

Happy Thanksgiving!!

Diabetes

Keeping our Minds Active

Thanksgiving Temptation

Did You KNOW?

- ✓ Cinnamon is one of the oldest spices known to man.
- ✓ Two teaspoons contain high-levels of manganese, fiber, potassium and calcium.
- ✓ It's a strong antioxidant.
- ✓ Using this spice to season foods high in carbohydrates will help reduce the foods impact on blood sugar levels.
- ✓ Cinnamon can help reduce blood sugar levels in those with Type 2 diabetes.
- ✓ It can also aid in the process of insulin.



Debby Schiffer, Wellness Director for BURLCO & TRICO JIFs

A Snapshot on Diabetes in the U.S.

Resource: Center for Disease Control and Prevention

DIABETES

29.1 MILLION

29.1 million people have diabetes



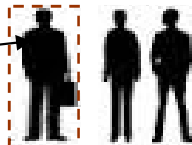
That's about 1 out of every 11 peoples

1 out of 4
Don't know they have diabetes

PREDIABETES

86 MILLION

More than 1 out of 3 adults have prediabetes



9 out of 10 people with prediabetes do not know they have it



Without weight loss and moderate physical activity, **15%-30%** of the people with pre-diabetes will develop type 2 diabetes **within 5 years**

1.7 MILLION

People 20 years and older diagnosed in 2012

RISK FACTORS FOR TYPE 2:

- Being overweight
- Having Family History
- Having Diabetes while pregnant

TYPES OF DIABETES

TYPE 1



BODY DOES NOT MAKE ENOUGH INSULIN (missing piece)

- Can develop at any age
- No known way to prevent it



More than **18,000 youth** diagnosed each year in 2008 and 2009

In adults, type 1 accounts for approximately 5% of all diagnosed cases of diabetes

TYPE 2



BODY CANNOT USE INSULIN PROPERLY (pieces don't fit)

- Can develop at any age
- Most cases can be prevented



Currently, at least **1 in 3 people** will develop the disease in their lifetime



More than **5,000 youth** diagnosed each year in 2008 and 2009

WHAT CAN YOU DO?

You can **prevent** or **delay** type 2 diabetes



Lose weight



Eat healthy



Be more active

You can **manage** diabetes



Work with Health Professionals



Eat healthy



Stay active

Improve Your Memory



Alzheimer's disease, a type of dementia, is an irreversible, progressive brain disease that affects approximately 5.4 million Americans (CDC "At a Glance 2016"). It is the sixth leading cause of death among all adults and the fifth leading cause for those aged 65 or older. In more than 90% of the people with Alzheimer's, symptoms don't appear until after age 60. The incidence of the disease increases with age and doubles every 5 years beyond age 65.

The cause is not completely understood, but researchers believe they include a combination of the following: genetics, environmental and lifestyle factors. There are things we can do to help boost our memory and keep it strong for years to come.

There certainly is a lot more information that we need to commit to memory these days. How many different passwords do you need to remember? What about cell phone numbers, bank accounts, PIN numbers, including a code you many need to enter to just use the copy machine at work. This information overload could be causing some of our everyday lapses of memory —misplacing something or forgetting why you walked into a room. Although our lives are much more hectic (and distracted) we actually have the capacity to remember more than we do, according to Dr. Gary Small, MD, director of Memory & Aging Research Center at UCLA. We need to work on improving our attention!

HERE ARE A FEW THINGS YOU CAN DO TO HELP SHARPEN YOUR MEMORY SKILLS:

REPEAT YOURSELF

When you are introduced to someone new, why is it often so hard to remember their name? It's primarily because so much information is coming at you at once (what the person does, how many children they have, etc.) that you just didn't pay enough attention to learn their name in the first place. (Gene Smith, PhD at the MayoClinic). Repeat out loud the persons name. (Nice to meet you, Sally.) If you tend to walk into a room and forget what you needed. Repeat aloud "I'm getting the scissors." When you say it out loud, your brain will be able to focus on that task.

BITE OFF BIGGER PIECES

Since our brain can only process so much information at once, try to chunk bits of the information together. By repeating a phone number as "thirty-eight, twenty-seven" instead of "3, 8, 2, 7" you only have to remember two numbers instead of four. Or categorize a list: you need to buy ground beef, milk, lettuce, cereal and buns. You might think "dinner" (burgers, buns, lettuce) and "breakfast" (milk, cereal).

CREATE UNLIKELY CONNECTIONS

Wear your watch on the opposite wrist when you need to recall something. The oddity of not finding the watch where it should be will trigger a recall.

STOP TRYING SO HARD

Trying so hard to remember something will cause anxiety which distracts us, making it even harder to recall what we are trying to remember. Take a breath, and thinking of something else can help.

Good Health Habits can boost your stages of memory!

Sleep on it

Sleep helps to knit all the memories of the day together.

Address your Stress

Stress releases cortisol. This hormone has been linked to memory impairment and a smaller hippocampus.

Practice paying attention

Notice the color tie your husband was wearing. What color hair did the cashier have?

Take a walk

Fitness improvement even if you have been sedentary most of your life can lead to an increased hippocampus.

Eat to your brain's content

Heart healthy=brain healthy too
Fish high in omega-3; walnuts; berries, especially blueberries.

Play mind games

Crossword puzzles, learning an instrument, another language, anything that requires working against the clock.

Test your memory: You need 30 minutes for this quiz. Set a timer for 2 minutes. Study the words listed. When time is up, put the words away and do something else for 20 minutes. Then see how many words you remember (in any order).

Hippocampus:

Region of the brain that controls learning and memory.

The larger this area is in your brain, the better able you are to form new memories.

Learning new things can generate new cell growth.

- Violin
- Balloon
- Stereo
- Building
- Strawberry
- Cradle
- Mast
- Lizard
- Teacher
- Oven



Stuff the Turkey Not Yourself

According to research, the average holiday dinner can be upwards of 3,000 calories. However, with all the appetizer nibbles and drinks, that can quickly elevate to a whopping 4,500 calories and 229 grams of fat!! That is equivalent to more than 2 1/4 times the average daily calorie intake and almost 3 1/2 times the fat—with 45% of calories from fat. The average person could consume enough fat in a holiday meal to equal 3 sticks of butter!



Many people figure the holiday is a time to enjoy so why worry about your weight. I agree, it's not a good time to try and lose weight but it doesn't mean you have to go crazy and eat everything in sight. Pay attention to where your calories are coming from. Try to make over part of the meal to be healthier. You can still enjoy the same dishes while reducing a bit of the calories using healthy, lower calorie ingredients.

Here are a few tips from the American Heart Association:

- Do not starve yourself all day in preparation for this one meal. Eat a healthy balanced breakfast and lunch.
- Eat lower-fat and reduced-calorie foods for days in advance of the holiday feast, and for days after.
- Prepare for handling your worst temptations; if you want both pecan and pumpkin pie, take a tiny slice of each, instead of a full serving.
- If cooking, provide low-fat foods, or ask if you can bring a low-fat dish.

Steps to help control overeating:

- Put your fork down and take a sip of water between bites to slow you down.
- Wait at least 20 minutes before going back for seconds (or thirds) or getting dessert

Plan a Turkey Burn:

- Getting in some exercise that day will help burn off some of those extra calories consumed and will help you feel less lethargic
- Enter a Turkey Trot or jog around your neighborhood—60 minutes of jogging burns about 477 calories (one slice of pecan pie)
- Sixty minutes of Zumba—540 calories (takes care of sweet potato casserole and cranberry sauce)
- An hour of tossing the football around with family—160 calories (there goes the turkey!)

Resource: Academy of Nutrition and Dietetics

Sweet Potato Clean Eating Brownies Recipe

Thought this might be a nice treat on Thanksgiving! I haven't tried it yet but it looks delicious! Recipe taken from www.cleaneatingrecipes.com

One of the healthiest vegetables we eat!!

Vitamin A, Vitamin C, Manganese, Fiber, B vitamins, Potassium and even iron

Ingredients:

1 medium sweet potato, baked, skin removed (about 1 cup in volume)
3 eggs
1/3 cup coconut oil
1/2 cup honey
1 1/2 teaspoons vanilla extract
3/4 cup spelt flour

2/3 cup Raw Cacao powder
1/2 teaspoon sea salt
1 teaspoon baking powder
1 cup dark chocolate chips
1/2 cup coconut milk



Directions:

1. Preheat the oven to 350 degrees. Coat a 9x13 baking pan with olive oil spray.
2. Place the cooked sweet potato flesh, eggs, coconut oil, honey, and vanilla extract in the base of a food processor.
3. Process until smooth, scraping down the sides as needed.
4. In a mixing bowl, combine the spelt flour, cacao powder, salt, and baking powder.
5. Add to the food processor and process just until combined, scraping down the sides as needed.
6. Scrape the batter into the prepared pan and bake in the preheated oven for 15-17 minutes, or until a toothpick inserted in the center comes out clean. Be careful to not over-bake these, they are best removed when just set.
7. Remove the brownies and let cool completely.
8. In a microwave safe bowl, add the chocolate chips and 1/4 cup of the coconut milk.
9. Microwave for 45 seconds.
10. Whisk the melted chocolate and coconut milk together until smooth.
11. Add in the remaining 1/4 cup coconut milk and whisk until smooth. Let set at room temperature for 30-45 minutes, or until cooled and thickened.
12. Frost the brownies with the ganache and cut into squares. Store covered at room temperature or in the refrigerator.

One of the deep secrets of life is that all that is really worth the doing is what we do for others.

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