

Wellness Corner Connection

Debby Schiffer, Wellness Director for BURLCO & TRICO JIFs

Cholesterol Facts:

- ♥ A waxy, fat-like substance that your body needs. Too much of it will cause artery blockages which can lead to heart disease, heart attacks & stroke.
 - ♥ 71M Americans have high cholesterol but only 1/3 of the condition under control.
 - ♥ Screening is the key detection since it has no symptoms you may not know you even have it.
 - ♥ But you can prevent or treat high cholesterol:
 - Eating a healthy diet
 - Exercising regularly
 - Maintaining a healthy weight
 - Not smoking
- If you also have high blood pressure, your risk of heart disease is even greater!

HIGH CHOLESTEROL

Ovarian Cancer: What raises a woman's chances to get this cancer?

- ♀ Being middle-aged or older
- ♀ Close family members had it, either father or mother's side
- ♀ Having had breast, uterine or colorectal cancer
- ♀ Having Eastern European Jewish background
- ♀ Having never given birth or having had trouble getting pregnant.
- ♀ Having endometriosis

Although there are no simple and reliable ways to test for ovarian cancer, its vital for a woman to:

- Pay attention to your body and know what is normal for you.
- Talk to your doctor about anything that does not seem normal. And please keep regular annual examinations. The Centers for Disease Control and Prevention can also help answer any questions or uncertainties.



Monthly Observances for September:

* National Cholesterol Education Month

America on the Move—Month of Action (STEPtember)

* Fruits & Veggie Month

Healthy Aging Month

National Yoga Month

* National Ovarian and Prostate Health Month

* Topics mentioned in this issue.

Prostate Cancer:

Prostate cancer is the most common cancer among American men. 1 in 6 men will be diagnosed with prostate cancer during his lifetime. **Most prostate cancers grow slowly, and don't cause any health problems in men who have them. Early detection is key!!**

Some symptoms of prostate cancer:

- ♂ Difficulty starting urination.
- ♂ Pain or burning during urination.
- ♂ Weak or interrupted flow of urine.
- ♂ Blood in the urine or semen.
- ♂ Frequent urination, especially at night.
- ♂ Pain in the back, hips, or pelvis that doesn't go away.
- ♂ Difficulty emptying the bladder completely.



September also celebrates "Take a Loved One to the Doctor Day". This is typically the last week in September. There are many reasons why people put off going to the doctors: they feel fine, no time, afraid of what they will hear, no insurance, not sure who to go to. Your health is the most important thing in the world. Without it, you have nothing. Don't wait for symptoms, they may come too late. Find the time. Go with someone you trust to help you with whatever news you get. Ask around to find a doctor suited for you. It's unfortunate that we don't appreciate our health until we don't have it. **Make that appointment today!!**

When was the last time you did something for the first time?



When You Think Veggies, Think Every Meal!

the think tank

We have heard this message over and over again “Eat more fruits and vegetables every day”. We all know we should, but it’s often not that easy...or is it? Typically getting more fruit is an easier challenge than getting enough vegetables, right? You have an apple, a banana (counts as two servings), and maybe a seasonal Jersey tomato (yes, a tomato is technically a fruit) and wham you got four servings of fruits right there. But aside from dinner, we sometimes get no other vegetables throughout the day. Here are some simple ideas on incorporating more vegetables throughout your day:

BREAKFAST:

Veggie Omelet—load up with spinach, mushrooms, broccoli, onions, peppers, cauliflower, kale, the options are limited only to your taste buds.

Zucchini wheat muffin—see Recipe Corner on next page

Add pumpkin or squash puree to your pancake mix (better yet, use oatmeal instead of boxed pancake flour)

Smoothies—spinach and kale are my favorites. But you can add carrots, beets, avocado or celery.

LUNCH:

Salad—great way to add extra vegetables such as cucumber, sliced raw zucchini, mushrooms, spinach, kale, broccoli, and on and on. Stay away from too much of the unhealthy such as croutons, cheese, bacon bits, other prepared salads or dressings.

Sub greens for the wrap—lettuce makes a surprising stand in for bread.

Add veggies to grill cheese

Leftover vegetable soup

DINNER:

Sneak them in casseroles.

Experiment with veggie pasta. Use a spiralizer or julienne tool to create zucchini or squash noodles. Roast spaghetti squash and forget the pasta!

Mix the potatoes—sweet with regular or add rutabaga with your regular potatoes. Try cauliflower mash

Bulk up burgers or meatloaf with mushrooms or pureed veggies such as carrots and sweet potatoes.

Make your own pizza piled with veggies. Love eggplant on my pizza!

DESSERTS:

Add avocados to pudding. You’ll never know it’s there!

Sweet potato brownies.

Add carrot or sweet potato puree to chocolate chip cookies

Make avocado frosting for a chocolate cake base with added veggies.

THINK BEFORE YOU DRINK...ANY SODA!

Diet soda typically is marketed to people with diabetes, people wanting to cut back on sugar and people trying to reduce calories in an effort to lose weight. But diet soda contains **MANY OF THE SAME INGREDIENTS** as regular soda with the primary differences being the ingredients used to sweeten the beverage and certain preservatives.



Artificial Sweeteners

Sucralose, acesulfame K and aspartame—3 artificial sweeteners.

May be zero-calories but are 200 to 600 times sweeter than sugar!

Caffeine

Typically have comparable amounts to regular soda

Phosphoric Acid

A mineral that gives soda its acidity and tart, sharp flavor. Linked to dental erosion.

Preservatives & Artificial Colorings

Typically contains preservative potassium benzoate which is used to preserve freshness of diet foods. It’s added to diet soda to prevent mold from growing. Dyes are added for coloring.

Other Uses for Soda Besides Drinking

1. Clean Car Battery Terminals
2. Clean dirty toilet bowls
3. Remove rust spots from chrome
4. Remove rust stains from tub
5. Clean grout
6. Remove grease from clothes
7. Clean oil stains from garage floor or driveway
8. Clean burnt pans
9. Loosen clogged drains
10. Make flowers last longer
11. Strip paint from metal patio furniture
12. Clean coins
13. Remove blood stains from clothes
14. Loosen rusted nuts and bolts
15. Clean grease from glass

And we drink this stuff?!!!

Leaves Change Color...Humans change ATTITUDE

"THE FIRST STEP
TOWARDS GETTING
SOMEWHERE IS TO
DECIDE THAT YOU ARE
NOT GOING TO STAY
WHERE YOU ARE."

UNKNOWN

Many of us wait until January to make changes. But Fall is a great time to set new goals and prepare for transition. It's an introspective time of year where we can ask, *What is it I want?* and then shift and change our priorities as needed. For most of us, it's pretty easy to identify what it is we want. The hard part is remembering **it's up to us to choose our "suffering"**.

Everything in life comes with a price and when it comes to creating change in our life, there's a price to pay for success and a price to pay for staying where we are. We can desire change all we want, but if we choose to stay where we are because creating the change is too hard or it will take too long, we choose our "suffering"...and that "suffering" is our frustration of not having the courage to go after

what we want. If, however, we choose to push past our comfort zone, we still choose a different kind of "suffering"...the discomfort of leaving our comfort zone in order to create change. But this discomfort is temporary!

Going after what we want isn't easy. There isn't a get-out-of-discomfort-free-card. There are no shortcuts, no by-passes, no quick fixes. Everything in life comes with a price and it's up to us to choose which we prefer: stay as is or take the chance at finding happiness. If we want to experience something we've never had, we have to do something we've never done. *Are you willing to do what it takes?*

This month, ask yourself, *What is it I want?* Identify and write out your goal. Even better? Keep yourself accountable and share it. Then ask yourself, *What am I willing to do to get what I want?* and make it a daily priority to get outside your comfort zone. When we start to get comfortable with our discomfort, we become a pioneer of our future instead of a prisoner of our past.

A new month is a new beginning. It's a new start. It's a time for a new mindset, a new focus, a new set of intentions and with that, new results.

**If it doesn't
challenge you,
it won't change you.**

**Your ATTITUDE
determines your
direction!**

Believe you can and you will!!! Get committed to change don't wait to become motivated. Enjoy the journey! Happy September!

Recipe
Corner

Zucchini Pie in a Muffin Tin

This recipe is for a Zucchini pie but I decided to make it in muffin tins instead. Perfect for breakfast, lunch, dinner or even a snack. These are easy and delicious! Great way to get in some veggies!

Ingredients:

- 3 cups diced or shredded zucchini
- 1 chopped onion
- 4 eggs, beaten
- 1/2 cup grated Parmesan cheese
- 1/2 teaspoon dried marjoram
- 1 cup buttermilk baking mix (I used 1/2 cup reg. wheat flour & 1/2 cup whole wheat pastry flour)
- 1/2 cup canola or olive oil
- 1 teaspoon chopped parsley
- Ground black pepper

Nutritional Information for the muffin forms is to be determined since I didn't use buttermilk baking mix and serving size is different. If you follow the original directions for the pie:

Amount per serving (8 total)

Calories per serving: 242 or 12%
Fat per serving: 18g or 28%
Sodium: 400mg or 16%
Protein: 7g or 14%

Preparation:

Preheat oven to 350 degrees. Grease a 10x6 inch pan or a 12-inch pie plate (or muffin tins—makes 9 to 10 depending on how full you make the cups)

In a medium bowl, combine all ingredients and mix well. Spread into prepared baking dish. Bake for 30 minutes (or about 15 if using muffin tins.)

[Original recipe from Allrecipes.com](#)



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If you are tired of starting over, STOP giving up!!!

