

Healthy Perspectives



November 2019

"Your Source For A Happy and Healthy Lifestyle"

DIGEST

FUN and Fundraising

Participation in walking events and races can be a fun, low-impact way to get activity while helping to build awareness and raise funds in support of good causes. You can use the event as an end goal training plan, a personal challenge or just a way to get outside. If you haven't raced or walked in an official event, here are some guidelines to consider:

- 1. Choose your challenge.** Decide on distance and venue. If signing up for a 5k, but you haven't been walking several miles a day already you will want to prepare.
- 2. Gear up.** A reliable and comfortable pair of shoes will be your key to success.
- 3. Preparation.** Build endurance and stamina through training. Get out daily and set goals to start at a slower pace and shorter distance, increasing gradually.
- 4. Fuel up.** Replace highly processed foods with fresh fruits, vegetables and lean protein.

Whether you decide to walk or run, be sure to warm-up for about ten minutes and have fun on your way to the finish line.

"The most
EFFECTIVE way
to do it, is to **DO IT.**"

Amelia Earhart



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INSPIRE
TO MOVE



Portion Impossible

Thanksgiving dinner can leave more than just the turkey stuffed. Indulging in favorite holiday foods just one day isn't so bad if you eat a balanced diet most days of the year. Overeating regularly can stretch your stomach's capacity. Being mindful about the serving sizes you put on your plate is one of the best things you can do for healthy weight management.

This turkey day, select healthy portions of your favorite foods and always fill half your plate with non-starchy vegetables. Before piling on the fixins, reference these healthy portions of traditional holiday foods:

Foods	Serving Size	About the Size of:
Turkey (white meat)	3 ounces	Deck of cards
Gravy	¼ cup	Golf ball
Mashed potatoes	½ cup	Half a tennis ball
Stuffing	½ cup	Ice cream scoop
Cranberry sauce	¼ cup	Golf ball
Pie	⅛ of a 9" pie	Light bulb

Food To Be Thankful For

Food keeps us alive and gives us the energy to do the things we love and be with the people we care about. Food is something to be grateful for. Stop and think about what it takes to get the food on your plate and be thankful for the abundance of food we have.

Here are a handful of healthy and delicious foods to be thankful for and ideas to enjoy them:

Avocados. Low in sugar and high in fiber and good monounsaturated fat. They help fill you up and feel fuller longer. Spread on whole-wheat toast, dice and add to salads or mash into a dip.

Beans. So many varieties and all full of fiber and protein.

Nuts. Unsalted, raw, fresh nuts are tasty, diverse and easy to eat.

Sweet potatoes. Comfort food that also promotes healthy skin, lowers cholesterol and has anti-cancer properties.

Berries. Flavor explosions full of nutrients to help cell damage and overall health. Eat them by the handful, add to cereal, add to smoothies, or replace jelly in your peanut butter sandwich.

"BE THANKFUL for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have ENOUGH."

Oprah Winfrey



RECIPE OF THE MONTH



NOURISHING YOU

Sweet Potato Pancakes

- 1 sweet potato roasted and cooled
- 2 large eggs beaten
- Dash of cinnamon
- Cooking spray

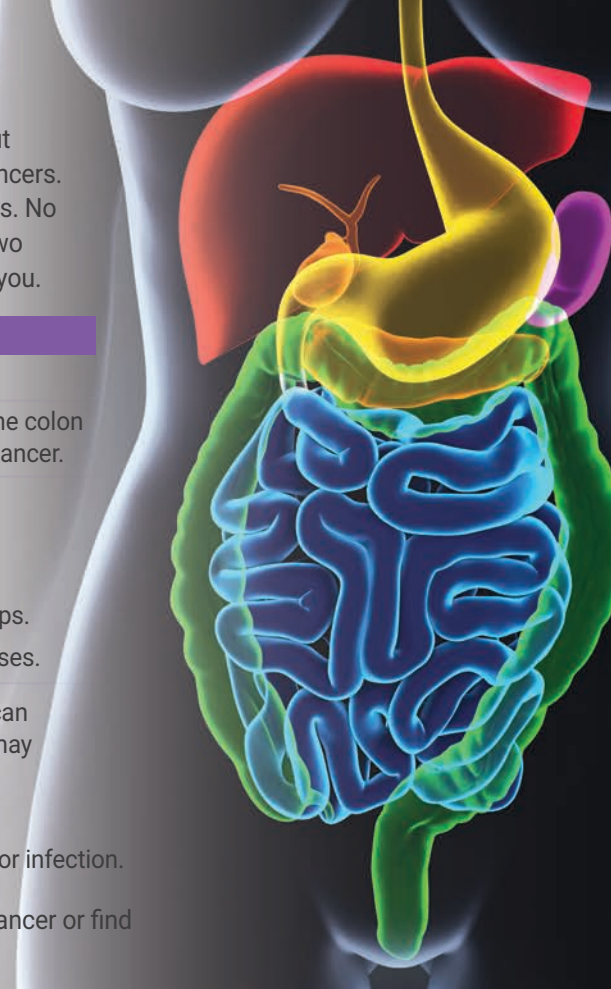
Place roasted and cooled sweet potato in a medium bowl. Remove the peel and mash. Whisk in the eggs and cinnamon. Coat a pan/griddle with cooking spray and heat over medium high heat. Spoon out ¼ cup of batter onto pan and cook 5 to 7 minutes on one side. Flip and cook another 3-5 minutes.

Check Your Pipes

Colorectal cancer is a leading cause of death for both men and woman in the U.S., but when found early through screening tests, can be removed before developing into cancers. Several tests can be used to screen for colorectal cancer and other digestive diseases. No matter what test you choose, the most important thing is to get screened. Here are two different types of tests available. Talk to your doctor about what options are best for you.

Test Type	Stool-Based Test	Visual (Structural) Exam
Test	Fecal immunochemical test (FIT)	Colonoscopy
Purpose	Checks the stool for signs of cancer.	Looks at the structure inside the colon and rectum for early signs of cancer.
Pros	<ul style="list-style-type: none"> • Less invasive and easier to have done. • No direct risk to colon. • No bowel prep • Typically involves a test kit which can be done at home. 	<ul style="list-style-type: none"> • Can be done less often than stool-based tests. • Looks at the entire colon. • Can biopsy and remove polyps. • Helps find some other diseases.
Cons	<ul style="list-style-type: none"> • Need to be done more often. • Can miss many polyps and some cancers. • Can have false-positive • Colonoscopy needed if abnormal. 	<ul style="list-style-type: none"> • Preparation before the test can be unpleasant and the test may be uncomfortable. • Usually requires sedation. • Small risk of bleeding, tears or infection.

Not getting screened as recommended is missing the chance to prevent colorectal cancer or find it early when treatment often leads to a cure.



Breathe In The Good

Breath is a vital function of life. That's why it's important to keep your lungs healthy. The inhalation of harmful chemicals can cause irreversible lung damage and disease.

Cigarette Smoke. Major cause of lung cancer and chronic pulmonary disease (COPD). Cigarette smoke over time, destroys lung tissue and may trigger changes that grow into cancer.

E-cigarettes. The long-term impact on someone's lungs from vaping is unknown. The Food and Drug Administration has not found any e-cigarette to be safe and effective in helping smokers quit. Using e-cigarettes causes health risks.

O₂ Just Breathe. Lungs are our organs that allow the body to take in oxygen from the air. When we inhale, oxygen-rich blood is carried to the heart that pumps the blood to the rest of the body.

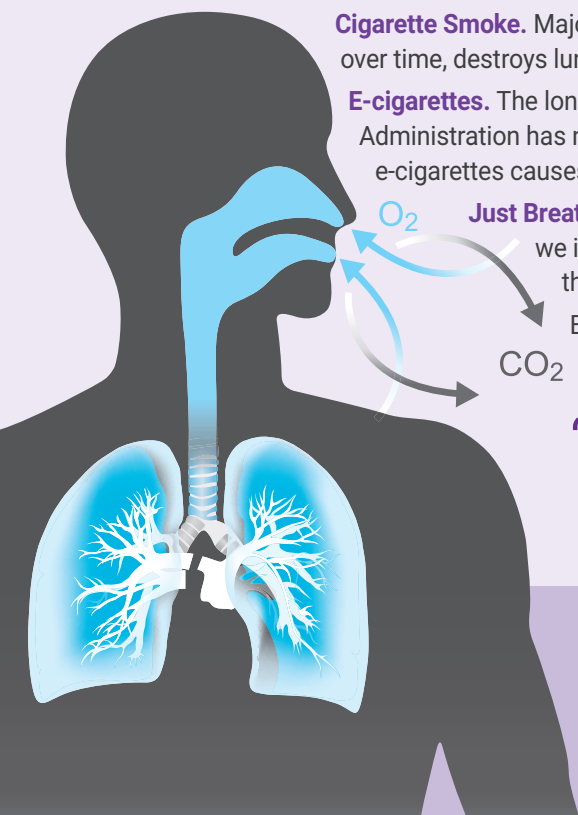
CO₂ Be mindful of each breath and experience gratitude for the simple act of inhaling. Choose to inhale good air your body needs to live and function at its best.

“For breath is LIFE, and if you breathe well you will live long on EARTH.”

Sanskrit Proverb

SIMPLE STRATEGIES TO HELP QUIT SMOKING

- **Get motivated.** Make a list of all your reasons for wanting to quit.
- **Know your triggers.** Develop a plan to handle urges.
- **Set a quit date.** Get support from friends, family and websites. Example <https://smokefree.gov>



SHOULD YOU Clean Your Ears?

Earwax is like a self-cleaning filter for your ears, trapping dirt and dust. Doctors agree, never to put something smaller than your elbow into your ear canal. That means that cotton swabs can be used to remove earwax from the outside of the canal of your ears very carefully, but never inserted into the ear canal.

Wearing hearing aids, ear plugs or putting a cotton swab inside the ear canal can cause excess wax to develop. If too much earwax builds up and starts to cause symptoms the safest way to have it removed is to visit a doctor.

IF YOU FEEL LIKE YOU HAVE TOO MUCH EARWAX BUILDUP YOU CAN GENTLY CLEAN THE OUTSIDE OF YOUR EARS:

- Wipe the area using a warm, damp washcloth.
- Drain and rinse with over-the-counter eardrops that soften the wax.
- Irrigate your ears using a syringe filled with water or a saline solution.

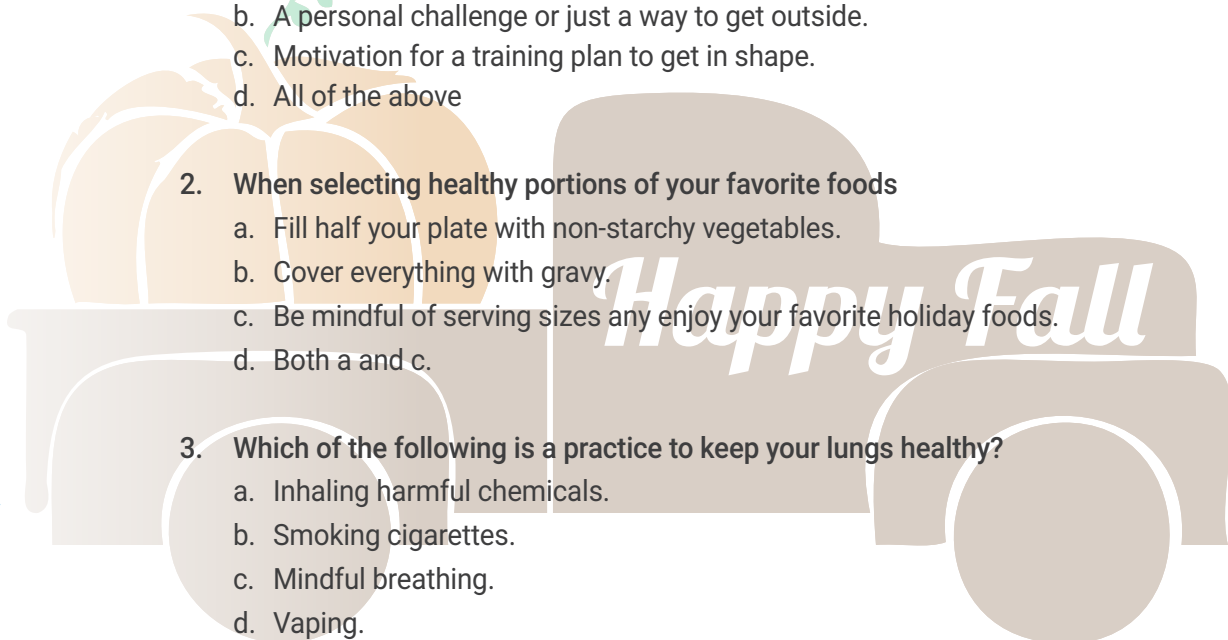
Ears usually do a good job cleaning themselves.



“But Alas...**EARWAX!**” *J.K. Rowling*

ANSWERS: 1. D 2. D 3. C

1. **Participating in charity runs and walks can be:**
 - a. A fun, low-impact way to get active while helping to build awareness for a good cause.
 - b. A personal challenge or just a way to get outside.
 - c. Motivation for a training plan to get in shape.
 - d. All of the above
2. **When selecting healthy portions of your favorite foods**
 - a. Fill half your plate with non-starchy vegetables.
 - b. Cover everything with gravy.
 - c. Be mindful of serving sizes any enjoy your favorite holiday foods.
 - d. Both a and c.
3. **Which of the following is a practice to keep your lungs healthy?**
 - a. Inhaling harmful chemicals.
 - b. Smoking cigarettes.
 - c. Mindful breathing.
 - d. Vaping.



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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