The purpose of Healthy Notes is to keep you healthy and informed about health related issues. Please note that information in this publication, along with other similar materials, is meant to complement the advice of your physician, not to replace it. Before making any major changes in your medications, diet or exercise, consult your physician.

Questions and Comments regarding Healthy Notes are welcomed. Please feel free to contact Wellness Coordinator, Anna B. Herman any time. anherman@nmu.edu (906)227-2644

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Heart Felt Advice

Not only is February a month filled with hearts and love for Valentines Day, but it is American Heart Month! Heart disease is the leading cause of death in the United States and is a major cause of disability. According to the CDC, the most common heart disease in the United States is coronary heart disease, which often appears as a heart attack. In 2008, an estimated 770,000 Americans will have a new coronary attack, and about 430,000 will have a recurrent attack. About every 26 seconds, an American will have a coronary event, and about one every minute will die from one. The chance of developing coronary heart disease can be reduced by taking steps to prevent and control factors that put people at greater risk. Additionally, knowing the signs and symptoms of a heart attack are crucial to the most positive outcomes after having a heart attack.

Check out these Lucky Number 7’s

And HAPPY ST. VALENTINES DAY

Heart Felt Advice

With medical advances, mortality from heart disease is falling. But it is still the most common health threat in this country. Consequently, the American Heart Association (AHA) and many other health organizations continue to emphasize prevention in the fight against heart disease. The AHA’s challenge: Know your risk factors and how to change them.

These safeguards can help you prevent or delay heart disease:

1. Get your feet moving and your heart pumping more oxygen with each beat. Just 30 minutes of moderate physical activity most days of the week can add strength and years to your heart.
2. Stay trim, especially at your waste line. Excess fat around your middle harms your heart more than fat stored lower on your body. Aerobic exercise can help you inside and out.
3. Stop stress in its tracks. Make time for leisure activity that you find mentally rewarding and physically relaxing. Tip: Meditation can help control high blood pressure, a big factor in heart disease.
4. Catch the fish habit. Eat at least 2 servings per week to gain heart-healthy omega-3 fatty acids. Smart choices: salmon, mackerel, sardines, tuna and trout.
5. Team up for heart health. At your next checkup, ask about specific ways to improve your heart risk factors.
6. Get the heart- smart screenings. Keep your cholesterol, blood pressure and blood sugar levels in check with regular screenings.
7. Eat to your heart’s content. Plan most meals with minimal saturated fat and maximum carbohydrates in their complex form—whole grains, fruits and vegetables.

Source: Year of Good Health, 2008
JOIN AN EXERCISE CONSPIRACY

The word “conspiracy”-meaning “breathing together”-is an activity of two or more people.

If you have been waiting to start an exercise program, but you feel you lack the motivation to make it a regular part of your life, consider getting “connected” and involved in an exercise conspiracy.

1. The Family Conspiracy

Before breakfast, before your evening meal, or before special events such as birthdays or holiday meals, plan a family “Walk and Talk.”

By the way, many people find it’s easier to discuss (and solve) problems while walking together than while sitting side by side.

Walking clears the mind, reduces tension, and makes open conversation easier.

2. The Dog Conspiracy

If you don’t have a dog of your own, see if you can borrow one. Most dogs appreciate exercise, and they never make excuses.

3. The Friend Conspiracy

A friend is someone you can count on for support. Form your own team for walking, biking, or some other activity that you schedule together.

Don’t make (or take) any excuses short of illness or death for not keeping your exercise date.

4. The Health Club Conspiracy

Paying dues is not enough. Write the exact time that you will use the facility in your date book. Keep this appointment with yourself the same way you’d keep an appointment with anyone else.

5. The Volunteer Conspiracy

Take older people in your community (in retirement or nursing homes) on walks, or push them in their wheelchairs. The change of scenery will be good for both of you.

Volunteer to help with local youth clubs, and go on hikes or bike rides with the kids.

6. The Park-Walk-Ride Conspiracy

If you live in a safe area, find a co-worker who enjoys waking to and from the bus or the park-and-ride lot. Park as far away as possible, and get in some walking time at both ends of the trip.

7. The Take-a-Hike Conspiracy

Plan walks and hikes with friends or family on days off and weekends.

These easy-to-use tools pump extra excitement and motivation into your workout, plus they’ll engage muscles in new ways to challenge your body and rev calorie burn.

Resistance Bands

Incredibly, these lightweight strips of rubber really do whip muscles into shape, increasing strength and endurance. To use, loop one around your waist, feet, or hands, then pull on the ends to create resistance. Another big benefit: You can take them anywhere. One to try: Altus Pilates Resistance Bands With Handles ($19.99, sportsauthority.com). This set comes with three latex bands that offer different levels of resistance, enabling you to step up the challenge as you gain strength. Also, the attachable cushioned handles take the "ouch" out of wrapping the bands around your hands.

Jump Rope

Back in the day, you were probably having too much fun jumping rope to realize you were also getting a total-body workout. Challenge your workout buddy (or the kids) to a jump rope contest and burn about 175 calories per 15 minutes. One to try: C9 by Champion Pulse Rate Jump Rope ($24.99, Target). Although a rope without bells and whistles is sufficient, this one, which adjusts to your height and tracks exercise time, number of rotations, and calories burned, makes goal-setting simple.

Medicine Ball

These colorful weighted balls make a great alternative to dumbbells, plus they help build serious “core strength.” Hold one during shoulder presses or lunges, or tuck it between your knees during reverse crunches.

One to try: Danskin’s Weighted Toning Ball (6 lbs, $16.99; 8 lbs, $19.99; fitnessem.com). With a soft, squishy "shell," this model is easier to grip between your hands or knees than those with a tough rubber exterior.

Stability Ball

These king-size balls have gained a huge following-and for good reason. They can improve flexibility, balance, and posture while building muscle strength, especially in the abdominal region (stabilizing yourself on the ball engages your core). And then there’s the versatility. You can lie on your back for ab work, stretching, or upper-body moves, or rest your belly on the ball for push-ups. You can even substitute the ball for your office chair to keep your core muscles engaged while you’re working.

One to try: Gaiam Tie Dye Balance-Ball Beginners Kit ($30, Barnes & Noble, Borders, and Ulta stores), which includes an air pump and a 35-minute DVD with three different core-enhancing workouts using the Balance Ball. Most stability balls offer the same features, but the cool, cheery pattern on this ball (it comes in tie-dyed pink or green) can inject a little energy into your workout.

Source: HOPE Publications 2007

@ Home Fitness Gadgets

“J have two doctors: my right leg and my left leg, and they help to keep me well.”

~ Walking Enthusiast

HEALTHY NOTES
Nutty Nutrition

Nuts to you!
Just a small handful of nuts is packed with protein, other nutrients, and health-protective plant substances. Stick to a small serving so calories don’t add up. In fact, 1½ ounces of nuts a day may reduce your chance of heart disease if the saturated fats and cholesterol in your food choices are low.
Different nuts have different benefits: almonds for the most fiber, almonds and hazelnuts for the most vitamin E (an antioxidant), pecans for more cancer-fighting ellagic acid, Brazil nuts for more selenium (another antioxidant), cashews and pistachios for more potassium, walnuts for omega-3 fatty acids. Many nuts also have phytic acid, which may reduce cancer risk and help control blood sugar, cholesterol and triglycerides.
Wonder about the fat? It’s mostly monounsaturated—the kind that doesn’t raise your blood cholesterol. And nuts are cholesterol-free, too. Pick an easy nutritious culinary idea today.
Nuts=Weight Loss?
Despite nuts being high in fat and calories, new research indicates that nuts can also aid in weight loss. Researchers at Purdue University have found that adding almonds to a calorie-controlled eating plan can assist in weight loss. Although the study was short-term and small in sample size, it does demonstrate that people were able to eat nuts and control or lose weight. How? The mechanism is still unclear, but the researchers think that the fat content in nuts may promote satiety, the feeling that you’re full, or the protein in nuts may burn more calories during digestion.

CAULIFLOWER EMPOWERED

Who would’ve thought that the low-carb craze could elevate cauliflower from a vegetable some would prefer to hide under a blanket of cheese sauce to a sought-after side dish? Between 2007 and 2006, per capita consumption of cauliflower in the U.S. nearly doubled from 1.2 pounds to 2.3 pounds. Indeed, with 5 grams carbohydrate per cup (versus potatoes’ 31 grams), cauliflower has become the go-to vegetable for chefs and low-carb cooks who want the creamy mouthfeel or thickening properties of potatoes without as many carbs. Restaurant chain Ruby Tuesday offers Creamy Mashed Cauliflower as an option for carb-conscious diners, and even upscale establishments plate up sides like truffled cauliflower puree to tickle diners’ palates.

At its best now through March, cauliflower contains a mere 29 calories per cup and is a rich source of vitamins C and K, folate and fiber. Four simple sides highlight its versatility and play off its mild flavor with more robust ones.

Ingredients

- 1 Tbsp almonds, sliced
- 1 pound raw tilapia, four 4 oz fillets
- 1 tsp table salt
- 1/4 tsp black pepper, freshly ground
- 3 tsp olive oil, extra-virgin, divided
- 1 small onion(s), chopped
- 2 Tbsp wine, dry white or dry vermouth (see note)
- 1/2 cup cherries, sweet, pitted, halved
- 1 3 cup vegetable broth, reduced-sodium, fat-free
- 1/2 tsp dried thyme

Instructions

Toast the almonds in a large nonstick skillet set over medium-low heat until aromatic and golden, shaking the pan often, about 4 minutes. Transfer to a bowl.

Season fish with salt and pepper. Heat 2 teaspoons of oil in the skillet, then add the fish. Cook until firm and lightly browned, about 2 minutes, then flip and cook about 2 more minutes. Remove fish to four serving plates.

Heat the remaining teaspoon of oil in the skillet, then add the onion. Cook until softened, about 2 minutes. Add the vermouth or wine; loosen any browned bits of food on the bottom of the pan with a wooden spoon. Cook for 20 seconds, then add the cherries, broth and thyme. Heat until simmering; cook for 30 seconds to reduce slightly. Divide the sauce and toasted almonds among the fish. Serve at once. Yields 1 fillet plus 1/4 of sauce per serving.

*Satisfaction ideas: Try four-ounce sole or flounder fillets. For more healthy recipes please visit Weight Watcher’s at http://www.weightwatchers.com/food/index.aspx

Source: Wellness proposals.com
Chiropractic Care

WHAT IS CHIROPRACTIC?
Chiropractic is a hands-on therapy based on the theory that dislocations in the spine may cause many medical disorders (especially disorders of the nervous system). Chiropractic medicine originated in the late 1800s in the United States. Chiropractic treatments usually involve adjusting the joints and bones in a person’s spine using twisting, pulling, or pushing movements. Some chiropractors use heat, electrical stimulation, or ultrasound to help relax the person’s muscles before doing a spinal adjustment.
The primary theory behind chiropractic therapy is to help the body heal itself by correcting dislocation of the joints, particularly the bones of the spine (vertebrae).

WHAT IS CHIROPRACTIC USED FOR?
Research has shown chiropractic therapy to be effective in treating low back pain and to be helpful in treating neck pain and headaches. The effects of chiropractic treatment on non-spinal conditions, such as high blood pressure or ear infections, have not been scientifically proven.

IS CHIROPRACTIC SAFE?
Chiropractic treatment is a safe treatment for certain conditions when done by a licensed and experienced chiropractor who correctly diagnoses the problem. But if the diagnosis is incorrect, it may delay appropriate medical treatment. Although very rare, stroke and spinal cord injury have occurred after cervical (neck) manipulation. Other side effects may include minor pain or discomfort at the point of manipulation, headaches, and fatigue. Most of these effects go away within a day.
If the chiropractor makes an incorrect diagnosis, chiropractic treatment can be harmful. In rare cases, chiropractic treatment can make a herniated or slipped disc worse.
Chiropractic students must have a minimum of 3 years (90 credits) of undergraduate study before applying to a chiropractic college. After completing a 4-year program, the chiropractic student receives a Doctor of Chiropractic (DC) degree. Chiropractors are licensed in every state and must pass a four-part examination with the National Board of Chiropractic Examiners.
Always tell your doctor if you are using an alternative therapy or if you are thinking about combining an alternative therapy with your conventional medical treatment. It may not be safe to forgo your conventional medical treatment and rely only on an alternative therapy.
Source: http://www.webmd.com/balance/tc/chiropractic-topic-overview