



Debby Schiffer, Wellness Director for BURLCO & TRICO JIFs

New Year, New Outlook, New You!

I always have mixed emotions when it comes to New Year's Eve. With every count down comes a bit of nostalgia of what has transpired in the last 365 days, whether good or bad and the anticipation of what is ahead in the next year. It's a chance to start over. A chance to try again to accomplish all those goals you set last New Years day but never quite reached. It's a time for remembering those no longer with us, looking forward to the new friendships to come. It's a time for dreaming, for putting aside fears of the unknown and just forge ahead. This year, make a promise to yourself, not just to lose those extra pounds you gained over the holiday, not just to exercise more or get more sleep, but to really change the way you face life. Change the way you think about yourself, your job, your health, your life. This is a time for a new beginning. And take every minute of it to keep moving forward. Here are a few thoughts I'd like to share with you. I hope one or maybe all will help you finally get on the path you have always wanted in life. You can do it if you believe you can!

GRATITUDE = HAPPINESS

A simple grateful thought turned heavenwards is the most perfect prayer." — Doris Lessing

Think of anything — big or small — that exists in your life, whether it is a relationship, a job, a pet, or your morning coffee. What if you woke up tomorrow only with those things you were grateful for today. What would you miss? How would our lives change if, everyday, we focused on our abundance rather than on what was lacking? According to new research, we would be happier people. On the contrary, materialists — people who are focused on obtaining material goods — tend to feel more depressed and unsatisfied. Why is this? According to the Baylor University researchers, a material outlook tends to focus on lack — what one does not have. This, in turn, takes the focus away from what we already have and what is really important to us and our happiness.

Also, humans continuously adapt to new situations. This may explain why "more stuff" doesn't make us any happier, said study co-author James Roberts, Ph.D. As we collect more and more possessions, we never feel completely fulfilled, because our brains keep adapting and resetting the bar.

So even though materialists are more likely to achieve material goals, previous research has found that they are generally less satisfied with their lives. They are more likely to have poorer [self-esteem](#), feel less satisfied in their relationships, participate less in community events, and feel less happy overall. On the other hand, those who are grateful tend to find deeper meaning in life, prior research has found.

The current study, entitled "Why are materialists less happy? The role of gratitude and need satisfaction in the relationship between materialism and life satisfaction," is published in the journal *Personality and Individual Differences*.

Begin your shift today toward an attitude of gratefulness. Focus on being thankful for what you already have rather than worrying about what you are lacking. Try writing down five things for which you are truly grateful every day. What if these things were taken from you tomorrow? How would your life change?

When you find yourself dwelling too long on what you lack, practice switching the thought to one of abundance until it becomes habit. A positive, grateful mindset takes practice, but it ends in a truly happier perspective.



FEAR= MISSED OPPORTUNITIES

Have you ever had to face something that you were terrified to do? Maybe you feared failing. Maybe it was a big investment. Maybe you were afraid what others would say. If you faced that fear, no matter what the outcome, you probably looked back and said "wow, that wasn't so bad" or "I did it" and felt fabulous about yourself.

Too often, we allow fear, worry, and doubt to dominate and define our lives. We allow them to steal our joy, our sleep, and our precious dreams. With the turn of the calendar to a new year, let's face our fears knowing that whatever happens, we'll be stronger, more confident and braver each time we stand up to whatever is holding us back.

Here are a few powerful quotes or thoughts on fear—the kind that keeps you from moving forward in your life and achieving your full potential. Take a moment to read them...then reread them every time you feel a little doubt creeping in.

What would you try if you had NO fear?

"Don't fear failure so much that you refuse to try new things. The saddest summary of life contains three descriptions: could have, might have, and should have." ~Unknown

Judy Blume, author: "Each of us must confront our own fears, must come face to face with them. How we handle our fears will determine where we go with the rest of our lives...to experience adventure or to be limited by the fear of it."

Don Miguel Ruiz, author, speaker, Shaman: Death is not the biggest fear we have; our biggest fear is taking the risk to be alive—the risk to be alive and express what we really are."

Fear is nothing more than an obstacle standing in the way of progress. In overcoming our fears we can move forward STRONGER AND WISER WITHIN OURSELVES.

"Obstacles are like wild animals. They are cowards but they will bluff you if they can. If they see you are afraid of them... they are liable to spring upon you; but if you look them squarely in the eye, they will slink out of sight." ~ Orison Swett Marden

"You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, 'I have lived through this horror. I can take the next thing that comes along.' You must do the thing you think you cannot do." ~ Eleanor Roosevelt

"Waiting to develop courage is just another form of procrastination. The most successful people take action while they're afraid!" ~ Unknown

"Be fearless. Have the courage to take risks. Go where there are no guarantees. Get out of your comfort zone even if it means being uncomfortable. The road less traveled is sometimes fraught with barricades, bumps, and uncharted terrain. But it is on that road where your character is truly tested. Have the courage to accept that you're not perfect, nothing is and no one is — and that's OK." ~ Katie Couric

Replace fear of the unknown with curiosity.



WHAT'S COMING UP?

- Change the way you think in the new year.
- Do you have questions on Chronic Inflammation?
- Do you take Herbal Supplements and Heart medication?
- What is fibromyalgia?
- Quick and easy dinner recipe to fit your busy schedule

**F-E-A-R has two meanings:
Forget Everything And Run or Face Every-
thing And Rise
The Choice is Yours!!**

Buzzed on inflammation

Resource: Brent Bauer, M.D. General Internal Medicine, Editorial Board member of Mayo Clinic Health Letter

Inflammation is the new medical buzzword. It seems as though everyone is talking about it, especially the fact that inflammation appears to play a role in many chronic diseases. The July issue of Mayo Clinic Health Letter highlights inflammation's role in cardiovascular disease.

Of course, inflammation isn't entirely bad. Acute inflammation — the kind that protects and heals the body after an injury or infection — is essential and normal. In the wake of a nasty cut or broken bone, the battle is on! Immediately, a biochemical cascade improves blood flow to the area. Nerve endings and other cells at the site of the injury or infection send out signaling molecules and other chemical components to recruit the body's equivalent of the Superhero — white blood cells that fight off foreign bodies. It's an amazing process that from the surface looks like swelling and can hurt, but it's all part of making things better. That's acute inflammation. It's necessary and normal for good health. Our bodies are marvelous machines when they work properly!

The other kind — chronic inflammation, also known as low-grade or systemic inflammation — can play a more puzzling and long-lasting role in the body. Consider the vast array of autoimmune disorders — such as rheumatoid arthritis, lupus and polymyalgia rheumatica — where the body's immune system mistakenly initiates an inflammatory response even though there's no apparent inflammation to fight off. Chronic inflammation plays a more obvious role in diseases such as asthma and the inflammatory bowel diseases ulcerative colitis and Crohn's disease.

And what about the not-so-obvious role of chronic inflammation? Consider the possible connection between gum disease and cardiovascular disease. Research indicates that heart disease, clogged arteries, stroke and bacterial endocarditis may be linked to oral health. Although more study is needed to confirm this possible link, some scientists believe that bacteria from gum disease can enter the bloodstream and make its way to the heart.



Even less obvious — but of enormous interest to researchers — is the part inflammation plays in cancer. For instance, chronic bladder inflammation due to repeated urinary infections or cystitis may increase risk of a squamous cell bladder cancer. In some areas of the world, this type of cancer is linked to chronic inflammation caused by infection with a parasite.

Just what does all this mean for you? Can you actually do something to reduce your risk of chronic inflammation that may play a part in disease? That depends. At present, it's still too early in the science to reasonably conclude that reducing inflammation leads to a reduction in cancer risk. Many of the questions concerning cause and effect with cancer have yet to be proven.

What you can do, though, is make a point to avoid certain things that cause inflammation and are proven unhealthy. Prime examples are smoking and excessive alcohol use.

Some people advocate an "anti-inflammatory diet." Although there's less evidence such diets work to directly thwart inflammation, most of the recommended foods are typical of the Mediterranean style of eating and in principle are good choices. Key components of the Mediterranean diet include:

- Eating generous amounts of fruits and vegetables
- Consuming healthy fats, such as olive oil and canola oil
- Eating small portions of nuts
- For some, drinking red wine in moderation
- Eating fish on a regular basis
- Consuming very little red meat



You may wonder if nonsteroidal anti-inflammatory drugs (NSAIDs) — such as aspirin, ibuprofen and naproxen — would be helpful, as the drug class name would seem to imply. Research is underway into NSAID use as a possible new strategy for potentially treating or preventing cancer. The prospects are intriguing, but the data isn't solid. If you take aspirin or another NSAID under a doctor's direction for a health-related concern such as preventing heart attack or relieving chronic pain, that's an accepted and appropriate use for this class of drugs. As always, the risks of gastrointestinal bleeding and liver damage have to be considered with regular NSAID use. Speak with your doctor if you have any concerns.

And then there's the huge area of dietary supplements, which is largely uncharted when it comes to carefully done clinical trials for safety and effectiveness. Unlike prescription drugs, dietary supplements are not regulated by the Food and Drug Administration for safety and effectiveness. With that caveat, here are some that may be of interest:

- **Cat's claw (*Uncaria tomentosa*)** — Limited studies indicate modest benefits for easing rheumatoid arthritis joint pain and osteoarthritis knee pain during activity, but more studies are needed before its use can be recommended.
- **Devil's claw (*Harpagophytum procumbens*)** — Studies suggest devil's claw is effective in the short-term treatment of osteoarthritic pain. It's used extensively in Europe as an anti-inflammatory agent.
- **Mangosteen (*Garcinia mangostana*)** — It's credited with anti-allergy, antibacterial, antifungal, antihistamine and anti-inflammatory qualities, and even as a possible cancer treatment. But high-quality human trials are still lacking that support its effectiveness or safety.
- **Milk thistle (*Silybum marianum*)** — Milk thistle appears to protect the liver and block or remove harmful substances from the organ. Although more study is needed, it appears to improve organ function in people with cirrhosis, a chronic liver disease. It may also be helpful in treating chronic hepatitis. More research is needed before any specific recommendations for its use can be made.

The best advice concerning chronic inflammation is to stay tuned. This is a huge area of interest in the medical world and there are bound to be discoveries down the road that can improve well-being and the quality of health.



Herbal supplements may not mix with heart medicines

Some herbal supplements can have dangerous interactions with heart medications. [By Mayo Clinic Staff](#)

Herbal supplements are natural, so they must be safe, right? Not necessarily. Herbal supplements can have strong effects in the body, and some can interact with prescription medications used to treat heart and circulatory problems, such as high blood pressure and heart failure. Some of these interactions can even be dangerous.



Herbal supplements and prescription medications

Up to one-half of adults who take prescription medications also take dietary supplements, including herbal supplements. That number increases with age. Yet many herbal supplements may interact with medications for cardiovascular disease — which are widely prescribed for older adults. Indeed, 8 of the 10 most widely used supplements have the potential to interact with the blood-thinning medication warfarin (Coumadin, Jantoven, others). Here are just a few of the herbal supplements that can affect warfarin:

- Danshen
- Dong quai
- Evening primrose oil
- Garlic
- Ginkgo
- Ginseng
- St. John's Wort

Herbal supplements and drug interactions

This table shows popular herbal supplements and interactions with common heart medications. It's not a complete list,

Herbal Supplement	Medication	Potential effect
Garlic	<ul style="list-style-type: none"> Aspirin Clopidogrel(Plavix) Warfarin (Coumadin, Jantoven, others) 	Increase risk of bleeding
Ginkgo	<ul style="list-style-type: none"> Aspirin Clopidogrel Warfarin 	Increase risk of bleeding
Ginseng	<ul style="list-style-type: none"> Warfarin 	Decreases medicines effective-ness
Hawthorn	<ul style="list-style-type: none"> Beta Blockers, such as atenolol (Tenormin), nadolol (Corgard), and propranolol (Inderal LA, Innopran XL) Calcium channel blockers Nitrates, such as nitroglycerin, Nitro-Bid, Nitrostat, others) and isosorbide (Dilatrate-SR, Isordil) Digoxin (Lanoxicaps, Lanoxin) 	Increases blood pressure & heart rate Decreases blood pressure Increases effects of medicine
Licorice	<ul style="list-style-type: none"> Warfarin 	Decreases levels of medication
St. John's Wort	<ul style="list-style-type: none"> Calcium channel blockers Digoxin Warfarin Statins, such as atorvastatin (Lipitor), lovastatin (Mevacor, Alto-prev) and simvastatin (Zocor) 	Reduces effectiveness of the drugs

It's so important to talk with your doctor before taking herbal supplements if you take prescription medications. Your doctor and pharmacist can help you avoid risky interactions.

If your doctor says it's OK to use an herbal supplement combined with a medication, make sure you follow dosing instructions carefully. Watch for any unusual signs or symptoms that you could be having a drug interaction, such as rapid heartbeat, low blood sugar or changes in blood pressure.



What is Fibromyalgia?

Fibromyalgia is the most common musculoskeletal condition after osteoarthritis. Still, it is often misdiagnosed and misunderstood. Its characteristics include widespread muscle and joint pain and fatigue, as well as other symptoms. Fibromyalgia can lead to depression and social isolation.

Are Women More Likely to Get Fibromyalgia Than Men?

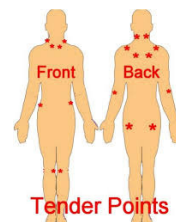
More than 12 million Americans have fibromyalgia. Most of them are women ranging in age from 25 to 60. Women are 10 times more likely to get this disease than men.

What Are Fibromyalgia Symptoms?

Fibromyalgia causes you to ache all over. You may have symptoms of crippling fatigue -- even on arising. Specific tender points on the body may be painful to touch. You may experience swelling, disturbances in deep-level or restful sleep, and mood disturbances or depression. Your muscles may feel like they have been overworked or pulled. They'll feel that way even without exercise or another cause. Sometimes, your muscles twitch, burn, or have deep stabbing pain.

Some patients with fibromyalgia have pain and achiness around the joints in the neck, shoulder, back, and hips. This makes it difficult for them to sleep or exercise. Other fibromyalgia symptoms include:

- Abdominal pain
- Chronic headaches
- Dryness in mouth, nose, and eyes
- Hypersensitivity to cold and/or heat
- Inability to concentrate (called "fibro fog")
- Incontinence
- Irritable bowel syndrome
- Numbness or tingling in the fingers and feet
- Stiffness



Fibromyalgia can cause signs and feelings similar to osteoarthritis, bursitis, and tendinitis. Some experts include it in this group of arthritis and related disorders. However, while the pain of bursitis or tendinitis is localized to a specific area, pain and stiffness with fibromyalgia are widespread.

What Tests Are Used to Diagnose Fibromyalgia?

To make an accurate diagnosis, your doctor will rely on a comprehensive physical exam and your medical history. There is a blood test to help diagnose fibromyalgia. The test -- called FM/a -- identifies markers produced by immune system blood cells in people with fibromyalgia. Ask your doctor if the FM/a test is right for you.

What Is the Standard Treatment for Fibromyalgia?

There is no fibromyalgia cure. And there is no treatment that will address all of the fibromyalgia symptoms. Instead, a wide array of traditional and alternative treatments has been shown to be effective in treating this difficult syndrome. A treatment program may include a combination of medications, exercises -- both strengthening and aerobic conditioning -- and behavioral techniques.

Are There Alternative Treatments for Fibromyalgia?

Alternative therapies, although they are not well-tested, can help manage the symptoms of fibromyalgia. For instance, therapeutic massage manipulates the muscles and soft tissues of the body and helps ease deep muscle pain. It also helps relieve pain of tender points, muscles spasms, and tense muscles. Similarly, myofascial release therapy, which works on a broader range of muscles, can gently stretch, soften, lengthen, and realign the connective tissue to ease discomfort.

The American Pain Society recommends moderately intense aerobic exercise at least two or three times a week. They also endorse clinician-assisted treatments, such as hypnosis, acupuncture, therapeutic massage, and chiropractic manipulation for pain relief.

Along with alternative therapies, it's important to allow time each day to rest and relax. Relaxation therapies -- such as deep muscle relaxation or deep breathing exercises -- may help reduce the added stress that can trigger fibromyalgia symptoms. Having a regularly scheduled bedtime is also important. Sleep is essential to let the body repair itself.

For more information, please visit WebMD website at: <http://www.webmd.com/fibromyalgia/guide/what-is-fibromyalgia?page=3>

Black Bean Quesadillas

In a hurry? These satisfying quesadillas take just 15 minutes to make. You can use black beans or pinto beans depending what you have in your pantry. If you like a little heat, be sure to use pepper Jack cheese in the filling. Serve with: A little sour cream (or non-fat plain Greek yogurt) and a mixed green salad. Recipe taken from EatingWell.com.

Ingredients:

- 1 15-ounce can black beans, rinsed
- 1/2 cup shredded Monterey Jack cheese, preferably pepper Jack
- 1/2 cup prepared fresh or bought salsa, divided
- 4 8-inch whole-wheat or multi-grain tortillas
- 2 teaspoons canola oil, divided
- 1 ripe avocado, diced or mashed

Preparation:

Combine beans, cheese and 1/4 cup salsa in a medium bowl. Place tortillas on a work surface. Spread 1/2 cup filling on half of each tortilla. Fold tortillas in half, pressing gently to flatten. Heat 1 teaspoon oil in a large nonstick skillet over medium heat. Add 2 quesadillas and cook, turning once, until golden on both sides, 2 to 4 minutes total. Transfer to a cutting board and tent with foil to keep warm. Repeat with the remaining 1 teaspoon oil and quesadillas. Serve the quesadillas with avocado and the remaining salsa.

Nutrition

Per serving: 377 calories; 16 g fat (5 g sat, 8 g mono); 13 mg cholesterol; 46 g carbohydrates; 0 g added sugars; 13 g protein; 10 g fiber; 679 mg sodium; 581 mg potassium.



Debby Schiffer, Wellness Director for BURLCO & TRICO JIF
Home Office: 856-322-1220 Cell: 856-520-9908

When you do what you fear most, then you can do anything!