

Healthy Living



Healthy Living Newsletter
Healthy Habits for Daily Living

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Listening to Your Body

Yes, you listen when your body tells you to blow your nose or that it's time for breakfast. But if you're like many people, you miss the more subtle but important messages that your body sends. Recognizing early, subtle changes in your body gives you the ability to manage your own health better and avoid an over-reliance on medications and physicians.

When you become more aware of what's normal for your body, you can more easily hear your body complaining if something's wrong. It's also helpful to learn how to trace back any pain or warning signs to a probable cause. When a headache starts, for example, try to make a connection between your behavior, your environment and your headache. Did something you experienced help cause the headache? Were you under stress? Did you make the wrong food choice? What's changed between the time you felt fine and the time the headache began?

Here's another example. By not listening to your body, you may misinterpret the need to release stress for the need to eat. Many people—when nervous, fearful or uncomfortable—eat. They'd be better off doing something that relieves stress, not hunger. Exercise, meditation or indulging in a favorite pastime may work. A jelly donut won't. So before you eat, decide whether those "hunger pains" are from a need of food. If your body is really asking for food, you should experience slight stomach discomfort, growling and a feeling of fatigue.

A third message from your body that you may not listen to is the call for rest. Many of us don't get out of bed when we wake up or go to sleep when we're tired. We don't listen to our bodies – we listen to the clock instead. Busy schedules, work and family obligations can make any of us a slave to the clock. But if you're tired at 9 p.m., even though you usually go to bed at 11, go to bed. If you wake up before the alarm, get up. Use that time to read or get an early start on your day.

Our bodies continually send us signals. We just don't always tune in to those signals. Pay particular attention to anything that feels significantly different. A pain or major change in your body could be important enough to discuss with your health care provider.

Sources: <http://naturalhealthperspective.com>, www.urbanext.uiuc.edu, www.associatedcontent.com



15 Simple Ways To Build Exercise into Your Daily Routine

1. Wake up and stretch for 5 minutes every morning. Do leg lifts and crunches for another 5 minutes.
2. Use the stairs instead of the elevator.
3. Establish a 5-minute desk exercise routine.
4. Park farther away from shops and walk from the parking lot.
5. Don't use your car for short trips – bike instead.
6. Play lively music while you clean your house, and dance while you dust.
7. Mow the lawn, trim the bushes or weed the garden.
8. Play actively with your children or grandchildren.
9. Walk up escalators.
10. Take a walking break instead of a coffee break at work.
11. Start dancing. Try ballroom dancing, square dancing, clogging, whatever dance interests you.
12. Cut down on e-mail. Walk over to see your office colleagues instead.
13. Stand and walk around while on the phone. You can take about 100 steps in a 5-minute conversation.
14. Get an exercise partner. Exercising with someone else is more fun than doing it alone and increases your commitment.
15. Keep a lightweight barbell in your office and perform curls and lifts during phone calls.

Sources: www.healthandgoodness.com, <http://topten.org/public/BF/BF88.html>

Make Good Choices To Replace Bad Foods

It's easy to say you can become healthier and lose weight by replacing bad foods with better ones. But what exactly does that mean? Here's a brief chart that may open your eyes to better nutritional choices you can make.

Bad Food	Better Choice
Potato chips	Pretzels
Ice cream	Fruit salad
Cookies	A handful of almonds or other nuts
Pudding	Low-fat yogurt
Donuts, pastries	Cereal
Candy	Raisins, dates
White bread	Whole-wheat bread
Soda	Water, low-fat milk
Fruit drinks	Fresh fruit

When Pain Isn't Gain

No pain, no gain—the familiar saying goes. But be careful. Your body uses pain as a warning that it's in jeopardy of injury.

When you exercise, you *do* want to tax your body and stretch muscles. Doing so leads to weight loss and muscle gain. But remember that pain may mean you're performing an exercise incorrectly or you may have an injury you're aggravating. To know when to back off, watch for these common signs of overstraining:

- Losing strength
- Feeling tired while exercising
- Losing your desire to work out
- Feeling burned out
- Experiencing an elevated heart rate when walking at a normal pace
- Contracting illnesses such as colds and the flu

Source: www.dummies.com



Top Cancer-Fighting Foods & Strategies

We can help prevent cancer by changing what and how we eat. Here are some leading tips from recent medical studies and physicians.

Ditch the char-broiled foods

Studies show that charcoal-broiled foods and other foods exposed to high temperatures play a role in increasing the risk of cancer.

Become Less

When we're overweight we're more likely to consume too many calories, eat too much fat and risk developing tumors. Becoming less weighty is becoming and cancer fighting.

Get a Hold of a Whole Lot of Whole Grains

A diet rich in whole-grain foods and other forms of fiber, rather than simple or refined carbohydrates, helps avoid putting on pounds and piling up cancer risk. Fiber is found in all plant-based foods—including fruits, vegetables, grains, breads and cereals. Meat, milk, cheese and oils contain no fiber. Eat legumes. Choose oats. Have barley. Munch on potato, apple and pear skins. Switch from refined foods to whole-grain foods. Up with brown rice; down with white rice.

Don't Propose a Toast

Alcohol can promote several types of cancer by direct contact, including cancers of the oral cavity and larynx. Having a drink can also promote liver and breast cancer.

Juice & Veg Up

A diet rich in fruits and vegetables helps reduce the risk of tumor development. Fruits and vegetables are natural sources of vitamins, minerals and antioxidants. Research shows that foods with these ingredients help lower blood pressure, prevent heart disease and decrease cancer risk.

Stop Chewing the Fat

A diet lower in saturated fat that keeps your weight under control helps decrease the risk of developing cancer of the breast, endometrium (the lining of the uterus) and prostate. Saturated fats come almost exclusively from animal products such as meat, milk and cheese. A diet high in saturated fats has been associated with an increased risk of both cancer and heart disease. Trans fatty acids are especially unhealthy. Trans fatty acids do not occur in nature, but they are abundant in stick margarine. They're used in many restaurants for deep frying foods such as French fries.

Bike, Lift, Run, Swim or Walk

Your body likes to be used. Exercise helps the body function properly so that all the food you eat gets used optimally. And, when you become an athlete, you build lean muscle and burn calories. Exercise has been associated with a lower risk of colon and breast cancer. Just do 30 to 45 minutes of any kind of activity every day. Walk that block. Kick that ball. Weed that garden. Even moderate exercise helps.

Butt Out

At the risk of sounding like your mother, we're going to say, "If you smoke or use any tobacco products, stop." We won't send you to your room, but smoking may send you to the hospital. The single greatest cause or correlate of cancer is smoking—and this goes beyond lung cancer. Smoking is directly related to mouth and esophageal cancers and has been shown to cause an increase in the risk of cancers of the bladder, pancreas and stomach.

Get Some Sunshine

Vitamin D is one of our best cancer-fighting agents. It reduces the risk of breast, colon, ovarian and prostate cancers. Our primary source of vitamin D is our daily exposure to UVB sunlight. We get only small amounts of vitamin D from such foods as fortified dairy products. But remember to protect yourself from the harmful effects of too much sunlight.

Source: www.intelihealth.com



National Observances

It's the time of year to take extra preventive measures against the following types of cancer:

September	Gynecologic Cancer Awareness Month
September	National Ovarian Cancer Awareness Month
October 19	National Mammography Day
October	Healthy Lung Month
October	National Breast Cancer Awareness Month
November	Lung Cancer Awareness Month

Websites with Reliable Health Information

The research on nutrition and dietary supplements is growing rapidly. It's important to find reliable information to help you make decisions. Here are some good online resources available to the public:

- American Cancer Society www.cancer.org
- American Diabetes Association www.diabetes.org
- American Heart Association www.americanheart.org
- Aetna IntelliHealth® (Aetna and Harvard Medical School) www.intelihealth.com
- U.S. Food & Drug Administration, Center for Food Safety & Applied Nutrition www.cfsan.fda.gov

Source: www.intelihealth.com

Off the Couch & into the Great Outdoors

Why should you put down that remote, brush the broken potato chips off your shirt and head outdoors? Hiking the great outdoors will help you:

- Build bones
- Fight depression
- Improve your blood circulation
- Improve your sleep
- Keep joints limber
- Live longer
- Lower your stress level
- Manage your weight
- Strengthen muscles

So, come on, take a hike!

Sources: www.parks.ca.gov, www.buzzle.com

Saturday, September 29, is Family Health and Fitness Day, so why not go on a family hike?