laugh and enjoy the benefits of laughter? **Here are several tips to help you incorporate humor into your life:**

- Take a 15-20 minute break every day for humor.
- Spend time with people who make you laugh and help you see the lighter, brighter side of life.
- Watch a funny movie or television program. Laugh out loud when something is humorous to you.
- Look for humor in ordinary things like road signs, billboards, and other items you see every day.
- If you have a long commute, listen to a funny CD to help relieve road stress or tension.
- Read the comics section in the newspaper or subscribe to free daily cartoons online. Show funny ones to friends and family.



- When you see a particularly funny cartoon, picture, card, or anything else that makes you laugh, save it and refer to it when you need a good laugh.
- If you hear a joke you really like, write it down or tell it to someone else to help you remember it.
- Remember a funny moment with a friend or family member. However, never laugh at others in a way that hurts their feelings.
- Let yourself act silly occasionally. Put on a pair of funny glasses or wear a bright-colored wig just to generate laughter in your coworkers, friends, or family.
- Play with your kids or pets. Suggest playing fun games, like charades, that require you to do funny things.