

Healthy Perspectives

February 2019 "Your Source For A Happy and Healthy Lifestyle" DIGEST

Inspire To Move: Stretches To Help Back Pain

If you've ever experienced back pain, you are not alone. Whether suffering from a dull, constant ache to a sudden, sharp sensation before debilitating pain, relief and prevention are essential.

BACK PAIN MAY BE PREVENTED BY:

- Maintaining correct posture. Don't slouch while standing or sitting.
- Lifting objects properly. Lift from the knees, pull the stomach muscles in, keep your head in line with a straight back, and do not twist when lifting.
- Making moderate physical activity a daily habit.
- Managing weight. Significant amounts of weight can put stress on the back.
- Stretching regularly. Stretching loosens muscles, and can strengthen the back.

TWO SIMPLE STRETCHES TO HELP RELIEVE BACK PAIN ARE:

1. **Knee to chest.** Lie flat on your back with toes pointed to the sky. Slowly bend your right knee and pull your leg up to your chest. Wrap your arms around your thigh, knee or shin, and gently pull the knee towards your chest. Repeat with left knee.
2. **Lying knee twist.** Lie on your back with legs extended straight out. Bend the right knee up and cross it over the left side of your body. Repeat with left leg.

**"Blessed are the FLEXIBLE,
for they shall not be bent
out of SHAPE."**

Michael McGriffy M.D.





Is Gluten-Free FOR ME?

We are in a time of heightened gluten awareness. Grocery stores and restaurants now offer gluten free options, but does gluten-free mean healthier? Gluten is a protein found in many grains, including wheat, barley and rice. It's common in breads, pasta and cereal. People with celiac disease have an immune reaction that is triggered by gluten. It's estimated that about 1% of the population suffers from celiac disease, so why does the Consumer Reports National Research Center reveal that 63% of Americans believe a gluten-free diet could improve their mental or physical health?

THE DOWNSIDES OF GLUTEN-FREE DIETS ARE:

- While gluten provides no essential nutrients, gluten-free foods are commonly less fortified with folic acid, iron and other nutrients than regular, gluten containing foods.
- Gluten-free substitute foods tend to have more sugar and fat.
- Gluten-free foods can be more expensive than their conventional version.

People with celiac disease, wheat allergy or those who feel unwell when they consume gluten should avoid it. If you can eat gluten without trouble, there is no compelling evidence that a gluten-free diet will improve health.

NATURAL GLUTEN- FREE FOODS INCLUDE:

Fruits & vegetables, meat & poultry, fish and seafood, dairy, beans, legumes and nuts.

For a list of grains and other starch-containing foods that are naturally gluten-free visit <https://bit.ly/2G6q8HE>

Six Salty Foods To PASS ON

Our food is overflowing with salt even without a shake here and there. Americans consume more than double the amount of sodium recommended. The American Heart Association recommends less than 1,500 milligrams a day. Over that, sodium puts us at risk for heart disease and elevated blood pressure. Eating more fresh home-cooked meals and less processed foods are easy ways to combat sodium overload. Be aware of these six foods that are full of salt that you may not know:

1. **Bread and rolls.** 100-200 milligrams per slice.
2. **Cold cuts and cured meats.** Sodium is about 400 percent higher, on average, in processed meats.
3. **Packaged soups.** A single serving of canned soup often contains 600-1000 milligrams of sodium, almost an entire day's worth. Homemade soups without store bought broth or bullion are a better option.
4. **Pizza.** Crust, cheese, tomato sauce, pepperoni and sausage are all high sodium ingredients. Go light on the cheese and opt for veggie toppings instead of meat.
5. **Burgers and sandwiches.** Fast food sandwiches can contain more than 100 percent of your daily suggested dietary sodium.
6. **Tacos and burritos.** Fill and stuff with vegetables like grilled peppers and onions and less meat and cheese.

“FOOD is an important part of a BALANCED diet.” *Fran Lebowitz*



RECIPE OF THE MONTH



Thai Chicken Pasta Skillet

- | | |
|--------------------------------------|--------------------------------|
| 6 oz. uncooked whole wheat spaghetti | 2 cups julienned carrots |
| 2 tsp. canola oil | 2 cups shredded cooked chicken |
| 10 oz. sugar snap peas | 1 cup Thai peanut sauce |
| | Chopped fresh cilantro |

Cook spaghetti and drain. Heat oil in a large skillet over medium heat. Add snap peas and carrots; stir fry 6-8 minutes. Add chicken, peanut sauce, spaghetti and toss to combine. Heat through and serve.

HEALTHY LOVE

The idea that true love conquers all comes from and should stay in the storybooks. Love in and of itself, is usually not enough. Healthy relationships and enduring love come from two healthy, whole people.

HEALTHY LOVE IS NOT...	HEALTHY LOVE IS...
Two halves making a whole, completing one another or one person satisfying another's needs	Mutual balance of give and take
Total involvement, neglect of interests and old friends	Separate interests, maintain other meaningful relationships
Attraction and obsession	Development of self-priority first
Preoccupation with other's behavior	Encouragement of each other's continued growth
Possessiveness or jealousy	Appropriate trust
Blaming, passive or aggressive manipulation	Compromise and negotiation

Love is not supposed to be painful. See relationships not as a goal, but as an opportunity for growth.



Get UNCOMFORTABLE

Trying something new forces you to grow. It's time to get unstuck and go beyond your comfort zone when the purpose is to try new things or to engage in a unique experience. Life routines can become so familiar that it becomes easy to cruise through life feeling stale and stagnant. New experiences can reinvigorate your life with energy and excitement.

THE BENEFITS OF TRYING NEW THINGS INCLUDE:

Overcome Fear. Once you conquer the hurdle of fear, new opportunities appear.

Get to Know Yourself Better. Realize unknown likes and dislikes.

Stimulate Creativity. New experiences put your brain in unique situations that force it to think outside the box.



10 IDEAS FOR NEW EXPERIENCES

1. Learn a phrase in a new language.
2. Listen to a song in a genre of music you haven't tried before.
3. Try a new food or type of cuisine.
4. Say hello to a neighbor or co-worker that you don't usually talk to.
5. Try painting or pottery.
6. Go to bed an hour earlier.
7. Take a new route to work.
8. Learn a new musical instrument.
9. Go to a concert.
10. Turn off your phone or devices for a period of time.



"I am always DOING that which I cannot do, in order that I may LEARN how to do it."

Pablo Picasso



Making WISE Medical Choices

Making health decisions for ourselves or our loved ones can influence overall well-being and the quality of our medical care.

WHEN MAKING A HEALTH DECISION CONSIDER:

1. The benefits of each option
2. The risks of each option
3. Your own needs and wants
4. The cost of each option

People who work with their doctors to make health decisions are happier with the care they receive and the results they achieve.

“It does not take much strength to DO THINGS, but it requires a great deal of strength to DECIDE what to do.” *Elbert Hubbard*

QUIZ

GOOD DECISIONS

1. **Back pain can be experienced as:**
 - a. Dull pain
 - b. Constant ache
 - c. Sharp sensation
 - d. Debilitating pain
 - e. All of the above
2. **Which of the following is NOT listed as a salty food?**
 - a. Bread and rolls
 - b. Cold cuts and meat
 - c. Pasta
 - d. Pizza
3. **Which are benefits of trying new experiences?**
 - a. Overcoming fear, wearing new clothes, makes the days pass faster.
 - b. Overcoming fear, get to know oneself better, and stimulates creativity.
 - c. Creating routines that feel stale and stagnant.

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. ©2019 Inspired Perspectives LLC. www.InspiringPerspectives.com • info@inspiringperspectives.com • 904.641.1208

