



HEALTH & WELLNESS NEWSLETTER JANUARY 2021

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HIGHLIGHTS for the January 2021 Newsletter

Beat Stress in 2021 with THIS Laugh-Out-Loud Solution

Everybody experiences stress, both good and bad. But if you don't manage stress, it can take a toll on your health and happiness. Looking for an easy way to beat stress to help you deal with the everyday? Take a double dose of THIS....

Chop Down Cancer & the Common Cold with Garlic

Garlic is healthy, right? Yes, but it all depends on how you prepare it. Do it right, and nutritional properties in garlic can help fight cancer and the common cold. Prepare garlic the wrong way, and you may be missing out. Here's what you need to know.

Start the New Year Off on the Right Foot

Fact...most adults don't get enough exercise. But just 30 minutes a day can boost your mood, improve your health, and cut your risk for chronic disease. Learn more about the health benefits of exercise, and get started.

Y-Axis: 3 Ways to Avoid Brain Drain

Want to keep your brain healthy as you age? Research suggests there's three things that have the biggest impact.

Recipe: Roasted Brussels Sprouts with Shallots

Hungry for a cold-weather dish packed with vitamin C, fiber, and antioxidants to improve your health? Give this Brussels sprouts recipe a try.

Take the January Health Challenge!

Prevent Low Vitamin D: Boost vitamin D for better health

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question: Why is eating fiber good for you?

NEWSLETTER

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THE Y AXIS



3 Ways to Avoid Brain Drain

Ever heard of brain drain?



It's the unofficial term for what happens to your brain from stress, age, lifestyle and other factors.

Brain drain can have a big impact on your memory, decision making, and your mood. But it doesn't have to be that way.

Want to protect your brain and improve your mental health? Research suggests 3 ways to avoid brain drain:⁵

1. Sleep 8-9 hours per night
2. Get regular exercise
3. Eat fresh fruits and vegetables.

Follow the brain-drain prevention plan. You'll feel better, think better, and be healthier.

COMMENTS?

Send comments to the editor:

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Beat Stress in 2021 with THIS Laugh-Out-Loud Solution

Stressed out? Time for more smiles and laughter

Let's face it. The year 2020 was kind of stressful. COVID-19 took its toll on health, happiness, and the economy. And it's time to laugh it off.

The truth...the global pandemic probably isn't the only thing that stresses you out, impacts your mood or keeps you awake at night. There are other things, too, like work, money, relationships, and unexpected life events. Sometimes just the day-to-day grind is stressful.

But like it or not, stress is a normal part of life. If you don't manage stress in healthy ways, it can lead to things like:

- Heart disease
- Depression and anxiety
- Obesity
- Stomach problems
- Diabetes
- Memory loss
- Headaches

The laugh-it-off way to beat stress

Ready to take on 2021 with a better outlook and less stress to protect your health?

Here's what you need to do: Smile often. Laugh more.

In a recent study, researchers found that people who smile and laugh more often, are better able to manage stress.¹

Why? When you laugh, your brain releases endorphins that help improve mood, reduce stress, and relieve pain. On average, happier people laugh at least 18 times a day.

When was your last dose of laughter? Maybe it's time for a funny movie, laugh-out-loud book, funny joke, or time with family and friends when you laugh until you cry.

Need a simple way to manage stress and feel better? Smile and laugh it off.

MORE

9 ways to laugh more every day
<https://tinyurl.com/y87mijkln>

Chop Down Cancer & the Common Cold with Garlic

Chopped garlic provides protective health benefits

Everybody knows garlic repels vampires and keeps evil forces away. But can it do the same for the common cold and cancer?

Season your entree with crushed garlic. Add garlic to soup and simmer. Chop up a fresh clove of garlic, and add it to your favorite dish. Sounds pretty good, right? Research shows eating garlic (fresh is best), can help:²

- Lower blood pressure
- Control cholesterol
- Support the immune system

- Reduce inflammation
- Prevent certain types of cancer

But it all depends on how you prepare it. Most people mince, crush, or chop garlic, and cook it. However, heating garlic after chopping destroys most of its cold and cancer-fighting properties.

- **Microwave:** In 30 seconds, garlic loses 60 percent of the compound allicin, that helps prevent colds and cancer. In 60 seconds, it's zero.



- **Boiling.** Only marginal levels of allicin remain after boiling for 6 minutes.
- **Simmering.** Only trace amount of allicin remain after boiling garlic for 15 minutes.



Roasted Brussels Sprouts with Shallots

Hungry for a cold-weather dish packed with vitamin C, fiber, and antioxidants to improve your health? Give this Brussels sprouts recipe a try.⁴

Ingredients

- 1 pound Brussels sprouts
- 1 shallot, peeled and chopped
- 2 T olive oil
- 1 tsp walnut oil
- Salt and pepper to taste (optional)

Directions

1. Preheat oven to 350° F.
2. Remove the outer leaves of Brussels sprouts. Wash, and cut off the ends of stems.
3. Toss sprouts with 1 T olive oil.
4. Bake in dish for 20 to 30 minutes, or until tender.
5. Remove from the oven. Sprinkle with the chopped shallots.
6. Add 1 T olive oil to the pan. Toss using a spoon or spatula. Return to the oven. Roast until shallots are browned.
7. Remove from oven. Drizzle with walnut oil, and season.

Serves 4. 110 calories per serving.

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Start the New Year Off on the Right Foot

Walk 30 minutes a day for better health



When Maine resident Nate Damm walked across America, he covered more than 3,200 miles on foot. It took almost eight months to go the distance. And he says it was worth it.

“The trip changed my life completely,” says Damm, author of the book *Life on Foot: A Walk Across America*.

You may not be planning a cross country adventure on foot. But even a few minutes of walking a day is good for your health. Research shows walking can help you:³

- Maintain a healthy weight, or lose weight if you need to
- Prevent heart disease

- Lower the risk for a stroke
- Prevent or manage type 2 diabetes
- Improve mood
- Reduce stress
- Prevent certain types of cancer
- Strengthen bones and muscles
- Live longer

HEALTH BENEFITS OF WALKING BY THE MINUTE

Health experts recommend 30 minutes of walking at least 5 days a week for best health. Here's what happens by the minute when you walk:

1 minute of walking can extend your life by 1.5 to 2 minutes.

10 minutes of brisk walking burns an average of 50 calories.

20 minutes of walking a day will burn an average of 7 to 10 pounds of body fat in a year.

30 minutes of walking 5 days a week cuts the risk for heart disease and diabetes in half.

45 minutes of daily walking cuts the risk of catching a cold by 50 percent.

If walking is already part of your daily routine, keep it up. If you've been thinking about getting more exercise, it doesn't have to be complicated. Get up and go for a walk. *Now* is always the best time to start.

If walking is already part of your daily routine, keep it up. If you've been thinking about getting more exercise, it doesn't have to be complicated. Get up and go for a walk.

MORE

Walking: Your steps to health
<https://tinyurl.com/ybzykkt8>

Chop Down Cancer & the Common Cold with Garlic (continued from page 1)

- **Stir-fry** Your dish might have a garlic flavor. But after 1 minute of stir-frying garlic, it has zero cold-and-cancer prevention benefits.
- **Raw chopped garlic** provides the maximum benefits to help fight colds and cancer. The next best option...roasting.

MORE

Health benefits of garlic
<https://tinyurl.com/y8llq7od>

Want to drive a stake through the common cold and cancer? Eat more garlic...fresh. After cooking your entrée, soup, or favorite dish, add fresh-chopped garlic for the biggest benefit.

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Take the January Health Challenge! Boost Vitamin D: Get adequate vitamin D

Ask the Wellness Doctor: This month Dr. Don Hall answers the question: Why is eating fiber good for you?



WELLNESS CHALLENGE

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Prevent Low Vitamin D

CHALLENGE

Boost vitamin D for better health

Requirements to complete this HEALTH CHALLENGE™

1. Read “Boost Vitamin D.”
2. Create a plan to get adequate vitamin D.
3. Keep a record of your completed health challenge in case your organization requires documentation.



When Los Angeles beauty and fashion blogger Jamie Stone started feeling *off*, she chalked it up to a quarter-life crisis. Maybe it was the stress and hustle of building her business.

She felt like she was always in a funk. Her mood was off. She had trouble falling asleep. She’d wake up feeling exhausted and fatigued. Walking up the stairs was hard. And lower back pain was always there, wearing her down a little more every day.

She tried to figure out what was wrong by diagnosing her problem online. But that only seemed to make things worse.

“I decided I was probably dying,” says Stone. “You know, a very typical prognosis when you go down

Decoding Vitamin D

How much do you know about vitamin D? Take the quiz to find out.



T F

1. About 80 percent of COVID-19 patients have low vitamin D levels.
2. Salmon contains low levels of vitamin D compared to most other foods.
3. Your body stores vitamin D in your blood and can draw on reserves for months.
4. Vitamin D is sometimes called the “sunshine vitamin.”
5. Lack of vitamin D is not associated with chronic disease and other health problems.

How did you do? If you answered any of these statements incorrectly, take time to learn a little more about vitamin D. New research shows low vitamin D levels may increase the risk for COVID-19.¹ Salmon is a rich source of vitamin D, and low vitamin D levels are linked to a long list of health problems. The good news...most people can improve vitamin D levels with diet and lifestyle changes. lead to serious health problems. The good news... you can learn to manage stress in healthy ways.

Answers: 1. True. 2. True. 3. False. 4. True. 5. False.

the black hole of Googling: ‘Why am I always tired?’ and ‘Why do I feel awful all the time?’”

Fortunately, she went to see her doctor. A simple blood test gave her some hope she wasn’t dying young. Her symptoms were a result of low vitamin D levels. With help from her doctor, she made some changes to boost her vitamin D levels and start feeling better.

Ready to improve your health, feel better, and have more energy? Take the month-long health challenge to Prevent Low Vitamin D.

Time for more vitamin D
<https://tinyurl.com/yblfeqw9>

4 Ways to Prevent Low Vitamin D

Want to learn how to boost your vitamin D levels? Here are three things you can do:

1. Spend 10 to 15 minutes a day in the sun



Too much time in the sun without proper protection increases your risk for skin damage and cancer. However, 10 to 15 minutes of sun exposure is enough to help you get the vitamin D you need.

2. Eat more vitamin-D-rich foods



Fish contains more vitamin D than most foods. Try tuna, mackerel, and salmon. Also look for foods fortified with vitamin D like dairy products, orange juice, soy milk, and cereals.

Vitamin D: Sun v. Food

How does sun exposure measure up to food for vitamin D? Check this out:

- An 8-ounce glass of fortified orange juice contains about 100 IU of vitamin D.
- A 6-ounce serving of salmon contains 400 to 600 IU of vitamin D.
- Spend 10 to 15 minutes in the sun, and your body can make up to 20,000 IU of vitamin D.

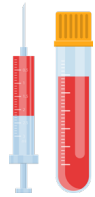
3. Take a vitamin D supplement



If a blood test shows that you are vitamin D deficient, your doctor

may recommend taking a multivitamin or vitamin D supplement. If you live in northern regions of the world, or don't spend a lot of time in the sun, it's also a good idea to take a vitamin D supplement during the winter months.

4. Ask your doctor about a vitamin D blood test



If you want to check your vitamin D levels, talk to your doctor. A simple blood test called a 25(OH)D blood test is all you need. An ideal level of vitamin D in your blood is 30 ng/mL, according to the Endocrine Society.

When Jamie Stone woke up every morning with body aches and pains, feeling exhausted, and in a funk, she thought she might be dying. But it turned out to be low vitamin D levels.

"I followed my doctor's orders and about a week or so later I saw a surprising difference in my health and overall mood," says Stone. "The funk was totally gone, my back pain... wasn't as bad, and I was no longer getting winded going up stairs."

Vitamin D facts
<http://tinyurl.com/4waf1wq>

The Truth about Vitamin D Deficiency



If you are not getting enough vitamin D in your diet or from the sun, you have a vitamin D deficiency. And it's more common than you might think.

An estimated 42 percent of all adults in the United States have low levels of vitamin D. It's even higher in certain groups (African Americans, Hispanics, the elderly).²

Most people with low vitamin D levels will not have any symptoms until it gets very low. But low vitamin D levels can lead to:³

- Certain types of cancer
- Depression and mood changes
- Diabetes
- Falls
- Fatigue
- Frequent illnesses
- Heart disease
- High blood pressure
- Inflammation
- Joint pain
- Muscle cramps
- Poor bone health

How much Vitamin D do you need?

Not all health organizations agree on how much vitamin D you need. For example:

- **The Centers for Disease Control and Prevention** recommends adults and children get at least 600 International Units (IU) of vitamin D per day.
- **The Endocrine Society** recommends 1,500 to 2,000 IU of vitamin D per day for adults; 1,000 IU per day for children.
- For most people: at least 600 IU up to 4,000 IU is safe for adults and children.

Food sources for vitamin D
<http://tinyurl.com/nowumpm>

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Prevent Low Vitamin D

CHALLENGE
Boost vitamin D
for better health

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, etc.).
2. Record the number of days you exercise 10-30 minutes.
3. Use the calendar to record the actions and choices you get adequate vitamin D.
4. At the end of the month, total the number of days you take steps to Prevent Low Vitamin D. Then keep up the practice for a lifetime of best health.

MONTH: _____							HC = Health Challenge™	ex. min. = exercise minutes
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Weight & weekly summary	
HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____		
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_____ Number of days this month I made choices to get vitamin D
 _____ Number of days this month I exercised at least 30 minutes



Other wellness projects completed this month:

Name _____ Date _____



ASK THE DOCTOR

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Q. Why is eating fiber good for you?

A. *Eat more fiber.* You've probably heard the advice before. But why eat more fiber? Fiber is good for your health for a variety of different reasons. And most adults don't eat enough of it.

- **Women** should eat 25 grams of fiber per day.¹
- **Men** should eat 38 grams of fiber per day.

In fact, most adults only eat about 15 grams of fiber per day. And that's a problem. If you don't eat enough fiber, it can have a negative impact on your heart health, digestion, blood sugar levels, weight and longevity. Here are just a few reasons to eat more fiber:

1. Support heart health

Eating foods high in fiber can help improve cholesterol, lower blood pressure, and aid in weight management. These are important factors that help prevent heart disease, the leading cause of death in the United States. Research shows following a high-fiber diet may cut your risk for heart disease by 40 percent.²

2. Improve digestion

A diet rich in fiber improves bowel health. Fiber helps prevent constipation. If you're constipated, it's often caused by not eating enough fiber, not drinking enough water, and lack of exercise.



3. Prevent or control diabetes

About 34 million people in the United States have type 2 diabetes. Another 88 million people have pre-diabetes. It's largely preventable with diet, exercise, and healthy lifestyle habits. This includes eating foods high in fiber.

Research shows eating a fiber-rich diet can help control blood sugar levels, and prevent diabetes.³ Even if you already have diabetes, fiber helps slow digestion and regulate blood sugar levels. Sugary snacks, drinks, processed foods, and even too much red meat can raise your risk for diabetes.

4. Help you live longer

Want to live longer and be healthier? Eat more fiber-rich foods. Aiming for a high-fiber diet could lower your risk for early death from heart disease and other chronic conditions, according to the American Heart Association. One study found that eating fiber cut the risk of diabetes by 20 percent. It's one of the leading causes of death in the United States.⁴

ASK THE *Wellness* DOCTOR

Eat more fiber-rich foods

Now you know a little more about the health benefits of eating more fiber. Aim for 25 to 38 grams of fiber per day. Foods high in fiber include:

- Fruits (raspberries, apples, bananas, oranges, strawberries)
- Vegetables (carrots, beets, broccoli, cauliflower)
- Whole grains (cereal, bread, oats, whole grain pasta)
- Legumes. They're highest in fiber of all foods (beans, lentils, peas)
- Nuts and seeds (flax meal, sunflower seeds, squash/pumpkin seeds, almonds, peanuts, etc.)

Want to feel better, be healthier and live longer? Eat more fiber.

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STAYIN' ALIVE

Talking about safety isn't enough.



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