

# Targeting Wellness Newsletter

## Good News for Good Health!

February 2022

Debby Schiffer, Wellness Director for BURLCO & TRICO JIFs



If you are into yoga or meditation, you probably are familiar with the heart chakra. It is the 4th of seven Chakras and it's primary function is connection. The wisdom of our heart gives us inspiration that ignites all of the cells in our body. The heart is the center which maintains

the balance between giving and receiving. It's the intuitive center of non-judgmental discernment. Through the heart we connect to the unconditional love and bond to a bigger unity of life.

The wisdom of the heart inspires us to live more deeply and fully yet many times we may ignore it's messages and only hear what is being said in the mind. The heart expresses warmth, compassion, forgiveness, empathy, loving-kindness, and most of all inspiration. A full-hearted person is a happy person.

**WEAR RED DAY!**

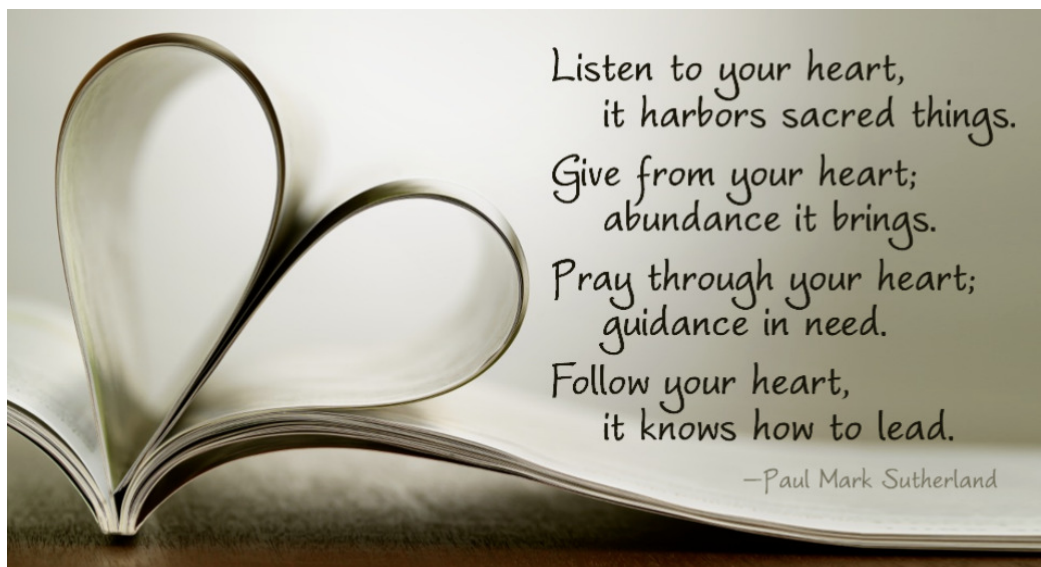
February 4th

**RANDOM ACTS OF KINDNESS WEEK**

February 14th to 20th

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## Difference Between Heart Attack and Cardiac Arrest

Did you know that in the United States every 40 seconds someone is having a heart attack? Every year over 800,000 Americans have a heart attack and over 300,000 have out-of-hospital cardiac arrest. If you believe you or a loved one may have experienced either a heart attack or cardiac arrest, call 911 immediately.

### HEART ATTACK VS. CARDIAC ARREST—What's the difference?

Although both impact the heart muscle and are life-threatening, they have differences including symptoms.

#### HEART ATTACK

Also called myocardial infarction, this is a problem with circulation. A heart attack occurs when there is a blocked artery in the heart that reduces or prevents oxygenated blood from reaching a section of the heart. The heart will continue to pump, however, the longer this blockage exists, the greater the damage to that portion of the heart. Over the past few decades there have been great improvements in survival rate but complications can still arise after heart attacks. According to the Cleveland Clinic, these conditions can include abnormal heart rhythms, heart failure, sudden cardiac arrest, heart valve problems, and depression.

Here are some of the symptoms (can persist for hours, days even weeks before a heart attack occurs):

- Pain or discomfort that could last for more than a few minutes or goes away and comes back. It could be in the chest, jaw, neck, back, or abdomen, as well as one or both arms or shoulders.
- Breaking out in a cold sweat
- Nausea or vomiting
- Lightheadedness, feeling weak or faint
- Unusual or unexplained tiredness
- Shortness of breath

1 in 5 heart attacks occur without the person even being aware. (CDC)

**Dr. Caldwell B. Esselstyn, Jr. M.D.** is a physician and author of the book *Prevent and Reverse Heart Disease*. Through his research and studies with patients at the Cleveland Clinic he has been able to reverse cardiovascular disease through nutritional changes.

**His son Rip Esselstyn, a former Fire Fighter in Austin Fire Station #2** started a bet with his “brothers” to see who had the lowest cholesterol. This challenge ended up saving a firefighters life and started the Engine 2 PLANT-STRONG movement. Check out this short story on how it all started:

<https://www.youtube.com/watch?v=yuzGxdBvAwU>

#### CARDIAC ARREST

With sudden cardiac arrest, there is a problem with the electrical system of the heart. Unlike a heart attack, cardiac arrest usually strikes without any warning. One's heart will stop beating or may develop a chaotic beating. No blood is pumped to the rest of the body. The mortality rate for out-of-hospital cardiac arrest is between 70 and 90 percent. Survival is possible with CPR, a defibrillator or chest compressions, until emergency help arrives. Sometimes heart attacks can cause cardiac arrest but not the other way around.

Sometimes, prior to a cardiac arrest, people may feel chest discomfort, shortness of breath, weakness, or heart palpitations. Unfortunately, this is not typical. Most times there is no warning and the first “signs” are drastic:

- Loss of responsiveness
- Collapse
- No pulse or breathing

The American Heart Association notes that emergency medical services can begin treatment up to an hour sooner than if you drive to the ER. Call 911 immediately upon any signs of heart attack or cardiac arrest.

According to the Harvard School of Public Health, 80 percent of sudden cardiac deaths and 72 percent of premature deaths due to heart disease may be prevented by adopting a healthy lifestyle.

The American Heart Association developed 7 metrics for heart health:

1. Smoking cessation
2. Achieving an ideal body weight
3. Maintaining normal blood sugar
4. Maintaining normal blood pressure
5. Achieving an ideal lipid profile (cholesterol)
6. Exercise
7. Eating a plant-based diet

In a study of over 7000 people, those who met five or more of these metrics lowered their risk of heart-related death by 88% compared to those who met none.

#### Resources:

Hudepohl, Dana, Jan 20, 2022, “What's the Difference Between Heart Attack and Cardiac Arrest. Forks over Knives. American Heart Association

## Change Your Lifestyle and Change Your Life

No doubt you have been hearing a lot about comorbidities not only from the media and statistics but possibly from your own physician. According to the CDC, 95% of those dying from COVID, had at least one comorbidity. Yet nothing was said to the public about making lifestyle changes. Instead, we were told to isolate and wait for the vaccines...a teachable moment regarding how to make lifestyle changes was lost!

### What is Comorbidity?

**The definition** of comorbidity is “when a person has two or more health conditions at the same time, or if one condition occurs right after the other” (Verywell Health). These conditions are generally thought to be long-term and one typically can lead to another (they love to tag-team). Some examples include obesity, high blood pressure, Type 2 diabetes (or insulin resistance), high cholesterol, cardiovascular disease, osteoarthritis, some cancers, and depression & anxiety (classified as psychiatric comorbidities).

### Why I Changed My Lifestyle

When you first hear your doctor say “you need to go on a statin” because you have high cholesterol, a typical question might be, “So doc, how long will I need to be on this medication?” The standard nonchalant response may be “for the rest of your life” (What’s the big deal? It’s just a tiny pill!). The patient has just been delivered a “life-sentence”. How devastating that must be. Actually, I know first hand because that is what I was told 4 years ago. I got a sinking feeling in my stomach. And for a moment I felt numb yet also anxious, after all, what else could I do? I already exercised daily; I ate healthy at least according to what I had been taught about nutrition; I got adequate sleep most nights; and I continually worked on managing my level of stress (Note: not always successful ☺).

I looked at the prescription knowing I had to try something else first. So I watched the documentary **Forks Over Knives**. This is a documentary revealing evidence-based research showing the life-changing benefits of adopting plant based “diet”. It was a light bulb moment for me! I decided to remove nearly all animal products from my until my next scheduled blood work appointment in 2 months. That meant no meat, chicken, fish, dairy or eggs. I wanted to try my own experiment to see if my cholesterol levels would improve. Curious as to my results? Drum roll please...in this short amount of time, my overall cholesterol number came down over 30 points and my LDL down over 40!!! That sealed the deal for me and I haven’t looked back.

Now I know that this dramatic change is not for everyone. And that is what is so miraculously beautiful about our body. Even making subtle changes, over time, they will add up to improved health! All the conditions mentioned above can be **preventable and even reversible**! Yes, you read that correctly...reversible!!



By making some simple lifestyle changes, in time, you can actually avoid, reduce or eliminate prescribed medications. I say “simple” but we all know that making these habit changes is far from easy. You can easily take a pill but please realize that one pill typically leads to two and three because what helps one thing in your body harms another. OR you can take a compassionate look at your lifestyle choices now and start to make some **small sustainable changes**. Know that this is not your fault. The Food Industry with the help of advertising, has played a HUGE part in “feeding” us lies and “creating” food products to be irresistible to the palate.

However, the decision to make a change rests in your hands. You may be thinking “but where do I start when so many things need to change?” You start where you are! Determine what is important to you. What do you want your life to look like in say 3 months or 6 months or 2 years? How do you want to feel? What do you want to be able to do that you cannot do now?

You may recall in last month’s newsletter I mentioned finding your “why”. These two concepts go hand-in-hand. Many Lifestyle Medicine Physicians and Lifestyle/H&W Coaches (like myself) help patients/clients break down what could seem overwhelming into 6 areas (or pillars) of lifestyle which are found to be the root cause of most, if not ALL, these mentioned chronic diseases. **It is my passion to help others who are ready to take back control of their life! Email me if you are interested in discussing a plan that is right for you! (See next page for more information on the 6 pillars.)**

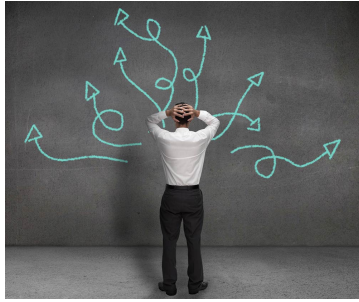
#### A few resources you might be interested in checking out.

Listen to this short TEDxRiverOaks message from a cardiologist (15 minutes): **“I have a carrot and a stent—you pick”** Dr. Koushik Reddy  
<https://www.youtube.com/watch?v=lxgxl7b7k8>

Witness what lifestyle changes can do for your health. Watch the **PlantWise** Documentary (47 minutes): <https://www.adventhealth.com/plantwise-documentary/watch-plantwise-documentary>

I have at least a dozen more to share. If interested, please email me at [debby\\_schiffer@targetingwellness.com](mailto:debby_schiffer@targetingwellness.com)

## Where To Start in Making Lifestyle Changes



If I may begin by asking you this, “where are you in terms of your **readiness** to change?” You will know you are ready when you take that hard look at your life and your values and realize if you continue the way you are, you probably won’t be around to enjoy the things that are most important to you. This quote by Abraham Lincoln sums it up **“And in the end, it’s not the years in your life that count, it’s the LIFE in your years!”**

When you decide you are ready, consider looking at the six main areas (pillars) of lifestyle that tremendously impact your health and ultimately your life. Decide which one you want to start with first, knowing that they all must address for overall well-being. The most important thing right now is to just start. ♥

### The Six Pillars of Lifestyle “Medicine”

**eat plants**

**keep moving**

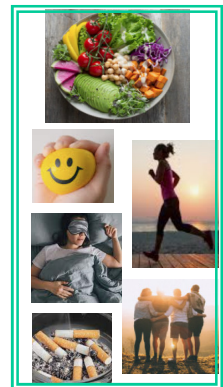
**sleep well**

**be present**

**stay calm**

**love people**

1. **Nutrition**—eat more whole plant-based food which helps your body function efficiently. It’s no longer about having to prove eating this way is beneficial. There is a ton of research and studies easily found. It’s now about what can you successfully do to move CLOSER to this? Think small at first: maybe its adding one vegetable or fruit a day for the next week, maybe its making one meal plant-based (easier than you may think).
2. **Exercise**—Physical activity encourages your body and your mind to be healthier. Find ways to move every day.
3. **Sleep**—is critical in helping your body repair and replenish properly to fight disease (see pg 2).
4. **Stress**—finding ways to channel stress can reduce physical and mental comorbidities and allow one to live a more fulfilling life.
5. **Risky substances**—tobacco, alcohol and other substances have a negative affect on ones mood and overall health.
6. **Relationships (social connections)** - healthy relationships with healthy boundaries can increase our longevity.



Who can support you in making these changes; not only for accountability as you begin this journey, but to support you in making these changes sustainable? As a health and wellness coach it is my passion to help people make the changes that will bring them back to wholeness! We all can use some help. Reach out to me if you want to explore ways to get started!

I’ll end by sharing another awesome quote, this one by C.S. Lewis: **“You can’t go back and change the beginning, but you can start where you are and change the ending.”**

*Pillars taken from Midland Health Lifestyle Medicine Center*



### Does your life feel like Groundhog Day?

You probably are familiar with the movie “Groundhog Day” where a cynical TV weatherman, played by Bill Murray, gets trapped in a time loop on Feb 2nd. Waking up to the same song and going through the same, unchanging routine of Groundhog Day, he soon realizes this pattern has somehow become his life. Does your life sometimes feel like a time loop? Every day the same: interacting with the same people, doing the same activities, making the same choices and thinking the same negative thoughts?



**What if...**

**What if...**

**What if...**

- ...you got up in the morning with a brand new positive attitude and outlook on your day?
- ...you made a decision to change **one** thing like switching out a soda for water or going for a walk around the block after dinner instead of watching TV? Changing one thing so it now supports your wellness vision. Keep doing it for at least 21 days and it will soon become a new healthy habit.
- ...you saw each day as an **opportunity** to apply what you learned from past mistakes and made a commitment to **yourself** to try a different approach to the same situation.

We cannot control what happens in life but we can control how we respond to it. And like Phil in the movie, even if your life seems to be on a time loop, you can choose to learn, grow, and try something new, every day, even when it looks identical to the day before!

**A few resources you might be interested in checking out...it might give you some motivation to start!**

Listen to this short TEDxRiverOaks message from a cardiologist (15 minutes): **“I have a carrot and a stent—you pick”** Dr. Koushik Reddy  
<https://www.youtube.com/watch?v=lgxlt7b7k8>

Witness what lifestyle changes can do for your health. Watch the **PlantWise** Documentary (47 minutes): <https://www.adventhealth.com/plantwise-documentary/watch-plantwise-documentary>



## Sleep and Heart Health

How many of you are (or feel) sleep deprived? No doubt, if you work shift work or have a new baby in the house, getting enough uninterrupted sleep can be quite challenging. Sleep is not only critical for your energy level but it also plays a critical role in heart health. And since it's American Heart Month I thought it was an important connection to point out.

Seven (7) hours of sleep seems to be the consensus on what most adults need on a daily basis. Yet only 1 in 3 adults get that. Missing the mark occasionally is probably not a major concern. However, consistently not getting enough sleep (known as chronic partial sleep loss) can lead to serious health problems and can worsen current conditions.

The health problems most often caused or exacerbated by sleep deprivation can also contribute to an increase risk for heart disease, heart attack or stroke. These health problems include:

**High blood pressure:** normally this goes down when we sleep. If you have sleep issues, your blood pressure could remain elevated for a longer period of time. (1 in 3 adults have high BP).

**Type 2 Diabetes:** some studies have shown that getting adequate sleep can help people improve blood sugar control.

**Obesity:** lack of sleep can lead to unhealthy weight gain for many reasons. One main reason is the disruption of two hormones that are involved in regulating appetite: leptin (which curbs appetite and signals to the brain to stop eating) and ghrelin (which increases appetite by sending the brain hunger signals). Both are partly modulated by the sleep-wake cycle. For instance, when you don't get adequate sleep, you have too little leptin in your body. This signals your brain to think you don't have the needed energy (calories); therefore, it tells you that you are hungry even though you don't actually need food at the time. This low level of leptin not only results in constant feelings of hunger but also slows down your metabolism.



**Here are a few things to keep in mind that can help set you up for a better night's sleep. Where can you make some adjustments in your current routine?**

- **Stick to a regular sleep schedule.** Do your best to go to bed at the same time each night and get up at the same time each morning, including on the weekends. For some the weekend is the time to "catch up" on lost sleep during the week. Sometimes that is warranted. But trying to get on a regular schedule is the best choice.
- **Get enough natural light,** especially earlier in the day. Try going for a morning or lunchtime walk.
- **Get enough physical activity** during the day. Try not to exercise within a few hours of bedtime unless it's a gentle **yoga** or stretch routine to help wind down both body and mind.
- **Avoid artificial light,** especially within a few hours of bedtime. Use a blue light filter on your computer or smartphone. Try setting a goal to turn off all devices 30-60 minutes before bed. Start by trying it for 2 nights. See what happens and go from there.
- **Don't eat or drink within a few hours of bedtime;** especially important to avoid alcohol and foods high in fat or sugar in particular. Try a warm cup of caffeine free tea or a chicory beverage (I like Teeccino brand caffeine and acid-free coffee or teas)
- Keep your bedroom **cool, dark, and quiet.** If you need to, get a pair of earplugs, wear an eye mask or try soothing white noise.
- Perhaps look into trying a **weighted blanket.** Some studies (Harvard Health) are showing that having a weighted blanket can reduce insomnia and even depression. Make sure you can easily lift the blanket off of you if necessary. Not too heavy, not too light but just right (think Goldie Locks ☺).
- Consider **meditation or a breathing exercise** before bed. Insight Timer, Calm, Headspace, etc. could be options.
- **Journaling** what you are grateful for in your life. Focus on what went well today that you are proud of. Try not to just write it down but really **feel** the emotions and happiness it creates inside you.

**Resources:** NCBI Resources: Role of Sleep and Sleep Loss in Hormonal Release and Metabolism. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3065172/>  
 CDC How Does Sleep Affect your Heart Health? And Harvard Health Publishing <https://www.health.harvard.edu/blog/do-weighted-blankets-help-with-insomnia-202111152637>

## Improve Your Health With Acts Of Kindness

Last month we looked at identifying your “why” that inner drive that fuels you to keep moving forward even when it seems overwhelming or isn’t “playing” fair. It’s built around your skills, values, talents and passions....it creates your *purpose* in life.

Kindness might actually be tied in with this more than we think. When we express kindness towards another living creature, oxytocin is released, appropriately referred to as the “love hormone” because when our hearts are filled with love, negativity subsides. It is the natural antidote to induce anti-stress-like effects such as reduction of blood pressure and cortisol generated from the adrenal glands. It even increases one’s ability to tolerate pain. This means “positive interactions involving touch and psychological support may be health-promoting” (PubMed). Random acts of kindness is a great way to keep the levels of oxytocin elevated to keep you focused and striving towards your “why”.

### KINDNESS IS TEACHABLE

It’s similar to strength training. People who practice compassion actually build a strong desire to help others in need. They strengthen their compassion “muscle” of the brain.

*Did you know?*

### KINDNESS IS CONTAGIOUS

Whether you are doing the act of kindness or witnessing the act, everyone’s mood will improve and will make them significantly more likely to “pay it forward”. Could one good deed in a crowd cause a ripple effect and improve the day of dozens of people? Research says “yes”. Try it out for yourself and see what happens.♥

### OXYTOCIN—THE LOVE HORMONE

It lowers blood pressure and improves overall heart-health. The release of this hormone also increases our confidence and optimism which is helpful during times of anxiety or feelings of shyness in social situations.

*Kindness Increases...*

### ENERGY

One study showed that about 50% of the participants had more energy and felt stronger after helping others. Many also reported feeling calmer and less depressed giving them an increased feeling of self-worth.

### FEELINGS OF HAPPINESS

Other studies have shown where giving to others makes the giver happy, even more so than spending money on oneself. Even when folks were asked to recall a time they spent money on themselves vs a time they spent it on someone else, those who recalled giving to another reported feeling happier. It did not matter the dollar amount; the feeling of happiness was still elevated.

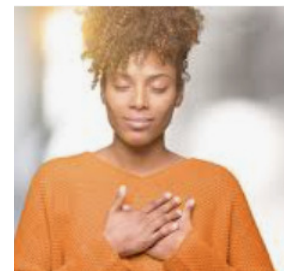
### LIFESPAN

Volunteering seems to have a positive affect on our overall health. Amazingly people who help others experience fewer aches and pains, have an impressive 44% lower risk of dying early, have increased levels of serotonin (the “feel-good” chemical that can heal wounds, calm you down and make you happy). Kindness decreases depression, blood pressure, and stress all of which can have a positive impact on longevity and overall general well-being!

### GRATITUDE ALSO IMPROVES YOUR HEALTH WHILE FILLING YOUR HEART WITH LOVE

Taking a few minutes each day to reflect on what you are grateful for has shown to improve one’s health and lead to better mood, better sleep and overall feelings of well-being. Here are some short easy steps to get you started:

1. Pick a time—AM? PM? Choose a time when you already have a consistent routine.
2. Pair it up—now pair it up with a routine you always do like brushing your teeth.
3. Write it down—Write down anything you feel grateful for. You probably can name a dozen things just by looking around you.
4. Reflect—take a moment to savor your gratitude. Feel it in your heart. If you feel the joy in this practice you’ll stick with it.
5. Keep it up—the more you do it the easier it gets and become just part of your daily routine. Set realistic goals, though. Maybe start with doing this 2x/week and build up to every day.



## Habit Tracker—Another Tool


**To Keep You Moving Towards Your Highest Self...Keep Track of Your Progress!**

1. Start with your "Why". You may want to write it in the center circle as to anchor you and keep you focused on the BIG picture
2. Create goals, passions, habits that you **want to work on** during the month that support your *Why* and help you move in that direction. Be as specific as you can here.
3. Mark each day when you have taken action on those goals/passions/habits

# DISCOVER YOUR WHY

Talents • Passions • Profits • Legacy

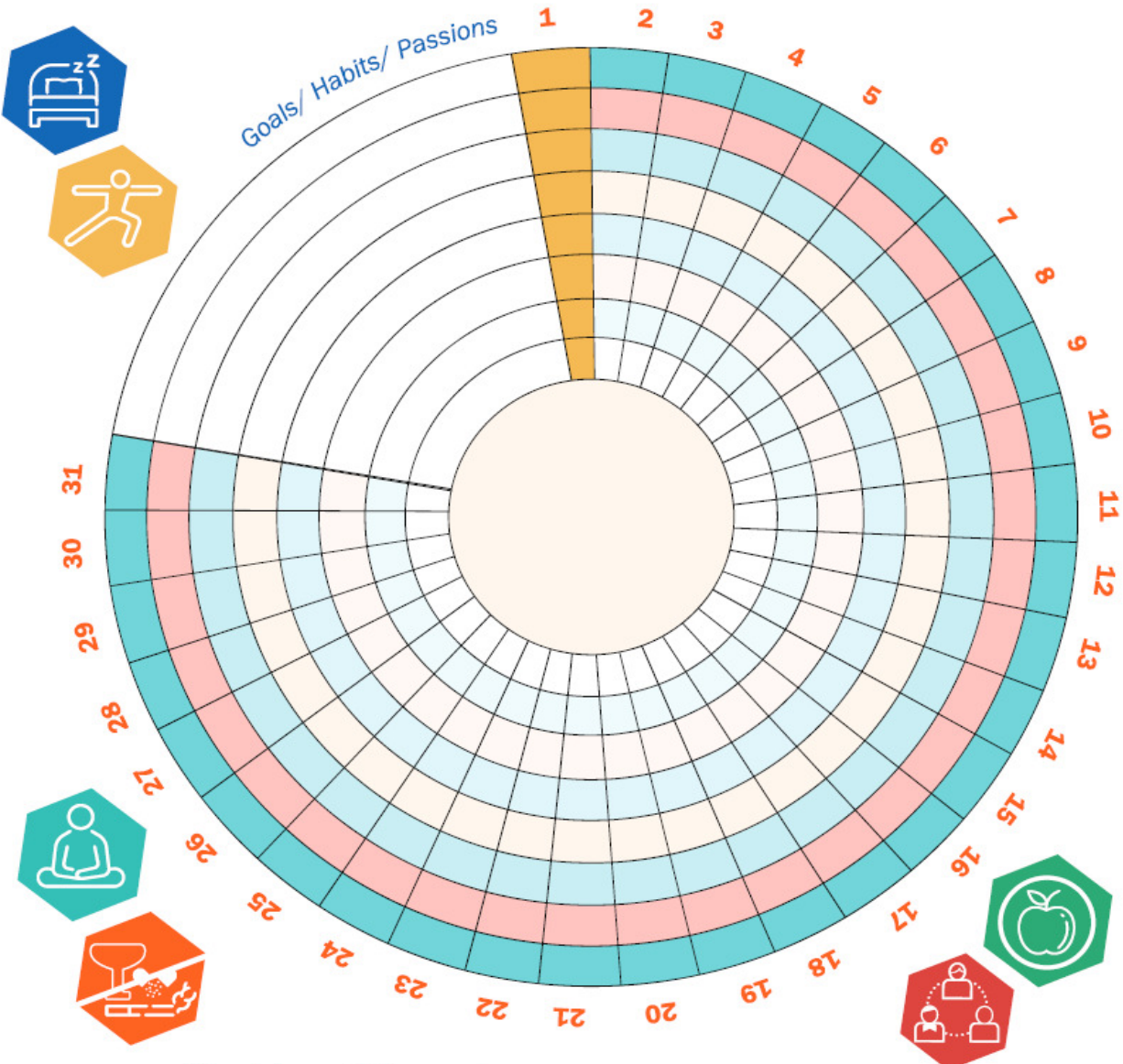
What do you do well • What do you enjoy • What makes money • What adds value







AMERICAN COLLEGE OF  
**Lifestyle Medicine**



**Month:**

Goals/ Habits/ Passions



lifestylemedicine.org

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Nothing helps you be successful than experiencing success! Make your goals small enough to achieve yet big enough so you feel progress. Track behavior and do it regularly. If not this tracker than perhaps your calendar, apps, charts, OR perhaps a lifestyle coach. And remember to take a good look at your support system. Who can help you with this?



## Some Helpful Tips About Batch Cooking

Credit given: MummyCooks.com



1. **Pick out your recipes**—start by going through your familiar recipes or finding a new one from the internet that you'd like to prepare in the coming week. Check your pantry/freezer and see what you might need to pick up at the store: canned goods? necessary spices? Many times you can either omit something or substitute it for what you already have on hand. Stews, chili, soups, and casseroles go far and will freeze easily if necessary.
2. **Have proper storage containers**—this is so you can be sure they are freezer-safe, leak proof and BPA free. Important if you are using glass, not to overfill to avoid any cracking as the contents expand.
3. **Use your food processor**—if you don't have one, this is one piece that will be well worth the investment. And actually you do not need anything fancy. It will help with chopping and mixing so you don't have to do it all by hand.
4. **Double up**—whenever you cook something you know you and your family will enjoy again, double the recipe.
5. **Under cook vegetables**—if you are making a soup or stew, aim to under cook the vegetables slightly. They will be finished when preparing the meal at a later stage.
6. **Cool foods fully**—before freezing food, let it come to room temperature or place in the refrigerator for about 30 minutes. Never leave it out for more than 2 hours due to the potential of bacteria growth. Defrost by transferring containers into the refrigerator overnight. Avoid leaving things on the countertop to thaw or using the microwave for defrosting.
7. **Portions**—freeze in portion sizes that you will use. This helps eliminate waste and allows you to grab only what you need at the time and not have to wait for a whole block of soup to defrost for one serving.
8. **Label everything**—date and name each container. Use any frozen meal within 3 months. This helps avoid losing nutrients and allows you to enjoy the best flavors.
9. **Don't forget!** - I often batch cook but the container gets pushed to the back of the freezer where its out of sight out of mind. This piece of advise is something I'll aspire to try too: rearrange your freezer once a month and bring the foods up front that need to be used first. You might find you have more ready-to-go meals than you thought!
10. **Enjoy!!** (this is my addition) - make it fun not a chore. Get the family involved in choosing a recipe. Maybe let them take turns picking out their favorite for the week. If your kids are old enough, have them help. Put on your favorite tunes that either motivate or calm you so times flies. Be sure to set aside some time on the weekend. You will be happy you did when you come home from work exhausted!

### A few ideas on what to batch prep/cook for the week:

- Whole grains: Brown rice, Farro, Quinoa, Barley, Millet
- Legumes and Beans: dried lentils, black beans, chick-peas, etc.

- Soups, stews, chili, casseroles, veggie/bean burgers
- Roasted vegetables
- Your favorite potatoes

- Oatmeal—I love overnight oats requiring no cooking!





## 15-Minute Miso Soup with Greens and Tofu

An inspired take on Japanese miso soup with tofu, green onion, and loads of greens. Just 15 minutes from start to finish, and so flavorful and comforting.

### Ingredients:

- 4 cups vegetable broth (use dashi for more traditional miso soup // see notes above)
- 1 sheet nori (dried seaweed // *optional* // cut into large rectangles // 1 sheet yields 1/4 cup)
- 3-4 Tbsp white or yellow miso paste (fermented soy bean or chickpea paste) with or without bonito (fish flavor, though bonito makes it non vegan-vegetarian-friendly)
- 1/2 cup chopped green chard or other sturdy green
- 1/2 cup chopped green onion
- 1/4 cup firm tofu (cubed // use silken tofu for more traditional miso soup)



Recipe from: Minimalist Baker

Course: Appetizer, Entree, Side

Cuisine: Gluten-Free, Japanese-Inspired, Vegan

Freezer Friendly: No

Does it keep? Best when fresh

### Instructions:

1. Place vegetable broth in a medium sauce pan and bring to a low simmer.
2. In the meantime, place miso (starting with lesser end of range) into a small bowl, add a little hot water and whisk until smooth. This will ensure it doesn't clump when added to the soup later. Set aside.
3. To the broth add chard (or other greens of choice), green onion, and tofu (if using silken, add at the end of cooking) and cook for 5 minutes. Then add nori and stir. Remove from heat, add miso mixture, and stir to combine.
4. Taste and add more miso or a pinch of sea salt if desired. Serve warm. Best when fresh.

### Notes extracted from the cook's website:

Miso is rich in minerals like zinc, copper, and manganese, as well as various B vitamins and vitamin K. Soy miso also contains phytonutrient antioxidants. And as a fermented food it also provides beneficial bacteria for the gut.

Miso paste can be found in the refrigerated section of most grocery stores and Asian markets. It may seem like an obscure ingredient to buy just for soup, but it's affordable, incredibly healthy, and can be used in many other recipes like soups, salad dressings, marinades, and many Asian-inspired dishes. So, I found it a worthy addition to my pantry.

### Nutrition (1 of 2 servings)

Serving: 1 bowls; Calories: 170; Carbohydrates: 22.3 g; Protein: 13.6 g; Fat: 5 g; Saturated Fat: 0.7 g; Trans Fat: 0 g; Cholesterol: 0 mg; Sodium: 1817 mg; Potassium: 461 mg; Fiber: 10 g; Sugar: 9 g

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**Purpose is the reason you journey. Passion is the fire that lights the way.  
By finding the courage to be ourselves, we gain the power to make a difference!**