



## Whole Life Wellness Newsletter Issue #7, April 2007

Springtime is here and it's time to renew ourselves! Along with the flowers, we need to take in a big breath of fresh spring air and decide which direction we want to pursue. Maybe you have always wanted a fresh new haircut or simply more time to nurture yourself? Or, does "de-cluttering" your life by cleaning out your house and **finally** taking that "girl's night out", or "men's night out", sound exciting and fun? Have you been staring at that travel brochure for so long you feel like you know every word by heart??

This is the time of year to think about who you are, and who you want to be. Now is the time to put change into action. Make a plan, set a time limit, and as Nike says, "just do it!!". And, if that saying is sort of like the "Head-on" commercial that everyone finds so irritating, ask yourself: "**Do** I ever 'just do it' ?". If not, let this spring bring a new you.

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Your Wellness Coach, Rebecca Cohen

### We Are What We Think



The research of biochemists such as Dr. Candace Pert is proving that there is a connection between our thoughts, emotions, even the words we speak, and our physiology. Her work substantiates that our feelings can stimulate certain hormones and

## In This Issue

[TIPS TO 'UP' YOUR ENERGY LEVEL](#)

[WHAT TO EAT BEFORE AND AFTER EXERCISE](#)

[TEST YOUR FRIDGE SMARTS](#)

[WE ARE WHAT WE THINK](#)

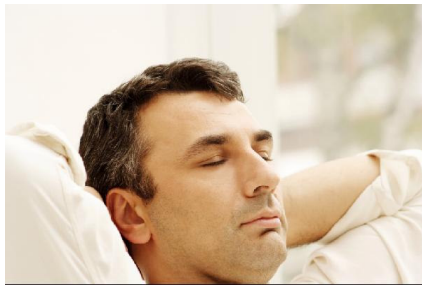
[ACAI BERRIES: A SUPERFOOD YOU SHOULD KNOW ABOUT](#)

[SPECIAL NOTES ABOUT MY SERVICES](#)

[DO YOU KNOW SERVING SIZES?](#)

[DIFFERENCES BETWEEN ALTERNATIVE AND COMPLIMENTARY SERVICES](#)

## TIPS TO "UP" YOUR ENERGY LEVEL



Most of us are dynamos by demand: working, cooking, taking care of home and family each day. But even the Energizer Bunny needs to keep their batteries charged. Small changes in what you eat, drink, and think, can help pick you up and keep you chugging along.

Here are some tips to help you "up your energy":

1. **Relax to rejuvenate:** Do something that will help you relax such as: sit back, put your feet up for a few minutes; stretch; listen to soft music; or close your eyes and "go to a peaceful location in your head".
2. **Eat some fruit:** Fruit such as apples and oranges are loaded with vitamins, minerals, fluid, and fiber. They offer great energy with more sustenance and fewer calories than sugary sweets.
3. **Sip plenty of water:** Water can be powerful enough to give you an instant kick-start. Why? Because dehydration is often the culprit in fatigue and lethargy.
4. **Get moving:** A few stretches or a walk around the block will invigorate your muscles and get your blood flowing.

chemicals in our body that can enhance or suppress our immune system. A negative attitude can literally lower our metabolism.

The first step to achieving health and balance in your life is to be **AWARE** of your thoughts, state of mind, and attitudes. The body is always listening. Think about all the positive, as well as the negative, things you say to yourself each day. What is your belief about your health? Do you believe that a certain treatment, medication, exercise, or food will help you achieve your wellness goals? If you believe and have confidence, the body hears this and will respond in a positive way. If you are fearful and apprehensive, the body, likewise, will react in a negative way.

Be aware of your self talk. Stop beating yourself and your body up with negative talk!! Close your eyes, see yourself strong, healthy, empowered. Research has proven that just focusing and thinking about yourself as healthy enhances the immune system. **BELIEVE** that the exercise, good nutrition, stress reduction, and medical treatments are in the best interest of your health and well being.

5. **Breathe healthier:** Close your eyes, breathe slow and low into your abdomen for a few minutes and focus on the air being expelled. When you inhale, your belly should push out; when you exhale, it should pull in. Shallow breathing can slow you down and make you feel as if you're in a high-stress, anxious mode.

6. **Laugh a lot:** Laughter is stimulating because it releases endorphins and also fights boredom. Research has found that even if we don't laugh, seeing or hearing others laugh benefits our own health.

## WHAT TO EAT BEFORE AND AFTER EXERCISE



Planning meals and snacks around an exercise program can be confusing. Sometimes people eat too much food, or the wrong kind, before exercise and find that it impairs their performance, causes indigestion, and creates a feeling of sluggishness and nausea. But if they don't eat they end up feeling weak and unmotivated.

Pre-exercise food prevents hunger during exercise and provides energy. However, the goal is to have fueled your body with nutritious food that is no longer present in your stomach when you work out.

*Here are a few 'rules of thumb' to help you in planning meals and snacks:*

Above all, do what is comfortable for you. If replacing a "meal" with snacks prior to exercise helps, do it. If certain foods make you feel heavy, avoid them. And, keep these tips in mind.

### **Before you exercise:**

If you are going to exercise within 3 hours of eating, have a smaller meal with some protein and fat, but primarily carbohydrates. If exercise will occur 30-90 minutes from eating, only have a snack of easily digested carbohydrates.

***Eat high carbohydrate, low fat foods which are easily digested and normalize blood sugar.*** Cereals, breads, vegetables, pasta, rice, yogurt are good sources of carbohydrate. But right before an intense workout, avoid carbohydrates high in fiber, such as beans and lentils, bran cereals and fruit. High-fiber foods may give you gas or cause cramping. Fructose, a simple sugar found in fruit, can increase the tendency for diarrhea with high-intensity exercise.

## Acai Berries: A Superfood You Should Know About

The Acai (ah-sigh-ee) berry is a high energy berry of a special Amazon palm tree. It comes from Brazil, tastes like a blend of berries and chocolate, and is considered nature's perfect energy fruit. I know you can buy the juice at Jewel's. Check for a location near you. These are the benefits of Acai berries:

- a concentration of antioxidants that help combat premature aging, with 10 times more antioxidants than red grapes and 10-30 times the anthocyanins of red wine.
- monounsaturated (healthy) fats, dietary fiber and phytosterols to help promote heart and digestive health.
- An almost perfect essential amino acid complex with valuable trace minerals that are vital to proper muscle contraction and regeneration.

The University of Florida has even found that when given to animals with leukemia, the berries triggered a self-destruct response in up to 86% of leukemia cells tested.

**Avoid fatty meals or snacks:** they delay stomach emptying. Meals should be moderate in protein, just enough to satisfy hunger.

**Drink lots of fluids:** Research shows that drinking water before and during your exercise will enhance your workout. Don't drink large amounts so your kidneys are not overworked. Avoid caffeine.

**Don't drink sugared soft drinks or eat candy bars prior to exercise:** These can upset your stomach and you run the risk of causing low blood sugar problems after starting your exercise.

**Don't skip meals:** Skipping meals may cause low blood sugar, which can make you feel weak, sluggish and lightheaded. If you're short on time before your workout, try a snack of yogurt or a banana.

#### **After Your Workout:**

To help your muscles recover, eat a small amount of protein with a carbohydrate within 2 hours of exercising. Make sure you drink water after exercising to replace what has been lost.

**(Information above from Prevention magazine, Mayo Clinic, and American College of Sports Medicine)**

### **TEST YOUR FRIDGE SMARTS**

1. **Which of the following should never be stored in the refrigerator?**

- a. oil
- b. bread
- c. mushrooms
- d. ketchup

If you answered B, you're right. Bread kept in the fridge can become stale quickly. Leave it at room temp in an airtight bag or freeze it for later use. Oil will keep longer in the refrigerator. And mushrooms and opened bottles of ketchup should always be refrigerated.

2. **True or False: Your coffee will keep better if you store it in the refrigerator?**

False. According to the National Coffee Association, a refrigerator will be too moist for coffee and the flavor will suffer. Store in a cool, dark, dry location in an airtight container. Exposure to air is your coffee's worst enemy. You can also put coffee in airtight bags and freeze it.

3. **Which statements are true?**

### **Special Notes About My Services**

Individual coaching is done on the phone. I can coach anyone, anywhere in the country via telephone. This approach makes the process much more effective, focused and convenient for you.

If you have a small group of friends who all would like help reaching their wellness goals, we can arrange group coaching (fees are reduced for groups). Groups are conducted face-to-face.

Don't forget: if you need help finding wellness information, let me help you. Go to my web site and send me an email with the topic you need information on. This is a complimentary service.

### **Do You Know Serving Sizes?**

1. Most restaurant entrees contain how many standard servings?

- a. 1
- b. 2
- c. 2.5
- d. 3

(Answer: B)

2. Steaks served at most restaurants are equal to how many normal meat portions?

- a. 3
- b. 4

- a. Butter should not be kept at room temp
- b. Unripe fruit should not be refrigerated to hasten ripening
- c. Most root vegetables should be kept in a cool, dry place; some belong in the refrig.
- d. All of the above

The correct answer is D. Butter can have a shorter shelf life unless refrigerated or frozen. Unripe fruit should be kept at room temp to encourage ripening and then refrigerated to prevent spoilage, even bananas. A chilled brown banana will remain firm and delicious with minimal change in flavor or texture. Root vegetables, such as potatoes and onions, should be stored in a dry, cool place, but carrots will keep longer in the fridge.

- c. 6
- d. 10

(Answer: B-C)

### Difference Between Alternative and Complimentary Services

The words "alternative" and "complimentary" are often used interchangeably, but there is a world of difference between them. An alternative therapy is used "instead of" medical therapy, whereas a complimentary therapy is used "with or in collaboration with" medical therapy. My work is complimentary because I work with physicians, dietitians, fitness trainers, message therapists, acupuncturists, and others. If you are receiving treatment from another professional I never change their treatment plan, or suggest changes. I would refer you back to your physician if I felt there was a problem.