LIVING HEALTHY *Newsletter*

March 2017 Volume 3, Issue 3

LIVING HEALTHY

Spring is about to… spring into action! Like many of you, I'm certainly ready for the consistently warmer weather and longer days. If losing that hour of sleep has caused you some stress, this month's article on the relationship between stress and sleep is just for you. In this issue of Living Healthy, we also share great information on bone health, "bust" some nutritional myths and share a few really yummy recipes! Be sure to see this month's puzzle. Prizes are in store for the lucky winners! Remember to take get outside, get some fresh air and move around—it's a great natural remedy for stress, weight and your overall well-being!

Lynise Anderson, N.D., C.N.C. Brittany Coles

Losing Sleep Over Something?

Stress is our response to daily life. It affects us emotionally, physically, and behaviorally. The right amount of stress can be a positive force that helps us to do our best and to keep alert and energetic. Too much stress, however, can make us tense and anxious and can cause sleep problems.

Stress can impact your life in many ways, including negatively affecting the quality of your sleep. It makes sense: You lie in bed, worrying and feeling anxious, which makes it almost impossible to relax and quiet your mind enough to fall asleep. It's no wonder people use the phrase "losing sleep over something." That's also why people who suffer from chronic stress day in and day out sleep less, have poorer sleep quality, and find it harder to function well during the day.

If you don't sleep enough at night, your body boosts its levels of stress hormones. The brain chemicals connected with deep sleep are the same ones that tell the body to stop production of stress hormones. When you don't sleep well, your body keeps pumping out those hormones. The next day, you feel more stressed, the following night you find it harder to fall asleep, and then the next day you feel more stressed… the cycle keeps repeating itself. Stress hormones usually peak in the afternoon and early evening- just when you should be relaxing and preparing for slumber.

People who have high, prolonged levels of stress have a higher risk of heart disease, depression, high blood pressure, a weakened immune system, stomach issues, and more. They are also more likely to grind or clench their teeth, which can lead to dental problems. That's why it is so important, if you feel overly tense, to try different stress relief methods and to make getting plenty of sleep a high priority. The good news is that there are plenty of simple strategies that you can try!

These tips can help you ease stress and hopefully get a better night's sleep:

- **Assess what is stressful**: The first step in getting a handle on stress is to figure out what is causing it. Take a good look at your physical condition and your daily activities. Do you suffer from pain? Are you overloaded at work? Once you identify your stressors, you can take steps to reduce them.
- **Seek social support**: Spending time with family and friends is an important buffer against stress. It can be helpful to share

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Knowing Your Numbers

Pre-diabetes is the condition that is often seen before the onset of Type 2 diabetes. This occurs when blood sugar levels are high, but not elevated enough to diagnose diabetes. There are 57 ***million*** people in the United States with pre-diabetes.

Being pre-diabetic is often characterized by having insulin resistance. Unfortunately, being insulin resistant and pre-diabetic usually doesn't come with any glaring symptoms. You may have one or both conditions for several years without noticing. If you have prediabetes, you have a higher risk of developing type 2 diabetes. In addition, people with prediabetes also have a higher risk of heart disease.

But, there's good news! If you have prediabetes, progression to diabetes isn't inevitable! To learn more about this common condition and how to prevent its progression, click the link below and watch this video from Anthem's Doc Talk series.

Prediabetes: Knowing Your Numbers

Congratulations Dr. Anderson… Again!!

The second round of judging has just been completed and the results are in. The Wellness Council of America (WELCOA) has named Lynise Anderson as one of the Top 10 Health and Wellness Professionals in the country. A final round of judging is underway to identify the #1 Health and Wellness Professional. The winner will be announced in the coming week.

Whatever the outcome, Lynise is already #1 with us.

Congratulations Lynise! Way to go!!

LIVING HEALTHY

What's on Your Mind?

Have an idea for an article or a question about a health topic? Are you enjoying the newsletter?

Click here to send me an email

I want to hear from you!

Myth Busters: Nutrition and Weight Loss

Good nutrition is vital to successful weight loss and management. Some benefits of good nutrition are: improvement in cholesterol, reduction of blood pressure, and an increase in overall energy. Many of us have tried one or more of the many fad diets or have experienced the vicious cycle of unhealthy weight loss/ weight regain. Some of the popular diets suggest eliminating certain food groups while others suggest taking a lot of vitamins. A good weight loss and management program incorporates sound and *sustainable* nutritional practices, behavioral changes, and physical activity. A balanced diet and incorporation of proper nutrition is necessary in making a lifelong commitment to adopting a healthy lifestyle.

"*Lose 30 pounds in 30 days!*", "*Eat as much as you want and still lose weight!*", "*Try the thigh buster and lose inches fast!*" Have you heard these claims before? Many diets and tools are available, but their quality may vary. It can be hard to know what to believe. Over the next few months, we will discuss a few myths and provide facts and tips about nutrition.

Myth: Grain products such as bread, pasta, and rice are fattening. I should avoid them when trying to lose weight.

Fact: A grain product is any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain. Grains are divided into two subgroups: whole grains and refined grains. Examples of whole grains include brown rice and whole-wheat breads, cereals, and pastas.

People who eat whole grains as part of a healthy diet may lower their chances of developing some chronic diseases. Government dietary guidelines advise making half your grains whole grains. For example, choose 100 percent whole-wheat bread instead of white bread, and brown rice instead of white rice.

TIP: To lose weight, reduce the number of calories you take in and increase the amount of physical activity you do each day. Create and follow a healthy eating plan that replaces less healthy options with a mix of fruits, veggies, whole grains, protein foods, and low-fat dairy:

- Eat a mix of fat-free or low-fat milk and milk products, fruits, veggies, and whole grains.
- Limit added sugars, cholesterol, salt (sodium), and saturated fat.
- Eat low-fat protein: beans, eggs, fish, lean meats, nuts, and poultry.

Myth: Some people can eat whatever they want and still lose weight.

Fact: To lose weight, you need to burn more calories than you eat and drink. Some people may seem to get away with eating any kind of food they want and still lose weight. But those people, like everyone, must use more energy than they take in through food and drink to lose weight.

Eat the rainbow!
When making half of your plate fruits and veggies, choose foods with vibrant colors that are packed with fiber, minerals, and vitamins.

- **Red:** bell peppers, cherries, cranberries, onions, red beets, strawberries, tomatoes, watermelon
- **Green:** avocado, broccoli, cabbage, cucumber, dark lettuce, grapes, honeydew, kale, kiwi, spinach, zucchini
- **Orange and yellow:** apricots, bananas, carrots, mangoes, oranges, peaches, squash, sweet potatoes
- **Blue and purple:** blackberries, blueberries, grapes, plums, purple cabbage, purple carrots, purple potatoes

TIP: When trying to lose weight, you can still eat your favorite foods as part of a healthy eating plan. But you must watch the **total number of calories** that you eat. Find ways to limit the calories in your favorite foods. For example, you can bake foods rather than frying them. Use low-fat milk in place of cream. Make half of your plate fruits and veggies.

Myth: Fast foods are always an unhealthy choice. You should not eat them when dieting.

Fact: Many fast foods are unhealthy and may affect weight gain. However, if you do eat fast food, choose menu options with care. Both at home and away, choose healthy foods that are nutrient rich, low in calories, and small in portion size.

Nutrition Facts

Serving Size 1 large apple (242g / 8 oz.)

Amount Per Serving	
Calories 130	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 260mg	7%
Total Carbohydrate 34g	11%
Dietary Fiber 5g	20%
Sugars 25g	
Protein 1g	
Vitamin A 2% • Vitamin C 8%	
Calcium 2% • Iron 2%	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

TIP: To choose healthy, low-calorie options, check the nutrition facts. These are often offered on the menu or on restaurant websites. And know that the nutrition facts often do not include sauces and other extras. Try these tips:

- Avoid "value" combo meals, which tend to have more calories than you need in one meal.
- Choose fresh fruit items or nonfat yogurt for dessert.
- Limit your use of toppings that are high in fat and calories, such as bacon, cheese, regular mayonnaise, salad dressings, and tartar sauce.
- Pick steamed or baked items over fried ones.
- Sip on water or fat-free milk instead of soda.

Check this section out next month to read more about nutritional and weight loss myths!

https://www.niddk.nih.gov/health-information/health-topics/weight-control/myths/Pages/weight-loss-and-nutrition-myths.aspx

Losing Sleep Over Something? (continued)

your problems with people who care for you.

- **Practice thought management**: What we think, how we think, what we expect, and what we tell ourselves often determines how we feel and how well we manage rising stress levels. You can learn to change thought patterns that produce stress. Thoughts to watch out for include those concerning how things should be and those that overgeneralize sets of circumstances (for example, "I'm a failure at my whole job because I missed one deadline.").
- **Exercise**: Exercise can help you blow off steam thereby reducing stress. In addition, flexible, loose muscles are less likely to become tight and painful in response to stress. It is better to exercise at least 2 hours before bedtime so that your body temperature returns to normal.
- **Eat a healthy diet**: Junk food and refined sugars low in nutritional value and high in calories can leave us feeling out of energy and sluggish. A healthy diet, low in sugar, and caffeine, can promote health and reduce stress.
- **Get adequate sleep**: A good night's sleep makes you able to tackle the day's stress more easily. When you are tired, you are less patient and more easily agitated, which can increase stress. Most adults need 7-9 hours of sleep per night.
- **Delegate responsibility**: Having too many responsibilities can lead to stress. Try to free up time and decrease stress by delegating responsibilities.

These steps can help many people sleep soundly though the night and reduce their daily stress levels.

https://sleep.org/articles/sleep-and-stress/
http://www.webmd.com/sleep-disorders/guide/tips-reduce-stress

YOU DON'T HAVE TO GO IT ALONE!

By focusing on prevention, education, lifestyle changes and your doctor's treatment plan, disease management programs give you the tools and information you need to take an active role in your health care.

Live well... unconditionally!

To Learn More about how Anthem's Condition Care Program can benefit you or a loved one call 800-445-7922 to speak to a specialist who can help you determine if this program is right

Muscle Strengthening and Bone Health

Most people are familiar with many of the benefits of exercise, such as reducing the risk for heart disease and stroke, and preventing obesity. Regular physical activity in building and maintaining healthy bones is also important. With aging, bones can become very weak and fragile — a condition called osteoporosis. It usually occurs in women after menopause, and in men in older age. This bone-thinning disease puts people at a greater risk for broken bones, which can seriously limit mobility and independence.

Exercise is important for building strong bones when we are younger, and it is essential for maintaining bone strength when we are older. Exercise works on bones much like it works on muscles — by making them stronger. Because bone is a living tissue, it changes in response to the forces placed upon it. When you exercise regularly, your bone adapts by building more cells and becoming denser. Another benefit of exercise is that it improves balance and coordination. This becomes especially important as we get older because it helps to prevent falls and the broken bones that may result.

There are many different types of exercises and all of them offer health benefits. The two types of exercise that are most effective for building strong bones are **weight bearing exercise and strength-training exercise.**

Weight bearing describes any activity you do on your feet that works your bones and muscles against gravity. When your feet and legs carry your body weight, more stress is placed on your bones, making your bones work harder.

Examples of weight bearing exercise include:

- Brisk walking and hiking
- Jogging/running
- Dancing
- Jumping rope
- Tennis
- Team sports, such as basketball and soccer
- Stair climbing

Higher impact activities, such as jogging and jumping rope, increase the weight on bones and provide more bone-strengthening benefits.

During **strength-training activities**, resistance is added to movement to make muscles work harder and, over time, become stronger. The most common strength training exercises include using weight machines, working with free weights, or doing exercises that use your own body weight (push-ups, for example). Although these resistance exercises focus on increasing muscle mass, they also put stress on bones and have bone-building capacity.

Non-impact exercises, such as yoga or tai chi, are not as effective at strengthening bone, but provide significant flexibility and balance training benefits. Non-weight bearing exercises, such as swimming and cycling, do not increase bone mass, but are excellent choices to strengthen your heart and lungs. If musculoskeletal health conditions, like arthritis, prevent impact or weight bearing activities, these are good alternatives.

Although exercise has been shown to have bone-building effects, it is just one element of a total program to prevent bone loss. Understanding your individual risk for osteoporosis, such as genetic factors and family history, is essential. A balanced, calcium-rich diet and a healthy lifestyle are also key ingredients for lifelong bone health.

http://orthoinfo.aaos.org/topic.cfm?topic=A00674

Health is a state of body.
Wellness is a state of being.

J. Stanford

LIVING HEALTHY

Tunisian Vegetarian Medley with Rustic Quinoa

Traditionally a stew like this would be served over couscous, but whole grains are a great option for this aromatic stew, and quinoa works perfectly.

Ingredients

- 1 medium eggplant, cut into 1/2-to 1-inch cubes
- 1 large onion, halved and sliced
- 4 cloves garlic, minces
- 2 teaspoons ground cumin
- 1 1/2 teaspoons smoked paprika
- 1/2 teaspoon turmeric
- 1/4 teaspoon allspice
- 1 cinnamon stick
- 1-2 teaspoons harissa or chili sauce (to taste)
- 1/2 teaspoon salt (or to taste)
- 2 medium zucchini, quartered lengthwise and sliced into 1/4-inch pieces
- 1 15-oz can diced tomatoes
- 1 15-oz can chickpeas, canned
- 1/4 cup raisins
- 1/4 cup vegetable broth
- 8 cherry tomatoes, halved (or 1 large tomato, coarsely chopped)
- 1 cup quinoa, well rinsed
- 2 cups vegetable broth
- 1 clove garlic, minced

Instructions

1. Cover a large plate with unbleached coffee filters. Toss the eggplant in a bowl with a little salt, and arrange it on top of the filters. Microwave for about 8 minutes, while proceeding with the rest of the recipe. (Note: You can skip this step and sauté the eggplant along with the onion. Allow additional cooking time as needed to fully cook eggplant.)
2. Sauté the onion in a large non-stick pot until it begins to brown, adding a little water if necessary to prevent sticking. Add the garlic, and cook for another minute. Add all spices, including cinnamon stick, and stir for another minute. Add the zucchini, canned tomatoes, chickpeas, raisins, and vegetable broth and bring to a boil. Reduce heat and add the eggplant and cherry tomatoes. Cover and cook on low while quinoa is cooking.
3. Heat a medium-sized nonstick pot. Add the rinsed quinoa, and cook, stirring, for a few ,minutes until the quinoa is fairly dry. Add the vegetable broth and garlic, bring to a boil, reduce heat, and cover. Cook until quinoa absorbs all of the water, about 15 minutes. (If quinoa is tender and doesn't seem to absorb all the water, remove the cover and turn up the heat for a few minutes.
4. Remove cinnamon stick. Spread a bed of quinoa on each plate and top with ragout.

You Only Live Once (YOLO!)

Rearrange the letter tiles to reveal the hidden message.

T T	EN	D W	NOT	NCE	E O	NLY	ID
CHA	S W	IN	THE	RE	GRE	E D	HE
KE .	TA						

IN							
	KE .						

The first 3 people to send an email with the hidden message revealed will win a gift card!!

Cucumber Tomato Avocado Salad

INGREDIENTS

- 1 lb Roma tomatoes
- 1 English cucumber
- ½ medium red onion, sliced
- 2 avocados, diced
- 2 Tbsp extra virgin olive oil or sunflower oil
- Juice of 1 medium lemon (about 2 Tbsp)
- ¼ cup (1/2 bunch) cilantro, chopped
- 1 tsp sea salt or ¾ tsp table salt
- ⅛ tsp black pepper

DIRECTIONS

⇒ Place chopped tomatoes, sliced cucumber, sliced red onion, diced avocado, and chopped cilantro into a large salad bowl.

⇒ Drizzle with 2 Tbsp olive oil and 2 Tbsp lemon juice. Toss gently to combine. Just before serving, toss with 1 tsp sea salt and ⅛ tsp black pepper.

Campus Spotlight

Congratulations Lynchburg College !!!

On February 24, 2017 the Lynchburg College Board of Trustees made the historic decision to change the College's name to the "***University of Lynchburg***" at the beginning of the 2018-2019 academic year. The change recognizes the College's purposeful, constructive growth over the past 114 years, including the increase in academic programs at the undergraduate and graduate level.

Dr. Sally Selden, vice president and dean for academic affairs, said that "Claiming our status as a university will align our name with our academic offerings and enable us to attract and recruit more students, deepening our educational programming," she said. "A cornerstone of Vision 2020 is to be recognized nationally as a leader in student engagement. As the University of Lynchburg, we will maintain a student-first environment focused on deep and meaningful academic and co-curricular engagement."

Way to go Lynchburg!!