

Living Healthy Newsletter



January/February 2015 Volume 1, Issue 1



Welcome to another year of Living Healthy. As your new Health Promotion Leader, I am thrilled to assist in the development of a wellness program that will focus on the wellbeing of our most valuable asset—**YOU!** I'm a firm believer that knowledge is power—so not only do I want to know what *you* need to support your wellness efforts, I also want to provide you with information to help you become an even savvier advocate for your own well being. As a traditional Naturopath and Holistic Nutritionist, I know that the everyday choices we make can help us live healthier, happier, and more fulfilling lives—both at work and at home. In the coming months, I look forward to helping you to take steps, even small ones, to improve your overall wellbeing.

Lynise Anderson, N.D., C.N.C.

New Year... New You... Really!!

It can be daunting when your list of New Year's Resolutions is as long as your holiday shopping list. In addition to the post-holiday slump, not being able to keep your resolutions by February, March or even late January may increase your anxiety. When your holiday decorations are packed up and stored away, the frustration of an unused gym membership or other reminders of failed resolutions can make the later winter months feel hopeless.



However, it is important to remember that the New Year isn't meant to serve as a catalyst for sweeping character changes. It is a time for people to reflect on their past year's behavior and promise to make positive lifestyle changes. Setting small, attainable goals throughout the year, instead of a singular, overwhelming goal on January 1 can help you reach whatever it is you strive for.

Remember, it is not the extent of the change that matters, but rather the act of recognizing that lifestyle change is important and working toward it, one step at a time.

By making your resolutions realistic, there is a greater chance that you will

keep them throughout the year, incorporating healthy behavior into your everyday life. Here are a few helpful tips when thinking about a New Year's resolution:

Start Small

Make resolutions that you think you can keep. If, for example, your aim is to exercise more frequently, schedule three or four days a week at the gym instead of seven. If you would like to eat healthier, try replacing dessert with something else you enjoy, like fruit or yogurt, instead of seeing your diet as a form of punishment.

Change One Behavior at a Time

Unhealthy behaviors develop over the

course of time. Thus, replacing unhealthy behaviors with healthy ones requires time. Don't get overwhelmed and think that you have to reassess everything in your life. Instead, work toward changing one thing at a time.

Talk About It

Share your experiences with family and friends. Consider joining a support group to reach your goals, such as a workout class at your gym or a group of coworkers quitting smoking. Having someone to share your struggles and successes with makes your journey to a healthier lifestyle that much easier and less intimidating.

Don't Beat Yourself Up

Perfection is unattainable. Remember that minor missteps when reaching your goals are completely normal and OK. Don't give up completely because you ate a brownie and broke your diet, or skipped the gym for a week because you were busy. Everyone has ups and downs; resolve to recover from your mistakes and get

back on track.

Ask For Support

Accepting help from those who care about you and will listen strengthens your resilience and ability to manage stress caused by your resolution. If you feel overwhelmed or unable to meet your goals on your own, consider seeking outside help. Wellness Coaches can offer strategies as to how to adjust your goals so that they are attainable, as well as help you change unhealthy behaviors and address emotional issues.

Happy Healthy
New Year!

Bacon Braised Brussels Sprouts

This recipe is amazingly simple and amazingly delicious! Not to mention that Brussels are chocked full of vital nutrients like Vitamins B, C, and K, dietary fibers, potassium and healthy Omega-3 fatty acids!

INGREDIENTS

4 slices thick cut bacon
1 lb Brussel sprouts, trimmed and halved
1 clove garlic
1/2 cup low sodium chicken stock
1 T unsalted butter
Salt and pepper to taste



DIRECTIONS

1. Cook bacon over low heat until crispy. Transfer to paper towel, reserving bacon grease in skillet
2. Increase heat to med-high; sauté Brussels sprouts in bacon grease until lightly browned; Add garlic and sauté until fragrant.
3. Add chicken stock, cover and simmer until Brussels sprouts are bright green. Remove lid and continue simmering until liquid is evaporated and sprouts are tender.
4. Remove skillet from heat; crumble and stir in bacon, butter, salt and pepper.
5. ENJOY!!

Did You Know...?

- Gum disease is a risk factor for coronary artery disease.
- A woman's heart naturally beats faster than a man's heart.
- Whenever you laugh, the blood flow in your heart is increased for up to 45 minutes, which in turn improves your heart health.
- Your heart is made up almost entirely of muscle. It is strong enough to lift approximately 3,000 pounds – roughly the weight of a compact car.



Low Functioning Thyroid: The Unsuspecting Illness

January is Thyroid Awareness Month. With nearly 40% of Americans suffering from low functioning thyroid (and most of them don't even know it!) it's high time we become more aware of just what this very important gland does.

What's All the Buzz About??

Hypothyroidism seems to be all the latest rage. People are flocking to their doctors in droves getting their thyroids tested in hopes of finding the answer to their unnamable woes. Yet estimates suggest that over 85% of standard thyroid test failed to accurately diagnose low functioning thyroid (LFT). That's because on the whole, blood tests are not sensitive enough to show a moderate thyroid imbalance and usually only indicate when thyroid levels are extremely low. A person can suffer from hypothyroidism and at the same time be within "normal" limits on thyroid blood level tests.



It Might Be Your Thyroid If....

Thyroid hormones regulate body temperature, the way the fats and carbohydrates are used by the body, blood calcium levels, reproductive hormones and heart rate.



Common symptoms of low functioning thyroid include: chronic fatigue, thinning hair, dry skin, brittle fingernails, cold hands and feet, headaches, weight gain, forgetfulness, mild depression, frequent colds/flu, elevated cholesterol, infertility, PMS, abnormal menstrual cycles, low libido, and cardiovascular issues like atherosclerosis and heart attack.

Yep, you guessed it... thyroid hormone affects the function of EVERYTHING in your body! It's no wonder that, if it's off a little, everything feels

a little off!

How Will I Know?

With standard blood test too often missing the mark in identifying low thyroid function, there must be another way to find if LFT might be underlying what ails you. And there is! It's called the Basal Temperature Test. Using a digital thermometer, for 5 consecutive days, take your temperature at the same time every morning before you've moved out of your sleeping position. An average basal temperature over 5 days of less than 97.6F, is a strong indicator of low functioning thyroid.

Now What?

If your average basal temperature suggests you may have LFT or if you're suffering from any of the common symptoms associated with LFT, you may want to see your doctor or other health professional who is knowledgeable in the treatment of low thyroid function.

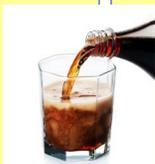
The good news is, low functioning thyroid is completely treatable! Just remember, what works for one may not work for all. For some, a multi-tiered treatment approach that deals directly with the nutritional, stress-related and emotional factors of low thyroid function often restores the thyroid's function completely.

High cholesterol -- and cholesterol levels that don't respond to medication -- could be due to an undiagnosed or poorly treated thyroid condition.



High Blood Pressure? Sugar, Not Salt, May Be The Culprit!

Compelling evidence from basic science, population studies, and clinical trials implicate sugars, and particularly the monosaccharide fructose, as playing a major role in the development of hypertension. Moreover, evidence suggests that sugars in general and fructose in particular may contribute to overall cardiovascular risk through a variety of mechanisms.



Sucrose, or table sugar, is composed of two simple sugars: glucose and fructose. Sucrose is a common ingredient in industrially processed foods, but not as common as another sweetener: high-fructose corn syrup (HFCS).

Whereas sucrose is equal parts fructose and glucose, HFCS has more fructose (usually 55%) than glucose (the remaining 45%) and is the most frequently used sweetener in processed foods - particularly in fruit drinks and sodas.

Ingesting one 24-ounce soft drink has been shown to cause an average maximum increase in blood pressure of 15/9 mm Hg and heart rate of 9 bpm. For some, the effects can be seen from 30 minutes to 2 hours after drinking a caffeinated drink.

Intake of refined sugars (*which by the way have no real nutritional value*) in the typical American diet is approximately two to eight times higher than current recommendations. Just as most dietary sodium does not come from the salt shaker, most dietary sugar does not come from the sugar bowl. Instead, overconsumption of processed foods is a significant contributor to dietary sugar.

Besides sweets, candies and sweetened beverages there is also sugar in foods like breads, ketchup, and canned fruit. White



starches like white flour and pasta are also recognized by the body as sugar.

Reducing consumption of processed foods that contain added sugars is a great place to start eliminating excess refined carbs. Limiting or eliminating high fructose corn syrup from your diet is another excellent, but slightly more challenging goal as well.

Yes, whole fruits like grapes, bananas and dates contain sugar too. Good news! Consuming sugars - including fructose - in their naturally occurring state (i.e. as whole fruits) is actually beneficial. So eat up!!

Information Sources:

- [Harvard Health Publications](#)
- [Medical News Today](#)
- [Mayo Clinic](#)
- [NIH Public Medical Library](#)

CAMPUS SPOTLIGHT



Calling All Creative Employees!! **Southern Virginia University** needs a name for their new Wellness Program. To submit your idea, [click here!](#) The person who submits the winning name will be announced at the beginning of March and will receive a gift card! ALSO, remember to [go online to register](#) for your **FREE Biometrics Screening**. Screenings will take place on campus on February **10th and 11th**. **Know Your Numbers!!**

