

Partnering For Change Wellness Coaching

WHOLE LIFE WELLNESS NEWSLETTER

August, 2007 Issue #11

Coaching you to your B.E.S.T. life: Balanced, Energized, with Stamina
And Toxin-Free

I have **REALLY EXCITING NEWS!** I am proud to announce that the Dekalb/Sycamore YMCA has asked me to offer my services (wellness coaching and HeartMath stress reduction training) to its members. I am listed in the Fall YMCA brochure as one of the services available to members to help them get fit, lose weight, reduce stress, and gain health. Appointments will be made by calling the YMCA front desk and I will meet with people on a one-to-one basis at the Y. Services do require an additional fee.

I am excited to be helping the YMCA in their effort to assist members on their journey toward health of mind, body and spirit. I think they are doing fantastic work and the Fall programming is truly phenomenal. I look forward to my association with the YMCA staff and members-- we are so blessed to have such a caring organization available to us and our families.

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Visit the Bleepstore.com

For those of you who have seen "What the Bleep Do We Know" and "The Secret", and would like to know what's new, the Bleepstore.com has undergone an incredible overhaul. Their site has a new look, along with new movies, videos, articles, reviews, jewelry, music, and audiobooks. They are also offering 15% off everything in the store until Aug. 31, 2007. When you go to the web site the code to receive the discount is provided.

[Click here](#) to visit the web site (www.Bleepstore.com)

Diet Pop Linked to Heart Disease

Past studies have found that adults who drink one or more regular sodas a day have a higher risk of becoming overweight and developing heart disease than people who don't drink pop as frequently. The studies focused on regular pop because it was believed that the increase in risk for heart disease came from the high levels of sugar in such drinks. But, recent investigations have also linked diet pop to the same health problems. A few possible reasons for the findings are thought to be that people who drink any kind of pop on a regular basis tend to eat diets that are high in calories, saturated and trans fat; low in fiber and dairy; and have a sedentary lifestyle.

Instead of reaching for the bottle of pop (which includes sugared teas and water), try drinking:

- water (flavor it with lemon or lime)
- real fruit juice
- low fat or skim milk.

If you start missing soda, check out the label on the pop bottle and realize that it is full of chemicals and sugar that can only hurt your health in the long run.

Stay Healthy and Slim With the Right Carbohydrates



Knowing what to eat can be very confusing today with all the variables you have to consider! However, if you understand the glycemic index, selecting foods that help you stay healthy and slim will be an easy task. And, if you have diabetes or want to reduce your chance of getting it, utilizing the index to select low glycemic index foods can help you control your blood sugar levels.

Low Glycemic Index foods (with a score below 55) are digested *slowly*, releasing sugar into the bloodstream gradually. This results in a *slow and steady increase in blood sugar* that helps keep your body functioning well for longer than high GI foods. These are foods that you should eat more often.

High Glycemic Index foods (with a score above 70) are digested *quickly* and cause a *rapid rise in blood sugar*. When your blood sugar soars, so does the hormone insulin. Insulin is a good guy, but it can be dangerous when its levels spike repeatedly, triggering diabetes, heart disease and possibly cancer.

Some Antioxidants Like Warmer Temperatures

Lycopene, a powerful antioxidant, is found in abundance in tomatoes and other red-colored fruits. Studies have found that lycopene may help reduce the risk of heart disease and some forms of cancer, especially prostate cancer.

Researchers from the U.S. Department of Agriculture studied the effect of storage temperature on the lycopene levels of three different kinds of watermelon. Results found that while heat and processing destroy some of the nutrients in food, the level of lycopene actually increases when heat is applied. For example, 100 grams of cooked tomato paste provide 42 milligrams of lycopene, whereas the same amount of raw tomato only provides 3 milligrams of lycopene.

So, to maximize the health benefits of eating lycopene-containing fruit, it is better to leave your watermelon out at room temperature and cook your tomatoes.

A Web Site to Help You Calculate Calories

If you need help figuring out the nutritional value of almost any food, especially food from "fast food" restaurants, try the web site called NutritionData. It's interesting and easy to use.

[Click Here](http://www.nutritiondata.com) to go to the web site (www.nutritiondata.com).

Examples of Low Glycemic Index Foods (below 55): Eat More Often

1. **Most Vegetables:** asparagus, broccoli, spinach, kale, carrots, cauliflower, green beans, peas, celery, red cabbage, cucumber, lettuce, mushrooms, peppers, yams.
2. **Fruits:** apples, apricots, grapes, blueberries, cherries, raspberries, strawberries, grapefruit, oranges, peaches, pears, plums, prunes
3. **Juices:** apple, grapefruit, pineapple, tomato
4. **Legumes:** black, navy, pinto, and kidney beans; chickpeas, lentils, black eyed peas
5. **Starches:** brown rice, barley, quinoa, bulgur, wheat bran and germ, pumpernickel, and whole wheat bread
6. **Cereals:** All Bran, Fiber One, Kashi
7. **Milk Products:** including milk, cheese and yogurt
8. **Nuts and Nut Butters:**
9. **Sweeteners:** fructose, agave cactus nectar

Conquering the Challenge of Healthy Restaurant Eating

Healthy eating out is not easy, especially when you are faced with super sized portions, loads of fat, lots of salt, and few fruits and vegetables!! But, if you plan, you can choose healthy foods when eating meals in restaurants.



1. **Choose your restaurant carefully:** which ones offer salads, baked potatoes, vegetables and whole grain breads?
2. **Know what you want before you go to the restaurant:** get a copy of the menu and plan what you'll eat ahead of time.
3. **Have it "your way":** ask for food to be baked, broiled, grilled, or stir fried. have sauces and dressings on the side. Order vegetables instead of high-fat sides like French fries.
4. **Curb a ravenous appetite:** don't go to the restaurant starving. Eat a light snack to curb your appetite.
5. **Split and share a meal:** share an entree. Add a salad or soup. Split desserts among the table.
6. **Fill your doggie bag before you eat:** ask for a doggie bag before you finish the meal.

Stuck? Here's the Easy Way Out

Learning how to navigate the detours of life can help you get where you want to go. If you hit a roadblock, try this:

- Think of 7 ways to handle the situation, even if they all aren't realistic.
- Ask yourself: "what do I really want?"
- Then ask yourself: "which of my options will get me there?"

It's that simple. If you're willing to let go of arriving at the outcome in the way you first imagined, you can get past the challenges easier than you thought you could. Many times we get hung up on the HOW and lose sight of the WHAT (i.e., what do you really want?)

The clearer you are about your desired destination, the better your chance of finding alternative routes to reach it. There are alternatives in any circumstance. Just look around.

- 7. **Take your lunch sometimes:** don't eat at restaurants every day.
- 8. **Add to a meal:** add fresh fruit, juice, or raw vegetables

Wogging: A New Way to Help You Burn Fat



What is "wogging"? It's a new exercise technique that involves moving at a pace that is more than a walk and less than a jog. During your daily "walk", you alternate walking and jogging. Then, over time, you slowly increase your jogging time and decrease your walking time. Wogging is very similar to interval training.

Advocates of wogging say that it burns more calories, causes less wear and tear on the joints than constant jogging, helps build strong bones, increases your fitness level, and allows you to go at your own pace.

Be sure to always consult your doctor before increasing the intensity of your exercise routine. To learn more about wogging, use your Google and type in either "run-walk" or "wogging".



You Can Control Stress and Its Effect on Your Body

Are You stressed? Would you like to control your stress before it hurts your health? Or, maybe it has already affected your health and you'd like to keep it from progressing? The HeartMath Biofeedback Stress Reduction Technique can help you get rid of stress to improve your life and health, easily, quickly, and effectively. **Go to my Web site, www.partneringforchange.com**

to learn more about this helpful technique.

Individual wellness coaching is done on the phone at your convenience. This approach is very effective and focused so you achieve your goals faster. **Go to my Web site, www.partneringforchange.com to find out more about wellness coaching.**