

P Healthy Perspectives

September 2018 "Your Source For A Happy and Healthy Lifestyle" DIGEST

Inspire To Move: Sore Muscles? Skip the Pain Meds

Muscle soreness can be a natural outcome of physical activity and eating certain fruits and vegetables can also be a natural way to help relieve the discomfort by reducing inflammation. Fruits and vegetables can fuel your physical performance by providing energy before and decrease muscle soreness after your work out.

The following foods contain anti-inflammatory nutrients:

Tomatoes. No matter how you pronounce it, this fruit is rich in vitamin C, potassium, and lycopene.

Avocados. This trendy food is more than just a pretty topping for toast. Avocados contain carotenoids and tocopherols that reduce cancer risk and inflammation.

Berries and apples. These fruits are rich in natural antioxidants and polyphenols, which reduce risk of disease and naturally protect the body.

Green leafy vegetables. Leafy greens such as spinach, kale, bok choy, and collard greens are best, but rule of thumb is: the darker, the better.

Watermelon. A slice of watermelon is a great pre-workout snack that will prevent inflammation and keep you hydrated.

Next time you are reaching for that post-workout pain reliever, opt instead for anti-inflammatory foods.



"MOVEMENT is a medicine for creating change in a person's physical, emotional, and mental states." *Carol Welch*



FOODS That Lower Cholesterol and Blood Pressure

High cholesterol and high blood pressure can affect anyone, despite age or gender. A genetic predisposition can even make regular exercise less effective in combating high numbers. However, no matter your genes, it is important to choose a diet that prevents or lowers high blood pressure and cholesterol.

Oats, barley, and other whole grains. High in fiber, these foods will improve your cholesterol. Opting for a bowl of oatmeal with fruit for breakfast and skipping the sugary cereal is a great way to improve your numbers. They also lower the risk of heart disease.

Nuts. This quick and easy snack is great for the heart. Almonds, walnuts, and even peanuts can lower LDL.

Fruits such as apples, berries, and citrus. These fruits are super rich in fiber and nutrients that are good for a healthy heart.

Fatty fish. Adding salmon or mackerel to your rotation two times a week will protect the heart. Omega-3s reduce triglycerides and LDL.

Vegetable oil. There has been a lot of back and forth over the years regarding oils. However, canola, safflower, sunflower, and grapeseed oil are great alternatives to butter.

When selecting the best foods for blood pressure and cholesterol, remember to avoid certain foods as well. Saturated fats in animal and dairy products and trans fats should be avoided. In addition, exercise will keep your LDL down.

ANTI-AGING Foods

Whether you want to prevent wrinkles or combat cancer, antioxidant rich foods act as a protector for the skin. Combined with proper water consumption, sunblock, and healthy choices, eating these foods can lead to anti-aging effects.

Orange and yellow fruits and vegetables. Carrots are rich in beta-carotene, which convert to vitamin A (retinol) in the body. Sweet potatoes and pumpkin also contain beta-carotene. Vitamin C, found in oranges, mango, and cantaloupe, protects the skin from UV rays and contributes to collagen synthesis.

Tomatoes. Lycopene, released in tomatoes when cooked, eliminate free-radicals caused by the sun. They also contain beta-carotene and Vitamin C.

Beans and lentils. These little guys are packed with fiber, iron, and potassium. Lentils and beans promote healthy hair, skin, and nails.

Salmon and other fatty fish. Omega 3 fatty acids found in salmon and other fish such as mackerel are great for internal and external health. Benefits include improved skin quality and slowing down the aging process.

Nuts. Walnuts, for example, are high in phytochemicals, which reduce inflammation in the skin (and they even have anti-aging properties that are beneficial to the brain)! Almonds are another great option.

The next time you are about to drop a lot of money on an expensive anti-aging cream, opt instead for these yummy foods. Eating them just a few times a week can lead to healthier, more vibrant skin.

“and I said to my body, softly ‘I want to be your friend.’ It took a long breath and replied, ‘I have been waiting my whole life for this’.”

Nayyirah Waheed



RECIPE OF THE MONTH



Honey-Nut Apples

3 large apples, sliced thick
¼ chopped walnuts
1 Tbsp honey

2 Tbsp butter
2 Tbsp brown sugar
½ teaspoon ground cinnamon

Melt butter in a large skillet over medium heat. Stir in brown sugar and cinnamon until blended. Add apples and walnuts. Cook, stirring occasionally, for 8-10 minutes or until apples are tender. Remove from heat and drizzle with honey.

Staying As Young AS YOU FEEL

We've all heard the saying, "You're only as young as you feel!" However, some days, it may be difficult to feel good if you're having a bad day or experiencing health related issues. Despite the situations, both mental and physical, that you may be facing, there are a few ways to keep your body and mind "young."

Nutrition and exercise. Taking daily walks or doing pool workouts are great ways to get more gentle exercise. In addition, eating fresh fruits and vegetables will help you to stay away from things like alcohol or sugar, which depress your systems.

Learn new things. Learning new technologies or taking a class will keep your curiosity and thirst for knowledge alive. Learning a musical instrument will also carve new pathways in the brain.

Engage in social interaction. As we get older, we often prefer to stay at home. Not only is getting outside important, so is interacting with loved ones. This will keep you engaged mentally and emotionally. Take a walk with or catch up at the park with a friend or family member.

Meditation. It seems that meditation is medicine for just about anything. However, studies have actually shown that meditation keeps the brain young.

Maintaining a healthy body and mind is key at any stage of life. As we age, we may gravitate towards more sedentary lifestyles. However, keeping active physically and mentally will keep us feeling young.



"Loneliness is never more cruel than when it is felt in close propinquity with someone who has ceased to communicate."

Germaine Greer

Emotional BANKRUPTCY

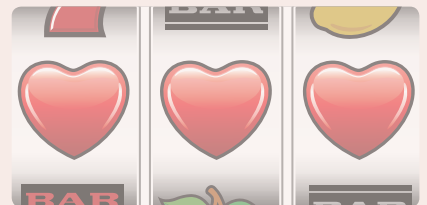
Emotional bankruptcy is a lot like financial bankruptcy in that it has warning signs and involves your emotional bank account approaching zero. If you find that you are unable to sleep, express emotions, or are feeling generally over stimulated, you may be close to emotional bankruptcy.

- Take stock of the things that bring you joy. If you enjoy spending time with your pet or playing the guitar, do more of it!
- Take time to meditate, take a bath, and get enough sleep and other activities that allow you to recharge.
- In addition to doing self-care activities, maybe it's also time to leave work at a reasonable hour or minimize time spent with a toxic family member.

Giving more to yourself allows you to give more to others. Eventually, making this space will allow you to heal the relationship you have with yourself and your loved ones.

Emotional Bank Account Deposits

- Carve out "you" time.
- Sleep 8 hours a night.
- Say no to something you don't want to do.





PREVENTIVE Visits

Just as routine oil changes save vehicles so do preventive care visits save lives. Wellness Exams are provided when you don't have any symptoms. This helps to avoid illness and to detect disease in the early stages, when it is most treatable. You and your primary care provider will determine what tests and health screenings are right for you based on your age, gender, current health and health history.

The annual physical is a good opportunity to have one-on-one time with a medical professional and develop a good relationship with your provider to address specific health concerns or simply stay on top of your health.

“GOOD HEALTH is not something we can buy. However, it can be an extremely valuable **SAVINGS ACCOUNT.**” *Anne Wilson Schaefer*

QUIZ

1. **Muscle soreness from physical activity can be relieved by:**
 - a. eating fruits and vegetables that reduce inflammation.
 - b. taking over the counter pain relievers.
 - c. both a and c
2. **Which of the following is NOT an example of an antioxidant rich food that can lead to anti-aging effects:**
 - a. Carrots & sweet potatoes
 - b. Tomatoes
 - c. Aloe
 - d. Nuts
3. **Preventive care visits . . .**
 - a. help avoid illness and to detect disease.
 - b. can save lives.
 - c. is a good opportunity to have one on one time with a medical professional.
 - d. all of the above.

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