

Healthy Perspectives



April 2020

"Your Source For A Happy and Healthy Lifestyle"

DIGEST

Let It Rain

If you love to get outside for a walk or jog, a rainy day can feel like a downer, but there may be good reason to get out in that drizzle anyway. The human body is largely made of water, yet many people feel uncomfortable getting wet. If you've ever made a mad dash to the car on a wet dreary day, you may feel like you just ran a relay race. Surprisingly there are lots of studies of weather conditions on a workout and some say it can make you work harder and burn more calories. Here are a few reasons to put on some rain gear and stomp in the puddles:

- Get closer to nature.
- More benefit from working harder and burns more fat.
- Feel cleaner and refreshed from the sprinkle in the sky.

When the clouds roll in, if you decide to give it a try, stay covered with these tips:

- Check the weather map. A little rain is harmless, but wait for any storms to pass if thunder or lightning is on the radar.
- Wear water and windproof clothing that will keep you dry inside.
- Make sure your clothes are brightly colored so cars can still see you.

"Some people walk in the rain,
others just get wet."

Roger Miller



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INSPIRE
TO MOVE

Self-Nurturing Nourishment

Our physical body requires rest, exercise, a nutritious diet and appropriate medical care. Some people do a great job of taking care of themselves physically, mentally and spiritually. Others have some work to do. Eating poorly or skipping meals when we are alone and short on time, yet preparing nourishing meals when our loved ones are present is a common example. **A few ideas for self-nurturing your diet include:**

- Make an effort to block out mealtimes in advance and treat those commitments as important as any other appointment.
- Plan ahead by making a shopping list, preparing make ahead meals or just making yourself enough of a priority to getting the food we need whether our loved one is there or not.
- Think about what your nutritional needs are, then imagine it was your loved one's needs you just figured out. Then roll out an eating plan for yourself as you would for your loved one.

For some, the easiest way to learn how to nurture themselves is to do for their self what they would do for a loved one.

“We owe it to ourselves to give ourselves the love, care and attention that we deserve, even if the needs of others sometimes have to wait.” **Taking Care of Ourselves, How Alanon Works*

Intermittent Fasting Trend

In recent years, intermittent fasting (IF) has been a trend. This practice doesn't specify which foods you should eat, but rather when you should eat.

There are several methods. Here are a few of the more popular to explore:

1. **The 16/8 Method.** Fast for 16 hours each day with an 8 hour healthy eating window from 12 pm to 8 pm. This may be a good method for typical non-breakfast eaters, but would be difficult for people who get hungry in the morning and like to eat breakfast.
2. **The 5:2 diet.** Eating normally 5 days of the week while restricting calories to 500-600 for two days of the week.
3. **Eat-Stop-Eat.** Involves a 24 hour fast, either once or twice per week. Water, coffee and other non caloric beverages are allowed during the fast, but no solid foods.
4. **Alternate-day fasting.** A full fast every other day.

Research into the benefits of Intermittent fasting is still in its early stages but can be a tool for weight loss and may reduce risk for heart disease and cancer. It's not something that anyone needs to do, it's just another option to consider in the toolbox towards a healthier life.



RECIPE OF THE MONTH



Crunchy Chicken Satay Bowl

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|--|--|
| 1 cooked chicken breast | 1/8 Cup chopped green onion |
| 2 Cups thinly sliced cabbage or Asian slaw | 1 Tablespoon toasted sesame seeds |
| 1/4 Cup thinly sliced red bell pepper | 2 Tablespoons Thai peanut sauce dressing |
| 1/4 Cup matchstick carrots | |

Cut chicken into strips. Toss cabbage/slau, bell pepper and carrots into a large bowl. Top with chicken, green onion, sesame seeds and dressing.

NOURISHING YOU



TOUGH Conversations

Social support and having people to turn to and rely on is a healthy aspect of well-being. How we relate to other people in our relationships can add to or diminish our social wellness. Unhealthy relationships can cause heartache, anxiety, stress, frustration and disappointment.

Strong, nurturing, supportive relationships that foster genuine connection need to be continually nurtured with care and communication. One aspect of nurturing a healthy relationship is being able to have tough conversations. Sometimes our view is different from the other person and instead of making our case or tell them why they are wrong, the key to a difficult conversation is to listen and validate.

Listening to someone speak and validating them doesn't mean we agree with them. Validating includes:

- Showing them that we were really listening to them.
- Reflecting back to them what we think they said.
- Looking for anything that we may agree with or acknowledge anything that helped us learn or think about the issue differently.
- Then introduce how our views may be different.

When a person feels their points are clearly heard they will feel less threatened by the conversation.

“The real art of conversation is not only to say the right things at the right place but to leave unsaid the wrong things and the tempting moment.”

Dorothy Nevil



Allergies and ALCOHOL

Spring rain that helps the flowers bloom also means more pollen in the air where allergies can make you miserable. Coincidentally, when people feel miserable they may be more apt to have an alcoholic drink. Since April is Alcohol Awareness Month and a heavy allergy season, why not explore how one may exacerbate the other?

Alcohol has links with many potential health problems, but did you know it can also make allergy symptoms worse?

Discomfort after drinking alcohol such as stomach cramps, hives or unusual symptoms may be due to:

- alcohol intolerance due to digestive issues
- immune problems that result from alcohol consumption
- reactions to ingredients other than alcohol, such as the histamines in red wine or gluten in beer and some liquors
- alcohol decreasing the threshold levels to trigger allergic reactions

Ingredients besides alcohol that can cause allergy-like symptoms include:

yeast • hops
barley • grapes
sulfites





STRESSFUL Situations

Everyone can look back and think about some of the poor choices they have made. In retrospect, we try to understand how we made such an irrational choice. There is a very good chance that the bad decision was made while in a state of stress.

If we can be aware that decision making while under the effects of stress could lead to difficulty making rational decisions, we can make better decisions in the future. Our brains are wired to be more reactionary when we are under stress. This means when under the effects of stress, if we can wait until we are more calm, we will open ourselves up to more and better options.

So next time you are in a panic, frustrated, anxious, angry or under stress and have a decision to make, decide not to decide until your mind and body has calmed down.

“It is not stress that kills us, it is our reaction to it.”

Hans Selye

**GOOD
DECISIONS**

Q
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I
Z

1. Which is NOT listed as a reason to exercise in the rain?
 - a. Get closer to nature
 - b. More benefit from working harder
 - c. To watch the lightning
2. Which is the easiest way to nurture yourself?
 - a. To do for yourself what you would do for a loved one.
 - b. To do for yourself what you wouldn't do for a loved one.
 - c. To do for your loved one, what you would do for yourself.
3. How can alcohol make allergies worse?
 - a. Immune problems that result from alcohol.
 - b. Reactions to ingredients other than alcohol.
 - c. Alcohol decreasing the threshold levels to trigger allergic reactions.
 - d. All of the above.

**World Health Day
April 7th**

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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ANSWERS: 1. C 2. A 3. D