

THE HEALTHY Perspectives



"Your Source For Hope, Health and Happiness"



MARCH 2011

INSPIRE TO MOVE

Yoga For Stress; The Magic Cure

Tension, worry, emotional upheaval and anxiety can take a heavy toll on health. Some stress helps us to keep up with deadlines and to finish a project. But too much stress can cause headaches, backaches, sleeplessness, constipation, skin problems, depression, hair loss, high blood pressure and more. It's easy to get overloaded and burned out. Chronic stress can be very damaging to our systems. We all need outlets to reduce the stored stress we feel in our bodies.

Imagine reaching for an immediate "feel good potion" that conquers mental clutter and brings a sense of immediate well-being. The magic cure is yoga. The word yoga means 'yoke'

which means to bring together. An old image that yoga may bring to mind is people stretching themselves into pretzel like positions. It's much more than just stretching. It brings together gentle movement with deep relaxation techniques such as correct breathing and meditation techniques.

Yoga moves include smooth stretches and twists combined with deep breathing methods that help the body to loosen tight strained muscles and nerves. Deep breathing flushes out lung tissues and increases the oxygen flow into the blood stream. Yoga resting poses allow the body and mind to enter a calm relaxed state freeing us from the "fight or flight" response that stress often causes. Tight muscles and nerves gradually learn to relax.

If you want to reduce stress, sleep better, and increase your level of calm, try practicing yoga. You can begin at home by using a DVD, learn poses from a magazine or internet source or take a local class. If you begin practicing yoga to deal with stress, you may also reap the benefits of improved balance, flexibility, range of motion and strength. You can reach overall increased fitness. This can help you to manage or reduce the risk of developing chronic health conditions and even lead to weight loss. No wonder it's called the "magic cure"!



"Yoga is invigoration in relaxation.
Freedom in routine.
Confidence through self-control.
Energy within and energy without."

- Ymber Delecto

[illegible]

Source: American Dietetic Association

HEALTH HARMONY

Saving A Life

A colonoscopy is often misunderstood and brings up unpleasant thoughts but the test is both easy and reliable. Colon cancer usually doesn't cause symptoms until after it has begun to spread. Colonoscopy or carefully getting your colon checked out for polyps (little growths) in an outpatient clinic can save your life. With regular, recommended screening, colorectal cancer, cancer of the colon or rectum can be totally prevented by removing polyps before they become cancerous.

Watch out for the risk factors described below, do they represent you or someone you love?

- Men and women age 50 and older.
- People who use tobacco.
- Women and men who are obese or sedentary.
- Persons with a history of inflammatory bowel disease, such as ulcerative colitis or Crohn's disease.
- Those with a family history of inherited colorectal cancer.

In turn risk can be reduced by:

- Being physically active and regular exercise.

See your doctor right away if you notice any of these symptoms:

- Pain in the belly.
- Blood in your stool or very dark stools.
- A change in your bowel habits, such as more frequent stools or a feeling that your bowels are not emptying when you go to the bathroom.

Reduce your risk by:

- Staying physically active with regular exercise.
- Maintaining a healthy weight.

"Take care of your body. It's the only place you have to live."

- Jim Rohn

Gambling Harmless. Don't Bet On It!

Some people can place a friendly wager without negative consequences. And others get carried away. Gambling is putting something valuable at stake on the outcome of an event before it happens. Problem gambling causes enormous emotional, legal, financial and psychological problems for both the gambler and their families. Destructive compulsive gambling habits can lead to serious consequences:

- Children often suffer from neglect or abuse.
- Spousal neglect, abuse and divorce.
- Serious crime such as stealing money to help pay off debts, appease bookies, maintain false appearances and use as a new income stream to gamble.
- Depression, a major depressive disorder or suicide.

Source: National Problem Gambling Awareness Week website (www.npgaw.org)



**Reach Out For Help If Your Gambling Is Out Of Control.
Danger Signs To Look For Include:**

- ✓ Eroding relationships or finances
- ✓ More time devoted to gambling activities than spending quality time with others
- ✓ Inability to stop or cut back gambling activities
- ✓ Borrowing money to pay back gambling losses
- ✓ Carefully hiding your gambling habits from family and friends

GOOD DECISIONS\$

5 Steps To Sleep Easy

Grab hold of the things you can control and prepare the best you can for the things you can't. You'll find you may sleep better knowing you have economic security.

1 - Cash Flow

Keep an eye on the money coming in and going out of your household by tracking expenses. The basics of watching your cash flow can be the dam that keeps the rush of spending in place and pool the funds you need for financial planning.

2 - Estate Planning

Draft or update your will. Then make copies. It sounds obvious, but don't forget to put all documents in a safe place and provide copies to your executor or trustee.

3 - Insurance

Make sure you have adequate insurance coverage for life, disability, long term care and health. If you have children that depend on you financially you need life insurance to cover lost income if something should happen to you. Generally, term life is your best bet.

4 - Retirement

Visit your retirement plan website and see how close you are to hitting your goal.

5 - Investments

Compare your returns with the most relevant stock, bond or blended index.



"Work and live to serve others, to leave the world a little better than you found it and garner for yourself as much peace of mind as you can. This is happiness." - David Sarnoff



Live Healthy!

LIVE HEALTHY!

Nurse Helplines: Confidential help with healthcare questions when you need it. Whether it's the middle of the night or a Sunday afternoon, you can talk to nurse counselors who will assist you with shared decision making to identify appropriate levels of care and provide information that helps you better understand and manage your healthcare needs and treatment alternatives. All of our medical plans offer a Nurse Helpline that is available 24/7.

Group Health Consulting Nurse Services:

- Seattle: 206-901-2244
- Tacoma: 253-596-3400
- All other areas: 800-297-6877
- CareLine for Christian Brothers members: 866-448-1678
- Kaiser Permanente: During regular office hours call the Advice phone number at each medical clinic. Evenings, weekends and holidays call 800-813-2000.



The information in this publication is meant to complement the advice of your health-care providers, not replace it. Before making any major changes in your medications, diet or exercise, talk to your doctor. ©2011 Inspired Perspectives LLC.