



Whole Life Wellness Newsletter

Coaching you to your **B.E.S.T. Life:**
Balanced, Energized, with Stamina and Toxin-Free

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A Technique to Measure Your Exercise Intensity

The **Rate of Perceived Exercise test (RPE)** is a good scale to use to determine how hard you feel you're exerting yourself during exercise, and how you feel physically and

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WOW! What a month! Whether anyone knows it or not, we have just witnessed a momentous time in our history. As I heard someone on TV say the other day: "we have an African American, a woman, a senior citizen, and a Mormon running for the President of the United States. What a miracle for us to see". I am so excited to have my two grand-daughters, Alexa and Hannah, be able to witness and remember this time in their lives. It is actually possible for them to dream the highest dream possible, unlike my mother or myself in our youth.

There are many people (those who went through the 60's and those who are years younger) who have worked and prayed to achieve this day. A world where everyone would be judged, as Martin Luther King once said, "not by the color of their skin, but by the content of their character". Nor would they be judged by their sex, religion, sexual orientation, or anything else.

No matter how you feel politically, or who you are going to vote for, that is your choice. And, you know, for me, that is what is so marvelous about what is happening. You DO HAVE A CHOICE. And that is hopeful.

Peace. Becky Cohen

Is Your Diet Giving You Wrinkles?

Studies show that what you eat, or don't eat, has a definite effect on the health of your skin. You can't get rid of all your wrinkles or halt skin aging with a new diet, but nutrition can make a huge difference not only in how you look, but also how you feel. This, in turn, will influence how young or old you may appear to be.

People whose diets are rich in **vegetables, beans, olive oil, nuts and multigrain breads** appear to be less likely to wrinkle than those who eat red meat, butter and sugary foods frequently.

Experts believe that the antioxidant **vitamins A, C, and E and the minerals zinc and selenium** are the primary elements to slow down the formation of wrinkles. Therefore, it is suggested that you eat carotenoid-rich foods such as: cantaloupe, apricots, carrots, sweet potatoes, spinach and other fruits and vegetables that have deep green, yellow, orange and red colors. A multivitamin may provide your skin further protection against aging.

Another important element in preventing wrinkles is **water**. By drinking water, you moisturize your skin from the inside out, helping to maintain its elasticity and suppleness for less drooping, less

mentally. Most adults should stay around the 5-7 level. If you can carry on a **light** conversation while exercising, then you are in a good intensity range. Once your speech starts to break, slow, or cause discomfort, you're working too hard. Slow down or stop. But remember, the opposite is true, too. If you can carry on a full, extended conversation with a friend with no problem, stop talking and rev up your intensity to get full benefit of your efforts.

1: complete rest. So easy you could be sitting on a couch.

2 to 4: you start to breathe a bit heavier but are able to maintain a comfortable conversation.

5-7: breathing is heavier, and while you can still maintain conversation, you need a deep breath after every 4-6 words.

8-9: you can listen to someone else but should not be able to respond.

10: you are running as fast as you can.

A Tip For Daily Living

Where in your life are you offering excuses for not standing in your power? Are you ready to eliminate excuses today?

Excuses are the means by which you avoid, deny, and resist the greatness you know yourself to be.

drying and less damage. Alcoholic beverages and caffeinated drinks such as coffee, tea and colas don't count because they have a diuretic effect (i.e., a substance that increases the elimination of water from the body by the kidneys) that may deplete your body's water supply. Exercise and low humidity climates also can affect your body's water level so remember to drink extra water each day to account for these factors.

Take a Closer Look at Your Stress

Where do you begin to create change when your life is full of stress? The answer, as much as most of us would like to hear something else, is to start inside.

The purpose of stress isn't to hurt you, but to let you know it's time to go back to the heart and start loving-- yourself and your world. Stress is inner biofeedback, signaling you that what you want and need, and what you are getting, are not matched. It's as though there is someone inside saying, "hey you. LISTEN TO ME! Why are you doing that AGAIN? (e.g., eating, saying "yes" again, giving up your needs, going along with everyone else, getting angry, spending money you don't have, etc. etc.). You TOLD me you didn't want to do that again, and here you are!! What is it with you? Don't you learn? Why don't I ever get what I want?"

Needless to say, the negative talk goes on and on in our heads and we know, better than anyone else, how to beat ourselves up. That's why changing things in our outside world doesn't always help to reduce our stress. We still end up with thoughts of what we, and/or other people, "should, ought, and have-to" do but are not. Our expectations for ourselves and others continue to cause us stress and conflict, even when we change the characters or events. That should give us all a hint: the only constant in the picture is YOU. How you see the world (which includes how you see yourself) is the origin of all our stress. For example: Do you believe that you deserve what you get? Do you believe that you have no power? Do you believe that nothing ever goes right for you? Or, do you believe that you're a good person with strengths and excellent skills?

Stress is a CHOICE. Every day, you can CHOOSE to be happy or sad, stressed or relaxed. If things are getting hectic, you can ask yourself: "what can I do about it today, right now?" Sometimes the answer is "nothing" (remember The Serenity Prayer about what we can change and what we can't, and having the wisdom to know the difference?). Take care of what you CAN do today, right now.

- Recognize that there are many ways to interpret the same situation and try to find other alternative approaches;
- Spend more time focusing on the positives in your life and less on the negatives;
- Learn from the stress you encounter and look for opportunities to grow;
- Enjoy each moment and live in the present, not the past or the future;
- Learn to laugh out loud;
- Remember what it is that you need, want, and your strengths.



How Do Illinois Adults and Youth Rank in the U.S. List of "Most Obese States" ?

In a report dated August 27, 2007 from Washington, D.C.: Illinois has the 25th highest rate of adult obesity at 24.4%. We also have the 14th highest rate of overweight youths in the nation (ages 10-17) at 15.8%.

In addition, 24.3% of adults in Illinois report that they do not engage in any physical activity (the national average is 22%). And, while 17 states require their school lunches, breakfasts and snacks to meet higher nutritional standards than the U.S. Dept. of Agriculture requires, Illinois is not among these states.

The Ripple Effect of Allergies

As if the sneezing, runny nose and itchy eyes weren't enough trouble... a full 44% of allergy sufferers wake up feeling tired despite getting a full night's sleep. Compared with allergy-free people, severe allergy sufferers are also much more likely to experience headaches, anxiety and depression. Some tips to help you sleep better:



- shower before bedtime to avoid bringing pollen to bed
- Get a good quality indoor air cleaner and change or wash the filter at least once a month

How to Retain Nutrients When Cooking Foods



Question: Does microwaving really zap all the vitamins and minerals from vegetables? if so, what's the best way to cook them?

Answer: The jury's still out on this one. Although some studies suggest the microwave is to blame for destroying nutrients in your food, others believe that the problem is the water in which they are cooked.

For most fruits and vegetables, any type of cooking lowers the nutrient content. So for now, a good rule of thumb is: less is more.

- Leave skins on whenever possible. Many fruits and vegetables hold most of their antioxidants in their skins. Simply wash well before cooking/eating.
- Lightly steam vegetables instead of boiling, sauteing, or roasting. Better yet, go raw with a fresh salad.
- If you prefer to blanch your veggies, dip them into boiling water for the least amount of time possible.
- If you boil vegetables or cook in the microwave, use the least amount of water possible and don't throw the water out. Eat the fluid, too, or use it for mashed potatoes, soups, in sauces, etc.
- The exception is the red tomato. Cooking actually increases its level of lycopene, an antioxidant thought to help prevent certain types of cancer, heart disease and vision loss.

Quick Tip: To help retain the highest levels of vitamin C, don't thaw frozen veggies before cooking. Studies show that vegetables cooked directly from frozen retain more vitamin C than vegetables that are thawed first.

What's The Ideal Time of Day to Exercise?

Many people wonder if there's an ideal time for exercise. They want to know if there is a bigger benefit from working out in the morning versus the evening, or vice versa. The simple answer is: exercise is exercise. There's really no difference when it comes to timing, but there are some things to consider when you're planning your workout.

Late afternoon or evening workouts can be easier on your body. Your muscles are warmed up and contract more efficiently; your joints are better lubricated; and some people find it easier to exercise after work. But don't exercise too close to bedtime or you may not sleep well.

Morning exercise helps you burn calories at a higher rate all day long. People who exercise first thing in the morning tend to stick with the exercise program for longer periods of time, and there is less chance that "life" (e.g., sick children or late meetings) will get in the way of your exercise routine. In the end, the real factor is the time of day that is convenient for you. Remember, exercise helps restore energy--so don't let feeling tired keep you from exercising.

- Close your doors and windows and use forced air/heat to keep pollen outside
- Avoid hanging clothes to dry outside

Health Screening Guidelines for Men and Women

The Health Screening Guidelines from last month are posted in two places if you missed them, or want to share them with someone.

1. [Click Here](#). You will find the guidelines with full web addresses for the videos (to cut and paste), and key words to Google if the addresses don't work well. Then print out the guidelines, or "save" and email it to your friend.

2. Or, go to the [Resources page of my web site](#) for the same information listed above.

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