

# Whole Life Wellness Newsletter

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

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**Can Coffee Drinking Lower Women's Stroke Risk?**

Spanish and American researcher's have found that drinking coffee appears to lower the risk for stroke among women, with more consumption translating into more protection. However,

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The YMCA and I are teaming up to offer a new 7 week workshop called:

### "REAL SOLUTIONS FOR TODAY'S CHALLENGES"

Beginning: February 26, 2009, offered on Thursday evenings from 6-7:30PM. Cost: \$50 for 7 weeks.

Working within a small group, you will learn how to overcome the challenges in your life that keep you stuck and stressed. Whether you are overwhelmed with life issues as a result of the chaos in our world, struggling with weight issues, trying to figure out how to fit exercise into a busy life, feeling tired with little energy, not sleeping well, or just want more information about how to stay healthy --- you will learn how to tap into your greatest resource to find real, long lasting solutions that help you achieve the life YOU deserve.

If you'd like to join us, call Sue Munz, YMCA program director, to sign up.

### Ways to Reduce Your Daily Salt Intake

Whether your goal is to lower your sodium intake for the health of your heart or to avoid fluid retention, simple steps can help you bypass sodium overload without missing too much flavor. The U.S. Dietary Guidelines for daily sodium intake are 2,300 mg for adults under 50 (1 teaspoon); 1,500mg for adults between 50-70; and 1,200 for those over the age of 70. Americans typically consume from 3-5 times those amounts daily.

First, **don't bring salt to the table when you eat.** Also,

1. **Use sea salt or kosher salt for cooking.** Sea salt has more minerals and adheres better to food than table salt, and the strong flavor means you can use less. Kosher salt has 25% less sodium than table salt.
2. **Avoid visibly salted foods**, especially snack foods.
3. **Rinse canned foods** packed in salt water such as beans, vegetables and tuna, all of which can have high amounts of sodium.
4. **Limit foods that are cured, brined or marinated.**

the current evidence also includes a cautionary note for smokers: their habit seems to wipe out whatever protection long-term coffee drinking might otherwise provide. The studies also noted that caffeinated tea and soft drinks carried no similar benefit, which implies that some other component in coffee, besides the caffeine, might provide the protective effect.

### How to Hydrate for Your Workout

It's important to stay hydrated when you're exercising. Fatigue is one of the first symptoms of dehydration, so not drinking enough water throughout the day can actually lower your energy level and hurt your ability to exercise.

Before you exercise, drink a large glass of water. If you exercise for more than 30 minutes, or exercise in hot weather, stop for another drink during your workout. When you finish your workout, drink another glass of water or two.

Even if you don't notice yourself sweating, you are losing moisture; you

5. **Use alternatives.** Herbs, sodium-free spices, vinegar, lemon and lime juice, and toasted sesame seeds all add flavor without the high sodium content.

### Stay Energized All Day with this Food



Many people remember oatmeal as something suited to cold winter mornings, but it can be a perfect meal for snack time, as well. According to a Penn State University study, oatmeal can help you maintain a steady level of energy throughout the day because it has a large amount of extra

soluble fiber to slow the release of sugar into the bloodstream. Therefore, you will avoid sugar spikes and not get that sleepy feeling shortly after you eat. However, when shopping for oatmeal, look for brands that are low in sugar because the added sweet stuff defeats the purpose of maintaining level blood sugar.

### A Miracle Spice That May Actually Stop Many Diseases

Did you know that **turmeric** can strengthen and improve digestion, support healthy liver function and detox, purify your blood, and it contains curcuminoids that fight cancer, arthritis, and Alzheimer's? According to the Director of the American Institute for Vedic Studies in Santa Fe, New Mexico, "if there was only one single herb to depend upon for all possible health and dietary needs, it would be the Indian spice Turmeric. There is little it cannot do in the realm of healing and much that no other herb is able to accomplish."



Most notably, **turmeric** is known for its potent anti-inflammatory properties, which come from curcumin (the pigment that gives turmeric its yellow-orange color and which is thought to be responsible for many of its medicinal effects). However, besides its ability to fight infections, evidence suggests the spice may also be beneficial for: cystic fibrosis, Type 2 diabetes, Crohn's disease, psoriasis, Rheumatoid arthritis, cataracts, inflammatory bowel disease, and gallstones.

**For use in cooking**, choose a pure turmeric powder, rather than a curry powder. A few studies have found that curry powders tend to contain very little curcumin compared to turmeric powder. You can add it to meat loaf, meat balls, lasagna, egg dishes, rice, or whatever else you can invent. Start with a little amount and see how it tastes--increase the amount as your taste buds like.

don't need a soaked shirt to get dehydrated.

### Worn Out Sneakers Equals Pain

Most people wear their exercise shoes way too long and experience pain from the loss of midsole shock absorbers. When this happens, your feet have to take over the shock-absorbing job and the result is chronic foot pain. According to research studies, the number of times per week that you walk 45-60 minutes will determine how often you should buy new shoes:

- 3x/week= every 5 months
- 4x/week= every 4 months
- 5x/week= every 3 months

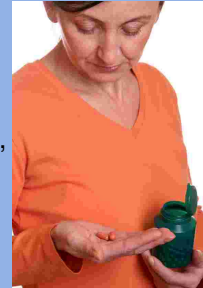
### Are You Stressed? Take the Test

Are you stressed? How many of these signs of stress do you have?

- I feel overly tired or fatigued
- I often am nervous, anxious or depressed

## What the Drug Companies Don't Want You To Know

The number of reports of serious problems, including deaths, linked to medications hit a record last year. Two drugs accounted for a disproportionately large share of the problems: heparin, a tainted blood thinner from China that caused an international safety scandal, and Chantix, a new anti-smoking drug from Pfizer. Chantix had the most reports of any medication.



What most people don't realize is that prescription drugs can, and frequently do, pose serious risks to your health. More than 700,000 people visit U.S. emergency rooms each year as a result of adverse drug reactions. The U.S. Food and Drug Administration states that adverse drug reactions from drugs that are properly prescribed and administered cause about 106,000 deaths per year, making prescription drugs the 4th leading cause of death in the U.S.

To reduce the possibility of problems with the medications you are using, make sure that the doctor or nurse provides you with the following information:

- the drug's name
- purpose
- possible ill effects
- duration of treatment
- dosing

If you have a family member who, for one reason or another, is not able to read the label on a medication container or the handout provided by the dispensing pharmacy, make sure that they are given the above information in a language they will understand or in pictures.

Rebecca Cohen, Certified Lifestyle and Wellness Coach

Partnering for Change Wellness Coaching

P.O. Box 265

Sycamore, IL 60178

web: [www.partneringforchange.com](http://www.partneringforchange.com)

email: [rcohen@partneringforchange.com](mailto:rcohen@partneringforchange.com)

phone: #815-895-9389

- I have sleep problems
- I have repeated headaches or minor aches and pains
- I worry about job security, financial obligations or relationships

Learning **HeartMath**, a **stress reduction technique**, can benefit the whole body by helping you: shift to a positive emotion; change your heart rhythms; and create positive neural, hormonal and biochemical events.

[Click Here to learn about HeartMath.](#)

