


Targeting Wellness Newsletter

Good News for Good Health!

November 2021


Happy Thanksgiving!!

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The 3 C's of Life: choices, chances, changes

You must make a
Choice to take a Chance
or your life will never
Change.



November is already upon us. Regardless of what this time of year means to you, there is one thing we can all agree on...it's a time that reflects change. Yet along with change, even expected change, there could be fear, anger and ultimately, stress. If this sounds a bit familiar, think about something you can do (or think) which may put you on a different more positive path as you head into this season. Old traditions not fitting with who you want to be? Then start a new one! With change comes growth.




We cannot
become what we
want by
remaining what
we are.

- Max Depree

Progress is impossible without
change, and those who cannot
change their minds cannot
change anything.

- George Bernard Shaw



If you want some-
thing you've never
had, then you've
got to do some-
thing you've never
done.

-Unknown

Change is a process not an event.



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Are You Ready To Make A Change?

Let's look at why most of us are predisposed to resist change. For many, the mere mention of the word stirs up feelings of uneasiness or fear. One simple explanation to resisting change is due to the *perceived* risk associated with it. You may see it in your procrastination to start a project (work or home), your attempt to stop smoking by having "just one more", or your acceptance of more and more responsibilities even though your plate is already full! Many times we put ourselves in these predicaments by the choices we make. And most times it's due to self-sabotaging thoughts that lead to automatic behaviors and reactions to situations.

Change often does not happen in a moment, instead we go through stages of change, each with their own purpose and necessary actions to help us propel to the next stage. Keep in mind this is not a linear movement, meaning we don't always move from one stage to the next. Instead we may regress back to an earlier stage and have to start again. This is perfectly normal and not a sign of failure! We have "recordings" that repeat over and over in our minds that cause us to give up, to beat ourselves up for making a mistake and feeling we'll never be able to change. But it's precisely those thoughts that keep you stagnant and resistant to try again. Becoming aware of this inner critic is the first step in making successful changes. Look, it's not going to be easy. It takes patience in yourself, determination and practice! But in the end, WOW, will it be worth it!

A renowned psychologist, James Prochaska, proposed that we find ourselves in this internal battle because of our perception of change. Read through Prochaska's Stages of Change on the next page. Think of something in your life that you may be struggling with. Consider what stage you may be in and what actions you are ready to try to progress to the next phase of change. Ask yourself

- "Why do I want this change?" How important is the "WHY" you identified?
- Get your support systems in place. (you may even consider partnering with a lifestyle coach)
- Then start... start with one small goal and build from there!

This will be the fuel to keep you trying....again and again and again! Are you ready?



The Stages of Change

Pre-Contemplation: “I Won’t” or “I Can’t”

The “**I Won’t**” people have no interest in changing because they believe they do not have a problem; therefore, there is no need to change.

The “**I Can’t**” people would like to change but they don’t believe it’s possible to change. “I’ve never been successful at trying in the past.”

How to progress: Motivation to change has to come from within. This can be done through educating yourself on the behavioral change; Looking at the pros and cons to making a change; Look at how your behavior conflicts with your personal goals or values in life.

STAGE 1

Contemplation: “I May”

People in this stage of change are thinking about it. They are considering the change away from unhealthy behavior to adopting healthier habits. They anticipate taking action within the next 6 months.

How to progress: Important to understand the reasons for wanting to change. Goals could involve reading, thinking, talking, listening, discovering, and deciding, rather than actually doing a behavior. Look at both the pros and cons of staying vs. pros and cons of making desired change. Understand the challenges and work to set yourself up for success. A health coach can be a great support source.

STAGE 2



Preparation: “I Will”

Here is where a person starts to become motivated. They have identified obstacles, come up with possible solutions and discard those that did not work in the past.

How to progress: It can help to write down a statement of what you are committing to do, with specific details of what, when and how. This is referred to as your S.M.A.R.T. goal. It may also help to share this with a someone you trust to help you be accountable to **yourself**.

STAGE 3

Action: “I Am”

Now you have identified the new behaviors you want to establish and are consistently working towards your target. You have set achievable goals and you are nailing it! This stage could last up to 6 months, practicing new behaviors, building new or changing old relationships and establishing new habits.

Risk for Lapse and Relapse: Difference
Lapse—a **single slip** in a desired behavior that may or may not lead to a relapse. Just keep going!
Relapse—**returning back fully** to the previous behavior that someone wanted to stop or change. Reach out to your support system.

STAGE 4



Acknowledgement of the progress you have made thus far and reflection upon what you have gained is essential. Lastly, **be kind to yourself!** It is likely that you are working towards a long term change. If you mess up, show yourself some compassion realizing no one is perfect. **There isn’t a straight line to change.** Sometimes it takes many turns. The key is to keep trying and moving forward. Here is where your support people and/or coach can help you navigate.

Maintenance: “I Still Am”

Now the new behavior has become a new habit and it is being done automatically. This usually is 6 months after the initial behavior has changed. It’s important to remember that relapsing to old behaviors and re-cycling through the stages may always be there, so it’s crucial that you continue to plan for events that will challenge you and trigger old feelings. Things to keep in mind:

- Remember what helped you through previous stages. Recall your internal strengths and values; Remember **why** this is important to you.
- Maintain a healthy-reflection on set backs and avoid over-analyzing, passing judgment or feeling guilty about yourself. Realize to error is human. Show yourself some compassion and just keep going! You can and will succeed! It’s about progressing not being perfect!



FINAL STAGE

Resource: Psychology Today (2016). Why Is Change So Hard?



National Diabetes Awareness Month

November is *National Diabetes Month*, and this year the focus is on prediabetes and diabetes prevention. When we hear the word “co-morbidities” or “chronic diseases”, one condition that typically comes to mind is *diabetes*. Diabetes puts people at risk for cardiovascular disease, nerve damage, foot & limb injuries, vision problems, and other complications that arise from having uncontrolled high blood sugar.

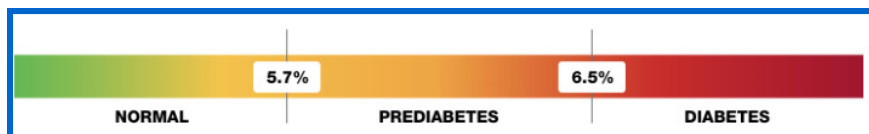
Early treatment for prediabetes can actually return blood sugar levels to normal. It takes a lifestyle change, with regular exercise and a healthy diet. Before people develop Type 2 diabetes, they almost always have prediabetes. You may or may not have clear symptoms so detection may be difficult unless you get regular check ups...remembering these **ABC's** can help keep you ahead of this condition and help you manage it once you have been diagnosed.

If you have diabetes, three key steps—the ABCs—can help you better manage your diabetes and lower your risk of heart attack and stroke. Learn about the ABCs and keep track of your progress for each one.

A A1C Test

- The A1C test is short for hemoglobin A1C.
- It shows you what your blood glucose has been over the last 3 months.
- It lets you know if your blood glucose level is under control.
- Controlling your blood glucose levels will help prevent complications.
- Get this test at least twice a year.
- **Number to aim for: below 7** In my opinion, you should strive for below 6! - DS ♥

Date of my A1C test:				
My number:				



- If your A1C level is between 5.7% and less than 6.5%, you are considered prediabetic.
- If your A1C level is 6.5% or higher, you have diabetes.

B Blood Pressure

- The higher your blood pressure, the harder your heart has to work.
- Get your blood pressure measured at every doctor's visit.
- **Work with your doctor to set a blood pressure goal that is right for you.**

Date I checked:				
My number:				

C Cholesterol

- Maintain a normal cholesterol level (under 200 mg/dL).
- HDL should be 40 mg/dL or higher.
- Triglyceride level should be 150 mg/dL or lower.
- LDL should be below 100 mg/dL. LDL or “bad” cholesterol builds up and clogs your arteries.
- Get your cholesterol tested once per year.
- **Number to aim for: LDL below 100 mg/dL**

Date I checked:				
My total cholesterol number:				
My HDL number:				
My triglyceride number:				
My LDL number				

Visit www.diabetes.org for more detail on this and other diabetes topics.



small steps **big** difference

PREVENTING
DIABETES
IS WITHIN
YOUR REACH



Prediabetes is a serious health condition that puts you at an increased risk for developing Type 2 diabetes. Prediabetes affects more than **1 in 3 U.S. adults**—that's 88 million people—**but most will not even know they have it.** The good news is that by making healthy lifestyle changes, it is possible to manage or reverse prediabetes and prevent it from turning into Type 2.

Follow these tips to manage your prediabetes

01



Take small steps.

Making changes to your lifestyle and daily habits can be hard, but you don't have to change everything at once. Start small.

02



Move more.

Limit time spent sitting and try to get at least 30 minutes of physical activity 5 days a week. Start slowly by breaking it up throughout the day.

03



Choose healthier foods and drinks most of the time.

Pick foods that are high in fiber and low in fat and sugar. Build a plate that includes a balance of vegetables, protein, and carbohydrates. Drink water instead of sweetened drinks.

04



Lose weight, track it, and keep it off.

You may be able to prevent or delay diabetes by losing 5 to 7 percent of your starting weight.

05



Seek support from your doctor.

People are more successful at managing their prediabetes if they have regular contact and support from trusted health care professionals.

06




Stay up to date on vaccinations.

The COVID-19 and flu vaccines are important for people who may be more likely to get very sick from COVID-19 or the flu, such as people with diabetes.

Visit **niddk.nih.gov** for more information on managing prediabetes.

 **Website**
niddk.nih.gov

 **Email**
healthinfo@niddk.nih.gov

 **Phone**
[1-800-860-8747](tel:1-800-860-8747)

 **TTY**
[1-866-569-1162](tel:1-866-569-1162)

   
Follow Us @NIDDKgov

Could you have prediabetes? Go to <https://www.cdc.gov/prediabetes/takethetest/> to find out.





Diabetes and Diet: Is It Really All About The Carbs?

It's probably very safe to say that we all know what we "should" do to live a healthier life, but in reality that is usually easier said than done. Believe me I get it! Busy schedules with work and home, challenging inner dialogue pushing you all the time, and feeling exhausted at the end of the day making it difficult to put self-care as a priority. However, when it comes to preventing, managing or even reversing diabetes, diet and lifestyle have to be front and center. Over the last several years, I have read many peer-reviewed articles,

listened to several experts speak at conferences and watched several documentaries all on the power of a plant-based diet. I also understand the skepticism that arises when we hear "carbs do not cause or worsen diabetes". Study after study reveal where a diet consisting **primarily** of whole plant-based foods demonstrate tremendous benefits in treating type 2 diabetes and reducing the complications caused by it. Yes, carbohydrates do impact one's blood sugar level. However, there are two key components that need to be addressed and understood.

Let me first say that what is meant by a whole food plant-based diet is one that emphasizes legumes & beans, whole grains, vegetables, fruits, nuts and seeds; it is very high in fiber and discourages most if not all animal products.

Key component #1: The Type of Carbohydrate Matters

As I indicated above, the thought of a high "carb" diet seems especially scary for people with diabetes or trying to prevent prediabetes from progressing to Type 2. Over the last several years, people have gotten away from counting calories to manage their health and instead have turned to *macro counting*. Basically this is a way to count the "macronutrients" in your diet which are protein, fats, and carbohydrates. This has been very popular because it allows people to eat until they are full instead of feeling like they have to restrict portions; all they need to do is maintain a target balance of the three macronutrients. Each have a different effect on the body, but that is a conversation for another time. What I want to point out here, is that **not all "carbs" are created equal!**

Simple Carbs: all sugars (found in candy, baked goods, soft drinks, juices, jams, yogurts, milk, etc.), refined grains (white flour, white bread, most packaged cereals). These are all considered **highly processed** and will cause a sudden spike in blood sugar as soon as they are consumed. These products typically contain zero fiber.

Complex Carbs: Whole fruits, green/leafy vegetables, starchy vegetables, oatmeal, beans/legumes, intact whole grains (brown or wild rice, Farro, quinoa, barley, millet, etc), sweet potatoes, whole meal flours and breads, and so much more! These do not cause a large spike in blood sugar levels when you eat them. Plus they are loaded with fiber and extra nutrients which are wonderful for your body and overall health!

Believe it or not, high carbohydrate diets can help you maintain a healthy weight; due to the high fiber content, which helps you feel full longer and you tend to eat less. They are the main source of energy for the body, thus many people on a plant-based diet find they have much more energy than on the standard American diet (S.A.D) or one higher in saturated fats and processed foods.

Another benefit of focusing on plant-based, natural carbohydrates is that they are typically lower in calories so you can **eat more!** For example, a medium-sized piece of fruit contains about 100-200 calories yet a small cookie could have around 200-400 and one will probably NOT be enough!

Key component #2: Insulin Resistance leads to Prediabetes and Type 2 Diabetes

"Insulin resistance" is the accumulation of dietary fat in cells that typically are **not meant to store fat** (primarily your muscles and liver). This buildup causes the cells to reject glucose from your bloodstream because the cells have no room. There is simply *no room at the cell-inn!* And because your cells cannot "take up" any glucose, your blood level remains high. For this reason, your pancreas will pump out more and more insulin in an attempt to "convince" your cells to accept the new glucose.

Your blood sugar rises because of "insulin resistance". This is why **eating a high carbohydrate diet** (low in fat and high in fiber) will help fight diabetes because avoiding the high fat foods (such as processed foods, animal products—all which contain high levels of saturated fats and cholesterol) **keeps cells working as they should**, allowing them to remove glucose from your bloodstream. Over time, this helps your blood glucose levels to normalize. This has also been proven to help those people with Type 1 resulting in much lower doses of insulin!

But don't take just my word on this. I encourage you to do your own research. Check out any of these doctors and see for yourself: Dr. Neal Bernard, Dr. T. Colin Campbell, Dr. Michael Greger, Dr. Dean Ornish, Dr. Michael Klaper, and more...they all have valuable information and resources to prove it.

The information contained here was taken from:

US National Library of Medicine—Journal of Geriatric Cardiology: URL- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5466941/>

Mastering Diabetes (Dr. Cyrus Khambatta): URL—<https://www.masteringdiabetes.org/high-carb-diet/>



INSTANT POT LENTIL SOUP WITH SWEET POTATO

I have made this several times and to my delight, not only was it super easy but it was truly super delicious!! It makes a good amount and leftovers taste even better! Make a bunch over the weekend for a quick weekday dinner or a hardy, healthy lunch!

Ingredients:

- 2 teaspoons olive oil or water
- 1/2 onion chopped
- 1 large celery stalk diced
- 4 garlic cloves minced
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1/2 teaspoon salt
- 1/2 teaspoon red pepper flakes
- 1 cup brown or green lentils
- 3/4 pound sweet potato peeled & cut into 1/2-inch dice
- 3 1/2 cups low sodium vegetable broth
- 1 cup water
- 1 14-ounce can petite diced tomatoes
- 4 ounces spinach leaves, about 4 cups packed
- salt & pepper to taste*



Recipe from *Cookin Canuck*

Instructions:

1. Set Instant Pot to Sauté setting. Add the olive oil/water and allow to heat for 30 seconds. Add the onion and celery (I sometimes add in diced carrots too), and cook, stirring, until softened about 4 minutes. Stir in the garlic, cumin, paprika, salt and red pepper flakes.
2. Add the lentils, sweet potatoes, vegetable broth, water and diced tomatoes, and stir to combine.
3. Put the lid on the Instant Pot, close the steam vent and set to HIGH pressure using the manual setting. Set the time to 12 minutes. It will take about 15 minutes for the Instant Pot to reach pressure.
4. Once the time is expired, wait for 10 minutes, then carefully use the quick release valve (it may sputter a bit) to release the steam.
5. Stir in the spinach until wilted. Season to taste. Serve.

I'm sure you can prepare this on your stove top or in a crock pot. Please note to just adjust the time.

Note:

Weight Watchers Points: 4 (Freestyle SmartPoints), 4 (SmartPoints), 5 (Points+)

*Extra salt and pepper not included in nutritional information.

Nutrition:

Serving: 2Cups | Calories: 187.8kcal | Carbohydrates: 40.8g | Protein: 8.9g | Fat: 2.6g | Saturated Fat: 0.4g | Sodium: 534.2mg | Fiber: 14.2g | Sugar: 7.9g

You'll never change your life until you change something you do daily. The secret of your success is found in your daily routine.—John C. Maxwell

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