

Total Wellness[®] **BECOMING A TOTAL PERSON[®]**

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Selecting the Right OTC Medicines

According to the Consumer Healthcare Products Association, more than 400 relatively minor, self-limited conditions can be treated with nonprescription, over-the-counter drugs. They include • headaches • athlete's foot • lip conditions • common cold • dandruff • menstrual pain • upset stomach • dry skin • sinus problems.

When you're selecting over-the-counter medicines, consider these items:

- ◆ the active ingredients and purpose of them
- ◆ the uses or indications
- ◆ the warnings – when not to use the medicine, when to stop taking the medicine, when to see a doctor, the possible side effects, and possible interactions with other medications
- ◆ the directions and dosage information
- ◆ any recent significant product changes
- ◆ the expiration date so you know when to throw it out
- ◆ the tamper-resistant features – make sure they're intact.
- ◆ a child-resistant lid on the container if children are in your home

Clean Out Your Medicine Cabinet

For most people, having an annual health checkup is something that comes automatic each year about the same time. It's similar to an annual hunting trip, summer vacation, or spring cleaning. But many people forget another important annual event that should be on their list of things to do – cleaning out their medicine cabinet or closet.

According to the U.S. Food and Drug Administration (FDA), here are several tips on keeping your medicine cabinet safe:

- Mark your calendar to clean out your medicine cabinet at least once a year.
- Don't be a pack rat. Discard any prescription or over-the-counter medicines that have expired. If you can't find the expiration date, throw it out. Check with your doctor if you have questions about prescriptions.
- When tossing old medicines, check with your local pharmacy about how to dispose of them safely. Avoid putting them in the trash because children and pets could find them and be poisoned.
- Restock medical supplies, like bandages, gauze pads, adhesive tape, and so on, that are low or missing.
- Keep all items in their original containers so that no one takes the wrong one.



Never mix medicines in containers to save space in your cabinet.

- Always store your medicine in a cool, dry place. Keep medications off of the counter and out of the reach of children and pets.

Here are some of the items to have in your medicine cabinet:

- Acetaminophen and Ibuprofen (for pain)
- Antibiotic ointment (reduces risk of infection)
- Antacid (relieves upset stomach)
- Antihistamine (relieves allergy symptoms)
- Syrup of ipecac (induces vomiting)
- Decongestant (relieves stuffy nose and other cold symptoms)
- Cough suppressant
- Fever reducer (adult and child)
- Hydrocortisone (relieves itching and inflammation)
- Calamine lotion
- Antiseptic (helps stop infection)
- Adhesive bandages
- Adhesive tape
- Gauze pads
- Elastic bandage (helps decrease bleeding or swelling, or lend support to joints or sprained muscles)
- Tweezers
- Scissors
- Thermometer
- Medical exam gloves
- Calibrated measuring spoon
- Alcohol wipes
- Disinfectant
- First aid manual
- Emergency phone numbers – your doctor(s), Poison Control (1-800-222-1222), and 911
- A list of allergies for each family member.

For more information, visit the U.S. Food and Drug Administration at www.fda.gov.

Choosing a Financial Adviser

There are many things to consider when choosing a financial adviser, and one of them is compatibility. Do his or her goals line up with yours? Is his or her risk tolerance on your level? Does his or her personality complement your own?

Personality matters! I know where my own strengths and weaknesses lie, and I have chosen a financial adviser who fills in the gaps. “George” is a deep thinker, an introspective man who is not prone to take risks. I, on the other hand, tend to take risks with my own money that I would never recommend to anyone else.

George is a good balance to these urges, but I can’t help testing him from time to time, just to keep him on his toes.

“George,” I said one day, “I want you to take a couple of thousand and buy this stock.” I named one of the more volatile stocks I could think of at the time. He pulled some information from his computer and I could hear the doubt in his voice: “That stock is pretty unstable, Larry.”

“Maybe so, but I think it looks pretty good,” I said. We went back and forth until I finally convinced him to buy it.

Before I hung up, I said, “George, you and I both know I’m not going to buy that junk. Why did you let me talk you into that?”

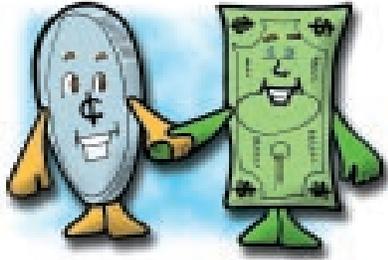
“Because you’re so persuasive,” he said.

“But that’s exactly why I use you as my financial planner!” I replied. “You’re supposed to offset my persuasive tendencies. I can talk myself into some high-risk investment; you need to be strong enough to tell me when it’s a bad idea.”

One way to determine how well you and a particular adviser will complement each other is to know how both of you scored on a personality test. If you’re too much alike, chances are you will make the same investment mistakes. On the other hand, if you’re too different, you and your adviser will have a hard time agreeing on anything. If you have a supporter-type personality and your adviser has a dominant personality, you may find yourself being intimidated and pressured into financial decisions you might otherwise not make.

Think through your choice of a financial adviser. Then, choose a person whose strengths, weaknesses, and overall personality provide a good balance to your own.

Larry Burkett (1939-2003), a well-known author, teacher, and radio personality, was co-founder of Crown Financial Ministries, whose daily radio broadcasts are heard on more than 1,000 stations in the U.S. Larry’s best-selling books include The Coming Economic Earthquake, What Ever Happened to the American Dream? and Victory Over Debt.



Give Your Home a Safety Check

- ◆ Keep things that burn, such as dishtowels, paper, curtains, or plastic bags, at least three feet away from your stove top in the kitchen.
- ◆ Store matches and lighters in a locked cabinet or drawer.
- ◆ Install fire extinguishers in the kitchen and other rooms. Make sure everyone knows how to use them.
- ◆ Buy a first aid kit for your home and vehicle.
- ◆ Make sure staircases are well-lit and free of clutter.
- ◆ Make sure all throw rugs or area rugs have non-skid backing.
- ◆ Keep space heaters at least three feet away from things that can burn, such as curtains, newspapers, magazines, and clothing. Always turn off space heaters when leaving the room or going to bed.
- ◆ Never leave burning candles unattended. Blow out candles and make sure they are extinguished before leaving the room. Invest in a candle warmer that doesn’t use fire.
- ◆ Store gasoline and other dangerous chemicals in approved containers. Always put them away after using them. Place them out of reach of children.
- ◆ Teach every family member how to escape in case of a fire. Also teach them how to “Stop, Drop, and Roll” if their clothing catches on fire.



Fun Activities for the Family

To keep your family active during the cold days of winter, try some of these activities:

- Take a nature hike in the woods. Be sure and bundle up and pay attention to the weather forecast before you go.
- Make snow angels in your backyard.
- Have a snowball fight, but be careful not to hurt anyone.
- Go ice skating.
- Build a small, contained fire in the back yard and sing songs or tell stories.
- Go sledding or tubing.
- Play a game of flag football.
- Shovel snow for an elderly neighbor.



Sweating: Is It a Problem?



Sweating is an important function of the body. It helps regulate the body's temperature. However, for some people, sweating can become a problem. The condition is called *hyperhidrosis*. **Factors that can cause excessive sweating include:**

- wearing clothes made of synthetic material
- obesity
- drugs or alcohol
- emotional stress
- hormonal changes.

Here are several tips on how to control excessive sweating:

- Wear clothing that breathes such as cotton.
- Control your weight.
- Limit alcohol consumption or don't drink.
- Control stress in your life.
- Talk to your doctor about the side effects of any medications you take to see if they may be causing your sweating.
- Select an effective antiperspirant to help decrease sweating.
- Talk to your doctor about your problem to determine if the sweating is more serious.

Save Your Sight: Get Checked

According to the Glaucoma Research Foundation, glaucoma is a group of eye diseases that gradually steal your sight without warning. In fact, it's estimated that more than 3 million Americans have glaucoma but only half of those know they have it.

Although glaucoma typically affects the middle-aged and the elderly, it can affect people of all ages. While everyone is at risk, certain groups are at higher risk than others. These groups include:

- African-Americans
- People over age 60
- Family members of those who have glaucoma
- Hispanics in older age groups
- Asians
- Steroid users
- People who have had injuries to the eye
- People who have high myopia (nearsightedness)
- Diabetics
- People with hypertension
- People with central corneal thickness less than .5 mm.

Glaucoma is the second leading cause of blindness in the world. In its most common form, there are virtually no symptoms. For those with glaucoma, they may not notice anything until peripheral or side vision loss is present. The best way to protect your sight from glaucoma is to get tested. Then, if you have glaucoma, you can be treated immediately. Medication or surgery can slow or prevent further vision loss in many cases. The treatment method will depend upon the type of glaucoma and other factors. Early detection is the key to stopping the progress of the disease.

To find out more information about glaucoma and your risk, visit the Glaucoma Research Foundation at www.glaucoma.org.

How Healthy Are Your Daily Habits?

What do wearing a seatbelt, flossing every day, and taking a multivitamin have in common? They all can make you younger! The way you live and the choices you make every day have an impact on your physiological age – the age of your body. Good choices mean your physiological age may be younger than your calendar age. Not sure what your physiological age is? Take the RealAge test and get your RealAge today at www.RealAge.com.

Once you've taken the test, make a resolution to "grow younger" this year by following the steps of your personalized RealAge plan. It's easy! Here are just a few examples of simple ways that research shows will help make your body "younger" than it actually is.

Six Fast Ways to Grow Younger

- ◆ **Click it.** It takes just a few seconds to snap that seatbelt buckle into place when you get in a car. And your RealAge could be 3.4 years younger if you do it regularly.
- ◆ **Pop it.** Pop a multivitamin into your mouth every day and you could be as much as 6 years younger.
- ◆ **Thread it.** Slipping floss through your pearly whites takes just a few minutes a day. But good oral care – brushing, flossing, and regular dental checkups – can make you up to 6.4 years younger.
- ◆ **Read it.** Read the news over breakfast or coffee. Keeping your mind active and engaged helps your brain form new synapses, so your mind stays young. Learn something new every day by reading news stories, magazines, or books on topics outside your normal area of expertise.
- ◆ **Crunch it.** By grabbing fiber-filled fruits, vegetables, and whole-grains for your afternoon or evening snacks, you'll be well on your way to an age-reducing 25 grams of fiber per day. Good choices include crunchy apples, whole-wheat crackers (grab the trans fat-free kind), strawberries, broccoli spears, and green beans. For a treat, dip your raw veggies into hummus and your crackers or apples into peanut butter for a shot of heart-healthy unsaturated fats.
- ◆ **Tell it.** A funny joke, that is. People who laugh often have lower stress levels and stronger immune systems. All of which can make your RealAge as much as 8 years younger. Don't know any jokes? Watch funny movies or TV shows, spend a few minutes each day chatting with people who make you giggle, and above all – learn to laugh at yourself!

By Michael F. Roizen, M.D., author of *RealAge: Are You as Young as You Can Be?* and *The RealAge Diet: Make Yourself Young with What You Eat*. Roizen, an internist and anesthesiologist, has been listed for the last 13 years in *The Best Doctors in America*, published by Woodward/White. For more information on RealAge, visit www.RealAge.com.

RealAge®

Achieving Goals in the New Year

By Paul J. Meyer



The story of any achiever is one of desire. In fact, all success stories and meaningful achievements begin with desire. Desire grips people with an insatiable appetite for action.

If you have sufficient desire to succeed this year, nothing can stop you from becoming a winner, a leader, or a high performer. Desire is the burning internal quality that pushes you and produces a restlessness with things as they are. Desire empowers you to meet the challenges of life and compels you to fulfill a purpose larger than yourself.

These steps can increase your desire to succeed:

- ◆ Anticipate rewards. Be aware of the sacrifices and the hardships involved in becoming a winner, but focus on the rewards of success. Knowing what rewards you can earn stimulates your desire and makes you work harder for them.
- ◆ Learn everything you can about your goal. Read every book and talk to every expert you can on the subject. Read articles about people in your profession. The more you understand about your chosen profession; the greater your interest will be. The more interest you have; the greater your desire to succeed.
- ◆ Observe how professionals perform. Take advantage of every chance you have to see and hear the outstanding individuals in your area of interest – in person or on television. The more you study successful people in action, the more familiar you will become with what it takes to succeed.
- ◆ Identify with an achiever. Everyone needs a role model to look up to. Select an achiever in your career and study the progression of and reasons for that person's success.
- ◆ Constantly remind yourself of your dreams. Kindle the flame of desire and light the fires of enthusiasm by reminding yourself daily of your dreams. Envision the summits you can reach, the rewards you can reap, and the heights of happiness you can enjoy.
- ◆ Strive continually to activate, nurture, and maintain the kind of desire that will make you a winner. For successful people, intense, burning desire is a habit, a way of life, and a deliberate course of action.

In any worthwhile endeavor, ultimate victory goes to the individual with the most desire!

Paul J. Meyer was a successful entrepreneur and author of personal and professional improvement programs, courses, and books, including his latest book, Forgiveness... The Ultimate Miracle. For more information, visit his website at www.pauljmeyer.com.

Get Ahead with Reading

With the abundance of reading materials that are available, it's astonishing that so few people read. Research says that after high school, 58 percent of graduates will never read a nonfiction book again and that the average American reads only one book of any kind each year. Did you know that only 10 percent of the people who buy books will read past the first chapter?

Audio books, which are available for rental at video stores and check out at libraries, are not only a great tool for those people who are visually challenged but also for those who spend more time in the car than sitting in an easy chair.



Books on tape make it possible to drive, garden, exercise, and still benefit from the written word in spoken form.

Harry Truman was an American president who wasn't a college graduate, yet he was probably the most well-read president of modern times. As president, he would stun his advisors with his knowledge and expertise on a variety of subjects. You can do that too!

Many of you will say that you don't have time to read. How much time do you spend watching TV or talking on the phone? Even the busiest of people can find 10-15 minute intervals in their fast-paced schedules to read. If you want to make a difference in your own life, read. Read to stay current. Read to revisit the past. Read to learn. Read for pleasure. To make it a great day, read!

Julie Alexander is a professional speaker who works with organizations that want to boost morale and people who want great days on and off the job. She is the author of Great Days: 50 Ways to Add Energy, Enthusiasm, & Enjoyment to Your Life and Make Life Count! – 50 Ways to Great Days. For more information, visit www.JulieAlexander.com.



InSync® Moment #95 – Push the Limits

Do you want to prevent illness? Do you make healthy choices? Exercise your body. Eat nutritious foods. Get regular check-ups. Drink plenty of water. Get enough sleep. Relax. Don't smoke. Make healthy choices to prevent many unwanted health challenges. Make healthy choices to increase the likelihood of living a long, healthy life.



© Susan Pilgrim, Ph.D., author of Living InSync®. Contact her at 1-877-InSync® (1-877-467-9627) or at spilgrim@transbay.net.

Get Fit and Stay Fit All Year

Starting a new exercise program at the first of the year is a good thing, but the most important thing is to maintain it all year. **Here are tips on how to get fit and stay fit all year:**

- Choose fitness activities that you enjoy and that fit your personality.
- Write down why you want to exercise. Keep this list somewhere visible for motivation.
- Establish attainable short-term goals that give you something to work toward.
- Start slowly. This will help you achieve the most benefits with the least risk, especially if you've not been active for a while.
- Take time to celebrate your achievements. Avoid food rewards, especially if weight loss is your goal.
- Make stretching a part of your workout routine. Stretch before and after each workout.
- Check with a doctor before beginning an exercise program. This is especially important as you get older or if you have a history of health problems.



Take a Swing at Fitness

Playing racquetball gives you a great cardiovascular workout. You can burn calories and get an upper and lower body workout at the same time. **Remember these tips:**

- Learn how to play the game and how to be safe.
- Relax your wrist muscles when holding the racquet.
- Wear protective eye gear.
- Be aware of your opponent's location on the court to prevent collisions.
- Take frequent water breaks.



Stay Safe on the Slopes

- Take a lesson. The best way to become a good skier or snowboarder is to take a lesson from a qualified instructor.
- Be aware of the snow conditions and how they can change. Check the weather forecast before you go out.
- Dress in layers. Layering allows you to accommodate your body's constantly changing temperature.
- Know your limits. Choose slopes according to your skill level.
- Drink plenty of water so you don't become dehydrated. Curb alcohol consumption.
- If you're tired, stop skiing and rest before going out again.



For more information, visit the National Ski Areas Association at www.nsaa.org.

Meal Time Makes Quality Family Time

Nourishing your body through healthy meals can also nourish *family relationships*. Whether it's in the home or at a restaurant, there's a reason that people gather together around food. Why do you suppose this is? It may be because it's a chance for them to become closer as family and friends as they share stories of their day and give words of wisdom and encouragement. It's a chance for each family member to be heard and feel validation. If you use good listening skills, loved ones feel love and acceptance.

Keep the conversation focused on positive thoughts and save the lectures and heated discussions for another time. Mealtimes shouldn't become a dreadful scolding time that puts everyone off from wanting to be together. Laugh often, and laugh loud. It will keep you and your family happy, healthy, and everyone's attitude heading in the right direction. Just don't get too carried away by laughing so hard milk comes out your nose.

Since we live in such a busy and hectic society, family meals bring stability and comfort to a fast-moving family full of homework and extracurricular activities.

"Since we live in such a busy and hectic society, family meals bring stability and comfort to a fast-moving family full of homework and extracurricular activities."

Encourage all family members to participate in the meal preparation – from menu suggestions to the experience of preparing and cooking meals and cleaning up together. Children learn more by doing rather than watching, and it gives them a sense of being needed in the family. Focus on the shared experience as opposed to how elaborate the meal. Make memories that will stay with the family throughout the years.

All families have strengths and weaknesses. Eating together as often as you can is a simple, enjoyable way to build on the strengths and values of your family. When you're too busy for a family meal, you may want to reevaluate your schedule, as it may be too busy. Sharing positive mealtimes not only strengthens the family bond, but it's a healthier way to digest and metabolize your food.

Wendie Pett is a mother and fitness expert, the author of *Every Woman's Guide to Personal Power* and co-author of *The Miracle Seven*, as well as the National Sales Director for Koechel Peterson & Associates and Bronze Bow Publishing. She is an instructor in the Transformetric Training System that maximizes strength and fitness as well as wellness. For more information on Wendie and Transformetrics visit www.bronzebowpublishing.com.

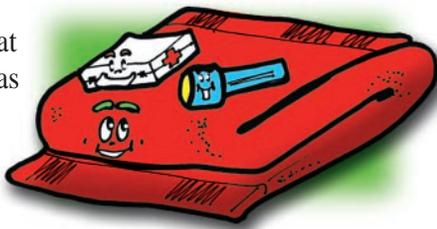


Prepare for a Power Outage

No matter what time of year it is, power outages – due to weather, accidents, power overload, or other causes – can cause a major disruption in your life. It's never too early to think about and make a plan for what you would do in the event of a power outage. **Here are several tips on how to prepare for a power outage in your area:**

Before a Power Outage

- Stock a supply of candles, matches, flashlights, batteries, canned food, a manual can opener, and extra prescription medicines.
- If you have forewarning of an impending outage, set your refrigerator and freezer on their coldest settings. Be sure to turn them back up when the risk is gone.
- Find out how to manually override your electric garage door to open it in case of a power outage in your area.
- Obtain an alternate heat source such as a kerosene heater and kerosene. Read the manufacturer's instruction manual carefully.
- Don't use any heat sources, such as gas ovens, ranges, barbecues, hibachis, or propane heaters, inside your home without adequate ventilation.
- Be sure you have extra blankets and warm clothes, a gallon of drinking water per day per person, soap or chlorine bleach for cleaning, and a land-line telephone or charged cell phone. (Portable phones need electricity.)



When the Lights Go Out

- Turn switches on lamps and appliances (except refrigerator and freezer) to the off position. Then put one lamp in the on position so you can tell when the power comes back.
- Turn off the thermostat and the circuit breaker for the water heater in order to avoid a power surge when the lights go back on. Close off rooms that don't have to be heated.

Using Your Car

- Conserve fuel. Gas pumps don't work without power. You won't be able to refill your tank.
- If traffic lights are out, consider all intersections to be four-way stops. It's the law in most areas. Drive safely if you have to get out.
- Stay away from downed power lines and sagging trees with broken limbs.

For more information, visit the National Safety Council at www.nsc.org.

Take Time for Tool Safety

When using tools, keep these safety tips in mind:

- ◆ Select the right tool for the job you're doing.
- ◆ Examine a tool for damage before using it. Keep your tools in good condition with regular maintenance.
- ◆ Use the proper protective equipment for the tool you're using. Don't wear loose clothing, dangling objects, or jewelry. If you have long hair, restrain it.
- ◆ Avoid dangerous environments. Don't use a power tool in a damp, wet, or unsafe area.
- ◆ Always disconnect electrical tools when not in use or when changing accessories such as drill bits, blades, or cutters.
- ◆ Avoid carrying the tool by the cord. Hold it by the handle.
- ◆ Secure items with a clamp or vise so your hands are free to operate the tool.
- ◆ Make sure observers are at a safe distance away.
- ◆ Keep good footing and maintain good balance.



Reduce the Risk of Rollover

Any vehicle can roll over, especially on slippery winter roads. **The National Highway Traffic Safety Administration makes these recommendations for reducing the risk of rollover:**

- Don't get SUV overconfidence. The bigger the vehicle, the harder it is to stop. Quick stop attempts lead to rollovers.
- Avoid conditions leading to loss of control. Common reasons drivers lose control and run off the road include driving too fast for conditions, driving while sleepy or distracted, and driving under the influence of alcohol or drugs.
- Be extra careful on rural roads, especially in the winter. Rural roads can be misleading. Unlike city roads, they're unlikely to be sanded or salted immediately.
- Avoid panic steering. Overcorrecting is an act that can cause rollovers. If the vehicle goes off the road, gradually reduce your speed and ease back onto the road when it's safe to do so.
- Maintain your tires. Improperly inflated or very worn tires are common reasons for losing control.
- Load the vehicle properly. Check the owner's manual to determine the maximum safe load and the proper distribution of the load. Any load placed on the roof increases the likelihood of rolling over.
- Always wear your seat belt. It will reduce your risk of being killed or seriously injured in a vehicle rollover.

Warm Yourself Up with a Bowl of Soup

From a cook's point of view, there are many reasons for making soup. First and foremost, it's easy to make. Chocked full of such ingredients as vegetables, lentils, beans, and perhaps meat, soup can make a hearty entrée, especially if bolstered with a salad and bread, preferably whole-grain. With a little advance planning, soup can also last through several meals.

From the diner's perspective, homemade soup has more flavor and nutrients than any soup in a can. Homemade soup is also a good way to control weight, especially since you can control the fat, sodium, and calorie content. Soup can create a full feeling with a minimum of calories. It can keep you feeling full longer than starchy, higher-calorie foods like potatoes and refined breads, especially if made with hearty ingredients like lentils, beans, and whole-grain rice or pasta.

A vegetable soup can make a particularly satisfying dinner. For a purely vegetarian dish, use a vegetable broth; otherwise, a low-sodium, low-fat chicken broth will provide more body. Spinach and other greens add color, crunch and nutrients. Add some leftover meat or tofu for a protein-enriched soup. Hot pepper flakes, a few drops of hot sauce, or some chopped chilies can be added for those who like their soup a little spicy.

Using a wide variety of vegetables, herbs, and spices loads a soup with nutrients. It will also help you reach the goal of nine servings of fruits and vegetables a day.

Pamela Smith is a Registered Dietitian and nationally known radio and TV host. For more information, call 1-800-896-4010 or visit her website at www.pamsmith.com. Her book, *The Energy Edge*, gives power points to have energy for life!



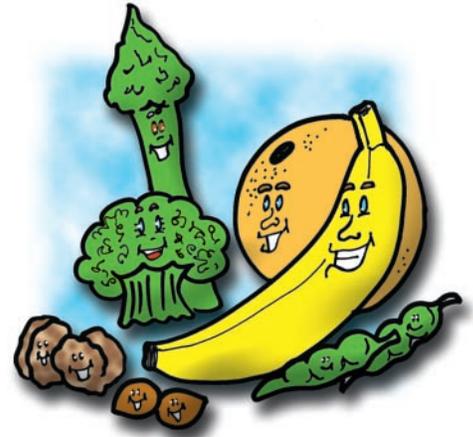
Focus on the Benefits of Folic Acid

Do you regularly eat foods rich in folic acid like oranges, dark green leafy vegetables, or fortified bread? Or do you take a multivitamin with folic acid every day?

Folic acid is a B vitamin that helps the body to make healthy new cells. Women who boost their folic acid intake before and during pregnancy can help prevent major birth defects. In addition to the benefits to women of childbearing age, folic acid is also an important part of a heart healthy diet. It helps lower homocysteine levels in the blood. Having high homocysteine impairs blood vessels, which makes arteries more vulnerable to plaque buildup. Some researchers also believe folic acid can help people with depression and Alzheimer's disease. Folic acid may also decrease the risk for certain cancers.

Most people should be able to get the amount of folic acid they need by eating a varied and balanced diet. Adults need 200 micrograms (.2 mg) a day. However, if you're pregnant or thinking of having a baby you should take a daily 400 micrograms (.4 mg) folic acid supplement. (*Note:* It's best to talk with your doctor to determine the best level of folic acid supplement you should take.)

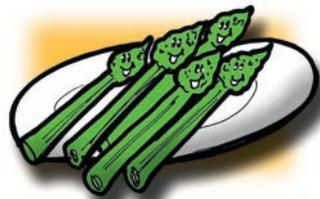
Here are several tips on how to get more folic acid in your diet:



- Eat a variety of foods that contain folic acid. Good sources include broccoli, Brussels sprouts, asparagus, peas, brown rice, oranges, bananas, fortified breakfast cereals, and enriched breads.
- Remember that folate levels can diminish during preparation, cooking, or storage. To retain folate:
 - serve fruits and vegetables raw whenever possible
 - steam, boil, or simmer vegetables in a minimal amount of water
 - store vegetables in the refrigerator.
- Take a daily vitamin that has folic acid in it. Most multivitamins have enough but make sure the label says 100 percent next to folic acid. Some labels might use the word "folate." Talk to your doctor about the best vitamin regimen for you.

FRESH ASPARAGUS

Makes 4 servings



- 1 lb. fresh asparagus, trimmed
- 1/4 cup chicken stock (fat-free/low-salt)
- 1 tsp. Mrs. Dash seasoning
- 1/2 tsp. Creole seasoning

Microwave asparagus in chicken stock and seasonings for about seven to eight minutes or until crisp tender.

To trim asparagus before cooking or eating, hold a spear in both hands. Bend the stalk until it snaps. It breaks at the spot where it naturally thickens.

From Pamela Smith's *Eat Well, Live Well*. Visit www.pamsmith.com for more information.

Each serving contains: 48 calories, 4 g. protein, 0 g. fat, 0 mg. cholesterol, 8 g. carbohydrates, 140 mg. sodium. Calories from fat 0 percent

✂ clip and keep

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This newsletter is not intended to provide medical advice on personal wellness matters, which should be obtained directly from your physician.

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mental and social

Get Moving!

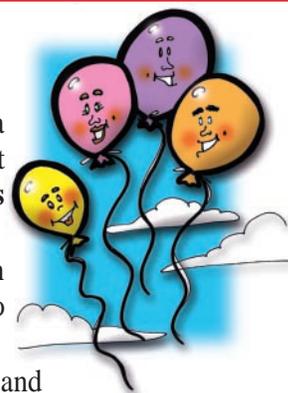
- ◆ Take the initiative to get active now. Don't wait until your doctor tells you that you have to exercise due to a health complication.
- ◆ Pick an activity you enjoy doing. Choose at least one activity that you can do inside and one you can do outside to vary your routine, work your entire body and provide an alternative in bad weather. Variety displaces boredom.
- ◆ Adapt your routine to suit your lifestyle. Make sure it is something you can stay consistent with for the long haul. Write it in your schedule.
- ◆ The best programs to boost weight/fat loss emphasize safe, injury free techniques, endurance or longer distances, and increased frequency (5 -7 days is best) or increased intensity.
- ◆ Set realistic and measurable goals. Remember that your goal isn't the starting point, but what you're working toward. Make it a reward!

Learn the Smart Weigh at: <http://www.pamsmith.com/books.htm>.

Give Your Spirits a Boost

The stresses of everyday life can sometimes put a damper on your happy mood. But you can fight back! **Here are several ways to give your spirits a boost no matter what your life situation:**

- ▲ Exercise. Exercising helps boost your endorphins (brain chemicals that enhance your feeling of well-being) to make you naturally feel better.
- ▲ Get some sun. Winter months often keep you inside and prevent you from getting sunlight. On a sunny day, get outside for a little while and soak up some natural sunlight to give your mood a boost.
- ▲ Eat some fish. The omega-3s found in fish may help stabilize your mood and make you feel better.
- ▲ Start your day with a healthy breakfast. Eating breakfast each day can help improve your mood, memory, and energy level.
- ▲ Eat selenium-rich foods. Some selenium-rich foods are albacore tuna, clams, whole-wheat and regular pastas, sunflower seeds, whole-wheat bread, plain bagels, brown rice, oatmeal, low-fat cottage cheese, tofu, and low-fat yogurt.



Gain Insight from Dr. Martin Luther King, Jr.

Consider these quotes from Dr. Martin Luther King, Jr.:

- ◆ “A genuine leader is not a searcher for consensus but a maker of consensus.”
- ◆ “All labor that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence.”
- ◆ “I refuse to believe that mankind is so tragically bound to the starless midnight of racism and war that the bright daybreak of peace and brotherhood can never become reality.”
- ◆ “Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.”
- ◆ “A lie cannot live.”