



Hot Ginger Tea

Need a way to combat cold weather and improve your health? Research shows ginger can help reduce inflammation, prevent certain types of cancer, and strengthen your immune system.⁵ Drink hot ginger tea. It's easy to make.

Ingredients

- 3 ounces thinly-sliced ginger root
- 1 C water
- Honey (to taste)

Directions

1. Add one cup of water to cooking pot or tea kettle.
2. Add ginger root and heat until boiling.
3. Strain to remove any ginger root pulp.
4. Add honey to taste. Stir and enjoy.

Is It Time for a Waist-Size Wake-Up Call?

Waist size measures risk for chronic disease

What's your waist size? If you were going to tailor a suit or dress, or buy a new pair of pants, you'd need to know to get the right fit. Don't know your waist size? Maybe it's time for a wake-up call.

Your waist size is a measure that can tell you a lot about your health, even if you're a healthy weight.³ A healthy waist size is:

- **Women:** 31.5 inches or less
- **Men:** 37 inches or less

If your waist size is 35 inches or more for women or 40 inches or more for men, you're at high risk for health problems like diabetes, heart disease, and high

blood pressure. A bigger belly means you're storing fat, a risk factor for chronic disease.

How to measure waist size:

1. Wrap a tape measure around your waist. (Note: The tape measure should be just above your hip bone near your belly button.)
2. Breathe in, then out, normally.
3. Pull the tape measure snug.
4. Record your waist size.

If your waist size is larger than normal, set a goal to improve it. Be active 30 to 60 minutes a day. Eat more



fruits, vegetables, whole grains, legumes, nuts, and seeds, and less junk food. Drink more water.

Set a small goal, like losing one pound a week, until your waist size is in the normal range. Then keep up those healthy habits for life. @

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Video: Measure your waist <https://tinyurl.com/uxvace1>

Follow the Grocery Store Game Plan to Improve Your Diet (continued from page 1)

Steer clear of packaged foods

Here's another hint for making your shopping trip a little healthier. Avoid packaged

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Healthy shopping list <http://tinyurl.com/zjapo8f>

foods. Why? "Almost everything in a plastic wrapper or cardboard package is highly processed," says Smyth. "These foods are usually loaded with fat, salt, sugar, or all three." @

References

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2. Dawahare, L. (2017). Tips to shop like a cardiologist. From: <http://tinyurl.com/hjvf6s3>
3. Sun, Y., et al. (2019). Association of normal-weight central obesity with all-cause and cause-specific mortality among postmenopausal women. *Nutrition, Obesity, and Exercise*, 2(7): e197337. From: <https://tinyurl.com/ttbxedm>
4. Exelmans, L., et al. (2017). Binge viewing, sleep, and the role of pre-sleep arousal. *Journal of Clinical Sleep Medicine*, 13:08. From: <https://tinyurl.com/tsgg8ps>
5. Al-Awwadi, N. (2017). From: Potential health benefits and scientific review of ginger, *Journal of Pharmacognosy and Phytotherapy*. From: <https://tinyurl.com/rldm67m>

Take the January Health Challenge!

Drink More Water: Drink 40 to 64 ounces of water a day

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question: What should I do when I get a food craving?



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