Healthy Perspectives

HAPPY EARTH DAY APRIL 22

April 2019

"Your Source For A Happy and Healthy Lifestyle"

DIGEST

Fitness Adventure

Sometimes motivation to exercise can fizzle and sputter out. That's when a sense of adventure can inspire something new. You don't have to climb mountains or go skydiving to have a fulfilling adventure. Whether wandering through a woodland path, taking a leisurely walk on a nature trail or biking to the store, simply mixing things up by trying new approaches, propels us toward new experiences.

Adventure is about embracing the unexpected and letting things come to us. Time to explore and think is good for the mind and the body. By embracing adventure, you will likely stumble on new and creative ways to move and play.

- **Take a class** related to an outdoor skill, hobby or interest such as gardening, hiking safety or survival skills.
- **Visit a new park** each weekend in the spring.
- **Plan an active vacation** to a place you've never been before.

So embrace your spirit for adventure and let it motivate you to explore new paths, experiences and ways to be active and feel more alive.

"**OH**, the places you'll **GO**."

Dr. Seuss

INSPIRE TO MOVE

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10 Healthy Spring Foods and How To Enjoy Them

Spring is a time for all things to come alive and experience renewal. Farmer's markets are filled with vibrant new vegetables and fruits that are ripe for the picking. **Brighten your table with these spring fruits and vegetables:**

1. **Arugula.** Combine with olive oil, lemon, salt and pepper.
2. **Apricots.** Grilling apricots brings out their sweetness and adds a delicious smoky flavor.
3. **Artichokes.** Boil, grill, braise or stuff and bake.
4. **Asparagus.** Roasted with olive oil so they retain a snapping crisp texture.
5. **Avocados.** Smashed into guacamole or added to sandwiches or salads.
6. **Beets.** Juice them, roast them or julienne to shave into salads.
7. **Carrots.** Add crunch to salads, as a grab and go snack or sautéed with a sweet glaze.
8. **Chives.** Add to potatoes, eggs, cheese and sour cream.
9. **Peas.** Straight out of the pod, add to stir fries, noodle dishes or puree into soup.
10. **Radishes.** Slice thin for a raw salad.

The Food **YOU DESIRE**

When lions are hunting for dinner, they aren't picky about what kind of animal will be their nourishment as they are hungry for meat! Elephants are grazers and eat plants of almost any size from grass to trees. It would be unheard of for a lion to pass up a gazelle because it had a craving for a hyena or for an elephant to walk past tree bark searching for a different flavored twig. So why is it humans are often motivated to eat based on what we feel like eating (pizza), rather than what our body is hungry for (nutrients)?

An array of biochemical signals are sent between the brain and the body to control both hunger and appetite. **Hunger** is a physical need for food, while **appetite** is a desire for food.

Moods and emotions like stress, loneliness or boredom can trigger cravings for fatty, sugary or salty foods instead of more nutritious options. Emotional eating can override signals of fullness.

Physical conditions such as blood sugar levels, hormones and even exercise can also influence appetite.

Being able to distinguish whether hunger or appetite is driving one's next meal or snack is key to making a wise choice. This doesn't mean to ignore cravings or a desire for food, instead be aware of what is motivating your choice and mindful deciding what and when to eat.

"A **PARTY** without cake is just a **MEETING.**" *Julia Child*

RECIPE OF THE MONTH

Artichoke and Spinach Grilled Cheese

2 slices of your favorite bread
½ Cup raw baby spinach
1/3 Cup chopped artichoke hearts
2 slices provolone cheese
Dab of butter
1 Tsp Olive oil
¼ Tsp garlic powder

Heat the pan to medium-low. Toss together in a bowl spinach and artichoke hearts. Add olive oil , garlic and season with salt and pepper. On a piece of bread, place one slice of cheese then add the spinach and artichoke mix. Top with another slice of cheese and the second piece of bread. Place a dab of butter in the pan and put sandwich on top until golden brown, repeat on other side.

NOURISHING YOU

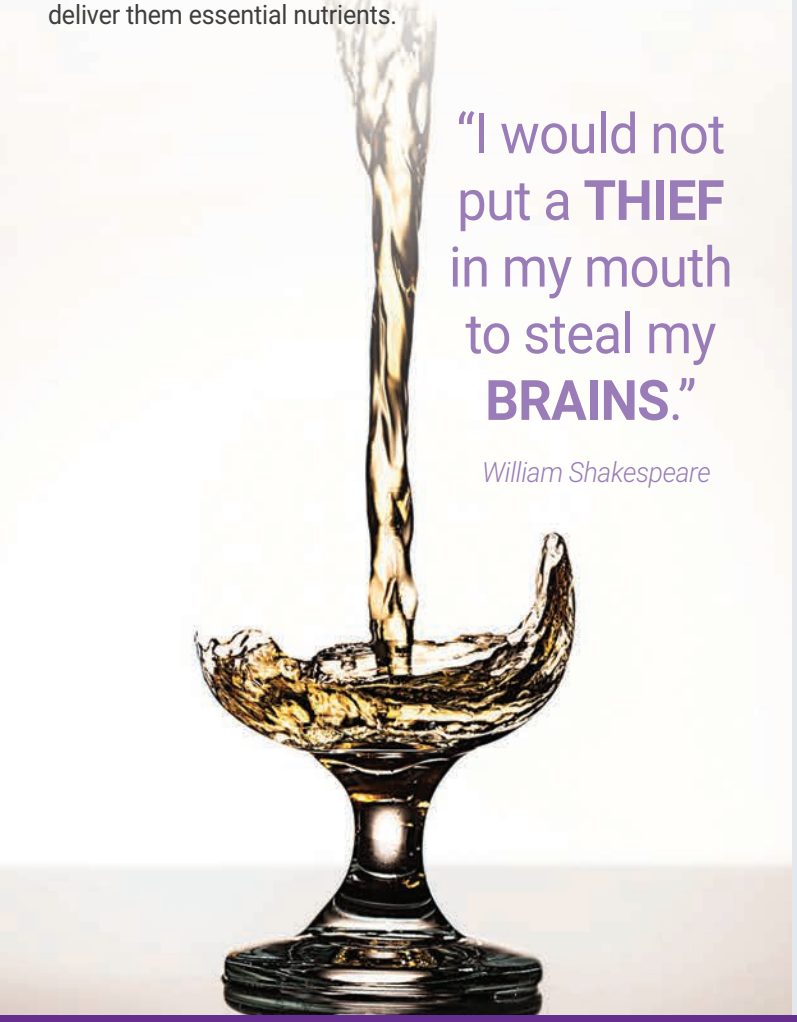
Your Kidneys and **ALCOHOL**

The kidneys have the life-sustaining job of filtering and returning to the bloodstream about 200 quarts of fluid every 24 hours. If the kidney's ability to filter the blood is seriously damaged by disease, wastes and excess fluids may build up in the body.

YOUR KIDNEYS FILTER HARMFUL SUBSTANCES FROM YOUR BLOOD:

- Alcohol can cause changes in the function of the kidneys and make them less able to filter your blood.
- Your kidneys keep the right amount of water in your body:
- Alcohol dehydrates the body and affects the normal function of the kidneys.
- People who drink more than two drinks a day are more likely to have high blood pressure:
- High blood pressure is a common cause of kidney disease.

To keep your kidneys healthy, drink less alcohol and more water. Water helps the kidneys remove waste, keeps your blood vessels open so that blood can travel freely to your kidneys and deliver them essential nutrients.



"I would not put a **THIEF** in my mouth to steal my **BRAINS**."

William Shakespeare

Trust In **YOU**

There is one person that you know that you can count on. ***Yourself***. Negative memories, past mistakes or bad decisions can make it difficult to trust ourselves. You can learn to trust yourself. Acknowledging the challenge and having compassion can allow us to choose to trust ourselves in a real way. Self-trust means that you can take care of your needs and safety and that you refuse to give up on yourself.

- **Know when you need to care for yourself first.** When you make mistakes, get up and try again.
- **Keep promises to yourself.** Making a commitment to yourself and following through builds trust.
- **Practice listening to your intuition.** We all have a deep sense of what is true and right for us in most situations.
- **Speak kindly to yourself.** Forgive yourself for mistakes you've made or regrets you have. Let go of the idea of being perfect and having to do everything right.

Self-trust isn't about perfection, it's about practicing kindness and pursuing what you want without limits.

Practices To Strengthen Your Connection To Self

1. **Meditation.** Focus inward and allow yourself to know more about who you are and what you want.
2. **Gratitude.** Try being grateful for a part of your personality.
3. **Connection.** Choose to spend time with people who encourage you and your efforts.

HEALTH & HARMONY

"**DISTRACTION** wastes our energy, **CONCENTRATION** restores it."

GOOD DECISIONS

Just One **SECOND**

Just one second of your attention when driving is all it takes to change a life forever. A glance at a text, answering a call, or drifting attention to a conversation even hands-free while driving is a life-threatening distraction. Cell phones and new vehicle technology distract our brains even when the driver doesn't realize it.

BELOW ARE COMMON DRIVER MULTITASKING MYTHS:

MYTH #1: Drivers Can Multi task.

REALITY: Driving and cell phone conversations both require a great deal of thought. When doing both at the same time, our brain is unable to do either well.

MYTH #2: Talking on a cell phone is no different than talking to a passenger.

REALITY: Adult passengers can help driver by alerting them to traffic problems.

MYTH #3: Speaking hands-free is safe.

REALITY: Drivers talking on cell phones have slower reaction times to their environment like pedestrians and red lights.

MYTH #4: Talk-to-text is safe to do when driving

REALITY: It's actually still very distracting, mentally and visually.

QUIZ

1. **A sense of adventure can revitalize your mind and body by:**
   a. inspiring new and creative ways to move and play.
   b. propelling us to new experiences.
   c. simply mixing things up.
   d. all of the above.

2. **Which explains the difference between hunger and appetite?**
   a. Only lions are hungry.
   b. Hunger is a physical need for food and appetite is a desire for food.
   c. Appetite is always powered by emotional eating.
   d. Hunger is feeding your cravings.

3. **How does multitasking affect drivers?**
   a. Just one second is enough to create a life-threatening distraction.
   b. Cell phones distract our brains even when talking hands-free.
   c. Drivers can be distracted without even realizing it.
   d. All of the above.

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ANSWERS: 1.D 2.B 3.D

The information in this publication is meant to complement the advice of your health care providers, not replace it.
Before making any major changes in your medications, diet or exercise, talk to your doctor.
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