

How to stay healthy!



**Health Benefits
of Pumpkin
Seeds**

If you're in the mood for a chewy snack that doubles as a phenomenal health food, look no further than pumpkin seeds.

With a wide variety of nutrients ranging from magnesium and manganese to copper, protein and zinc, pumpkin seeds are nutritional powerhouses wrapped up in a very small package. They also contain plant compounds known as phytosterols and free-radical scavenging antioxidants, which can give your health an added boost.

Best of all, because pumpkin seeds are highly portable and require no refrigeration, they make an excellent snack to keep with you whenever you're on the go, or they can be used as a quick anytime snack at home, too.



Wellness Corner Connection

Debby Schiffer, Wellness Director for BURLCO & TRICO

Slash Your Cancer Risk

Certain cancer-fighting foods and other healthy habits can dramatically lower your cancer risk.

First the good news, you probably won't get cancer!!! That is, if you have a healthy lifestyle. "As many as 70% of known causes of cancers are avoidable and related to lifestyle," says Thomas A. Sellers, PhD, associate director for cancer prevention and control at Moffitt Cancer Center in Tampa. Diet, exercise, and avoidance of tobacco products are, of course, your first line of defense, but recent research has uncovered many small, surprising ways you can weave even more disease prevention into your everyday life. Try these novel strategies and your risk of cancer could dwindle even more.

Filter your tap water—You'll reduce your exposure to known or suspected carcinogens and hormone-disrupting chemicals.

Stop topping your tank—So say the EPA and the President's Cancer Panel: Pumping one last squirt of gas into your car after the nozzle clicks off can spill fuel and foil the pump's vapor recovery system, designed to keep toxic chemicals such as cancer-causing benzene out of the air, where they can come in contact with your skin or get into your lungs.

Marinate meat first— If you do grill, add rosemary and thyme to your favorite marinade and soak meat for at least an hour before cooking. The antioxidant-rich spices can cut HCAs by as much as 87%, according to research at Kansas State University.

Water down your risk -Drinking plenty of water and other liquids may reduce the risk of bladder cancer by diluting the concentration of cancer-causing agents in urine and helping to flush them through the bladder faster. Drink at least 8 cups of liquid a day, suggests the American Cancer Society.

Load up on green greens— the darker the better for you

Snack on Brazilian Nuts—They're a stellar source of selenium, an antioxidant that lowers the risk of bladder cancer in women

Burn off your risk—Moderate exercise such as brisk walking 2 hours a week cuts risk of breast cancer 18%

Ask about breast density when you get your next mammogram

Block cancer with color—Choosing your outdoor outfit wisely may help protect against skin cancer.

Pick a doc with a past—Experience—lots of it—is critical when it comes to accurately reading mammograms

Eat clean foods— Buy meats free of antibiotics and added hormones. Try to purchase produce grown without pesticides and wash conventionally grown food thoroughly.

Up your calcium intake—Milk's main claim to fame may also help protect you from colon cancer

Commit to whole grains— We all know whole grains are better for you than whites. White breads, pasta, potatoes, and sugary pastries have a high glycemic load with may cause a higher risk for colorectal cancer.

Pay attention to pain—If you're experiencing a bloated belly, pelvic pain, and an urgent need to urinate, see your doctor.

Avoid unnecessary scans—CT scans are a great diagnostic tool, but they deliver much more radiation than x-rays and may be overused, says Barton Kamen, MD, PhD, chief medical officer for the Leukemia & Lymphoma Society. High doses of radiation can trigger leukemia, so make sure scans are not repeated if you see multiple doctors, and ask if another test, such as an ultrasound or MRI, could substitute.

Drop 10 pounds—Being overweight or obese accounts for 20% of all cancer deaths among women and 14% among men, notes the American Cancer Society. Even if you're not technically overweight, gaining just 10 pounds after the age of 30 increases your risk of developing breast, pancreatic, and cervical, among other cancers.



Diet and Physical Activity: What's the Cancer Connection?

Since October is **National Breast Cancer Awareness Month**, I wanted to highlight some fast facts about this cancer. Other than skin cancer, breast cancer is the most common cancer among American women.

Each year in the United States, more than 200,000 women get breast cancer and more than 40,000 women die from the disease.

Men also get breast cancer, but it is not very common. Less than 1% of breast cancers occur in men.

Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women. About 10% of all new cases of breast cancer in the United States are found in women younger than 45 years of age.

But my goal here is to help us realize that we do have some control and can reduce our chances of getting cancer by the lifestyle choices we make.

But how much do daily habits like diet and exercise affect your risk for cancer? Much more than you might think. Research has shown that poor diet and not being active are 2 key factors that can increase a person's cancer risk. The good news is that you do something about this.

Besides quitting smoking, some of the most important things you can do to help reduce your cancer risk are:

- Get to and stay at a healthy weight throughout life.
- Be physically active on a regular basis.
- Make healthy food choices with a focus on plant-based foods.

The evidence for this is strong. The World Cancer Research Fund estimates that about 20% of all cancers diagnosed in the US are related to body fatness, physical inactivity, excess alcohol consumption, and/or poor nutrition, and thus could also be prevented.



Control your weight

Getting to and staying at a healthy weight is important to reduce the risk of cancer and other chronic diseases, such as heart disease and diabetes. Being overweight or obese increases the risk of several cancers, including those of the breast (in women past menopause), colon and rectum, endometrium (the lining of the uterus), esophagus, pancreas, and kidney, among others.

Being overweight can increase cancer risk in many ways. One of the main ways is that excess weight causes the body to produce and circulate more estrogen and insulin, hormones that can stimulate cancer growth.

Taking Steps to Good Health



Be more active

Watching how much you eat will help you control your weight. The other key is to be more physically active. Being active helps reduce your cancer risk by helping with weight control. It can also help improve your hormone levels and the way your immune system works.

More good news – physical activity helps you reduce your risk of heart disease and diabetes, too! So grab your athletic shoes and head out the door!

The latest recommendations for adults call for at least 150 minutes of moderate intensity or 75 minutes of vigorous intensity activity each week, or an equivalent combination, preferably spread throughout the week. This is over and above usual daily activities like using the stairs instead of the elevator at your office or doing housework. For kids, the recommendation is at least 60 minutes of moderate or vigorous intensity activity each day, with vigorous intensity activity occurring at least 3 days each week.

Moderate activities are those that make you breathe as hard as you would during a brisk walk. This includes things like walking, biking, dancing even housework and gardening. Vigorous activities make you use large muscle groups and make your heart beat faster, make you breathe faster and deeper, and also make you sweat. It's also important to limit sedentary behavior such as sitting, lying down, watching television, or other forms of screen-based entertainment.

Being more physically active than usual, no matter what your level of activity, can have many health benefits.

Walk and Live Longer?

Increasing your steps per day from a sedentary level (under 5,000 steps) to 10,000 steps per day reduced mortality risk by 40%.

Adding 3,000 steps per day, the equivalent of 1.5 miles or walking for 30 minutes, reduced risk of a premature death by 12%.

Walking can protect your heart and circulatory system by raising your HDL, the good cholesterol, and keeping weight down. Walking can also contribute to "regularity" which in turn reduces the risk of colon cancer.

Using a pedometer, Fitbit or phone app can help motivate you to walk more.

www.verywell.com

What is a healthy weight?

One way you can get an idea if you are in the ballpark of a "healthy weight" is to check your Body Mass Index (BMI). There are online calculators you can use to find your score but these are not 100%. I would ask your doctor and then try to control your weight through a healthy, portion-controlled diet. Seek the help of a Registered Dietitian to help get you on track and stay the course. Check to see if your Health insurance will cover a set number of visits, or check out one of the ShopRite who offer FREE weight management through their in-store RD. If you aren't sure where to go, please contact me.

Bottom Line

Let's challenge ourselves to lose some extra pounds, increase our physical activity, make healthy food choices, limit alcohol, and look for ways to make our communities healthier places to live, work, and play.



Healthy Recipe Swaps



Healthy home cooking/baking and smart shopping puts you in control of what goes into your recipes and your body. Follow these healthy guidelines to update your eating style and improve your nutrition profile.

Cut down on saturated and trans fats by choosing non-tropical vegetable oils instead of foods rich in saturated fat or trans fat for cooking. These oils contain monounsaturated and polyunsaturated fats. Check the Nutrition Facts label and avoid foods with hydrogenated oils.

Buy low-sodium versions of common canned recipe ingredients like tuna, beans, tomatoes and other vegetables. If you can't find low-sodium or "no salt added," rinse the contents in a colander under water to wash away some of the salt.

Choose canned fruits packed in juice rather than syrup.

Use nonstick cooking spray instead of greasing bakeware with butter or shortening. And use it in skillet instead of butter for cooking.

Make your own salad dressings by mixing healthier kitchen oils (such as olive oil) with vinegar and herbs. You can also make healthier version of your favorite creamy dressings by blending low-fat sour cream or cottage cheese and low-fat buttermilk and adding fresh herbs like dill, tarragon or chives.

Look for whole grains and lower sodium when you buy things like bread, crackers, and snacks.

Choose poultry and fish and limit red meat. Always look for leaner pieces and trim away skin and visible fat before cooking.

When Baking:

Trade butter for avocado. This year when baking those holiday cookies, try this health enhancing trick: trade each tablespoon of butter in a recipe for half a tablespoon of avocado. It slashes calories, and still provides the satisfying texture we crave in desserts. You may want to use this trick in recipes with cocoa, which masks the color, although green is a holiday color!

Substitute white whole wheat flour or whole wheat pastry flour for all-purpose flour. Regular whole wheat could be too strong in flavor and texture.

Flu Season

Once again the flu season is upon us and every year you may ask the same question, "should I get the flu shot?"

Who should get vaccinated this season?

While it is recommended that everyone get a flu vaccine this season, it's especially important for some people to get vaccinated. Those people include the following:

People who are at high risk of developing serious complications (like pneumonia) if they get sick with the flu.

- People who have certain medical conditions including asthma, diabetes, and chronic lung disease.
- Pregnant women.
- People younger than 5 years (and especially those younger than 2), and people 65 years and older.

People who live with or care for others who are at high risk of developing serious complications (see list above).

- Household contacts and caregivers of people with certain medical conditions including asthma, diabetes, and chronic lung disease.
- Household contacts and caregivers of infants less than 6 months old.
- Health care personnel.

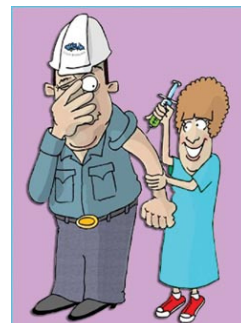
When will flu activity begin and when will it peak?

The timing of flu is very unpredictable and can vary from season to season. Flu activity most commonly peaks in the U.S. in January or February. However, seasonal flu activity can begin as early as October and continue to occur as late as May.

What should I do to prepare for this flu season?

CDC recommends a yearly flu vaccine for everyone 6 months of age and older as the first and most important step in protecting against this serious disease. While there are many different flu viruses, the flu vaccine is designed to protect against the three main flu strains that research indicates will cause the most illness during the flu season. Getting the flu vaccine as soon as it becomes available each year is always a good idea, and the protection you get from vaccination will last throughout the flu season.

Consult your physician if you have any questions as to whether the flu shot is necessary for you. Go to [Centers for Disease Control and Prevention](http://www.cdc.gov/flu) for more information on this year's flu season.



What's The Nutritional Value



The Beet...you can't beat the benefits!!

Resource: www.mercola.com

Although beets have the highest sugar content of all vegetables, most people can safely eat beet roots a few times a week (and their greens in unlimited quantities), enjoying not only their sweet, earthy flavor but also their powerhouse nutrients that may improve your health in the following ways.

Lower Your Blood Pressure!!

Drinking beet juice may help to lower blood pressure in a matter of hours. One study found that drinking one glass of beet juice lowered systolic blood pressure by an average of 4-5 points.

The benefit likely comes from the naturally occurring nitrates in beets, which are converted into nitric oxide in your body. Nitric oxide, in turn, helps to relax and dilate your blood vessels, improving blood flow and lowering blood pressure.

Anti-Cancer Properties

The powerful phytonutrients that give beets their deep crimson color may help to ward off cancer. Research has shown that beetroot extract reduced multi-organ tumor formations in various animal models when administered in drinking water, for instance, while beetroot extract is also being studied for use in treating human pancreatic, breast, and prostate cancers.

Save the Greens!!

If you simply throw away the green leafy tops to your beets, you're doing yourself a disservice, as these are among the healthiest part of the plant. Besides containing important nutrients like protein, phosphorus, zinc, fiber, vitamin B6, magnesium, potassium, copper, and manganese, beet greens also supply significant amounts of vitamin A, vitamin C, calcium, and iron.

Beet greens actually have even more iron than spinach (another leafy green in the same botanical family) as well as a higher nutritional value overall than the beetroot itself. For more details, read "What Are Beet Greens Good For?" You may be surprised to learn, for instance, that research shows beet greens may:

- Help ward off osteoporosis by boosting bone strength
- Fight Alzheimer's disease
- Strengthen your immune system by stimulating the production of antibodies and white blood cells

If you've never tried beet greens before, don't let them intimidate you. They can be added raw to vegetable juice or sautéed lightly right along with other greens like spinach and Swiss chard.

Fight Inflammation

Beets are a unique source of betaine, a nutrient that helps protect cells, proteins, and enzymes from environmental stress. It's also known to help fight inflammation, protect internal organs, improve vascular risk factors, enhance performance, and likely help prevent numerous chronic diseases.

Rich in Valuable Nutrients and Fiber

Beets are high in immune-boosting vitamin C, fiber, and essential minerals like potassium (essential for healthy nerve and muscle function) and manganese (which is good for your bones, liver, kidneys, and pancreas). Beets also contain the B vitamin folate, which helps reduce the risk of birth defects.

Detoxification Support

The betalain pigments in beets support your body's Phase 2 detoxification process, which is when broken down toxins are bound to other molecules so they can be excreted from your body. Traditionally, beets are valued for their support in detoxification and helping to purify your blood and your liver.

Lemon-Herb Roasted Beets

From *EatingWell.com*

Roasting brings out the sweet flavor of beets. Golden beets look especially pretty when tossed with the fresh herb and lemon seasoning mix, but any type of beets will work in this recipe. If you're a lemon lover, be sure to add the squeeze of fresh lemon juice after the beets are roasted. Try it for yourself...it doesn't get any easier than this. And it's delicious!!!

Ingredients:

- 1 1/2 pounds beets, trimmed and cut into 1-inch pieces or wedges
- 4 teaspoons extra-virgin olive oil or canola oil
- 2 tablespoons chopped fresh or 2 tsp dried herbs, such as marjoram, oregano and/or rosemary
- 1 teaspoon freshly grated lemon zest
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1 tablespoon lemon juice (optional)

Preparation:

1. Position rack in lower third of oven; preheat to 450 °F.
2. Combine oil, herbs, lemon zest, salt and pepper in a large bowl. Add beets; toss to coat with the seasoning mixture.
3. Spread the beets evenly on a rimmed baking sheet.
4. Roast, stirring once or twice, until the beets are tender and browned, 20 to 25 minutes. Toss the roasted vegetables with lemon juice, if using.

Cut Down on Dishes: A rimmed baking sheet is great for everything from roasting to catching accidental drips and spills. For effortless cleanup and to keep your baking sheets in tip-top shape, line them with a layer of parchment paper before each use.



Recipe
Corner

Debby Schiffer, Wellness Director for BURLCO & TRICO JIF

E-mail: debby_schiffer@targetingwellness.com

Home Office: 856-322-1220

Cell: 856-520-9908

Strong is what happens when you run out of weak!