

Targeting Wellness Newsletter

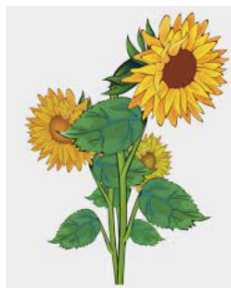
Good News for Good Health!

June 2022

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National Health Observances for June that you may want to target your wellness efforts around:

- Alzheimer's and Brain Awareness Month
- National Safety Month
- Men's Health Month
- National Migraine & Headache Awareness Month
- PTSD Awareness Month
- The Longest Day—June 20th!



Quotes to Inspire

**By changing nothing,
nothing changes.**

—TONY ROBBINS,
AUTHOR AND PHILANTHROPIST

**Start where you are.
Use what you have.
Do what you can.**

—ARTHUR ASHE,
AMERICAN TENNIS PLAYER

**At any given moment,
you have the power to say:
this is not how the story
is going to end.**

—CHRISTINE MASON MILLER,
AUTHOR



**Your big opportunity
may be right where you
are standing right now.**

—NAPOLEON HILL,
AUTHOR

**The only thing
worse than being blind
is having sight
but no vision.**

—HELEN KELLER,
AUTHOR



**Not everything that is faced
can be changed,
but nothing can be changed
until it is faced.**

—JAMES BALDWIN,
AUTHOR



**You will face many
defeats in life,
but never let
yourself be defeated.**

—MAYA ANGELOU,
POET



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Importance of Hydration

We have all been told how important it is to stay hydrated every day, no matter what. AND if you are in excessive heat or performing a lot of strenuous physical activity, it is VITAL that you drink even more. It goes way beyond quenching thirst; it's about keeping your body functioning properly and feeling healthy. Almost every major system within your body needs water to function and survive. Water...

- ★ Is essential for cognitive performance and mental health
- ★ Regulates body temperature (crucial in the heat of summer!)
- ★ Protects body organs and tissues
- ★ Carries nutrients and oxygen to cells and lubricates our joints
- ★ Helps flush out waste lessening the burden placed on our kidneys and liver

Getting the required amount is not always easy; some find it difficult to drink plain water. Understandable. So let's look at some options that might help you to stay at a safe level throughout the day.

Try infusing drinking water with a slice of lemon, lime, orange, or grapefruit. Fresh mint leaves, cucumbers, sliced strawberries, fresh sliced ginger are all great options to enhance the "non-flavor" of water!

If you tend to drink a lot of soda especially when it's hot outside, and find it very challenging to switch to water, try sparkling water. A Soda Stream machine is also a more eco-friendly and more affordable in the long term than buying bottled sparkling water.

If you find you drink only bottled water from plastic, you may want to think about getting a reusable plastic or filtration system instead. The processing of plastic bottles which are then immediately filled with water can and do cause many chemicals to be released into the water you are drinking. For more information on this, check out Paul Barattiero's information about hydrogen in water.



Eat your water through these summer veggies!

Cucumbers (96.7% water)

Celery (95.4% water)

Radishes (95.3% water)

Tomatoes (94.5% water)

Green peppers (93.9% water)

Cauliflower (92.1% water)

Watermelon (91.5% water)

Spinach (91.4% water)

.....and more!

Replacing Electrolytes Is Also Important

If you sweat profusely from your line of work or from excessive physical activity (of more than 2 hours), especially when in high temperature settings (inside or outside), you should also be conscious about replacing electrolytes in addition to dehydration. Most times they go hand in hand. Minerals lost through perspiration include sodium, potassium, calcium, bicarbonate, magnesium, chloride and phosphate. When these minerals are gone, the brain may stop communicating with muscles that control breathing and heartbeats.

Although you can get many if not all in your diet, if you aren't able to ingest them through food, you can easily make your own electrolyte replacement beverage. Coconut water (not coconut flavored water) can be an alternative to the highly sweetened drinks you can buy like Gatorade, Propel and Powerade. They are also loaded with food dyes and artificial flavors.

Homemade Electrolyte Drink ingredients

- 1/4 tsp salt
- 14 cup pomegranate juice
- 1/4 cup lemon juice
- 1 1/2 cups unsweetened coconut water
- 2 cups cold water

Additional options: sweetener powered magnesium and/or calcium, depending on needs

Healthy Beverages To Drink (In addition to Water)

Green Tea: known for its influence on preventing some cancers and has also been found to improve artery function, reducing the risk of cardiovascular disease. **Note:** adding milk was found to dramatically reduce the bioavailability of the antioxidants in tea. Lemon, however, increases the levels! White tea is the least processed of teas followed by green, then oolong, then black, which is the most processed.

Hibiscus Tea: In a study of over 3000 foods, beverages, spices, herbs and supplements used worldwide, this tea was the highest in antioxidants. Visit <https://deliciouslygreen.com/hibiscus-agua-fresca/> for a recipe.

Homemade Electrolyte Drink Instructions

1. Combine all ingredients in a blender container and blend well.
2. You can also combine ingredients into a jar with a lid and shake until blended.

Summer Steps for Healthy Living

Aww... the good old summertime! On your way to Cape May. Perhaps you have memories from under the boardwalk in the days of your youth. ☺ Whatever comes to mind when summer is here I would guess it brings you that laid back, easy going feeling! Even as adults, we tend to get that “schools out for summer” mentality. Nothing wrong with that either!

WebMD asked a few health experts in various areas of health what one simple change they would suggest to boost ones personal health. Here are the top responses:

Give your diet a berry boost

Have a cup of mixed fresh berries every day—blackberries, blueberries, or strawberries. They are loaded with antioxidants that help prevent tissue damage and reduces age-related illnesses. Blue and blackberries are the highest!

Get dirty and stress less

Connect with nature—plant a small garden, cultivate a flower box or potted flowers—inside or out is fine! Putting your hands in soil is “grounding” and has healing effects on your overall well-being. It brings you back to the present moment and away from worries, physically and mentally allowing you to de-stress at least for awhile.

Floss your teeth

Why is this coming up under “summer steps”? Actually it is something we want to strive for every day and maybe summer is the time to start. It reduces oral bacteria that directly impacts our overall body health. When oral bacteria is low, our body can fight off bacteria that may be elsewhere. Statistics shows that about 85% of people do not floss daily.

Exercise outside

That is providing it's not too hot and you take the precautions mentioned earlier in this newsletter. Go for a hike, walk in nature, play games like pickleball or tennis, cycle, roller blade, swim, you get the message.

Be good to your eyes

Protect your vision at work and play with protective eyewear. When outside, wear sunglasses that block at least 99% of the UV A and B rays. They can help prevent cataracts as well as wrinkles around the eyes.

Protective eyewear is also recommended when mowing or playing sports.

Plan a vacation!

Got saved vacation days? Now is a great time to use them! Vacation is not a luxury, you earned it plus it offers multiple benefits that can help you cope with every day stressors. It can help lower blood pressure, heart rate, and the stress hormones such as cortisol which can contribute to weight gain and heart disease.

Don't neglect your sleep

Just because the days are longer, resist the urge to stay up longer too! Practice good sleep hygiene and try to maintain a consistent bedtime and wake-up schedule. Check out my April newsletter for more tips on getting a good night sleep.

Top 5 Healthiest Condiments for Summer

1. **Mustard**—has no sugar. Mustard seed itself is a powerful antioxidant. Yellow mustard contains turmeric and paprika both antioxidants as well.
2. **Guacamole**—contains lots of healthy fats that satisfy your appetite and regulate hormone balance, has lots of fiber, and plenty of vitamins, minerals, and antioxidants
3. **Salsa**— Although ketchup is considered unhealthy due to the sugar content, salsa is almost never made with added sugar if you get a good brand. Mostly just vegetables. Try it on your 4th of July burger and see!
4. **Hummus**— this is mostly chickpeas, tahini, garlic, lemon and olive oil. But now there are all kinds of flavors to choose from. When buying hummus make sure its made with olive oil and NOT soybean or canola oil.
5. **Pesto**—Generally a mashed mix of garlic, pine nuts, basil, olive oil, and grated cheese. Great source of healthy fats and powerful antioxidants.



Steps to Help Promote Cancer-Safe Grilling

What seems to naturally go together with summer time and pool side fun? Back yard grilling of course! With the July 4th weekend upon us, I just wanted to remind everyone to be cautious when grilling meat. Cooking meat at high temperatures, such as in grilling, causes the formation of two types of cancer-promoting substances: HCAs (heterocyclic amines) and PAHs (polycyclic aromatic hydrocarbons).

Grilling (broiling) and barbecuing (charbroiling) meat, fish, or other foods with intense heat leads to the formation of these potential carcinogens. The PAHs are found in the flames that can adhere to the surface of food. HCAs form in meat because of the way its protein reacts to the grill heat. This could actually lead to changes in DNA which may lead to cancer development.

Here are some easy things to keep in mind to help reduce the risks when grilling this summer.

Tips offered by the American Institute for Cancer Research.

1. **Marinate:** Studies suggest that if you marinate your meat prior to grilling it could decrease the formation of HCAs.
2. **Pre-cook:** When grilling larger cuts, you can reduce the exposure time to the flame by partially cooking it (on stove top or oven).
3. **Go Lean:** Trimming of the fat around the edges of meat will reduce flare-ups and potential charring. Cook your meat in the center of the grill and make sure to flip frequently.
4. **Mix it up:** Cut meat into smaller portions and mix them with vegetables to shorten cooking time.
5. **Go Green:** Why not cut down on the meat and grill more fruits and vegetables. They do not produce HCAs.

Protecting yourself and your family from food-borne germs: Quick Reminder

Separate While Shopping: In the grocery store, pick up any animal products right before checkout. Keep meats, poultry and seafood in plastic bags away from the rest of your food.

Keep meats, poultry and seafood **cold until ready to grill**. If transporting, keep below 40 degrees Fahrenheit.

Wash your hands with soap before and after handling raw meat, poultry and seafood since germs on your hands can be transferred to the food.

Don't cross-contaminate. Throw out marinades and sauces that come in contact with raw meat juices.

Use a food thermometer to ensure meat is cooked hot enough to kill harmful germs.

Temperature Guide

- 145°F – whole cuts of beef, pork, lamb, and veal (stand-time of 3 minutes at this temperature)
- 145°F – fish
- 160°F – hamburgers and other ground beef
- 165°F – all poultry and pre-cooked meats,

Add Some Spice to Your Life



Spices	What it does for your bones	How to use it
Cinnamon	Lowers blood sugar levels by slowing the breakdown of carbohydrates in the digestive tract and improves insulin sensitivity; helps fight inflammation and has been shown to lower cholesterol and triglycerides in blood.	<ul style="list-style-type: none"> • Sprinkle on apples or pears • Add to tea or coffee • Add to oatmeal
Sage	Can improve brain function and memory	<ul style="list-style-type: none"> • Dried or fresh • Fresh can be added to recipes at the beginning but best to add dried sage near the end of cooking time.
Garlic	Alkalizes and has anti-inflammatory & antioxidant properties	<ul style="list-style-type: none"> • Add to almost anything, including soups, dips, veggies, and sauces (fresh or powdered)
Ginger	Has anti-inflammatory and antioxidant actions, can treat nausea with just 1 gram; can help with pain management	<ul style="list-style-type: none"> • Make ginger tea • Slice and use with veggie stir-fry
Turmeric	Helps prevent your body from oxidative stress that can lead to cell damage, bone loss and negative health effects Be sure to use with black pepper to increase absorption.	<ul style="list-style-type: none"> • Use in curries • Toss with rice • Add to cooked vegetable, even oatmeal
Cayenne Pepper	Contains capsaicin which helps reduce appetite and may have anti-cancer properties	<ul style="list-style-type: none"> • Wherever you want to add a little "kick" to your food

It's best to consume spices either fresh or dried as opposed to pill form. The same holds true (and maybe more so) when it comes to vitamins. "Vitamin supplements are not a panacea for good health" (Campbell, The China Study). This means that the vitamin works best when consumed as food, not isolated in a pill form. One unfortunate misconception thought by many is that in taking a supplement it will offset the unhealthy eating choices that may continue. Trying to incorporate more of the real stuff is the best way to go.



Processed Food and Your Health



The concept of processing food has been around since the first human cooked their animal catch on a fire. Our ancestors processed food by fermentation (primarily for alcohols and dairy). They milled and baked their breads and pastas. They figured out how to preserve meat through salting or brining. This was essential for survival and expansion of human civilization in most cases.

However, the processing of today, which is synonymous with high-salt, high-fat, and high-sugar, has led to an alarming percentage of people with one or more chronic diseases. The food processing of our past was to enable our bodies to extract the nutrients contained in the food, making it safer to consume and carried people through the winter when food sources were scarce. Some of that is still in place but much of the processing done today is to “create” food-like products that do not contain the natural nutrients provided in whole, real food. They are not essential for survival and are laden with chemicals that become toxic to the body when eaten in excess, especially salt, oils and sugar (a.k.a. SOS).

According to the USDA and The Institute of Food Technologists, the definition of processed foods is anything from washing, cleaning, dehydrating, freezing, filtering, packaging to storing! Aside from picking produce out of your own garden, **everything** is “processed” to some degree, even food that is healthy for us. So how do we differentiate the term? Let’s take a closer look at the various degrees of processing.

Classifications per NOVA

Category One—Unprocessed or minimally processed

Unprocessed = This is the natural edible parts of plants and animals.

Minimally processed = Slightly altered to allow them to be longer storage and remain safe to eat, but does not significantly alter the nutritional content of the food.



Cleaning, freezing, grinding, refrigeration, pasteurization, fermentation, and vacuum-packaging.

Fresh fruits, vegetables, whole grains, nuts, meats, and milk.

Category Two—Processed culinary ingredients

Ingredients derived from a minimally processed food through pressing, refining, grinding, or milling. Usually not eaten on their own but used to prepare minimally processed foods.



Examples include oils from plants, seeds, and nuts, or flour and pastas from whole grains.

Category Three—Processed foods

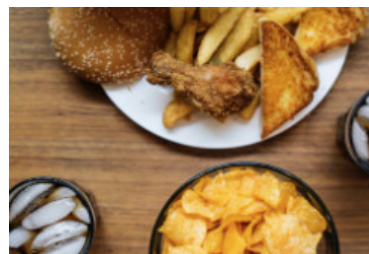
Foods from the above two categories that have added salt, sugar, or fats. They are usually made from at least 2 or 3 ingredients and can be readily eaten without further preparation.



Some canned fruits and vegetables, some cheeses, freshly made bread and canned fish are examples.

Category Four—Ultra (or highly)–processed “foods”

Foods from the other categories that go beyond the adding of salt, sugar, or fats to adding artificial colors, flavors and preservatives. Shelf life is greatly extended with the goal is to increase palatability of the product. There are several processing steps that take place and are thought to be created primarily to induce cravings so people overeat them and purchase more! Usually ready to eat, low in fiber and low in nutrients.



Sugary drinks, cookies, some crackers, chips, and most breakfast cereals, some frozen dinners, and luncheon meats.

In today’s demanding life, these can certainly be both a money and time-saver when preparing meals and some processed foods offer the fortified nutrients important for health. However, depending on the degree of processing as noted above and the percentage of ones diet containing them, it can be detrimental and is suspected to be a likely cause in the rise of obesity and other chronic diseases. Awareness is key.

What stands out as a clear difference between Category 1 and Category 4, aside from the nutritional value?

Hints: its visible

Which category makes up most of your diet? It’s not about judgment but empowerment!

Sources: bbc.com/future; Harvard T.H. Chan School of Public Health

LOADED KALE SALAD

Healthy and delicious loaded kale salad with quinoa, roasted and fresh vegetables, avocado, and a creamy tahini dressing! Just 10 ingredients required.

Ingredients

QUINOA

3/4 cups (138 g) quinoa*, well rinsed
1 1/2 cups (360 ml) water

VEGETABLES

4 large carrots* (halved + roughly chopped)
1 whole beet* (thinly sliced)
2 Tbsp water (or sub avocado or melted coconut oil)
1 pinch sea salt
1/2 tsp curry powder (*optional*)

DRESSING

1/3 cup tahini (ground sesame seeds) or use your favorite nut butter
2-3 Tbsp lemon juice*
1-2 Tbsp maple syrup (depending on preferred sweetness*)
1 pinch sea salt
~1/4 cup Water (to thin)

SALAD

8 cups kale (torn or roughly chopped // or sub other green)
1/2 cup chopped cherry tomatoes
1 ripe avocado cubed
1/4 cup hemp seeds (*optional*)
1/2 cup sprouts of choice (*optional* // I used broccoli)



Servings: 4
Course: Salad, Side
Cuisine: Gluten-Free, Plant based
Freezer Friendly? No
Does it keep? Yes for 3 Days
Author: Minimalist Baker



Instructions

1. Heat a small pot over medium heat and add rinsed, drained quinoa. Toast for 1-2 minutes, stirring frequently. Then add water and bring to a low boil. Once boiling, reduce heat to a simmer, cover, and cook for 18-20 minutes or until liquid is completely absorbed. Once cooked, fluff with a fork, remove lid, and set aside.
2. Preheat oven to 375 degrees F (190 C) and add carrots and beets to a baking sheet. Add water (or oil) and seasonings of choice and toss to coat. Roast for 25-30 minutes or until tender and slightly golden brown.
3. In the meantime, prepare dressing by adding tahini, lemon juice, maple syrup, and salt to a small mixing bowl and whisking to combine. Then add water 1 Tbsp (15 ml // as recipe is written // adjust if altering batch size) at a time and whisk until pourable. Taste and adjust flavor as needed, adding more lemon juice for acidity, salt for saltiness, or maple syrup for sweetness. See notes for savory version.
4. Arrange kale on a serving platter or bowl and top with tomatoes, avocado, cooked quinoa, roasted vegetables, and any other desired toppings, such as hemp seeds or sprouts. Serve with dressing on the side, or toss to combine.
5. Store leftovers (keep dressing separate for best results) in the refrigerator up to 3 days. Dressing will keep well covered in the refrigerator up to 1 week.

Notes

*If you know you'd like to have this salad several times during the week, double the amount of quinoa and roasted vegetables and reheat/use as needed to save time.

*For a more savory dressing, omit the maple syrup and lemon juice and instead add 1 clove garlic, minced, and 1-2 tsp coconut aminos!

*Nutrition information is a rough estimate calculated with dressings and without optional toppings (hemp seeds and sprouts).

Nutrition (1 of 4 servings)

Serving: 1 side salads Calories: 472 Carbohydrates: 58.7 g Protein: 14.6 g Fat: 22.8 g Saturated Fat: 3.8 g
Trans Fat: 0 gCholesterol: 0 mgSodium: 214 mgFiber: 12.5 gSugar: 9.2 g

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