



## Whole Life Wellness Newsletter

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

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Issue: # 13

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Some people see Fall as a time when everything is dying. They watch the trees become barren and the leaves fall to the ground. The leaves on the ground soon wilt and shrivel up, the grass dies, and the "waste" is seen as something that just requires lots of work in raking. The animals get ready to hibernate and the weather becomes cold and cloudy. What a dreary picture this creates!

For other people, including myself, the picture of Fall is very different. This is my favorite season because I think that it shows us that change can be beautiful and energizing. Before the leaves fall from the trees they turn beautiful colors that encourage people to take long walks outside to stare up into the sky to observe the rainbow of colors. How many other times during the year do you see people stop their busy day and say, "just LOOK at those colors! WOW!". The leaves float through the air like millions of tiny birds, the air smells fresh and cool, and the animals all seem to get along better as they prepare for the winter hibernation. Fall flowers are blooming and everyone appreciates the sudden warmth on those "Indian Summer Days".

Going through life is very much like these two views of Fall. We can see the dreariness and work, or we can try to see the opportunities for insight and growth. Seasons help us understand that:

- 1) **Nothing lasts forever so enjoy and appreciate what you have today.** For example, smell the summer roses before they die in the Fall and appreciate Fall colors before the snow arrives, and
- 2) **The presence of opposites helps us appreciate what we have.** For example, you appreciate the warm summer because you know the cold winter and you love the flowers of summer because winter has none.

I think you can learn how to go through life by understanding the seasons. Take some time and think about it. The universe has a great deal to teach us.

## Invest in a Tape Measure

We all hate the look of our "love handles", and now research results may give us even more motivation to get rid of them!

Studies have shown that love handles will nudge blood pressure higher, even if you're young (under 44), have a healthy overall weight, and currently have a blood pressure reading under 130/85mm Hg. Waist size is linked to poor health because the extra padding presses on your kidneys and causes them to flood your bloodstream with hormones that raise your blood pressure. So, a thick middle and pants that feel too tight may be giving you a signal that high blood pressure is not far behind.

### For women

*Optimal waist size:* under 33 inches.

*Danger Zone:* 37 inches or more.

### For men

*Optimal waist size:* 35 inches or less.

*Danger Zone:* 40 inches or more.

## The Effect of Music on Exercise

Music has been shown to help exercise by: 1) reducing the feelings of fatigue; 2) increasing levels of psychological arousal; 3) improving motor coordination; and 4) creating a physiological relaxation response. Music acts as a motivator in exercise performance, enabling people to exercise with greater efficiency, and it also reduces some of the uncomfortable physical sensations associated with exercise. Thus, music can help you get through the toughest parts of a workout and can actually increase adherence to an exercise program.



Begin your exercise with music that is moderately paced to get you going, and then increase the tempo and speed to get your heart rate up. Some people like to listen to audio books or podcasts while they exercise, but this does not provide the push, or intensity, that will motivate you to keep going. Great music and motivation lead to 'an exercise experience', not just 'exercise'.

## Tips for Living a Full Life

Do you feel your life is full, purposeful, satisfying? Or, are you on the road to nowhere? Do you have trouble getting motivated? Do you begin your days with negative self-talk? If you want to live a full, happy life but these statements describe you, the first step is to believe that you CAN reach your goals. Next, start working on changing the negative thoughts and perceptions that roam your mind day in and day out.



1. **Do more than survive--- thrive.**
2. **Stop comparing yourself to others.** No one can make you feel inferior without your permission.
3. **Say "Thank you".** Thank everyone you come in contact with who does anything for you, no matter how insignificant it may seem.
4. **Learn to forgive.** Before you can forgive others for their imperfections, you must first forgive yourself.
5. **Look for the good.** Stop listening to all the negativity in the news!
6. **Pay it forward.** Give for no reason, just for the joy of giving.
7. **Diversify your relationship circle.** Enrich your life with friends who are different genders, ethnicities, ages, cultures, religions.
8. **Every day, without fail, write down 3 things that you feel grateful for.** Research has shown that people who do this, gain enormous emotional and physical benefits. Remember, the three items must be written, not just said in your head.

## 'Feng Shui' Can Increase Your Energy and Productivity

The Chinese believe energy, or "chi", surges throughout all spaces and by applying the art of feng shui they can capture it, thus increasing their productivity. Natural energy is always flowing around us but it's often

## Know Your Nutrient: Lycopene

Lycopene is known for its antioxidant properties. It helps prevent prostate cancer, may decrease the risk and growth of other cancers, and can reduce the risk of heart disease.

Lycopene is abundant in pink and red fruits, especially watermelon and tomatoes. The watermelon should be eaten at room temperature and the tomatoes cooked to get the most lycopene.

NOTE: Guava fruit contains nearly 50% more cancer-fighting lycopene than the tomato. While a fresh guava is hard to find in the midwest, guava juice is available in grocery stores.

## Health In the News

Research has shown that the following nutrients add many healthy benefits to your diet:

**Omega-3 oil** helps to reduce stress and its negative effects on the body. Found in flax seed, certain fish, and nuts.

caught in disorganization and cannot be utilized. The principles of feng shui open a space up and allow this chi, such as airways and light, to move through the environment and re-vitalize it.

You don't have to buy anything new, or pay lots of money, to 'feng shui' your office. The art of feng shui is simple and inexpensive to put into practice and it starts by releasing most of the clutter from your environment. Clutter creates stagnation, reduces your effectiveness and leaves you feeling lethargic and confused. But don't try to tackle the mess all at once. You may find it helpful and therapeutic to take little organization breaks at various points throughout your day.

A few feng shui tips you can utilize to increase the energy and productivity in your office include:

1. **Have a clear view of the entrance from your work station:** (gives a sense of security and encourages concentration)
2. **Place a red cloth (the Chinese color of prosperity) under the phone:** (activates communication energy and gets phone ringing with positive opportunities)
3. **Don't face a wall while you work.** If you can't reposition yourself, hang a picture that provides a depth view at eye level, such as a winding road or river that features near and far objectives.
4. **Define your personal space.** Place a small mat or area rug at the entrance of your work space, or hang a pleasant sounding bell from the door of your office (inhibits unannounced visitors)
5. **Don't let items pile up on the floor:** (keeps you stuck in the past and makes meeting deadlines more difficult)
6. **Build trust by integrating organic materials into your work space,** such as wicker baskets, wooden paper trays, crystal paperweights, and potted plants.
7. **Leave some open spaces:** (cramped spaces will make you feel overwhelmed and tense)
8. **Maintain a balance of color in your room and keep colors bright** (stimulates creativity)
9. **Keep flowers or potted plants nearby:** (attracts vibrant chi into your office and boosts your spirits)

## Artificial Sweeteners May Be Safe, But Are They Healthy?

We read in the paper that commercially available sugar substitute products have been clinically tested and deemed safe for consumption by most, but not all, people. However, what the news stories do not tell you is that many of the studies are truly flawed and unreliable.

One of the studies which raises questions about its reliability involves the results of an expert panel convened by the Burdock Group, a consulting firm which serves the food, dietary supplement and cosmetics industries. They put together an expert panel to determine the safety of aspartame and concluded that this chemical is safe and poses no health risk. Unfortunately, consumers were not told that the entire study was funded by the Ajinomoto Company, Inc., a major maker of aspartame.

### **Lycopene in tomatoes**

protects your skin from the damaging effects of the sun, including wrinkles

### **Fiber**

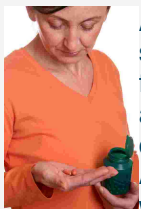
helps to rid the body of cholesterol and toxins

### **Calcium**

removes fat from the body.

Most people only get 250mg of calcium per day but need at least 1200 mg.

## **Be Sure to Ask Your Doctor This Question**



A recent survey found that a majority of American women

read medication labels to see if the medicine might work differently for them than it would for men, but few women discuss this issue with their doctors or pharmacists.

The study recommends that women who are prescribed medication ask a doctor or pharmacist: 1) whether the drug has been studied in women; 2) if there are any known differences

The urgent need for reliable research concerning artificial sweeteners was evident last June when an Italian research group issued a warning that aspartame causes cancer in rats. In addition, there have been suggestions, over the years, that aspartame might cause brain tumors, brain damage, birth defects, headaches, and impaired thinking.

What we do know is that a federal stamp of safety does not indicate that aspartame is a healthy option for people who do not need it for special dietary reasons. And, we know that if you're going to use artificial sweeteners you will need to guard against overeating. These products may help you maintain your weight after shedding pounds, but they will not help you lose weight. In fact, the latest research indicates that consuming products that contain artificial sweeteners may actually encourage you to eat more servings than you would if the food or drinks were sweetened with real sugar. Remember, foods labeled as "no sugar" are not always "low calorie", they still contain fats and calories.

Thus, artificial sweeteners "may" be safe, but they are NOT healthy if they cause you to overeat, consume too many empty calories, or neglect nutrients. Also, while these chemicals may not be "toxic", they do cause many side effects in people who are sensitive to the product components. Here are some tips for healthy eating:

- eat whole fruits and berries with natural sugar rather than using the "no sugar" foods
- substitute water, real fruit juice, herbal teas and skim milk for soda pop
- when recipes call for sugar, cut the amount in thirds or half
- reduce your overall intake of foods/drinks with sugar.

## **Do You Sabotage Your Weight Loss?**

Many dieters can create a long list of why they want and need to lose weight. Pro-weight loss reasons may include: to have more energy, to get off certain medications, to keep up with your kids, or to increase your self-esteem. While this list may seem enough to get you motivated and moving, you may be able to match the Pro-list with more reasons why you should NOT lose weight (the "Con's") ! What keeps many people stuck is that, while the Con's are not as obvious as the Pro's, the Con's can exert much more power over your behavior. In essence, you are sabotaging your own efforts to be happy. The result? You're unable to stick to your weight loss efforts.



between men and women in its effectiveness; and 3) if there are any side effects that occur more frequently in women or are unique to them.

Even though self--sabotage is common among dieters, they often are not even aware of it. Some of the thoughts you may have that cause you to sabotage yourself may include:

- Telling yourself that dieting is too hard and you aren't disciplined enough to follow through
- Worrying how you'll be accepted at your goal weight
- Letting fear of life without the fat barrier get the best of you
- Being afraid of how you'll respond when people show they are attracted to you
- Fear of the expectations to stay slim
- A desire not to have to deal with, or lose, jealous friends
- Fear of failure and fear of success
- Fear of not knowing how to comfort yourself when you are stressed and can't turn to food as you used to do.

To get past the many negative thoughts that we carry in our heads, find your personal payoff for being overweight (e.g., comfort, fear of success or failure, misplaced anger, a protective barrier, etc.). The weight is offering you something that you want, whether you admit it or not!! Try sitting quietly and ask yourself this question: "What do I get from being overweight? What would happen if I lost weight?". Listen to the answer from your 'inner voice'. ***Simply listen.***

Next, create a plan to control your emotions one by one. For example, let go of the past, reclaim your power by refusing to think of yourself as a victim, let go of your need to blame anyone, and change the negative mantra about yourself that is in your head.

"No one can imprison you except you. No one can diminish your worth except you. You create your own reality so choose wisely."

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