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THE WELL WORKPLACE[®]

HEALTHLETTER

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The Wellness
Council Of America

☆ HEALTH INFORMATION PRESENTED AS IF YOUR LIFE DEPENDED ON IT ☆

Fiber Variety

Dietary fiber is found in the plants you eat, including fruits, vegetables and whole grains. It's sometimes called bulk or roughage. You've probably heard that it can help with digestion. So it may seem odd that fiber is a substance that your body can't digest. It passes through your digestive system practically unchanged.

"You might think that if it's not digestible then it's of no value. But there's no question that higher intake of fiber from all food sources is beneficial," says Dr. Joanne Slavin, a nutrition scientist at the University of Minnesota.

Whole grains, fruits and vegetables are also packed with vitamins and other nutrients, so experts recommend that you get most of your fiber from these natural sources. "Unfortunately, a lot of people tend to pick low-fiber foods. They go for white bread or white rice. Most of the processed foods—foods that are really convenient—tend to be low in fiber," says Slavin.

The bottom line is that most of us need to fit more fiber into our day, no matter what its source. "It would be great if people would choose more foods that are naturally high in fiber," Slavin says.

Rough Up Your Diet

FIT MORE FIBER INTO YOUR DAY

Fiber—you know it's good for you. But if you're like many Americans, you don't get enough. In fact, most of us get less than half the recommended amount of fiber each day.

Fiber can relieve constipation and normalize your bowel movements. Some studies suggest that high-fiber diets might also help with reducing the risk for cardiovascular disease, diabetes and cancer.

Weight loss is another area where fiber might help. High-fiber foods generally make you feel fuller for longer. Fiber adds bulk but few calories. "In studies where people are put on different types of diets, those on the high-fiber diets typically eat about 10% fewer calories," says Slavin. Other large studies have found that people with high fiber intake tend to weigh less.

Experts suggest that men get about 38 grams of fiber a day, and women about 25 grams. Unfortunately, in the United States we take in an average of only 14 grams of fiber each day.

Interestingly, different types of fiber might affect your health in different ways. That's why the Nutrition Facts Panels on some foods list 2 categories of fiber: soluble and insoluble. Soluble fiber may help to lower blood sugar and cholesterol. It's found in oat bran, beans, peas and most fruits. Insoluble fiber is often used to treat or prevent constipation and diverticular disease, which affects the large intestine, or colon. Insoluble fiber is found in wheat bran and some vegetables.

Still, experts say the type of fiber you eat is less important than making sure you get enough overall. "In general, people should not be too concerned by the specific type of fiber," says Mahabir. "The focus should be more on eating diets that are rich in whole grains, vegetables and fruits to get the daily fiber requirement."

Source: News In Health



Chipotle Chicken Salad

INGREDIENTS

Measure	Ingredients
¼ cup	fat-free ranch dressing
1 tsp	chipotle seasoning
4 cups	lettuce (or mixed lettuce and spinach)
1 cup	fresh or frozen corn (thaw if frozen)
1-15 oz	can no-salt black beans, drained and rinsed
1	red or green pepper, chopped
1 6-oz	grilled or baked boneless/skinless chicken breast, cut into bite-sized pieces

DIRECTIONS

Mix chipotle seasoning into dressing. Toss all ingredients with dressing.

NUTRITION

Calories 400, Total Fat 5g (Sat 1g), Cholesterol 73mg, Sodium 439mg, Carbohydrate 52g, Dietary Fiber 13g, Sugars 10g, Protein 39g

NUMBER OF SERVINGS

2

A HEALTHY RECIPE BY **RICHARD COLLINS, MD**

Focaccia POCKET BURGER

Focaccia Pocket Burger

SAUCE

Measure	Ingredients
1	red bell pepper, seeded
3	tomatoes, seeded
1	clove garlic
1 cup	marinara pasta sauce
4 tbsp	fresh basil, chopped

BURGERS

Measure	Ingredients
2 lbs	lean ground turkey
½ tsp	salt
1 tsp	black pepper
2 tsp	Italian dried seasoning
2 tsp	Pernod licorice-flavored liqueur or anisette
6	Italian focaccia rolls
2 oz	shredded Parmesan cheese for garnish

Nutritional Analysis

Calories 492, Fat 8g, Cholesterol 86mg, Sodium 1,051mg, Carbohydrate 51g, Dietary Fiber 3g, Sugars 5g, Protein 52g

SAUCE

Preparation

On a moderate direct-heat grill, roast the pepper and tomatoes for approximately 30 minutes to blacken. Remove, place in a bowl, cover with a plate and cool. [Do not use a plastic bag or paper bag as these contain recycled compounds that can be harmful.] Remove the blackened skin. Coarsely chop. In a medium-sized bowl, combine the chopped roasted red pepper, tomatoes, garlic, pasta sauce and basil. Set sauce aside.

BURGERS

Preparation

In another medium-sized bowl, combine the ground turkey, salt, pepper, Italian seasoning and Pernod or anisette. Form into six patties. Grill until the inner core temperature is 170°. While the patties are grilling, cut the tops off the six Italian focaccia rolls. Hollow out the bread core to create a pocket until just a quarter inch of bread and crust remains. Be sure NOT to puncture the bottom of the focaccia bread on the grill over indirect heat to evenly toast all surfaces of the roll.

Assemble the pocket burgers by placing 3 tablespoons of the sauce into the focaccia pocket. Insert the cooked turkey patty. Hold upright and top with additional sauce. Garnish the top with the shredded Parmesan cheese.



ABOUT **Richard Collins MD**

Dr. Richard Collins, a leading authority and speaker on the prevention and reversal of heart disease, emphasizes the connection between eating well and living long. His delicious low-fat recipes have been shared with millions through his cookbook, videos, and his nationally-renowned cooking seminars. For more information, visit Dr. Collins' website at www.thecookingcardiologist.com.

MAKING THE BEST CHOICES

Weight Control And Exercise Tips

Battling weight gain in this country is a vexing issue. Staying on top of regular exercise is also equally challenging. Fortunately, there are some simple things you can do to stay physically active and avoid putting on extra pounds.

Check out these simple and easy tips.

Managing Weight Gain

- Use nutrition labels. Don't guess how many calories you're eating.
- Watch your portions. Value-size servings aren't a bargain if you're eating too much.
- Cut the sugar. Don't let sugary soda or other sweets crowd out healthy foods and drinks.
- Don't eat out of habit. Mindless eating at work or in front of the TV can pack on the pounds.
- Think about the whole meal, not just the main course.
- Use smaller dishes and containers. Larger ones encourage you to eat more.
- Keep reminders of how much you're eating. Wrappers, empty containers and bones nearby remind you of how much you've eaten.
- Get enough sleep. Less sleep is linked to higher rates of obesity.
- Get active. Look for opportunities to add physical activity to your daily routine.
- Do it together. Family, friends and coworkers can all help each other make healthy changes to their lives.

Getting Active

- ✓ Team up with a friend. It will keep you motivated and be more fun.
- ✓ Pick activities that you like to do.
- ✓ Join a fitness group.
- ✓ Track your time and progress. It helps you stay on course.
- ✓ Talk to your health care provider about good activities to try.
- ✓ Ask the worksite wellness coordinator at your job for tips and advice.
- ✓ Don't forget muscle-strengthening activities for additional health benefits.



Use smaller dishes and containers.



Team up with a friend, and pick activities you like to do.

Calcium

SHOPPING LIST

Your body needs calcium to help build strong bones and prevent osteoporosis (bone loss). Take this list with you the next time you go food shopping. Keep these tips in mind for getting enough calcium:

- ▶ Foods with at least 20% DV (daily value) of calcium are excellent choices. Check the nutrition label to see the % DV. Foods with less calcium will also help you meet your daily calcium goal.
- ▶ Don't forget Vitamin D. Vitamin D helps your body use calcium. You can get Vitamin D from salmon, milk, and some yogurt and breakfast cereals (check the label). There are also Vitamin D pills.

Milk And Milk Products

Look for fat-free or low-fat milk products. (Lactose-reduced milk products are also good sources of calcium.)

- ▶ Fat-free or low-fat (1%) milk
- ▶ Cheese (3 grams of fat or less per serving)
- ▶ Fat-free or low-fat yogurt
- ▶ Fat-free or low-fat cottage cheese

Vegetables

These green vegetables can be a great way to get more calcium. If you buy them canned, look for choices that say "low sodium" or "no salt added". If you buy frozen vegetables, choose ones without butter or cream sauces.


- ▶ Spinach
- ▶ Kale or turnip greens
- ▶ Chinese cabbage
- ▶ Broccoli
- ▶ Foods with Added Calcium

Other Foods

These foods often have added calcium. Check the % DV of calcium on the label to be sure.

- ▶ Breakfast cereal
- ▶ Tofu made with calcium
- ▶ Orange juice with calcium
- ▶ Fat-free or low-fat soy-based drinks





Remember, calcium is essential for many functions in the body, including:

- ◆ regulating the heartbeat
- ◆ conducting nerve impulses
- ◆ stimulating hormone secretions
- ◆ clotting blood
- ◆ building and maintaining healthy bones.

Getting enough of this nutrient is important because the human body cannot make it. Even after you are fully grown, adequate calcium intake is important because the body loses calcium every day through the skin, nails, hair, and sweat, as well as through urine and feces. This lost calcium must be replaced daily through the diet. Otherwise, the body takes calcium from the bones to perform other functions, which makes the bones weaker and more likely to break over time. Fortunately, calcium is a mineral found in many foods.

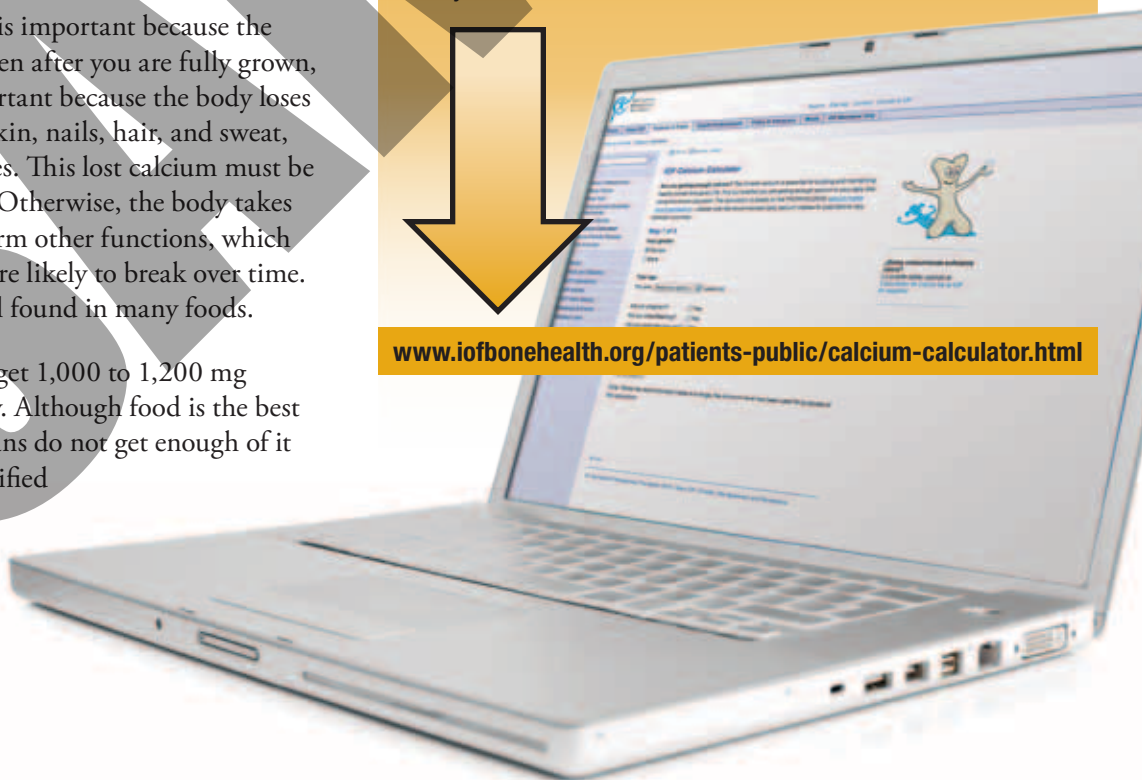
Experts recommend that adults get 1,000 to 1,200 mg (milligrams) of calcium each day. Although food is the best source of calcium, most Americans do not get enough of it from food sources. Calcium-fortified foods (such as orange juice, bread, cereals, and many others on grocery shelves) and calcium supplements can fill the gap by ensuring that you meet your daily calcium requirement.

Check Out The Calcium Calculator!

Are you getting enough calcium? The mineral calcium is essential for building and maintaining healthy bones throughout life. Find out whether you are getting enough calcium in your daily diet, using this simple calculator. The calculation is based on the FAO/WHO (2002) calcium intake recommendations—please note that recommended daily calcium intakes for populations vary between countries. To access the Calcium Calculator insert this link into your web browser.



www.iofbonehealth.org/patients-public/calcium-calculator.html



Possible Causes Of Primary Ovarian Insufficiency

Many aspects of POI remain mysterious—including its cause. Only 10% of cases can be traced to either a genetic condition or to autoimmunity—a disorder in which the immune system attacks the body's own tissues.

Nelson's research has shown that the unexpected loss of fertility often leads to grief and symptoms of anxiety and depression in women with POI. But a recent study from his lab suggests that most young women and teens with POI still have immature eggs in their ovaries. The finding raises the possibility that future treatments might be developed to restore fertility to some affected women. Even without treatment, up to 1 in 10 women with POI may unexpectedly become pregnant after their condition is diagnosed.

Irregular or stopped periods might be a sign of other conditions, including eating disorders or too much exercise. A simple blood test for elevated levels of a molecule called follicle stimulating hormone (FSH) can help to confirm a diagnosis of POI.

"Having regular menstrual periods is a sign that the ovaries are working properly," says Nelson. "If that isn't happening, it's important for girls and young women to talk to their health care provider and find out why."

Nelson is now looking for 18- to 42-year-old women with POI to enroll in clinical studies at NIH.

For more information, visit <http://poi.nichd.nih.gov>.

Source: National Institutes Of Health

TOO Young FOR Hot Flashes?

WHEN MENOPAUSE-LIKE SYMPTOMS COME TOO SOON

Hot flashes, night sweats, loss of regular menstrual periods and sleep problems. These familiar symptoms of menopause appear in most women around age 50. But if they arise before age 40—which happens for about 1 in 100 women—it's a sign that something's wrong. Early symptoms like these could be a sign of a little-understood condition called primary ovarian insufficiency (POI).

Most women with POI are infertile. They're also at risk for bone fractures and heart disease. And many aren't aware they have POI.

"Symptoms of POI can be missed because young women may not realize they're having symptoms similar to menopause. They may not think hot flashes are worth mentioning to a doctor," says Dr. Lawrence M. Nelson, a researcher and physician at NIH. "Some teens and young women think of the menstrual cycle as a nuisance, and they don't mind missing periods. They don't take it seriously, and that's a mistake." Missing or irregular periods are a major sign of POI.

When young women have POI, their ovaries don't work normally. They stop regularly releasing eggs and cut back production of estrogen and other reproductive hormones. These same things happen when older women go through menopause, which is why the symptoms are similar. As with menopause, POI symptoms can often be relieved by hormone replacement therapy, usually an estrogen patch. And as with menopause, POI puts women at risk for bone loss. But with a proper diagnosis of POI and early treatment, bone health can be protected.

POI was previously known as "premature menopause" or "premature ovarian failure." But research has since shown that ovarian function is unpredictable in these women, sometimes turning on and off, which is why many physicians now prefer the term primary ovarian insufficiency.

Source: National Institutes Of Health



PREVENT BED BUGS

QUICK TIPS

With all of the recent reports of bed bug encounters, it certainly has a lot of people's skin crawling. While it can be hard to get rid of bed bugs once they're in your home, there are things you can do to prevent an infestation. Follow these simple steps to help prevent them.

Learn the basics about bed bugs.

- Bed bugs are small, reddish-brown bugs that eat human blood. They're about the size of an apple seed.
- Bed bugs travel from place to place in luggage, clothes, boxes, and used furniture. They can also move between apartments through small cracks.
- Bed bugs only come out at night.
- Bed bug bites can cause large, itchy bumps on some people. Other people don't have any reaction at all.
- Use a flashlight to check for bed bugs.
- Check for bed bugs hiding in the mattress, box spring, and bed frame. Be sure to look under the mattress and along the seams (edges).
- Search other furniture near the bed, like end tables.
- Check the mattress for small, reddish spots; this could be a sign of bed bugs.

Check for bed bugs when you travel.

- Put your luggage on a luggage rack or the bathroom floor. Don't put it on the bed.
- Follow the steps above to check for bugs where you are staying.
- If you see signs of bed bugs, call the hotel desk or tell your host right away.
- Take extra care with your luggage when you get home from a trip.
- Keep your travel clothes separate from other laundry. Wash them in warm water right away.
- Vacuum your luggage to get rid of any hitchhiking bed bugs.

Act right away if you see a bed bug in your home.

- Don't try to get rid of the bugs yourself. You could make the problem worse by spreading the bugs to other rooms in your home.
- Use clear tape to attach the bug to a white piece of paper. Show it to a pest control expert to make sure it's a bed bug.
- Call a pest control company to check your home.

For more information on bed bugs, visit: http://www.nysipm.cornell.edu/whats_bugging_you/bed_bugs/bedbugs_faqs.asp

US Department Of Health And Human Services

Itchy, Scaly Skin?

Living With Psoriasis

The thick, red, scaly skin of psoriasis can be not only painful but also embarrassing. You may have it or know someone who does. Psoriasis affects more than 3% of the U.S. population.

Most people get psoriasis on their elbows, knees, scalp, back, face, palms and feet. It can show up on other parts of the body, too, including fingernails, toenails, genitals and inside the mouth. Besides being uncomfortable, these patches of skin can make you self-conscious about the way you look.

“Psoriasis can be socially isolating for many people,” says Dr. Joel Gelfand, a psoriasis researcher at the University of Pennsylvania. “Often, people can become depressed.”

Psoriasis is not a disease you can catch from others. It’s caused by an overactive immune system. The immune system essentially raises false alarms, which lead to inflammation and a rapid turnover of skin cells.

Normally, skin cells take about a month to grow deep in your skin and then rise to the surface. In psoriasis, the cells rise in a matter of days, before they have a chance to mature. The new cells and existing cells all pile up on the surface of the skin. The result is redness, irritation and discomfort.

Unfortunately, psoriasis can affect more than just the skin. It causes some people to have swollen joints and arthritis. Studies have also linked psoriasis to higher risks for diabetes, obesity, abnormal cholesterol, strokes and heart attacks.

“For these reasons, it’s especially important for psoriasis patients to get their blood pressure checked, quit smoking if they smoke, and maintain a healthy body weight,” Gelfand says.



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INTERACTIVE MINDS

Psoriasis: Causes & Symptoms

Researchers are continuing to look into the causes of psoriasis. The genes you inherit affect your chances of getting the disease, but other factors are also involved, too. “We’re understanding more about psoriasis every day,” Dr. Joel Gelfand says.

Symptoms of psoriasis can come and go. There are several forms of psoriasis—each with a distinctive appearance—and some people have more severe cases than others. Anyone with psoriasis should pay attention to stress, dry skin, infections and certain medications, as these factors could make the condition worse. Your doctor can give you some guidance.

The good news, says Gelfand, is that the past decade has brought about more treatments for psoriasis than ever before. Doctors now have many more options to help their patients manage and cope with the disorder.

