

# HOPE

## healthletter®

VOL. 35, NO. 9

*"An ounce of prevention is worth a pound of cure."*

SEPTEMBER 2015

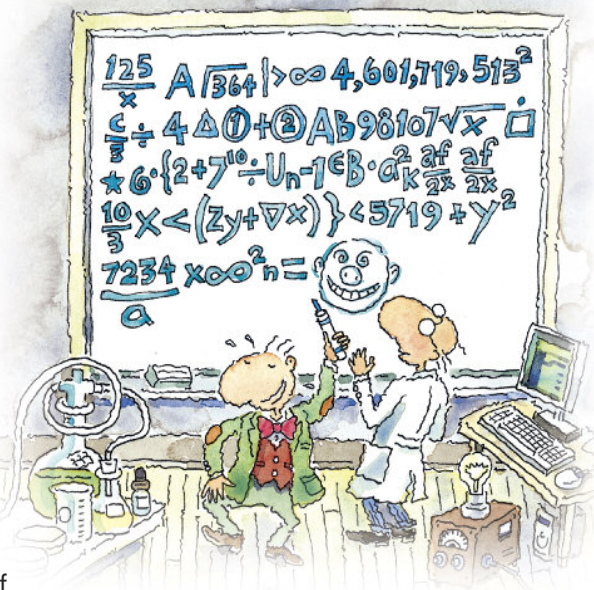
*"It's what you learn after you know it all that counts."*

— John Wooden

You're  
never too  
old or too  
educated to  
learn some-  
thing new

Learning can be a lifestyle for anyone at any age. It's the process of keeping your mind and body active by seeking out knowledge and experience.

- **Always have a book that you're reading.** It doesn't matter the subject or how long it takes you to read it. When you have a few minutes, read. You might be surprised at what you absorb and the ideas that it spurs.
- **Get in guided-thinking mode.** Don't just study what others are doing or saying. Learn to think through ideas and come up with your own thoughts. You can do this by journaling or simply meditating.
- **Tackle projects in new areas.** Don't know how to do something? Study up on it and then take it on. Maybe it's learning to design and code a Website or becoming an amateur photographer.
- **Set aside 15 minutes every day** as a period for education — read, work on a project, journal, etc. Find a time that works best for you.



*Lead a learning lifestyle  
in all areas of your life.*

• **Canning & preserving 101**

*Don't let these processes intimidate you. Try a few easy techniques that any beginner can master. Pg. 2*

• **Learning exercise lingo**

*Get familiar with workout-related words to improve your outlook toward physical activity, your performance, and your form. Pg. 3*

• **Get the training you hope you'll never have to use**

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• **A homework helping how-to for parents**

*Show that you place importance on education and learning by helping kids to prioritize homework and setting them up for studying success. Pg. 5*

• **Learning about finances pays off**

*The more people know about budgeting, saving, investing, and retirement planning, the better shape their own financial health tends to be. Find resources to be financially literate. Pg. 6*

*Plus...*

**Is your relationship running on empty?**

*The same way you need to fill your car with gas, you need to keep fueling the relationships you are lucky enough to have in your life. Pg. 7*

**The many plusses of eating produce**

*Check out five reasons why you may want to get healthy doses of fruits and vegetables every day. Pg. 8*

## Canning & preserving 101

Don't let canning and preserving food intimidate you. Here are a few easy techniques for beginners.

**Freezing:** *This can extend the life of fresh produce for up to 12 months.*

- Wash, remove stems/hulls, and slice fruits or blanch (cook briefly in boiling water) vegetables.
- Freeze in a single layer on a cookie sheet.
- When completely frozen, move produce to freezer bags or vacuum-sealed plastic bags.
- Store eight to 12 months in the freezer.
- Do not freeze cabbage, lettuce, cucumbers, or radishes.

### Refrigerator Pickles:

- Boil a flavorful brine — a combination of salt, water, and your choice of herbs and spices.
- Pour over Brussels sprouts, carrots, string beans, sliced peppers, or sliced beets in canning jars.
- Place lids and let cure in the refrigerator for six to eight weeks.

### Other preservation ideas:

- Fill ice cube trays with fresh herbs and olive oil; freeze. Pop out herb-oil cubes and add to sauces and soups throughout the year.
- Make a fruit-infused vinegar with fruits such as raspberries, cherries, or blueberries. Sterilize a canning jar in hot water, place fruit in the jar and add the vinegar (*red wine or champagne are best*). Let cool with lid off. Then, put the lid on the jar and place in a cool, dark place.

Sources: *The University of Illinois at Chicago; Food & Nutrition Magazine (Academy of Nutrition and Dietetics); National Center for Home Food Preservation*



## A spotlight on sprouted grains

**Q:** What are sprouted grains?

**A:** Largely made of cereal grasses (*rice, rye, oats, maize, buckwheat, and millet*), sprouted grains are seeds/kernels that have started to sprout.

**Q:** How are sprouted grains different from regular grains?

**A:** The sprouting process increases the nutritional content and availability of some vitamins and minerals within the seeds/kernels, such as vitamin C, vitamin B folate, and fiber.

**Q:** Are sprouted grains healthier than other grains?

**A:** Sprouted grains have been touted as a health food; but overall, the additional nutritional benefits appear to be very small when compared to unsprouted grains.

**Q:** Is there a difference in taste?

**A:** Sprouted grains have a nutty, hearty flavor.

**Q:** How are sprouted grains used in cooking?

**A:** Sprouted grains can be found in breads, tortillas, chips, and flours. They can also be used in salads or as a hot side dish.

**Note:** The Food and Drug Administration recommends children, the elderly, pregnant women, and people with weakened immune systems avoid eating raw sprouts.

## Gluten-free Sprouted Cornbread

- 2 cups sprouted corn flour
- ½ cup coconut flour
- 2 tsp. baking soda
- 4 eggs
- 2 cups coconut milk
- 2 tsp. apple cider vinegar
- 3 Tbsp. maple syrup
- 2 Tbsp. coconut oil

Heat oven to 400°F and combine the dry ingredients in a bowl. Add all wet ingredients except coconut oil; mix well. Place coconut oil into a 10- to 12-inch cast iron skillet and place in the oven until melted. Once coconut oil has melted, remove the skillet from the oven and pour the batter into it. Bake for 20 minutes or until a toothpick comes out clean when inserted into the thickest part of the bread.

**Serves 12.** Per serving: 169 calories, 6 g fat (3.5 g saturated fat), 90 mg cholesterol, 243 mg sodium, 23 g carbohydrates, 5 g protein





# GetMoving: Lifelong Learning

## Learning exercise lingo

Make it a habit to ask about or look up any exercise words you don't know or are confused about so you develop an understanding of what they are and what you should do.

Here are just a few definitions to get you started:

- **Intensity:** How hard you're working during exercise. Moderate to high intensity exercise is associated with increased fitness, and you likely will experience changes in your weight, body-fat percentage, endurance, and strength.
- **Aerobic exercise:** Lower intensity exercise that taxes the cardiovascular system to supply muscles with oxygen. This means exercising continuously (*such as walking, running, or cycling*) and getting your heart rate to 70 to 80% of your maximum heart rate, but is not especially tiring. You're shooting for a good 30-plus minutes of continuous effort.
- **Fartlek:** A form of interval training in which you alternate a work interval (*e.g., sprinting*) with a recovery interval (*e.g., walking*). In fartlek training, the intervals aren't measured but are based on how the body feels.
- **Active recovery:** Recovering from an exercise session using a lower-intensity activity. Warming up before exercising can reduce post-exercise muscle soreness.



Saying 'Yes!' to moving more starts with the right questions

*If you struggle with finding motivation to get regular physical activity, ask yourself:*

- Are you interested in weight loss or maintaining your weight?
- Do you want to reduce your risk of cardiovascular disease?
- Do you want to reduce your risk of Type 2 diabetes and metabolic syndrome?
- Do you want to reduce your risk of some cancers?
- Do you want to strengthen your bones and muscles?
- Do you want to improve your mental health and mood?
- Do you want to improve your ability to do daily activities and prevent falls?
- Do you want to live longer?

Source: Centers for Disease Control and Prevention

## How to handle the 'side effects' of exercise

Here's how to cope with some common annoying consequences of otherwise positive activities.

### Dirty laundry

If you don't plan to wash your clothes right away, don't throw them into the laundry hamper/basket, or you'll likely end up with a stinky situation. Instead, hang up your workout clothes to dry. When you eventually wash your clothes, do so in hot water to increase your chances of getting out the smell.

### Hunger

Instead of pulling up to the fast-food drive-thru window on the way home from the gym, pack a high-protein, post-workout pick-me-up-fill-me-up. A handful of mixed nuts or a protein bar may do the trick.

### Chafing

Fabric rubbing against skin, combined with sweaty moisture, can result in a red, raw rash that may sting. Swap out loose cotton workout clothing with tight-fitting gear in moisture-wicking fabric.



# The Whole You:

## PHYSICAL HEALTH

Lifelong Learning

# Get the training you hope you'll never have to use

Medical emergencies can happen anytime, anywhere, to anyone. Be as prepared as you can be to help by getting First Aid, CPR (*cardiopulmonary resuscitation*), and AED (*automated external defibrillator*) training.

Immediate medical help, even by a non-professional provider, can make the difference between life and death in many situations. Take a look at cardiac arrest. According to the American Heart Association:

- Nearly 383,000 out-of-hospital sudden cardiac arrests occur annually, with nearly nine in every 10 cardiac arrests happening at home to victims who appear healthy with no known heart disease or other risk factors.
- Effective bystander CPR provided immediately after sudden cardiac arrest can double or triple a victim's chance of survival.
- Only 32% of cardiac-arrest victims get CPR from a bystander.
- As a result, less than 8% of people who suffer cardiac arrest outside the hospital survive.

First Aid, CPR, and AED training are available through various organizations, including many hospitals, the American Heart Association ([heart.org](http://heart.org)), and the American Red Cross ([redcross.org](http://redcross.org)). Some organizations provide training for free; others may charge a small fee.

 For an instructional video on providing life-saving resuscitation, go to [Sep.HopeHealth.com](http://Sep.HopeHealth.com)

## Ice it or apply heat? It depends

When you're in pain from a headache, arthritis, strain or sprain, you want relief. The question then becomes, should you ice the area or warm it up?

Ice narrows blood vessels, which may numb pain, relieve swelling, and limit bruising. Heat can increase blood flow, which may relax muscles and relieve aching joints.


With this in mind, you may want to use ice only, heat only, or a combination of both.

- When it comes to arthritis, consider applying moist heat.
- For a headache, ice can numb throbbing pain and heat can relax tight neck muscles.
- With a strain or a sprain, you may want to start with ice to reduce swelling, redness, or tenderness and then use heat to decrease any stiffness that may develop after the inflammation is gone.

Source: Cleveland Clinic

## A gut check on ulcers

Could you have a stomach ulcer? Maybe, if you have an ongoing or recurring dull or burning pain in your stomach. At any given time, as many as 5 million Americans have what's known, in medical terms, as a peptic ulcer.

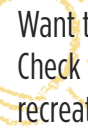
 To find out more about ulcers, go to [Sep.HopeHealth.com](http://Sep.HopeHealth.com)

Source: Medline Plus (National Institutes of Health)

## A distracted driving did-you-know

*Five seconds is the average time your eyes are off the road while texting.*

When traveling at 55 mph, that's enough time to cover the length of a football field blindfolded. Go to [distraction.gov](http://distraction.gov) to learn more about distracted driving and what you can do to prevent it.

 Want to learn something new? Check with your local parks and recreation program for inexpensive classes in sports, art, dance, language, yoga, exercise, music, personal finance, photography, home improvement, and more.





# The Whole You:

## EMOTIONAL HEALTH

Lifelong Learning

# A homework helping how-to for parents

Show your kids that you place an importance on education and learning by helping them to prioritize homework and setting them up for studying success.



Source: U.S.  
Department of Education

- Determine a homework schedule. Find a time that works well for your child and your family. You may have to be flexible from day to day, but come up with a weekly plan. Your children may study after school on some days and after dinner on others, depending on other commitments.
- Designate a study spot. Make sure the space is well lit and relatively quiet.
- Remove distractions. Make homework time electronics-free, unless kids need the computer for an assignment. No TV watching or texting friends.
- Stock supplies and tools. Have available pencils, pens, erasers, writing paper, tape, scissors, a ruler, a calculator, a stapler, and anything else that your children may need to complete assignments.
- Monitor homework time. Don't hover over your kids, but be available in case they have questions or need someone to quiz them on something. Also, think about looking over completed assignments before kids put them in their bags or backpacks to make sure work is completed and has a name on it.

## Getting rid of the 'what-ifs'

Many people don't pursue goals and dreams because of the fear of failure.

That annoying internal critic convinces many people that the possibility of not accomplishing goals should override the desire to give them a shot.

To overcome the fear of failure:

- Identify when the inner critic is trying to have its way.
- Write down the negative thoughts in the second person. "You won't get that job promotion because there are other, more qualified candidates."
- Write a response to the negative statements in the first person. "I have a lot of experience in this area, have a strong work ethic, and am willing to learn any needed skills to be successful in this position."
- Believe the "I" statements and repeat them to yourself whenever the inner critic starts to chirp.

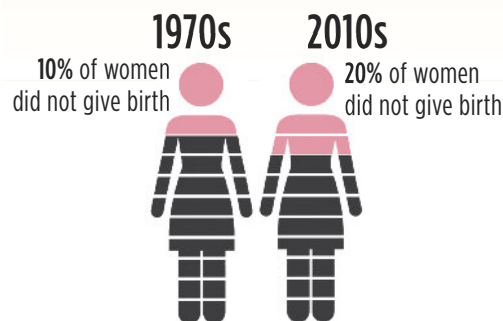
## Choosing to be childless

More adults are going without kids. In the 1970s, one in 10 women did not give birth to a child. Now, it's more like one in five.

The reasons for being childless vary, but if you've decided you don't want children and still have people asking why, here are a few ways to answer the question firmly, but politely.

- "Children are wonderful, but they aren't for everyone."
- "I am happy and fulfilled being child-free."
- "It's a choice."

Given the increase in childlessness today, it's not a good idea to ask anyone, "Do you have children?" much less, "Why not?" An alternative might be: "Tell me about your family."



# FiscalFitness: Learning about finances pays off

Lifelong Learning

The more people know about budgeting, saving, investing, and retirement planning, the better shape their own financial health tends to be, according to various studies and experts.

The problem for many people is that it may be difficult to understand finance-related information because they've never spent much time learning about it and are afraid to ask or don't know what to ask.

The widespread lack of understanding has led to the creation of several easy-to-understand financial education resources available online through the federal government and non-profit organizations dedicated to money issues, including:

- MyMoney.gov
- ConsumerFinance.gov
- 360FinancialLiteracy.org (American Institute of CPAs)
- Nefe.org (National Endowment for Financial Education)

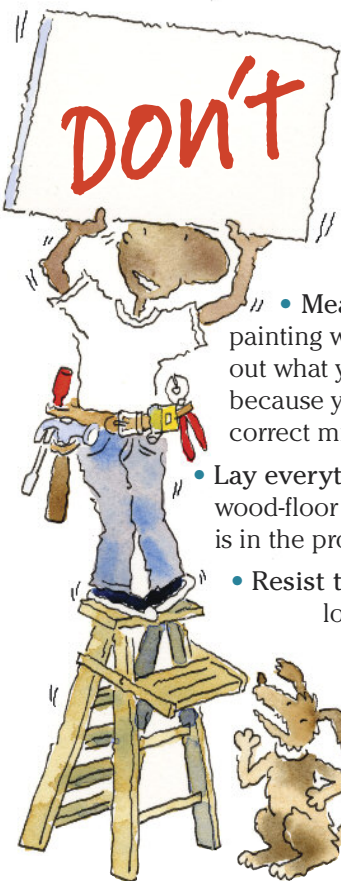
- ChooseToSave.org • GetRichSlowly.org • FeedThePig.org
- SmartAboutMoney.org • Spendster.org
- asec.org (American Savings Education Council)
- WisenWomen.org (Women's Institute for a Secure Retirement) • FundingYourFuture.com • FinancialLit.org



## create DIY home-improvement disasters

DIY (Do It Yourself) can be a great way to tackle home to-dos as long as you:

- **Measure; don't guesstimate.** Whether you're laying flooring, painting walls, or adding trim, take the time to measure and figure out what you'll need in supplies. It will save you time and money because you won't have to head back to the store or buy extra to correct mistakes.
- **Lay everything out before you make it permanent.** Put down tiles or wood-floor planks in the pattern you want and make sure everything is in the proper place before gluing, grouting, or nailing anything down.
- **Resist the urge to be too trendy.** If you like a particular "in-style" look, incorporate it in small, subtle ways and not large-scale, costly makeovers. Love the rustic look? Add barn-door hardware to doors instead of replacing all of your flooring with re-claimed wood.
- **Know when to call in the professionals.** When it comes to major plumbing or electrical projects, you may be better off hiring someone to do it. You don't want to replace a toilet yourself only to have the basement flood as a result.

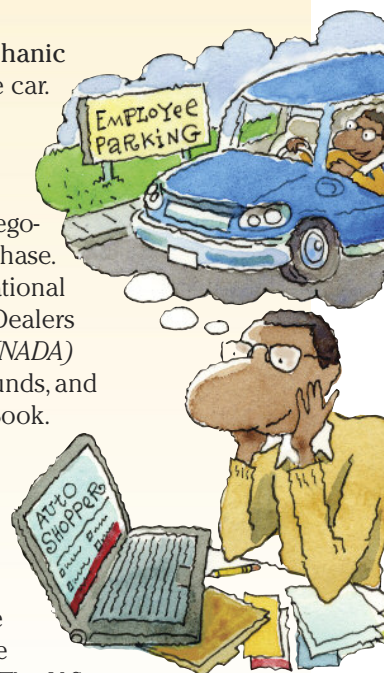


## Making your used-car buying experience a smooth ride

Whether you buy a used car from a dealer or an individual:

- **Inspect the car** using an inspection checklist. You can find checklists on Websites that deal with used cars.
- **Test-drive the car** under varied road conditions — on hills, highways, and in stop-and-go traffic.
- **Review the car's maintenance record** from the owner, dealer, or repair shop.
- **Hire a mechanic** to inspect the car.
- **Determine the value of the vehicle** before you negotiate the purchase. Check the National Automobile Dealers Association (NADA) Guides, Edmunds, and Kelley Blue Book.

• **Check into the frequency of repair, maintenance costs, and recalls** on the models you're interested in. The U.S. Department of Transportation's Vehicle Safety Hotline (1-888-327-4236) and Website have information on recalls.



For more on buying a used car, go to [Sep.HopeHealth.com](http://Sep.HopeHealth.com)

Source: Federal Trade Commission (FTC)

Save hundreds of dollars annually on gasoline by making sure your vehicle's engine is tuned regularly and your vehicle's tires have enough pressure.



# IssueInsight:

## Is your relationship running on empty?

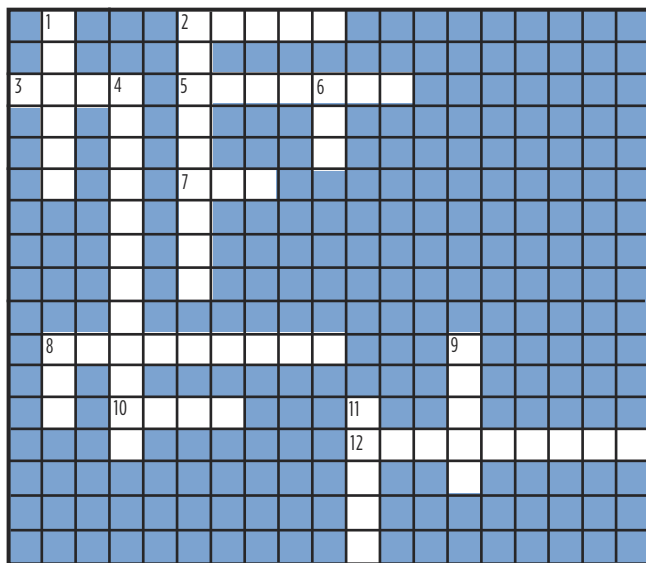
Jennie Schuman is probably a lot like you. She juggles work and family commitments, and tries to squeeze healthy living into her hectic schedule when she can. Follow along on Jennie's Health Journey.

The same way you need to fill your car with gas, you need to keep fueling the relationships you are lucky enough to have in your life. Just like with exercise, there are many excuses as to why we don't spend time nurturing our relationships — no time, not enough money, after I finish this project, and after the kids leave for school are just some. You know that at one time or another, you have used one of these to ignore the signs that your relationship gauge is in the red.

If your life is like mine, money is one of the largest barriers to going out or spending time with your significant other. It is very important to take one-on-one quality time with that "special someone" doing something fun or enjoyable together.



Go to [Sep.HopeHealth.com](http://Sep.HopeHealth.com) for some inexpensive date ideas.



### ACROSS

2. A combination of salt and water used in pickling
3. A way to make lifelong learning a habit
5. Red, raw, stinging rash that may result from exercise
7. Wash dirty workout clothes in this temperature of water
8. More and more adults are choosing to be this
10. To determine the value of a used car, you can check this group's guide (*abbrev.*)
12. How hard you work during exercise

## Crossword Workout —

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

### DOWN

1. Freezing produce can help it to last up to this many months (*number, spelled out*)
2. A type of cereal grass
4. To set up a child for studying success, remove these
6. To numb pain, relieve swelling, and limit bruising, use this
8. Performing this (*abbrev.*) after sudden cardiac arrest may increase a victim's chance of survival
9. A dull or burning pain in your stomach may indicate you have this
11. This can fill you up and keep your digestive system on track



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



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

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

- More information on ulcers and buying a used car
- A link to a CPR video
- The rest of Jennie's story
- This issue's crossword puzzle answer key



Scan the Quick-Response Code with your smartphone.



Facebook.com/HopeHealthToolbox

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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Satisfy your sweet tooth sensibly. Cut a candy bar into bite-size pieces. Wrap each piece in plastic wrap and store in the freezer. When you have a sugar craving, unwrap and eat one piece. By the time the candy thaws in your mouth, your craving may be satisfied.

# HOPE HEALTH LETTER

## Weight Control

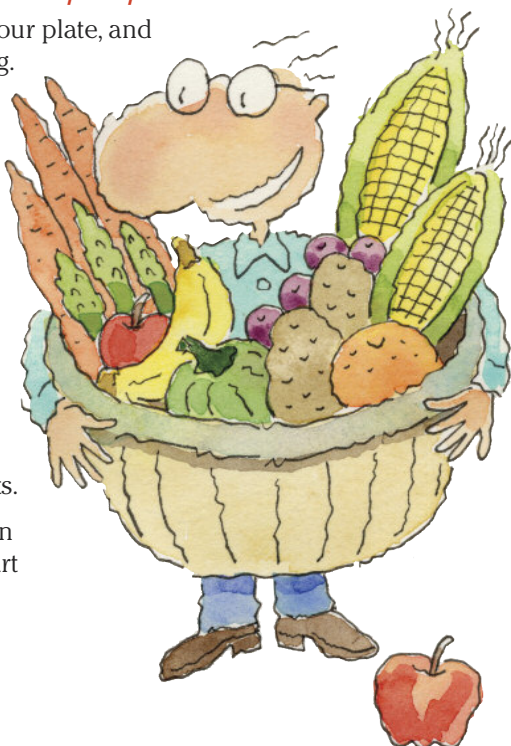
# The many plusses of eating produce

### **September is Fruits and Veggies — More Matters Month.**

Here are five reasons why you may want to make sure to get healthy doses of each every day.

- 1.** They add color and texture to your plate, and may make your meal more appealing.
- 2.** They're convenient nutrition. Whether fresh, frozen, canned, dried, or as 100% juice, fruits and veggies are packed with vitamins and minerals that your body needs to stay healthy and feel energized.
- 3.** They're full of fiber to fill you up and keep your digestive system on track.
- 4.** They're low in calories. You can get a satisfying serving size without sabotaging your weight-control efforts.
- 5.** They reduce your risks of certain conditions and diseases, such as heart disease and some cancers.

Source: Fruits and Veggies — More Matters



*“Age is something that doesn’t matter, unless you are a cheese.”*

— Luis Bunuel

*“My definition of an intellectual is someone who can listen to the William Tell Overture without thinking of the Lone Ranger.”*

— Billy Connolly

*“Thinking is one thing no one has ever been able to tax.”*

— Charles Kettering

*“Any kid will run any errand for you, if you ask at bedtime.”*

— Red Skelton

*“You can always tell when a man’s well informed. His views are pretty much like your own.”*

— H. Jackson Brown, Jr.