

January 2017
Happy New Year!



Special points of interest:

- Rethink your New Year's Resolutions
- What are your ears telling you about your health?
- Are Chia Seeds really healthy?
- No more dieting!
- Recipe of the month
- Inspirational quotes



Wellness Corner Connection

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Things to Consider Instead of Another New Year's Resolutions

Each January, roughly one in three Americans resolve to better themselves in some way. We make those New Year's Resolutions only to give up on them in a few months, if not sooner. But many times it's because we aren't specific. Take the common goals listed to the right. Lose weight—how much, what are you going to do differently than you've tried before? Why do you want to lose weight? It's hard to keep up the enthusiasm months after you've swept up the confetti, but it's not impossible. This year, try something different...DON'T make a New Year's Resolution. Maybe try one of these instead.

Common New Years Resolutions:

- ⇒ Lose Weight
- ⇒ Get Organized
- ⇒ Spend Less, Save More
- ⇒ Enjoy Life to the Fullest
- ⇒ Staying Fit and Healthy



Make a list of the highlights that you can look forward to in 2017. Maybe it's a wedding or a trip you have been planning. Research shows that one of the best predictors of emotional health is the ability to anticipate and savor future pleasures. We all need something to look forward to.

Make learning something new part of your daily routine. It inspires creativity. Helps us adapt to new situations. Deepens our character. And increases confidence.



Write a letter to your future self and date it 1/1/2018. Imagine next year at this time looking back on the goals you set forth and seeing your accomplishments. Write down what you want to achieve in 2017. Research shows when we connect with our future self difficult changes can be overcome and goals can be met.



New Year's Resolution Statistics:

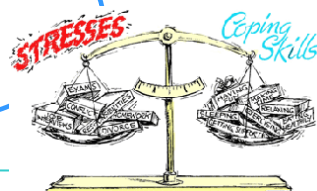
- ⇒ 45% of Americans make resolutions
- ⇒ 8% achieve these resolutions
- ⇒ 47% are self improvement related
- ⇒ 38% are weight related
- ⇒ 34% are money related
- ⇒ 14% people over 50 achieve their resolutions
- ⇒ 70% give up within first month



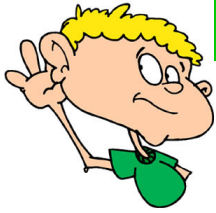
Stop Dieting and Start Living!

(see article on page 3)

Make one change this year to minimize stress. Stress is inevitable. Short bouts can give us an energy boost. But if chronic, it can effect our health. Learn healthy coping methods.



Resources: Lifehack.org; PsychologyToday.com; Statistic Brain.com



Your Ears Could Be Telling You Something...So Listen Up!

I read an article on Prevention.com that I found to be very interesting and wanted to share some of the highlights with you. Did you know that hearing loss is the third most common health problem in the United States? Neither did I. But I think it's safe to say that we all know how important our ears are for hearing, regulating balance and sending information about your head position to our brain. But everything about your ears, from the way they look to the wax they produce, could actually be telling you something about your general health. Here are a few things to consider:

- ⇒ Studies show that hearing loss is twice as common in diabetics. Adults with pre-diabetes are 30% more likely to experience hearing loss than those with normal blood sugar levels. The link is uncertain but there seems to be a correlation between decreased blood supply to the inner ear and hearing loss. Metabolic changes that occur in diabetics could actually be toxic to the inner ear particularly if one's blood sugar is not properly managed.
- ⇒ Have you ever heard the term "Frank's sign"? It's a diagonal crease that forms on your earlobes which could be a sign of a heart condition. It was named after a researcher, Sanders T. Frank, who called attention to this in 1973. Studies have shown that seeing this crease on people younger than 40 was a predictor of heart disease in up to 80% of the cases. No need to panic, it could just be a wrinkle. But it might be worth mentioning to your doctor at your next examination.
- ⇒ Ear pain could be linked to a disorder of the temporomandibular joint or TMJ. This joint connects your jaw to bones in the front of your ear. TMJ could trigger ear pain when chewing, talking or just opening your mouth wide.
- ⇒ Do you experience long bouts of ringing in your ears? If so it could be an indicator of a number of problems from anxiety and depression to high blood pressure. It's common to have some ringing in your ears especially after a concert. But if the ringing persists longer than normal, it might be a good idea to get it checked.
- ⇒ Having the sensation of a "plugged" ear is common when your plane lands but it may also occur due to allergies or colds. The Eustachian tube connects your nose to your ears to let air pass between the two. When you are congested due to a cold or allergies, this passage gets irritated causing the sensation of plugged ears. Drinking plenty of fluids and using a humidifier may help.

Resource: Frehsee, N. "6 Things Your Ears Are Trying To Tell You", Prevention Health. Accessed by www.prevention.com/health, 25 October 2016

Health Benefits of "Ch Ch Ch" Chia Seeds



How many of you remember the "Chia Pet"? The clay figurine that came in many shapes and sizes and sprouted its own grass-like "fur". It was a novelty gift idea years ago and today, many health-conscience consumers are purchasing the seeds for consumption because of their nutritional value. But are they...nutritious, I mean?

Studies have shown that these edible seeds, originating from the desert plant *Salvia hispanica*, are indeed nutritious but to what extent is still not clear. They grow in Mexico and date back to the Mayan and Aztec cultures who ate them to boost their energy level. They are high in fiber and protein, rich in antioxidants, and packed with alpha-linolenic acid (ALA) which is a plant based omega-3 fatty acid. They are an unprocessed, whole-grain that the body can absorb in seed form (unlike flaxseeds). Two tablespoons of chia seeds contain about 139 calories, 4 grams of protein, 9 grams of (good) fat, 12 grams of carbohydrates and 11 grams of fiber. A pretty powerful punch of value from a little seed! Many people sprinkle them on cereal or yogurt, toss them in sauces, rice dishes, smoothies and baked goods.

Because of their sticky, gelatinous property when mixed with water, they have been used in place of eggs in many baked recipes.

One tablespoon of chia powder dissolved in a 1/4 cup of water = one whole egg

There have been scientific studies done on rats to determine their health benefits. Findings showed a significant reduction in LDL ("bad") cholesterol and triglycerides, and an increase in HDL ("good") cholesterol and omega-3s (as published in the Journal of Biomedicine and Biotechnology). Studies are being done on humans with some preliminary results indicate similar health benefits. So if you have been using chia seeds or contemplating the idea, continue or go ahead and start. There is still not enough evidence to confidently label them as "the ultimate super-food" (Tufts University, 2013) but they are indeed good for you. If you want to lose weight and think these little seeds can help, think again. No way around it...you'll need to follow a healthy, calorie-controlled nutrition plan and get more physical activity. Sorry. :-(



Resource:

Gerald J. and Dorothy R. "Should You Jump on the Chia Seeds Bandwagon?" Friedman School of Nutrition Science and Policy, Tuft University, www.nutritionletter.tufts.edu, March 2013

Zelman, Kathleen M. "The Truth About Chia", WebMD, www.webmd.com/diet, 2010



Stop the Dieting! Stop the Restrictions! Start Living!

You have heard over and over again “Diets don’t work if you want to get weight off and keep it off. You have to make a lifestyle change.” We all know it yet we turn to the luring promise of “lose 10 pounds in 10 days”. Too good to be true? You’re right! If you do lose those 10 pounds, guaranteed you were miserable, starving, felt deprived, and knew it was unsustainable. Chances are you will gain even MORE weight back than you lost!!!

Instead we need to make a lifestyle change. But what does that look or feel like? How do you know when you have finally made one? The way the words are tossed around you might think that once you have decided to “make the change” this magical wisdom will suddenly come upon you that will tell you exactly what, when and how much to eat. Right? Well that never seems to happen. And to tell you the truth, it really isn’t your fault. The problem is really all the processed foods that are so readily available, cheap and heavily advertised. But that is a separate topic for another time. Right now, let’s see if we can at least determine the difference between a diet mentality and a lifestyle mentality. I hope this will help set you on the right path this year to setting some life changing goals. Make them achievable so you gain some confidence and continue to move forward throughout the year.

A diet is all about **numbers**—the number on the scale and the number of calories you eat and burn. Success is defined in terms of how well you stick to your numbers.



A lifestyle change is all about **you**. It’s about lining up your eating and physical activity with your real goals and desires. Success is defined in terms of how these changes make you feel about yourself.

The diet mentality assumes that reaching a certain weight is the key to finding happiness and solving other problems. That’s why messing up the numbers on any given day can be so upsetting—it means you’ve messed up on just about everything that really matters.



The lifestyle approach assumes that being overweight is usually *the result* of other problems, not the cause. Addressing these problems directly is the best way to solve both the problems themselves and your weight issues. This means focusing on many things, not just the numbers on the scale or the Nutrition Tracker. Numbers only tell a small part of the story, and “bad” numbers often provide good clues into areas that need attention.

Going on a diet involves an **external and temporary** change in eating technique. You start counting and measuring; you stop eating some foods and substitute others, based on the **rules** of whatever **diet** plan you are using. Maybe you throw in some exercise to burn a few extra calories. You assume that it’s the technique that produces the results, not you. The results of a diet are external; if you’re lucky, you may change on the outside—but not on the inside. Once you reach your goal weight, you don’t need the technique anymore, and things gradually go back to “normal.” So does your weight—and then some. And, of course, all the problems you hoped the weight loss would solve are still there.



Making a lifestyle change involves an **internal and permanent** change in your relationship with food, eating, and physical activity. You recognize that the primary problem isn’t what you eat, or even how much you eat, but **how** and **why you eat**. Eating mindlessly and impulsively (without intention or awareness) and/or using food to manage your emotions and distract yourself from unpleasant thoughts—this is what really needs to change.

Learning to **take good care of yourself** emotionally, physically, and spiritually—so that you don’t want to use eating to solve problems it really can’t—is a life-long learning process that is constantly changing as your needs and circumstances change.

I'm not Dieting
I'm changing my
Lifestyle ♡

Make this New Year about a New approach to YOUR health. Take a look at where you want to be next year at this time. Set your goals to achieve them *throughout* 2017 not by Feb 1st.

My hope is that throughout the year I can bring you information and perhaps some motivation to continue onward towards reaching those goals. And I hope you will reach out to me for support.

Your journey to better health is a matter of attitude. Believe you can and you will! I guarantee it! 😊

Happy New Year! And Happy New You!



Healthier Version of Mac 'n Cheese

This healthy, homemade macaroni and cheese recipe is topped with plenty of golden breadcrumbs. If you want to add a little flair to this healthy macaroni and cheese, use aged Gruyere instead of Cheddar and add extra ingredients like peas, chopped cooked mushrooms or chopped lean protein. This recipe makes more Cream Sauce without the Cream than you'll need for the macaroni and cheese. Refrigerate or freeze the extra sauce and use it in place of heavy cream in any sauce or soup that calls for cream.

Recipe Corner

Make Ahead Tip:

Cover and refrigerate cream sauce for up to 1 week or freeze for up to 3 months. Defrost overnight in the refrigerator or using the defrost setting on your microwave.

Cream Sauce without the Cream

- 1 tablespoon extra-virgin olive oil
- 1 cup finely chopped onion
- $\frac{2}{3}$ cup long- or medium-grain white rice
- 5 cups reduced-sodium chicken broth or "no-chicken" broth
- 1 cup dry white wine
- $\frac{1}{4}$ teaspoon salt, or more to taste
- Freshly ground pepper, preferably white

Mac & Cheese

- 8 ounces (2 cups) whole-wheat elbow noodles or other small pasta
- $2\frac{1}{2}$ cups Cream Sauce without the Cream
- 1 cup shredded sharp Cheddar or Gruyère cheese
- Freshly ground pepper to taste
- $\frac{3}{4}$ cup fresh whole-wheat breadcrumbs
- $\frac{1}{4}$ cup freshly grated Parmesan cheese
- 2 tablespoons finely chopped parsley
- 1 tablespoon extra-virgin olive oil

To prepare cream sauce: Heat 1 tablespoon oil in a large saucepan over medium heat. Add onion and cook, stirring, until soft but not browned, about 5 minutes. Add rice and cook, stirring, for 2 minutes more. Add broth and wine and bring to a boil. Cover and simmer until the rice is very soft and the liquid is greatly reduced, about 25 minutes. Cool slightly.

Transfer the mixture to a blender and puree, in batches if necessary, until smooth. (Alternatively, puree in the pot with an immersion blender.) The consistency should be similar to a pourable sauce; add more broth or water as needed. Season with $\frac{1}{4}$ teaspoon salt and pepper, preferably white pepper.

To prepare mac & cheese: Preheat oven to 375°F. Coat a 6-cup (or similar-size) baking dish with cooking spray.

Bring a large pot of water to a boil. Add pasta and cook 3 to 4 minutes less than the package directions. Drain and transfer to the prepared baking dish. Combine $2\frac{1}{2}$ cups of the Cream Sauce and Cheddar (or Gruyère) in a medium saucepan. Stir over medium heat until melted. Season with pepper and hot sauce. Pour the sauce over the pasta and gently stir to combine. Combine breadcrumbs, Parmesan, parsley and 1 tablespoon oil in a small bowl and sprinkle over the casserole.

Bake until the top is golden and the sauce is bubbling, about 30 minutes.

Recipe from EatingWell.com

Serving size: about $1\frac{1}{2}$ cups

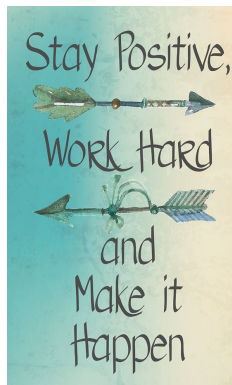
Per serving: 512 calories 18 g fat(7 g sat); 6 g fiber; 65 g carbohydrates; 22 g protein; 73 mcg folate; 33 mg cholesterol; 3 g sugars; 1 g added sugars; 494 IU vitamin A; 4 mg vitamin C; 303 mg calcium; 3 mg iron; 729 mg sodium; 325 mg potassium

Nutrition Bonus: Calcium (30% daily value)



To make your own fresh breadcrumbs, trim crusts from whole-wheat bread. Tear bread into pieces and process in a food processor until coarse crumbs form. To make fine breadcrumbs, process until very fine. To make dry breadcrumbs, spread coarse or fine breadcrumbs on a baking sheet and bake at 250°F until dry, about 10 to 15 minutes. One slice of bread makes about $\frac{1}{2}$ cup fresh breadcrumbs or about $\frac{1}{3}$ cup dry breadcrumbs.

Inspirational Messages as you start the New Year



You're always one decision away from a totally different life.

The happiness of your life depends on the quality of your thoughts.



Better an "oops" than a "what if"

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Mistakes are proof that you are trying!

