

# HOPE

## healthletter

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### A peek at your family's past may reveal a lot about your future

Can you name any medical conditions that your grandparents dealt with during their lives? Do you know the cause of death for your close relatives?

If you're like most people, you don't have a thorough understanding of your family's health history and have never thought to write down that history and share it with your healthcare providers.

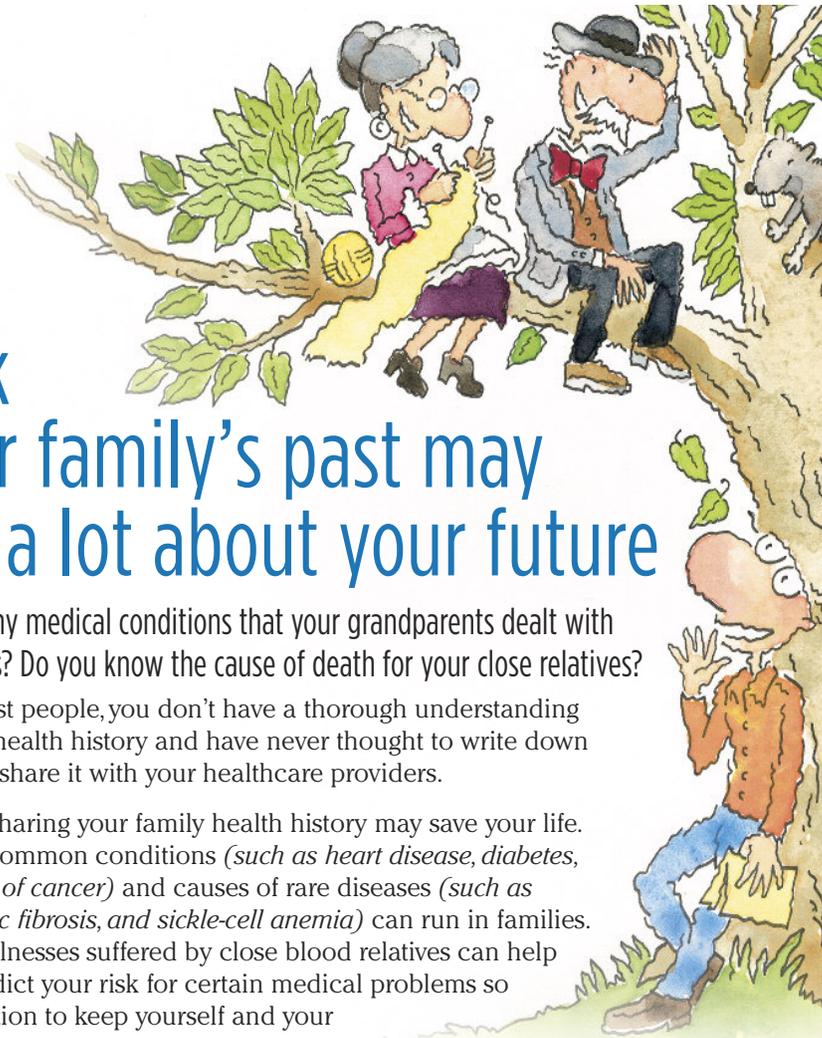
Collecting and sharing your family health history may save your life. Risks for some common conditions (*such as heart disease, diabetes, and some forms of cancer*) and causes of rare diseases (*such as hemophilia, cystic fibrosis, and sickle-cell anemia*) can run in families. Identifying the illnesses suffered by close blood relatives can help your doctor predict your risk for certain medical problems so you can take action to keep yourself and your family healthy.

What is a family health history? It's a record of health information about a person and his or her close relatives (*going back three generations*) including children, brothers and sisters, parents, aunts and uncles, nieces and nephews, grandparents, and cousins.

Sources: Genetic Alliance; U.S. Department of Health and Human Services; National Library of Medicine



For information on creating a family health history, go to [Sep.HopeHealth.com](http://Sep.HopeHealth.com)



### Quick-Read!

**A foray through the world of flours**  
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# OuterAisleFresh:

## A foray through the world of flours

If your only flour experience involves the all-purpose white variety, it may be time to take a stroll through the baking aisle of your local grocery store and take stock of the many milled options now widely available.

Flour is any finely ground, sifted grains, nuts, seeds, legumes, or certain vegetables. Each kind of flour has a different nutrition profile and cooking or baking qualities.

### Soy flour

- Made from milled soybeans
- High in protein
- Use to thicken sauces
- Good source of calcium, and excellent source of iron and magnesium
- Lower in carbohydrates than all-purpose flour
- Reduces fat absorption in frying batter or dough

### Potato flour

- Ground from whole, dried potatoes
- Use as a thickener for smooth, creamy sauces, soups, gravies, and frozen desserts

### Flaxseed flour or meal

- Made by milling whole flaxseeds, making omega-3s available
- In baked goods, use as a fat or egg substitute

### Buckwheat flour

- Made from buckwheat, a cousin of rhubarb
- Good for pasta and pancakes

Source: Academy of Nutrition and Dietetics

Whole-grain flours and nut flours may turn rancid over time. Refrigerate or freeze flours in airtight containers to keep flour's powdery quality.

### Oat flour

- Ground from oats
- Adds a rich, nutty flavor and dense texture

### Spelt flour

- Made from spelt, an ancient grain and cousin to wheat
- Has a mellow, nutty flavor
- Can be substituted for wheat flour in baking

## Become a freekeh fan

Freekeh (*pronounced "free-kah"*) is an ancient grain enjoyed for centuries in countries such as Syria, Lebanon, Jordan, and Egypt. Now freekeh is gaining popularity in America.

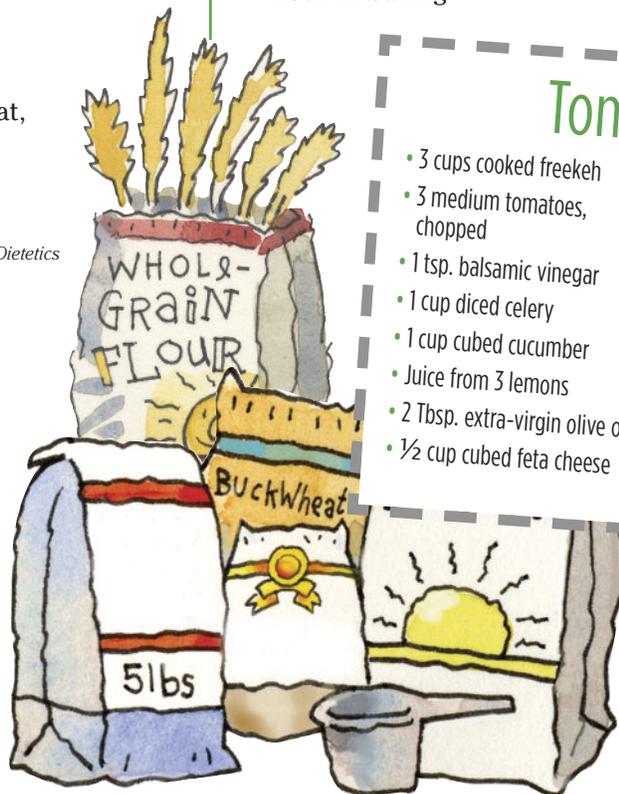
Freekeh is made from young wheat and has a smoky, nutty flavor and a firm, chewy texture. Freekeh cooks in 20 minutes and can be substituted for rice or couscous. Enjoy freekeh as a cereal and in puddings, soups, and casseroles.

### Freekeh is:

- High in protein and fiber. One study showed freekeh has four times the amount of fiber as brown rice.
- Rich in lutein and zeaxanthin, which have been positively associated with preventing age-related macular degeneration.
- May help prevent constipation. It can also act like a prebiotic to increase healthy bacteria in your digestive tract.

*Note:* Freekeh is not gluten-free. Individuals with celiac disease should avoid eating the grain.

Source: Academy of Nutrition and Dietetics

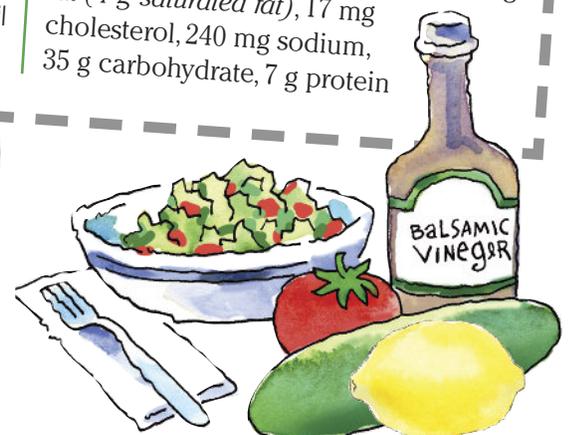


## Tomato Freekeh Salad

- 3 cups cooked freekeh
- 3 medium tomatoes, chopped
- 1 tsp. balsamic vinegar
- 1 cup diced celery
- 1 cup cubed cucumber
- Juice from 3 lemons
- 2 Tbsp. extra-virgin olive oil
- ½ cup cubed feta cheese

Add tomatoes, celery, and cucumber to cooked freekeh. Mix balsamic vinegar, lemon juice, and olive oil. Pour over salad and mix. Add cheese just before serving.

*Serves 4. Per serving:* 254 calories, 12 g fat (4 g saturated fat), 17 mg cholesterol, 240 mg sodium, 35 g carbohydrate, 7 g protein



# GetMoving:

## The down and dirty on making it through a mud run

If you're thinking about participating in a mud run, here are some training considerations:

- **Lengthen distance:** Train for at least the race distance. Many mud runs are 5k (3.1 miles) to 10k (6.2 miles). You may want to train for longer distances than the actual race distance so you have the endurance to make it through the distance, plus the obstacles.
- **Vary terrains:** Many mud runs are done through grassy fields (including knee- and waist-high grasses) and on uneven terrain, so incorporate these terrains into your training. Running in grass is much different than running on a sidewalk or paved road.
- **Incorporate full-body strengthening:** Review the list of obstacles on the run registration. Then, design a well-rounded, full-body strength training program to prepare for the obstacles. Climbing ropes and swinging across monkey bars use upper body strength; crawling across cargo nets uses upper and lower body strength; and pulling yourself through muddy water relies on upper body, lower body, and core muscles. Typical strength exercises such as push-ups, pull-ups, squats, and planks can prepare you for these events. Shoot for two to three strength-training days per week.



## 3 active alternatives to screen time

If watching television, working on a computer, or thumbing a mobile device is eating up all your time and preventing you from getting your daily dose of physical activity, skip screen time in exchange for exercise.

- If you feel the need to text friends, walk and talk with friends in person instead.
- If you like watching sports on TV, play the sport yourself instead. Join a community softball team or local bowling league, for instance.
- If you spend hours on the computer being virtually social in online communities (i.e., Facebook, Pinterest, LinkedIn, Instagram), get social in the real world. Sign up for a fitness class or professional/personal enrichment class. Consider volunteering for a home-building project or community cleanup.

Aim to get at least 30 minutes daily of physical activity, and encourage children to get at least 60 minutes each day.

Source: Academy of Nutrition and Dietetics



Add poles to your walking routine. Poles may help to increase your workout and protect your knees and ankles.

## How to hold a plank longer

Planks can help to strengthen the core muscles in your abdomen, back, and hips. The plank involves holding the push-up position for an extended time with your body's weight being supported on your forearms, elbows, and toes.

*Holding a plank can be challenging, particularly when just starting out. To hold a plank longer:*

- Do a plank every day.
- Read a magazine article or watch TV as a distraction.
- Turn your stop watch over so you can't see it.
- Hold the plank until it's uncomfortable. Then, hold the plank for 10 seconds more.



# Shaking shingles

One out of three people develops shingles (*Herpes zoster*) at some point during his or her lifetime. Protect yourself from a severe outbreak by learning more about the painful rash.

**Here is what you need to know:**

Both adults and children can get shingles; however, only individuals who have had chickenpox are prone to the painful rash. After chickenpox clear, the virus stays dormant inside the body. For reasons not clear to doctors, the virus can become active again, resulting in shingles.

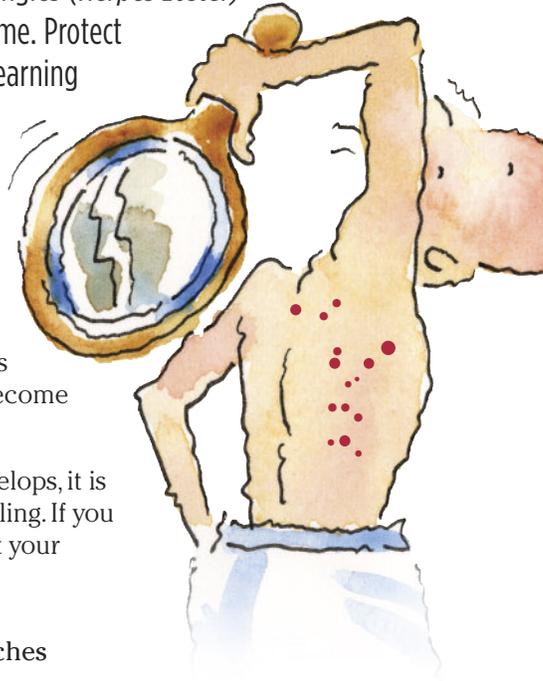
One to five days before the rash develops, it is common to feel pain, itching, or tingling. If you experience these sensations, contact your doctor immediately.

**Symptoms of shingles include:**

- Rash • Blisters • Fever • Headaches
- Joint pain • An overall ill feeling
- Interference with hearing, taste, or vision

The only way to reduce the risk of getting shingles is through vaccination, but a vaccine has only been approved for people 60 years of age and older. Antiviral medications and anti-itching/pain creams can be prescribed by a doctor, but treatments are most effective when shingles are detected early.

Sources: U.S. Centers for Disease Control and Prevention; U.S. National Library of Medicine



## Put a hold on mold

Mold spores float in the air everywhere — outdoors and inside homes and buildings. Indoors, mold spores become a problem when they land on surfaces that are moist or wet and mold begins to grow. Mold spores will not grow without moisture.

**Mold can cause health issues in some people. To prevent mold growth:**

- When water leaks or spills happen indoors, make sure wet or damp materials are dried within 24 to 48 hours.
- Clean and repair roof gutters regularly.
- Make sure the ground slopes away from the building foundation, so water doesn't enter or collect around the foundation.
- Keep air conditioning drip pans clean and the drain lines unblocked and flowing properly.
- Keep indoor humidity low. If possible, keep indoor humidity below 60% (ideally between 30% and 50%) relative humidity. Condensation or moisture collecting on windows, walls, or pipes can be a sign of high humidity.

Source: United States Environmental Protection Agency

# Brush away tooth pain

If you experience pain while brushing or flossing, or wince in pain when eating ice cream, you may have sensitive teeth.

Having sensitive teeth is fairly common and can be brought on by:

- Tooth decay • Fractured teeth • Worn tooth enamel or fillings
- Gum disease • Exposed tooth roots • Recessed gums

Sensitive teeth can be treated in different ways. Your dentist can select the best treatment depending on the cause of the sensitivity.

The best way to prevent sensitive tooth pain is with proper oral hygiene and brushing/flossing practices.

Source: American Dental Association



Log everything you eat and drink and how much. Seeing a list in writing of what you put in your mouth may help you to not over-consume.



# The Whole You:

## EMOTIONAL HEALTH

# Dealing with depression while growing up

Depression can affect anyone at any age, even youngsters. According to the National Institute of Mental Health, roughly 11.2% of 13- to 18-year-olds in the United States have suffered from a depressive disorder at some point during their lives. Learn the warning signs.

*Does your child express any of the following feelings?*

- Sadness • Emptiness • Hopelessness • Guilt
- Worthlessness • Not enjoying everyday pleasures

*Does your child have difficulty with thinking-related tasks?*

- Concentrating • Maintaining good grades
- Making decisions • Completing school work

*Does your child complain of certain physical problems?*

- Headaches • Stomachaches • Sleeping problems • Joint or backaches
- Lack of energy • Weight or appetite changes (*gain or loss*)

*Does your child suffer from behavioral problems?*

- Restlessness • Irritability • Wanting to be alone most of the time
- Having difficulty getting along with others • Not wanting to go to school
- Cutting classes or skipping school • Dropping out of sports, hobbies, or activities

*Does your child talk or think about suicide, death, or other morbid subjects?*

If you think your child may suffer from depression, contact a mental-health professional.

Sources: *National Institute of Mental Health; Mental Health America*



## Top tips to clean your house in no time

- Keep all cleaning supplies in a plastic carryall and take it from room to room. This way you won't have to run back and forth between rooms for supplies. Your carryall might include dust cloths, paper towels, a feather duster, scrubbing pads, an all-purpose cleaner, furniture polish, window cleaner, and large garbage bags.
- Clean each room from top to bottom and right to left. Start at one end of your house and clean to the other end in order of rooms.
- In each room, use the garbage bag to empty wastebaskets and throw away other trash and clutter.
- When cleaning windows, first wipe windowsills clean of dust. This way, the dust doesn't get wet when you spray the windows with cleaner and make a muddy mess.
- Vacuum last to vacuum dust or crumbs you knocked onto the floor from other cleaning.



If you're feeling stressed, give yourself a quick forehead massage. Lightly rub your forehead and temples. Press more firmly in areas where it feels good.

## Breaking bad habits for good

Made some healthful changes but occasionally get tempted to return to bad behaviors? Here are tips to help resist the pull back to old ways.

- Plan ahead. For example, pack healthful snacks for work so you won't be lured by the junk food in the vending machine.
- Wait it out. Remind yourself that the urge will pass. Find a distraction until the temptation fades. Focus your attention on your fitness goal.
- Talk to yourself. Ask yourself, "What will make me feel better about myself later — sticking with my wellness change, or dropping it?"

Source: *Mental Health America*



# FiscalFitness:

## Which route to take: Trade in your old car or sell it yourself?

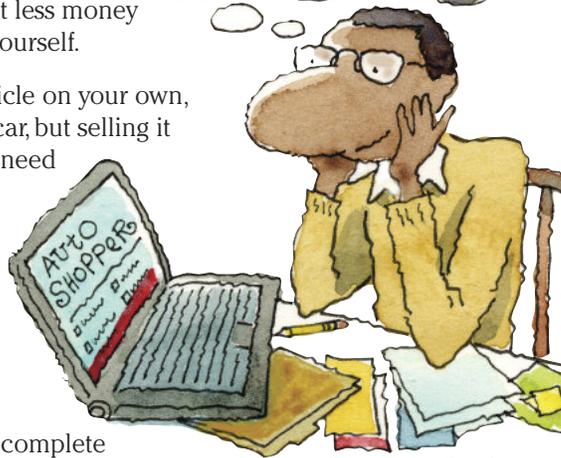
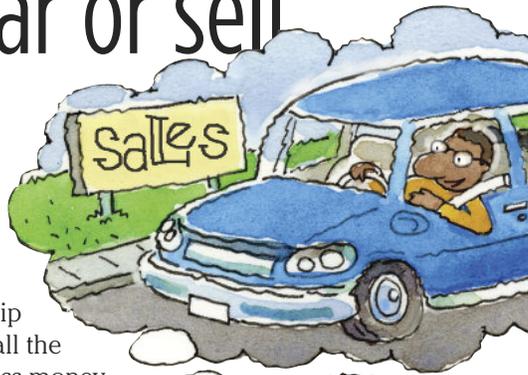
Getting ready to buy a new car and need to get rid of your old one?

Trading in your vehicle at the dealership is quick and easy; the dealer handles all the paperwork. However, you'll likely get less money for your old car than if you sold it yourself.

On the flip side, by selling your vehicle on your own, you may get more money for your car, but selling it yourself will take more effort. You'll need to market the car, and it could take time to sell. You'll also need to absorb the cost of making your car presentable and passing any inspections or emissions tests.

*If you decide to sell your vehicle on your own:*

- Try to have all service records complete and neatly arranged for prospective buyers to review.
- Set the asking price a few hundred dollars more than you really want so you have room to negotiate.
- Put everything regarding the sale in writing.
- Ask to be paid with cash or by cashier's check. Personal checks can bounce.



Source: Kelley Blue Book

## Spread the wealth: Save for multiple goals

Although financial professionals typically recommend saving for one goal and then tackling another, some people feel better if they are making headway in more than one financial area.

Here's how you can save for three common financial goals at once. Say you have \$500 a month to devote to your goals. Put 50% (\$250) toward your emergency fund, 25% (\$125) toward your retirement savings, and 25% (\$125) toward your child's college savings.

Once your emergency fund reaches your desired level (*three to six months of living expenses is recommended*), consider upping what you put into your retirement to 75% (\$375).

*Make your money go further:*

- Take advantage of an employer's contribution match to your retirement account, if offered.
- Open a 529 college savings account, which allows you to save for your child's college education free from federal income tax. Some states also offer tax advantages.

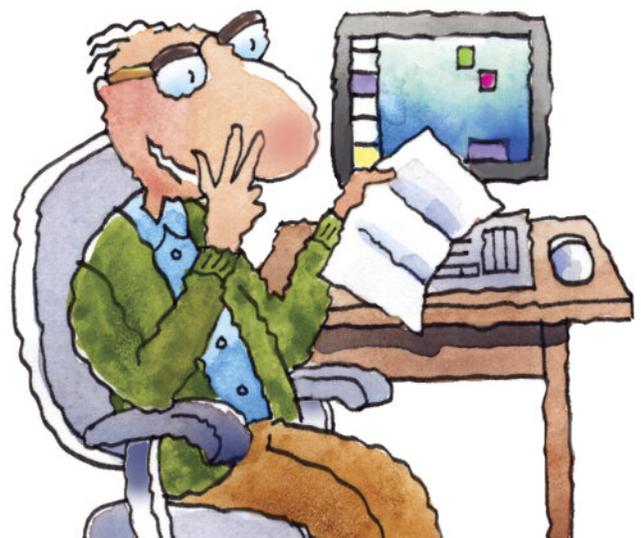
Source: National Endowment for Financial Education

## Why you should check your Social Security Statement

The Social Security Administration (SSA) decided a few years ago to stop sending paper Social Security Statements in the mail because of budget issues. You can, and should, still check your recorded earnings and potential benefits periodically by creating an online account. Go to [SocialSecurity.gov/myaccount/](https://www.socialsecurity.gov/myaccount/) to get started.

*Make a habit of reading your statement carefully each year.*

- Make sure your earnings information is correct, because your future benefits from the SSA will be based on your recorded earnings.
- Use the statement as a yearly financial planning tool to help figure out your income in retirement and how much money you may need to supplement your Social Security benefits. The statement also provides details about your spouse's and dependents' possible benefits if you die, and your benefits if you become disabled.



Source: Women's Institute For A Secure Retirement

# IssueInsight:

September is National Yoga Month

## To yoga or not to yoga, that is the question

Jennie Schuman is probably a lot like you. She juggles work and family commitments and tries to squeeze healthy living into her hectic schedule when she can. Follow along on Jennie's Health Journey.

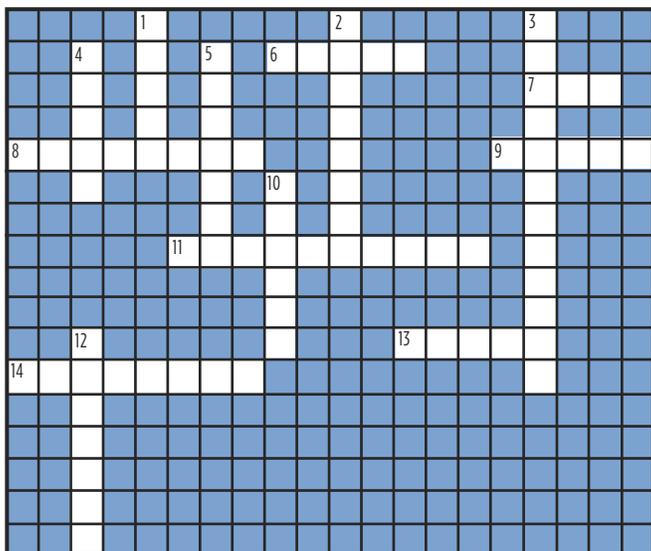
"For so long, I have heard about the benefits of yoga and have shrugged them off, thinking that you can't get a good, effective workout laying on a mat putting your body into pretzel-like positions. Come on now, who are you kidding?"

Well, I must admit, I was WAY wrong. I did my first yoga class recently and am extremely surprised at the benefits. I am sleeping better, able to 'calm' my mind and breathing, and have found yoga has made me want to work on my nutrition — all things I didn't think were possible benefits from this form of exercise.

I'm sure there are many more benefits of yoga that I have yet to find out, but these are three things that I found to be true right away and wanted to share them with those of you who have yet to take the yoga plunge."



For the rest of Jennie's story, go to [Sep.HopeHealth.com](http://Sep.HopeHealth.com)



## Crossword Workout —

Find out how well you know the health topics covered in this issue of the newsletter.

### DOWN

1. A family health history should include information on these types of relatives
2. Mold spores need this to grow
3. A sign of depression in children
4. A good strength exercise when training for a mud run
5. A grain with a smoky, nutty flavor and firm, chewy texture
10. Do this last when cleaning
12. When selling a car yourself, put everything in \_\_\_.



For the crossword puzzle answer key, go to [Sep.HopeHealth.com](http://Sep.HopeHealth.com)

### ACROSS

6. A way to prevent sensitive teeth
7. A type of flour high in protein
8. A common condition that runs in families
9. An exercise to strengthen the core muscles in your abdomen, back, and hips
11. Having this virus can lead to shingles later in life
13. A low-cost source of protein
14. Make sure this type of information is correct on your Social Security Statement



**Tool Box** Your Source for Cool Tools & Resources

Go to [Sep.HopeHealth.com](http://Sep.HopeHealth.com) to find:

- More information on the benefits of yoga
- A link to the My Family Health Portrait Web Tool
- A tip sheet on gathering your family's health history
- A Guide to Family Health History
- A Family Health History Questionnaire
- A link to a yoga directory to find classes near you
- A goal-setting worksheet
- The Crossword Workout answer key



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If you have a question or comment on a story, or a suggestion for topics you'd like to see covered in a future issue of the newsletter, leave a comment on our Facebook page.

The information in this publication is meant to complement the advice of your healthcare providers, not to replace it. Before making any major changes in your medications, diet, or exercise, talk to your doctor.

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Institute Founder: Lester R. Sauvage, MD

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*"Never say, 'oops.'  
Always say,  
'Ah, interesting.'"*

— Author unknown

# HOPE HEALTH LETTER

## Weight Control: The 3-P approach to eating right on a budget

*You don't have to spend a lot of time and money to eat nutritiously if you're smart about planning, purchasing, and preparing your food.*

### Plan

- Plan meals and snacks for a week, taking into account how much money you have to spend on food.
- Make a grocery list. • Check for sales and coupons in your local newspaper and online.
- Ask whether your local grocery store offers a loyalty card.

### Purchase

- Stick to your grocery list. • Buy store brands if they are cheaper.
- Buy some items in bulk or family packs, which tend to have a lower per-unit price.
- Shy away from convenient foods such as pre-cut produce, individual cups of yogurt, and instant, individualized hot cereals and rice.
- Focus on low-cost items that are available all year.
  - Protein – beans such as garbanzo, black, and cannellini
  - Vegetables – carrots, greens, and potatoes
  - Fruit – apples and bananas

### Prepare

- Some meals can be made in advance; pre-cook meals on days when you have time and store them in the refrigerator (*if you plan to use them within three or four days*) or freezer.
- Double or triple recipes and freeze the extra in meal-sized containers or individual portions for later.
- Use leftover items in future meals.



Source: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion

*“If you have nothing to be grateful for, check your pulse.”*

– Author unknown

*“Children are unpredictable. You never know what inconsistency they’re going to catch you in next.”*

– Franklin P. Jones

*“People say that losing weight is no walk in the park. When I hear that I think, yeah, that’s the problem.”*

– Chris Adams

*“You learn something every day if you pay attention.”*

– Ray LeBlond