



NOVEMBER 2011



DHEALTHY Perspectives

"Your Source For A Happy and Healthy Lifestyle"

INSPIRE TO MOVE

Energy From Oxygen

Oxygen is needed by every cell in your body in order to live. If you can't breathe, then you certainly can't get the physical activity your body needs to be healthy. Building lung capacity is important to everyone. Healthy lungs work to bring in oxygen that the body needs to create energy. Regular exercise requires the body to burn energy. Your lung tissue has to work harder to get more oxygen into the body and blood stream. When the lungs work harder, such as from exercise, the volume of air (air capacity) that your lungs can hold, grows stronger.

Many smokers are motivated to quit because they see the hypocrisy of having a cigarette when leaving the gym or after a workout. It's amazing how getting your heart pumping makes you feel so good. If a person is addicted to nicotine then there is an inner battle going on. The "addiction", which wants to light up, and the logical part of the brain that is enjoying the gratifying effects of exercise. This is why it's common that exercising can trigger the desire to quit smoking for good.

It's rewarding to observe the body becoming more capable with each workout. Just as the muscles repair and become more powerful, so do the lungs regenerate once cigarettes are gone.



*"If you woke up breathing, congratulations!
You have another chance."*

- Andrea Boydston

WITHIN DAYS of the last cigarette, the upper airways of the lungs begin to regrow.

WITHIN WEEKS it's noticeable how much better the lungs are functioning. This helps you to bring in more oxygen for greater stamina and strength.

WITHIN MONTHS lung capacity rises by 30 percent. Which means your workouts will yield better results.

WITHIN SIX MONTHS the tiny hairs in the upper airways have re-grown to the state of a non-smoker and bronchial tissue is beginning to heal. This is important, so the lungs have a defense against toxins.

WITHIN YEARS, or as early as 9-12 months, according to the American Lung Association, persistent coughing, sinus infections, or other respiratory distresses associated with smoking, decline. Which means you feel better and have more time to enjoy life!



*Click on the arrow
for a flash presentation
on how your lungs work!*

NOURISHING YOU



Anti-Diabetes Diet

Whether you want to avoid diabetes, or are managing a condition, adding a few easy eating habits is the key. The dietary requirements for avoiding diabetes are the same as a healthy diet for anyone! The idea is to eat in moderation, stick to regular mealtimes, and of course, eating a variety of fruits, vegetables, and whole grains.

If you have diabetes, healthy eating helps keep your blood sugar in your target range. Controlling blood sugars for a diabetic can prevent the problems that high blood sugar causes to the kidneys, nerves, feet, and eyes. You are in control of your illness and can possibly reverse it!

A registered dietitian can help make an eating plan just for you. You should take into account your weight, medicines, lifestyle, and other health problems you have.

HEALTHY DIABETIC EATING INCLUDES:

- Limiting foods that are high in sugar
- Eating smaller portions, spread out over the day
- Being careful about when and how many carbohydrates you eat
- Eating a variety of whole-grain foods, fruits and vegetables every day
- Eating less fat
- Limiting your alcohol consumption
- Using less salt

If you or someone you love has been diagnosed with type-2 diabetes, there are programs to offer help and support. You may have a program through your employer or health plan, or you may

CLICK HERE

to enroll in the
*Living with
Type-2 Diabetes Program*
from the
American Diabetes Association.
IT'S FREE! Visit on the web
or call 1-800-DIABETES.



Heartburn of the Non-Holiday Kind

It may seem like the holidays are a recipe for heartburn, but there are things you can do to prevent acid reflux on the big day as well as everyday. Overeating is a major cause of heartburn which is caused by digestive stomach acid flowing up into our esophagus or food pipe. If you are bothered by acid reflux, eat smaller amounts more times during the day, but stop eating two or three hours before you lie down to sleep. If you have to eat late, lie down, and elevate your head and shoulders or lie on your left side. As these methods reduce the acid from flowing back into your esophagus.

High-fat foods are known triggers for acid reflux, and it's good to get familiar with foods that cause your heartburn to happen. If you know onions, jalapenos, or spicy foods get to you, consider skipping them. Some medications may help. If you make changes in your diet and still have heartburn, see your doctor.

Heartburn should not be allowed to continue untreated as the acid could injure your esophagus requiring some serious treatment.

Low-Fat Pumpkin Pie

- 4 egg whites, slightly beaten
- 16 oz. can pumpkin
- 1/2 C brown sugar
- 2 Tbsp molasses
- 1/2 Tsp salt
- 1/2 Tsp cinnamon
- 1/2 Tsp pumpkin pie spice
- 12 oz. can evaporated skim (fat-free) milk
- 9" unbaked pie shell

Preheat oven to 425F. Combine ingredients in above order. Mix well. Pour into pie shell. Bake for 15 minutes. Reduce temperature to 350F and bake for 45 minutes more. Makes 8 servings. Each piece has 240 calories, 7g fat, 3g sat. fat, 7mg cholesterol.



*"The proximity
of a desirable thing
tempts one to
overindulgence.
On that path
lies danger."
- Frank Herbert*

HEALTH HARMONY



Squash the Travel Bug

Whether you're taking planes, trains, or automobiles, November is one of the busiest travel months of the year. Winter is also when most of the respiratory viruses thrive. Nothing makes a trip worse than getting sick en route.

FOLLOW THESE TIPS TO DEFEND AGAINST GERMS:

- Get enough sleep and stay hydrated before you leave.
- Wash your hands often and carry hand sanitizer.
- When going through airport security and you have to take your shoes off, make sure to have socks on or readily available. Don't walk barefoot.
- Try and reserve your seat near the front of the airplane when flying.
- If you are staying in a hotel, take a look around the room. If it doesn't smell fresh or you see water stains on the ceiling, request another room or find another hotel.

VIRUS

*is a latin word
used by doctors
that means
"Your guess is
as good as mine."
- Unknown*

Antibiotic Resistance

To fix a problem, it is best to understand it. A windy day makes it harder to fight a forest fire because oxygen feeds flames and makes it burn hotter, while the breeze spreads it faster. To extinguish a fire, starve it of oxygen by smothering it.

BACTERIA

Let's take a look at bacteria, which are just single cell microorganisms. They live everywhere and in everything and in fact, have more biomass on our planet than all humans, plants and animals combined. Most are beneficial while some are bad for us, causing respiratory infections and other ailments.

VIRUS

A virus, on the other hand, is 100 times smaller and can even infect a bacteria. A virus can cause the common cold with flu-like symptoms. When you have the common cold, taking an antibiotic makes things worse. The antibiotic has no bad bacteria to fight, so it just mingles with the good bacteria in our systems.

Putting antibiotics into people too often has caused many bacteria to change and become resistant to the antibiotic medicines we have produced. This is a big problem, as we now have new mutated bacteria that cannot be treated by existing antibiotics. Antibiotics cannot hurt a virus at all...just us...by weakening our immune systems and adding fuel to the fire.

- The Right Way
To Wash Your Hands:**
- ✓ Wet your hands with clear running water and soap.
 - ✓ Rub your hands together into a lather and scrub them well, including between your fingers and the backs of your hands.
 - ✓ Continue rubbing your hands for at least 20 seconds.
 - ✓ Rinse well under the running water.
 - ✓ Dry your hands using a clean towel or air dry.



to see a Bill Nye
video explaining
"Soap"
VS.
"Antibacterial Soap"



Long-Term Care Issues and Planning

Who will take care of you when you are old? Is it fair that your children, if you have any, assume the burden? If you become unable to care for yourself now because of a disability for an extended period of time, do you have a long-term care plan?

Long-term care protects you from the significant financial risk posed by the potential need for care in your home, an assisted care facility, or a nursing home. It's impossible to predict what kind of care you may need in the future or know what the costs will be, but an affordable long-term care insurance policy can protect you from the risk of much larger out-of-pocket expenses.

The National Association of Insurance Commissioners
has developed standards that protect consumers.



to visit their website and to learn what to look for
in a long-term care insurance policy.

*"Life is what happens to you while you're busy making other plans."
- John Lennon*



LIVE HEALTHY!

Fall is a great time to **Live Healthy!**

Log onto our internet site at www.seattlearchbenefits.org
and click on Wellness for a description of
this year's program and highlights.

