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New York State Association for

Health, Physical Education,
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★ HEALTH INFORMATION PRESENTED AS IF YOUR LIFE DEPENDDED ON IT ★

Healthy Tips For Eating Out: Go For *Smaller* Portions

Try the following tips the next time you visit your favorite restaurant—they'll help you control your portion sizes.

- **Order a chicken sandwich.** Try ordering a grilled chicken sandwich the next time you visit a fast food restaurant. By substituting a grilled chicken sandwich for a cheeseburger with the works, you'll save about 150 calories.
- **Order the small fries.** By eating only a small order of fries instead of the "super-sized" fries, you'll save about 300 calories.
- **Don't drown yourself in soda.** A small soda has about 150 fewer calories than a large one.
- **Share and share alike.** This is simple math. If you share an entrée with a friend the next time you visit a restaurant, you'll eat only half as much.
- **Order an appetizer.** But only an appetizer! Getting an appetizer instead of a main course can help control the amount you eat because appetizers are often much smaller than entrees.
- **Get it to-go.** Ask for half your meal to be packaged in a "to-go" box, and eat it for lunch the next day.

The TRUTH About **FAD** DIETS

Why They Don't Work

The plain and simple fact about fad diets—regardless of what they promise—is this: **THEY DON'T WORK.** Not only are they ineffective, but some can also be dangerous. Despite their danger, millions and millions of Americans are looking for "quick-fix" weight loss solutions—especially with New Year's resolutions around the corner!

There are many reasons fad diets are flawed, but they all share one thing in common: **THEY DON'T ENCOURAGE BEHAVIOR CHANGE.** Losing weight and keeping it off for life, requires you to make actual lifestyle changes. You have to develop good eating habits and make physical activity a part of your life. You've got to exercise when you feel like sitting, and eat healthy foods when that cheeseburger and fries are calling your name.

Fad Diet Flaws

Fad diets violate the first principle of good nutrition: to eat a balanced diet that includes a variety of healthy foods. It's important to eat moderate amounts of food from all food groups, not large amounts from a few.

Spotting Fad Diets

Fad diets aren't enjoyable. They tend to be so bland and boring that most people can only hold out for a short period of time. Nearly ninety-five percent of all dieters who fall for such false promises and miracle solutions will regain their lost weight—plus more—within one to five years.

The following characteristics will help you spot a fad diet a mile away...

Miracle foods that burn fat. There are no such things as "foods that burn fat." Healthy weight loss involves nutritious eating and increased physical activity.

Bizarre quantities. Look out for "miracle diets" that involve bizarre quantities of food. You're better off paying attention to the portion sizes of foods you normally eat.

Rigid menus. A healthy diet is a balanced diet. If a diet rigidly restricts what you eat, take a closer look—it may be a fad diet.

Specific food combinations. Remember that no combination is as important as this one for managing your weight: diet and exercise. Eat nutritiously and exercise more.

Rapid weight loss. Be aware of diets or programs that promise rapid weight loss. In a typical, healthy weight loss program, you shouldn't lose more than two pounds per week.

No physical activity involved. To burn calories in a healthy way, you need to increase the amount of physical activity you're getting. If a diet doesn't involve physical activity—it's not healthy.

Eating healthy and losing weight come from making positive lifestyle changes. You don't have to stop eating all your favorite foods to maintain a healthy lifestyle.

Walnut Orange Spinach Salad

Measure	Ingredients
1	large garlic clove, minced
2 Tbsp	fresh lemon juice
2 Tbsp	red wine vinegar
1 Tbsp	honey
1 Tbsp	Italian parsley, chopped
1/8 tsp	black pepper
1/4 cup	fresh orange juice
2 Tbsp	walnut oil
8 cups	crisp fresh spinach, washed
1/3 cup	roasted walnuts

Preparation

Place garlic, lemon juice, vinegar, honey, parsley, black pepper and orange juice in a bowl. Whisk until smooth. Toss with spinach and roasted walnuts. For variety, add sliced fresh pears to the salad.

Nutrition Information

Calories 82; Calories from Fat 54; Total Fat 7g; Saturated Fat 1g; Cholesterol 0mg; Sodium 24mg; Total Carbohydrate 5g; Dietary Fiber 1g; Sugars 3g; Protein 2g

Number of Servings 8

Serving Size 1/8 of recipe



ABOUT **Richard Collins MD**

Dr. Richard Collins, a leading authority and speaker on the prevention and reversal of heart disease, emphasizes the connection between eating well and living long. His delicious low-fat recipes have been shared with millions through his cookbook, videos, and his nationally-renowned cooking seminars. For more information, visit Dr. Collins' website at www.thecookingcardiologist.com.

A HEALTHY RECIPE BY **RICHARD COLLINS, MD**

The Best Vegetable Beef SOUP Ever!

THE BEST VEGETABLE BEEF SOUP EVER

Measure	Ingredients
2 lbs	beef shank, cut in pieces
3 qts	Water
1	large onion, diced
1 tsp	salt
1/2 tsp	thyme
1/2 cup	dried split peas, rinsed
5	carrots, cut in slices
3	celery stalks, cut in 1/2-inch pieces
3	tomatoes, peeled, seeded and chopped
1-1/2 cups	frozen corn
1	potato, peeled and diced
1	green pepper, cored, seeded and diced
1 cup	frozen peas
1 cup	frozen lima beans
1 cup	frozen green beans
1 cup	frozen spinach leaves
1 cup	ketchup
2 Tbsp	Parsley
	Salt and pepper to taste

Preparation

In a stockpot, boil the beef shank, water, onion, salt and thyme until foam subsides. Then add split peas. Cover and simmer 4 hours. Remove from heat. Cool and skim fat. Add the remaining ingredients and simmer for several hours.

Nutritional Analysis

Serving Size: 1/10 of Recipe; Servings: 10
Calories 315; Calories from Fat 85; Total Fat 10g; Saturated Fat 4g
Cholesterol 40mg; Sodium 636mg; Total Carbohydrate 33g
Dietary Fiber 8g; Sugars 10g; Protein 26g



How To Halt Unhealthy Drinking

Don't Overdo It During The Holidays

If you're celebrating the holidays with family and friends, there's a good chance alcohol will be part of the picture. You may think a drink or two helps take the edge off stressful family gatherings. Or maybe football, friends and beer are one of your favorite parts of winter. People drink for many reasons. But as everyone knows, if you overdo it, there will be little to celebrate the next day.

When it comes to holiday drinking, the consequences can range from making an embarrassing remark to drunk driving and devastating accidents. Alcohol use is common in the US—and occasional, moderate drinking usually poses few problems. However, more than 1 in 10 adults grapple with alcohol dependence, or alcoholism, at some time in their lives. And, long-term heavy drinking can damage the liver and cause several types of cancer, inflammation of the pancreas, and brain damage.

How much alcohol is too much?

That depends. Alcohol affects everyone differently.

A drink is generally defined as:

- a 12-ounce bottle of beer or wine cooler
- a 5-ounce glass of wine
- or a 1.5 ounce shot of 80-proof liquor

Binge drinking—or drinking too much, too quickly for your liver to clear the alcohol—can raise your blood alcohol above the legal limit.

Binge drinking defined:

FOR MEN

5 or more drinks
over a 2-hour period

FOR WOMEN

4 or more drinks
over a 2-hour period

Drinking beyond a certain amount increases your risk for alcohol abuse or dependence. The risk increases substantially for men who have more than 4 drinks in a single day or more than 14 per week; women who have more than 3 drinks in a day or more than 7 per week.



Pace Yourself And Keep Track

"The main problem with holiday drinking is that people are often drinking for longer periods of time than they normally do, and they're staying up later than they normally do. They may not have a good frame of reference for how the alcohol will affect them," says Dr. Dennis Twombly, a scientist at NIH's National Institute on Alcohol Abuse and Alcoholism.

Low levels of alcohol can act as a stimulant. "At low doses, alcohol has effects that the brain perceives as positive and rewarding," Twombly explains. "It can cause euphoria and relieve anxiety and stress."

At higher levels, though, alcohol's impact on the brain begins to take a downturn. It can act as a depressant and make you sleepy. Coordination and balance, inhibition and judgment are also affected, and emotions can become unstable.

Eat A Meal Before Enjoying Alcohol

Alcohol quickly moves from your stomach into your bloodstream, where it travels to all your major organs and tissues. Eating before you drink helps slow down this process. When alcohol reaches your liver, it gets broken down and converted to other substances, but your liver enzymes can break down only about half of an alcoholic beverage per hour.

Avoid Binge Drinking

If you drink alcohol faster than your liver can clear it, the alcohol levels in your blood will climb. Excess alcohol continues to circulate throughout the body long after your last drink, affecting your heart, brain and other organs—not to mention your judgment and ability to operate a vehicle.

For some holiday revelers, or anyone who drinks to excess in a single evening, the next day is likely to bring great discomfort in the form of a hangover. Painkillers like aspirin may help with headaches, but don't take acetaminophen, a common alternative, because the drug can interact with alcohol and damage the liver. The only real cure for a hangover is time, Twombly says. "Sleeping it off, eating a little and drinking non-alcoholic beverages can help. But you basically have to wait for the alcohol and its by-products to be cleared from your system."

If you do get a hangover during the holidays, let it inspire a New Year's resolution—to drink responsibly and moderately in the coming year.

A close-up, slightly blurred photograph of a person's face, focusing on the forehead and eye area. The person appears to be unwell, with a visible fever. The background is a warm, reddish-orange color.

TOO HOT TO HANDLE?

Facts About FEVER

You know the feeling. You're achy and run down. Something's not quite right. When you finally get home and reach for the thermometer, you soon find that your temperature's above normal. You have a fever—a sign that something is out of balance in your body.

Fevers aren't necessarily bad.

In fact, by turning up the heat, a fever can help you fight off disease-causing bacteria and viruses, which tend to grow and flourish at the body's normal temperature. Fever also activates your body's immune system, which protects you against infection.

Normal body temperature is considered to be 98.6 degrees Fahrenheit.

"But in reality there's a lot of individual variation in the 'normal' temperature," says Dr. Fred Gill, chief of the internal medicine consult service at NIH's Clinical Center. "Body temperature often fluctuates throughout the day. A slight rise in temperature without other symptoms does not necessarily mean you have a fever."

In general, doctors don't consider you to have a fever until your temperature reaches 100.4 degrees. Fever can make you feel uncomfortable and cause trouble sleeping, but it's rarely dangerous in adults. It's different for infants under 3 months old. They should be evaluated by a doctor for any fever that reaches 100.4 degrees.

Fever often brings the shivers.

You feel chilled because blood vessels in your skin tighten and shrink, keeping warm blood deeper within your body and making your skin feel cold. As a result, your muscles contract and you shiver. Fevers often start to subside when you begin to sweat. Sweating is good because it helps your body cool down and return your temperature to normal.

Infections are the most common cause of fever, but there are also other triggers—toxins, certain medications, cancer and diseases that weaken the immune system are a few of the things that can cause your temperature to rise.

Taking care of yourself:

In general, if a fever is mild and you have no other major symptoms, simply drink fluids and get plenty of rest. Over-the-counter medicines like ibuprofen or acetaminophen can help to control discomfort. Adults can generally take aspirin, but children and teens with fever should avoid it because aspirin increases the risk of a rare and sometimes deadly disease called Reye's syndrome.

When giving children medication, follow your pediatrician's recommendation. Check the label as well to make sure you're giving the right dose for your child's weight.

Facts About FEVER:

Know When To Call A Doctor

Adults should contact a doctor and seek medical care if:

- ✓ Your body temperature is above 103 degrees Fahrenheit.
- ✓ Your temperature is 100.4 degrees or higher for more than 3 days.
- ✓ If a baby younger than 3 months has a temperature of 100.4 or higher.

Note: A fever of 104 degrees or higher for longer than 2 hours should be considered an emergency.

Call your doctor if any of these symptoms accompany a fever:

- ✓ Severe headache
- ✓ Unusual skin rash
- ✓ Swelling in the throat
- ✓ Sensitivity to light or sound
- ✓ Neck stiffness or pain
- ✓ Mental confusion or extreme irritability
- ✓ Persistent vomiting
- ✓ Difficulty breathing or chest pain
- ✓ Abdominal pain or pain when urinating
- ✓ Blood in stool

HELP For The Holidays

Understanding Your Stress & Depression

Symptoms Of Depression Can Include:

- A persistent sad, anxious or “empty” mood
- Feelings of hopelessness, pessimism, guilt, worthlessness or helplessness
- Loss of interest or pleasure in hobbies and activities you once enjoyed
- Decreased energy and fatigue
- Difficulty concentrating, remembering or making decisions
- Insomnia, early-morning awakening or oversleeping
- Appetite and/or weight loss or overeating and weight gain
- Thoughts of death or suicide; suicide attempts
- Restlessness, irritability
- Persistent physical symptoms such as headaches, digestive problems and chronic pain

Holidays are a time of busy schedules and demands that can often trigger stress and anxiety in many people. According to the Mayo Clinic, “stress and depression can ruin your holidays and hurt your health,” but “being realistic, planning ahead and seeking support can help ward off stress and depression.”

The Mayo Clinic recommends that you learn to recognize and disarm your ‘holiday triggers’ before you become exhausted and stressed-out. Holiday stress triggers can include: relationship tensions with family members, strained finances, and the physical demands of holiday parties, shopping and travel.

But for those suffering from Depression, it’s more than the holidays causing their stress and sadness. If you or someone you know faces a battle that’s more than just a seasonal state of mind, read on to learn more about the signs, symptoms and treatment options for Depression.

Understanding Depression

Depression is more than the blues or the blahs. Everybody gets sad or feels down sometimes, but most people with the blues can lift their mood by exercising, socializing or participating in other activities that they enjoy. Those with major depression can’t, and their symptoms can last weeks, months or even years.

Depression Is An Illness That Should Be Treated

Depression is an illness that brings a persistent sad, anxious or “empty” mood, feelings of hopelessness and pessimism, and other symptoms that interfere with the ability to work, study, sleep, eat and enjoy once pleasurable activities.

The Medical Toll Of Depression

Some people think depression is a personal weakness—something you can just ‘will’ away—but research has proven otherwise. Dr. Hussein Manji, director of the Mood and Anxiety Disorders Program at NIH’s National Institute of Mental Health (NIMH), says, “If you’ve got this illness, your brain chemistry is not the way it should be. Lifestyle changes can help, but you can only do so much. You have to get treatment.”

Depression takes a physical toll that doctors can measure. “We’re learning that depression is associated with a number of medical consequences,” Manji said. It raises the risk of heart disease, high blood cholesterol and high blood pressure. The chance of someone dying after a heart attack is 4 times greater if they’re depressed.

Healing Depression

Depression can be treated with medications or talk therapy, and both methods have proven to be effective treatments. But researchers now know that depression comes in many forms, and different people need different approaches to get better. The bottom line is that someone suffering from depression can usually be treated effectively with one or a combination of treatments. The trick is figuring out which treatments work best for which people.

Treatment Options

Antidepressant medications and talk therapy are the most common treatments for depression, but your doctor might have to try several treatments before finding the combination that’s right for you.

Newer methods for treating depression are being developed all the time. Researchers are studying advanced brain imaging techniques to help them design treatments that target specific areas of the brain. Better antidepressant medications are being developed, and researchers are working to fully understand the genes involved in depression. Such scientific advancements will ultimately help doctors make better treatment decisions.

If you or someone you know is depressed, get treatment as soon as you can.



Supplementing YOUR DIET

Vitamins, Minerals & Beyond

The world of dietary supplements is getting more and more complicated. Dietary supplements include a broad range of vitamins, minerals, herbs and other substances meant to improve upon your diet. They can come as pills, capsules, powders and liquids.

But how do you sort through it all?

A Healthy Diet Provides The Greatest Benefits

Supplements can play an important role in your health, but Carol Haggans, a consultant with NIH's Office of Dietary Supplements cautions, "People shouldn't feel they can make up for an unhealthy diet by taking a multivitamin-mineral supplement." A combination of all the vitamins and minerals together in foods provide the greatest health benefit, she says. "In general, if you eat a healthy diet, you shouldn't need to supplement it with extra nutrients."

Filling In The Gaps

However, some people might need more of certain nutrients. For example, many people don't get enough calcium. While it's probably best to eat 2-3 servings per day of calcium-rich foods like dairy products, if you have trouble eating dairy products because they upset your stomach and you don't get enough calcium in other foods, a supplement might help.

More Is Not Necessarily Better

Since some supplements may help you, it's easy to go a step further and think that taking more would be even better. This can cost a lot and may not provide the benefit you expect. It can also be risky. Some nutrient amounts above recommended levels can be toxic.

It's not difficult to get high doses of certain nutrients, either. Breakfast cereals have long been fortified with vitamins and minerals. Now, many other fortified products are crowding onto grocery shelves as consumers buy into the idea that more is better. Look at the foods and supplements you're eating together to make sure that your total intake of any one nutrient is not too high. If you're concerned, talk to a health care provider such as a doctor, pharmacist or registered dietitian or check the nutrient recommendation information.

Choose Carefully And Talk With Your Doctor

If you decide that a particular dietary supplement is right for you, make sure you're buying a reliable brand. "Be prepared to ask questions," advises Dr. Paul M. Coates, director of NIH's Office of Dietary Supplements. "People assume if it's on the shelf it must be safe and we must know a lot about it, but that's not necessarily the case."

If you're considering taking a supplement, consult with your health care provider. Some supplements can interfere with other medications, so have a list ready of all the medications and supplements you're taking or considering.

Before Using Dietary Supplements:

Safety first. Some products can be harmful when taken in high amounts, for a long time or along with certain other substances. Don't use a dietary supplement along with, or instead of, a prescription medicine without first consulting your health care provider.

Don't chase the latest headline. Sound health advice is based on research over time, not a single study touted in the media.

Learn to spot false claims. If something sounds too good to be true, it probably is.

"Natural" doesn't mean safe. Natural ingredients may interact with medicines, be dangerous for people with certain health conditions or be harmful in high doses.

Does it work? Resist pressure to buy something on the spot. Ask a health care professional for advice or check credible sources to find out if the product is safe and does what it says it does.

Treating Depression

Depression is a serious medical illness that can interfere with your everyday life. Talk with your doctor if you experience some of these symptoms for a week or more:

- ▶ **Sad or “empty” mood**
- ▶ **Feelings of hopelessness, guilt or worthlessness**
- ▶ **Changes in appetite or weight**
- ▶ **Trouble sleeping or oversleeping**
- ▶ **Loss of interest or pleasure in activities you once enjoyed**
- ▶ **Loss of energy**
- ▶ **Thoughts of death or suicide**

How To Help Someone Who May Be Depressed:

- ▶ **Tell the person that you are concerned about him or her.**
- ▶ **Talk to the person about seeing a doctor.**
- ▶ **Take the person to a doctor.**
- ▶ **“Be there” for the person after he or she starts treatment.**
- ▶ **Take any comments about suicide or wishing to die seriously.**

If you think someone you know might be suicidal, don't leave them alone. Try to get them to seek help immediately from an emergency room, physician or mental health professional. Call the toll-free, 24-hour hotline of the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255) to be connected to a trained counselor at a suicide crisis center.



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INTERACTIVE MINDS

Tips For Holding Off Holiday Weight Gain

- Stay physically active**—you'll be more likely to maintain your weight during the holidays.
- Limit your alcohol consumption**—a major source of hidden calories.
- Limit soda and other sweetened beverages**—these drinks add extra calories, too.
- Schedule your celebrations at normal meal times**—so you won't be encouraged to pile on extra calories throughout the day.
- Choose foods with fewer calories for their size**—these foods will make you feel fuller sooner.
- Use smaller plates**—the bigger your plate, the bigger the portion you're likely to eat.
- Eat a healthy snack beforehand**—so you can skip the more fattening food at the party.
- Weigh yourself daily**—and create a plan for getting back on track if your weight begins to creep up.