

Targeting Wellness Newsletter

Good News for Good Health!

October 2022

Debby Schiffer, Wellness Director for BURLCO & TRICO JIFs

What is in your "backpack"?

Since the kids recently returned to school carrying their backpacks full of books and supplies, I thought it would be fitting to ask you: what are you carrying in *your* backpack? Puzzled by my question? Well, what I mean by "backpack" is all the heavy burdens you carry around with you everyday. All the worries, frustrations, disappointments, judgments, concerns....and even fears!

Think about the affect these burdens are having not only on your body (especially your back!) but also your mind. We are living in a society where overwhelm and stress have become the norm. We often don't even realize we have been lugging around this heavy "burden-pack" until we think about how we are always feeling fatigued, how life seems to lack joy, perhaps there is rarely room for laughter, or worse, the doctor points out the risk (or diagnosis) of a chronic disease.

Imagine for a moment what it might feel like to actually put that "bag" down to give yourself even a short break, one moment to take a breath and reset. What comes to mind when you think about giving yourself permission to get out of your head and into your body? Do you automatically think: "I don't have time for that" or "I can't rest until all of **this** is done" (yet in reality, you are never **done**). We all have inner critics that keep pushing us by using negative emotions to "motivate", only to leave us feeling drained, worthless and never being good enough. Constantly pushing to reach that next goal without allowing time to reflect on what has already been accomplished.

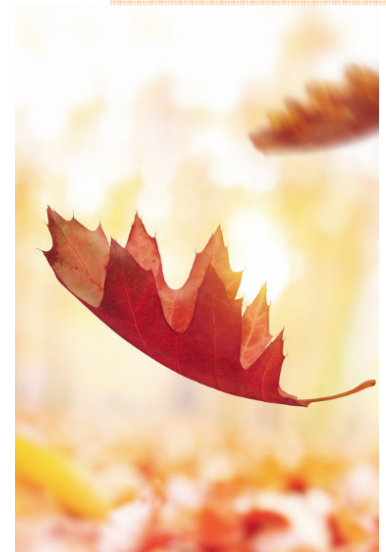
When you stay on the treadmill of "getting things done", you miss out on the most important thing in life...the NOW and being YOU! You are not your accomplishments. You are a unique and beautiful being who has been weighed down by societal demands that have now seem to be a part of you. How often have you said "this is just the way I am?"

I encourage you right now to stop (or at least promise yourself you will do it later—try putting it in your calendar so you don't talk yourself out of it). Step out of your thoughts and into your body by noticing your breath. Notice where your back, legs and feet connect with the surface beneath it. Notice the people around you...really look at them and see that they too have backpacks that need to be set down. Maybe together you can support each other to help lightened the load.

You don't have to keep **pushing**. Perhaps by allowing yourself to rest, reset, and restart, your push can be turned into a gentle, purposeful **pull**. You have nothing but stress and anxiety to loss by trying. In doing so you can move towards being more resilient and less overwhelmed! Your physical and mental health depends on it.. You deserve it!



Autumn is a
time of
change.
Don't fear it,
embrace it!
Change is the
only
constant.



Included in this issue:

1. What is in your backpack?
2. Your Risk of Cancer Goes Beyond Your Genes
3. Cancer Risk—Impacted By Lifestyle Choices
4. What is Visceral Fat?
5. How To Measure/Rate Visceral Fat and Tips to Lose Visceral Fat
6. Fall Fitness—Don't Make It A Fantasy Sport!
7. Nutritional Bites: Highlights from my "Ethos Farm Retreat"
8. Cancer-fighting Foods—A few examples
9. Recipe Corner: Warming Carrot & Tomato Soup
10. Word Search Puzzle

Your Risk of Cancer Goes Beyond Your Genes

According to the American Cancer Society, in 2022 there is an estimated 1.9 million new cancer cases that will be diagnosed and over 600,000 cancer deaths in the United States. Many people mistakenly believe that cancer is largely a hereditary disease, leaving us our fate in the hands of our family gene pool. The truth, however, is that **only about 5 to 10 percent of all cancers develop from gene mutations passed down** from one generation to the next (NCBI). This is fantastic news because this means that for the other 90 to 95 percent of cancers have their roots in environment and lifestyle choices.

Some of you might be thinking “Yea, yea, I know, I need to make some changes but it’s hard”...and days, months, even years go by without success at making sustainable changes. Frustration, disappointment, feelings of failure set in and what happens? You give up and figure you’ll just take your chances.

Take a moment and contemplate this: Isn’t your life, your health, your happiness, your loved ones worth you giving yourself another chance to change? For sure, change is hard! But what’s harder—making the time and putting in the effort to address unhealthy habits NOW rather than having to deal with a debilitating illness later on? I think most will agree that the effort put in now is surely worth it!

Prevention and awareness have become vital tools in the fight to end cancer and chronic diseases, and they start with knowing how to nourish your body and how to develop healthy habits with lasting benefits. I realize that “knowing” is not enough. Many times we know what we “should be” doing but we still struggle. It’s okay, you are not alone in your challenge! You don’t have to do it alone! It’s perfectly fine to ask for help! Actually it’s brave and noble of you to take that step towards a healthier you. We can all use some support and encouragement when we are attempting to change past habits that may not be so friendly on your well-being! I hope you will take the time to reflect on that and seriously think about one healthy change you WANT TO make today that will improve your health for years to come.

The lifestyle factors that make the biggest impact on ones health and risk of cancers (among other chronic diseases) include:

- ◆ Smoking
- ◆ Diet
- ◆ Alcohol
- ◆ Sun exposure
- ◆ Environmental pollutants
- ◆ Infections
- ◆ Stress
- ◆ Obesity
- ◆ And physical inactivity

The evidence has shown that almost 25-30% of cancer-related deaths are due to tobacco, as many as 30-35% are linked to diet, about 15-20% due to infections and the remaining percentage are due to the other factors listed above.

Please don’t use the excuse that it “*runs in my family*”. Yes, you may be more “susceptible” to getting a certain disease, however, your lifestyle determines whether or not those genes remain dormant or are activated and allowed to grow.

Now you know that you are no longer at the mercy of your family genes. Your every day choices have a MUCH BIGGER influence on your risk of getting most chronic diseases. **It’s not our family genes that have an affect on our health, it’s our family’s habits that we adopt and carry on as our own.**

**Our genes load the gun,
Our environment pulls the trigger!**

Adapted from NCBI article entitled “Cancer is a Preventable Disease that Requires Major Lifestyle”.

Cancer Risk - Impacted By Lifestyle Choices

Do daily habits like diet and exercise really have an affect on ones risk for cancer?

Research continues to show that **poor diet** and **lack of physical activity** are 2 key factors that can increase a person's cancer risk. The good news is that you absolutely can do something about both of them.

Besides quitting smoking, which also has a big impact on cancer risk, some of the most important things you can do 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.

A lifestyle absent of these three things will have a huge influence on one of the biggest public health concerns today... obesity. It is estimated (according to the CDC) that more than "42% of people in America are considered clinically obese". However, it's not just the weight on the scale that is of utmost importance. It's the spreading waist-lines and visceral fat that need to be addressed.

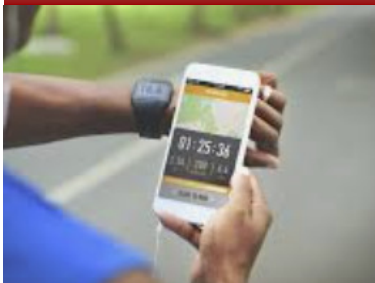
Resource: Cancer Treatment Centers of America

Maintaining a healthy body weight can also reduce your risk of developing cancer. Excess weight causes the body to produce and circulate more estrogen and insulin, hormones that can stimulate cancer growth, according to the American Cancer Society. This process is often triggered by excess fat cells in the body, so maintaining a healthy weight throughout your lifetime is just as important as achieving it. Eating nutrient-rich foods (un- or minimally processed!) is key.

Healthy eating starts with a diet rich in vegetables, fruit and fiber, one that also includes as little saturated fats, salt and sugar as possible and NO trans fats. It also means limiting processed foods that contain chemicals and additives that can contribute to the risk of developing cancer. When you are rushed or between meals, micro-waving processed foods or grabbing unhealthy snacks on the run may become convenient options. But making processed food your "go-to" choice should be limited. If it's easier, start by just cutting back. As you eat healthier, those cravings will diminish!

Getting sufficient and regular exercise can help you achieve and maintain a healthy weight, which strengthens your body's immunities and defenses. That's important not only for disease prevention, but also for those who have already been diagnosed with cancer and need to stay strong for the fight ahead. If you're not used to being active every day, consider taking small steps that may help you start an exercise plan, and if you've been diagnosed with cancer, make sure you consult your doctor before beginning any exercise regimen.

Take a cooking class or try a healthy recipe a few times a week to see how good eating healthy can taste! Not only beneficial for you but the entire family! Sign up with a Dietitian for support and healthy advice.

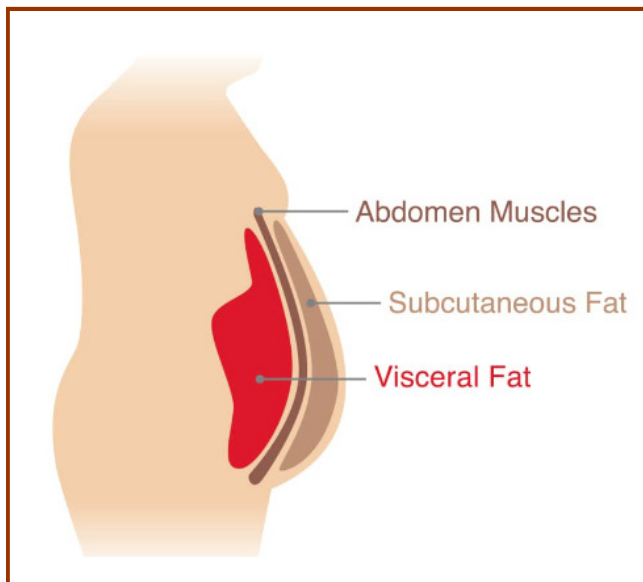


There are many apps and wearable devices to help you monitor your diet and activity and to provide constant feedback and monitoring. It can also help you realize when you get off track.

What is Visceral Fat?

This is the fat that is found around the abdominal organs such as the liver, spleen, pancreas, kidneys and stomach. We all have some amount of this fat even if we are fit and slim. Here are some facts to keep in mind:

- ✓ A healthy amount of visceral fat in the average person would be around 10% .
- ✓ A woman with a waist measurement of over 35 inches and a man with a waist measurement of over 40 inches most likely has excess visceral fat.
- ✓ Because this type of fat is around vital organs, it makes it more dangerous than subcutaneous fat which is stored just below the skin.
- ✓ Visceral fat begins to increase when we have a poor diet of mostly processed, fried and sugary foods while getting little to no exercise.
- ✓ Stress can also impact the storage of visceral fat due to the increase in cortisol, a hormone released when stressed.



Why is Visceral Fat Dangerous?

When there is an accumulation of visceral fat in the body, it has a big impact on how insulin is used. Insulin is a hormone made in the pancreas that regulates carbohydrates. It affects how and where fat is stored in the body, it processes protein and it also promotes the absorption of glucose into vital organs of the body such as the liver.

When we have too much visceral fat, it makes us **insulin resistant** which can directly lead to the development of Type 2 diabetes.

Excess amounts of this fat can also cause high blood pressure, heart disease, stroke and heart attack in addition to breast and colorectal cancer.

You might have heard of a “fatty liver”. This can increase inflammation and cell damage and can stop this organ from carrying out its primary functions.

The continued accumulation of visceral fat over a long time or perhaps even decades, can go undetected and with little concern until someone begins to have health problems. Unfortunately in many cases it is only discovered after suffering symptoms of heart disease or being diagnosed with Type 2 diabetes.

If you are pre-diabetic, take it seriously! You WILL get T2 diabetes if you don't make lifestyle changes now.

How to Measure/Rate Visceral Fat?

The most accurate way is to have an MRI or CT scan. Given the cost of these tests, that is not likely. However, you can get an idea simply by measuring your waist circumference. Refer to the second bullet on page 4.

If an MRI scan were done, the results would be somewhere between 1 and 59. A healthy range would be around 13 so anything above that could be seen as problematic and would require lifestyle changes. Even folks who are not overweight and have a flat belly may have unhealthy levels of visceral fat. If you are following a low fat diet that is high in whole food plant based foods (minimal to no processed foods, low or no amounts of animal products and low in sugar/simple carbs) your levels are more likely to be in the normal range.

If you have some concerns about your dietary habits and are not getting the recommended levels of physical activity on a regular basis, it may be time to have a serious conversation with your doctor (preferable one who is knowledgeable about nutrition since this topic is not given much attention during their education) or reach out to a Registered Dietitian for help. Many insurances now cover a certain amount of appointments on nutrition. Also a certified health and wellness coach can be a valuable source of support as you navigate towards making lifestyle changes.

Tips on How to Lose Visceral Fat

Prevention is always better than trying to find a cure. Just like the recommendations for preventing cancer, maintaining a healthy diet, cutting down (or cutting out) alcohol and getting plenty of exercise, are the keys factors in reducing visceral fat!

1. Exercise should be a mix of cardiovascular and strength training. Ideally a minimum of 30 minutes a day of vigorous exercise (or 150-300 minutes a week of moderate exercise).
2. Diet is even more important than exercise but a combination is highly recommended. When looking at your nutritional choices, swap sugary and processed foods for whole foods that include a lot of greens, grains, beans/legumes, some nuts and seeds along with lots of colorful vegetables and fruits.
3. Reducing stress is another key component to consider when looking to prevent visceral fat and lower your risk all chronic diseases including cancer. Cortisol is a hormone released when we are stressed which has been shown to increase the storage of visceral fat.

Making these changes at ANY point in your life will prove to be a huge benefit and will not only reduce visceral fat but will greatly improve your chances of living a long and HEALTHY life!



Fall Fitness—Don't Make it a Fantasy Sport!

It seems that springtime is a motivator for getting in shape for the upcoming swim suit season. But for many, with the onset of cooler weather, those fitness habits may go by the wayside. After all, those bulky sweaters and coats will cover up the extra pounds winter months can bestow on us. Right? Don't let that happen this year. While you are picking your Fantasy Football team, why not think about your own fantasy fitness goals. It may be easier than you think. The key sometimes is just pick one goal and get started!

Fall is a great time to start, continue or even ramp up a fitness program that will help instill and sustain healthier habits to overcome some of the holiday season temptations. With the change of seasons comes a renewed time to rethink and restart your goals to better health. Don't wait until January for those unrealistic New Years Resolutions. Start now! Here are a few ways to begin making the most of the season. And who knows? Maybe this year you'll be in great shape BEFORE the New Year's Eve party!

Take advantage of the weather. Fall is a great time to get outside and take advantage of the cooler weather with biking, hiking, jogging, playing golf, pickleball or tennis. Look for new park trails to try or take a walk by a local pond. **Connect with nature** and enjoy the gorgeous canopy of fall foliage; go apple or pumpkin picking or experience the thrill of walking through a corn maze (especially if it's haunted!)

Learn something new. Many classes at gyms get started in the fall. Look for something new to try. Always wanted to learn karate? Attempt Zumba? Or Master tai chi? Many people fail to try something new because they fear looking silly or messing up. Don't let those sabotaging thoughts hold you back. The only way you can get better at something is to first try it and then practice, practice, practice!

Be an active TV watcher. The Fall premieres of our favorite television shows are starting. If you are going to sit and watch a few hours of TV, get moving on every commercial. Yes I know many of us just fast forward through them. But make it a point to exercise on a few. Hold in a plank, do crunches or push ups during that time. Sit on a stability ball instead of the couch. Walk in place or make your healthy lunch for the next day. Use that time to move (however, not towards the refrigerator unless it is for something healthy!)

Remember the 30-day rule. It will take about four weeks (minimum) for your body to get used to a lifestyle change. If you are trying to incorporate more daily exercise, instead of hitting the snooze button, get out of bed and do even 5 or 10 minutes of exercise. If you can stick to that for a month, behavior patterns will have adapted and it will be much easier to sustain for the long haul. Once you concurred that, continue progressing by adding minutes to your workout. (Find an exercise buddy to help keep you accountable!)

Walk and Live Longer?

Studies show...

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.

Changes in lifestyle habits require:

COURAGE COMMITMENT CONSISTENCY

You can do this. You just need to start!



Highlights From My "Ethos Farm Retreat"

Definition of Ethos:

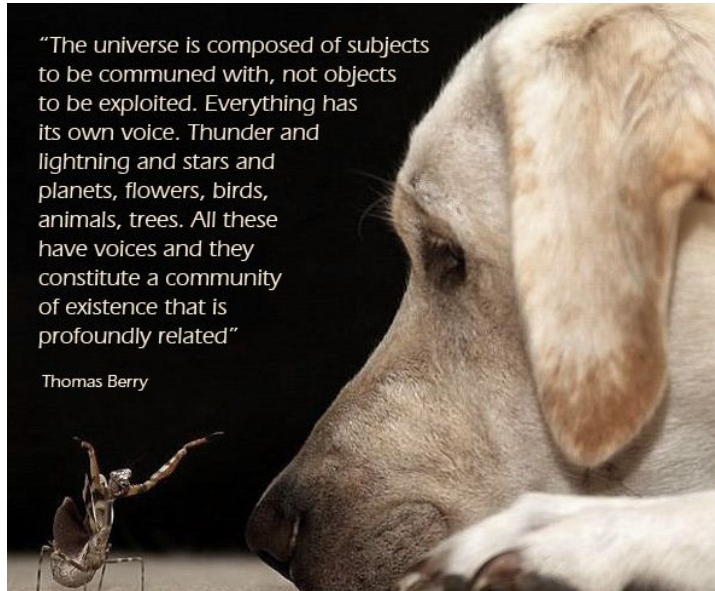
The distinguishing character, sentiment, moral nature, or guiding beliefs of a person, group, or institution.

I attended a whole food plant based event up in Morris County. Dr. Ron Weiss is a physician and farmer who not only genuinely cares for the health of his patients but the health of the earth. He owns and operates (with the heart-felt aid of many volunteers) to transform healthcare through his passion and foresight to develop a larger base of "NextGeneration Farmers and Physicians". Plus he is using eco-friendly, no killing chemicals to regenerate the soil and develop solutions to reduce carbon emissions around the world. Ethos Farm and Primary Care is a rare combination of a doctor who is so connected to proper nutrition, educating and caring for people ready to make a lifestyle change towards better health using a more whole food plant-powered diet!

Here I share **only some of the many nutritional bites** I walked away with which has filled me with hope, inspiration and motivation to strive for the same. Through my coaching and being a role model, my goal is to help people who are ready to make lifestyle changes, especially where it involves moving away from the Standard American diet to more plant-powered choices (not only for their own health but the health of their family and our plant!)

"The universe is composed of subjects to be communed with, not objects to be exploited. Everything has its own voice. Thunder and lightning and stars and planets, flowers, birds, animals, trees. All these have voices and they constitute a community of existence that is profoundly related"

Thomas Berry



- ◆ Attention is given to treatment not to prevention.
- ◆ Increasing animal protein increased cancer growth (The China Study revealed this finding)
- ◆ T-cells prevent cancer yet high amounts of animal protein stops their protective properties.
- ◆ Eat the whole plant not just one part extracted for a supplement.

Dr. T. Colin Campbell

- ◆ There needs to be a cultural and spiritual transformation to change this earth.
- ◆ When we understand the problem, the solution presents itself.
- ◆ 3% of the food comes from the ocean yet 70% of the ocean has been destroyed

Dr. Sailesh Rao

Bacteria and toxins caused by eating meat:

- ◆ Endotoxins found on meat produced in the slaughter houses (cooking does not get rid of them)
- ◆ TMAO—gut bacteria produced when humans eat meat & eggs and is linked to chronic disease
- ◆ Every meal changes you on a genetic level—for better or worse.
- ◆ Beyond your cholesterol level, how healthy are your arteries? Six markers that measure inflammation in your body
- ◆ Abdominal fat has a lot of estrogen and visceral fat which sets off inflammation in the body
- ◆ Oxidized cholesterol comes from cooking meat

Dr. Michael Klaper

- ◆ If everyone thinks the same way, no one is thinking.
- ◆ Animal agriculture uses 10x more land. Only 4% of wild animals remain.

Gene Baur, President of Farm Sanctuary

- ◆ Health=Nutrients/Calories (H=N/C)—strive for low-calorie, nutrient dense food every day
- ◆ Moderate calorie restriction with micronutrient excellence equals longevity
- ◆ Fat hormones on the body cause insulin resistance
- ◆ Nutrient deficiency causes cravings
- ◆ Consistency not dieting is key to a healthy long life
- ◆ Oil promotes fat storage and increases appetite as does sugar and salt (S.O.S. found in processed food)
- ◆ You live longer when you don't eat late at night (at least 4 hours before bed)
- ◆ Only way to get rid of food additions is to flood the body with nutrient dense foods
- ◆ And so much more!

Dr. Joel Fuhrman

<https://www.ethosfarmproject.org/pioneering-campaign>

Cancer Fighting Foods—Just a Few Examples

Tea's Anticancer Potential

Even though the evidence is still spotty, tea, especially green tea, may be a strong cancer fighter. In laboratory studies, green tea has slowed or prevented the development of cancer in colon, liver, breast, and prostate cells. It also had a similar effect in lung tissue and skin. And in some longer term studies, tea was associated with lower risks for bladder, stomach, and pancreatic cancers. But more research in humans is needed before tea can be recommended as a cancer fighter.



Taken from www.webmd.com

The Mighty Bean

Beans are so good for you, it's no surprise they may help fight cancer, too. They contain several potent phytochemicals that may protect the body's cells against damage that can lead to cancer. In the lab these substances slowed tumor growth and prevented tumors from releasing substances that damage nearby cells.



Taken from www.webmd.com

You Can't "Beet" This

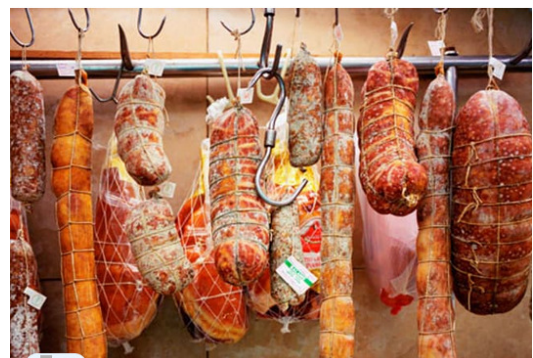
Beets are rich in nutrients and are low in calories despite their sweet taste. With their excellent source of folate (a B vitamin) they are power-houses against heart disease and cancer. The red color comes from betalains which studies have shown is heart and cancer protective. Eat them cooked, raw or canned. I prefer to roast mine whole with the skin. Then when ready to eat, simply peel and add to whatever you are making. They are great on salads or made into beet burgers! And if you can get them with their green tops, they are great steamed or also added to a salad!



Taken from www.aicr.org

Pass Up the Deli Counter

An occasional Reuben sandwich or hot dog at the ballpark isn't going to hurt you. But cutting back on processed meats like bologna, ham, and hot dogs will help lower your risk of colorectal and stomach cancers. Also, eating meats that have been preserved by smoking or with salt raises your exposure to chemicals that can potentially cause cancer.



Taken from www.webmd.com



Warming Carrot and Tomato Soup (Recipe from Ashley Madden)

During my retreat to Ethos Farm I picked up a new plant-based cookbook. Although I never was a big fan of tomato soup as a kid (especially not the canned version) I somehow gravitated to this recipe. Turns out it is a perfect recipe to match my newsletter theme on reducing cancer, for both women and men!

Women who eat foods high in vitamin C and carotenoids had a lower risk of breast cancer as found in the large *Nurses' Health Study*. Foods rich in these nutrients include citrus fruits, leafy greens, and **carrots**! Carrots also contain high levels of beta-carotene, a carotenoid and cancer-fighting antioxidant found in orange and red fruits and veggies. And men...lycopene, another type of carotenoid, is found in **cooked tomatoes**. Lycopene has been shown to reduce the risk of developing prostate cancer. The recipe is super simple too which certainly helps! Let me know if you try it and what you thought!



Ingredients: (4-6 servings)

1 cup diced yellow onion
4 garlic cloves, minced
2 cups roughly chopped carrots (2-3 carrots)
1/3 cup gluten-free old fashioned oats
1 3/4 tsp. ground cumin
3/4 tsp. cinnamon
1/4 tsp red pepper flakes or to your preference
1 (28 oz) can diced tomatoes
2 tbsp. tomato paste
4 cups low-sodium vegetable broth
2 tsp. finely grated ginger
1 tbsp. freshly squeezed lemon juice
1/2 tsp. sea salt or to taste



Directions:

1. In a large pot, sauté the onions with a few tablespoons of water or vegetable broth for 5 to 7 minutes or until they are translucent. Add more liquid as needed.
2. Add the garlic, carrots, and oat and continue to sauté for another 5 minutes. Stir often and add water if needed to avoid sticking.
3. Add the cumin, cinnamon, and red pepper flakes and continue cooking another minute.
4. Then add the diced tomatoes, tomato paste, and broth. When it begins to boil, reduce to a simmer and cooked uncovered for 20-25 minutes until the carrots are tender. Stir and scrape the bottom of the pot often with a wooden spoon to keep the oats from sticking.
5. Finally add the grated ginger, lemon juice and salt. Stir and turn off the heat.
6. Carefully transfer the soup to a high-speed blender (in batches if needed) and blend until completely smooth. I used an emulsion blender. Maybe it didn't come out as smooth but that was fine by me. Also I am not a fan of transferring hot soup to a blender (LOL).
7. Divide among bowls and garnish as you wish.
8. Garnish variation: In addition to pumpkin seeds, I added a dollop of my homemade hummus as recommended by Chef Ashley! (I also used her hummus recipe!)

What goes well with a bowl of soup? Maybe warm crusty bread and a healthy salad? I encourage you to try and avoid the grill cheese...☺♥

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Word Search Puzzles Reduce Cognitive Decline and Stress

Although some studies have found no concrete evidence suggesting that crossword puzzle experience reduces age-related decline in cognition, other studies show that a high level of experience with puzzles in older subjects does seem to partially attenuate the negative effects of age on memory and perceptual speed tasks (Psychology of Aging). Any type of challenge we can give our brains, I feel, can't be bad! Have you ever gotten pulled into a word search puzzle and just can't put it down until you're done? I have. Doing them can help you focus and concentrate better in other situations. As you do more of them, capturing certain fragments of a word becomes easier. This is referred to as improved sensitivity, which can make us even more sensitive to the positive things in our surroundings. If you enjoy word search puzzles, give this one a try.

All these words have something to do with helping us manage stress. The words go in straight lines, in all directions. Suggestion: If you find yourself getting stuck on the last few words, take a break and come back to it later. You will very likely find you can suddenly do it. **The brain likes breaks** and sometimes seems to sort out puzzles for us while we're doing something else. Something good to remember too if you are struggling with a problem at work. Walk away, take a few breathes, talk with a co-worker and in a few minutes of coming back to that problem, you may see it in a totally different light.

Stress Less Live Longer Word Search

LAVENDER
LAUGHTER
REWARDS
MUSIC
BALANCE
SLEEP

BREATHING
FRIENDSHIP
YOGA
WRITING
GOOD FOOD
CHAMOMILE

FRESH AIR
WALKING
READING
DOCTOR
POSITIVITY
BEING KIND TO SOMEONE

UNDERSTAND
SENSES
TALK
MEDITATION

L	M	U	J	D	S	R	R	E	A	D	I	N	G	W	Y	G	J
A	G	O	Y	D	E	G	I	F	R	E	S	S	A	D	E	E	H
V	E	R	V	G	Y	U	A	T	Y	I	V	I	T	I	S	O	P
E	W	B	R	E	A	T	H	I	N	G	R	N	K	U	T	Y	I
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L	Y	W	T	D	C	H	A	M	O	M	I	L	E	T	H	I	S
A	R	Y	O	P	D	R	F	S	R	R	W	B	U	R	L	P	W
B	E	I	N	G	K	I	N	D	T	O	S	O	M	E	O	N	E

1. Which of the above do you already incorporate into your life?
2. What would you like to add? How could it benefit you?

Email me your response and I'll include it in next months newsletter.
Debby_schiffer@targetingwellness.com

From BRAIN STICKS™