



WELCOA'S
spark16
 IGNITE YOUR BEST YOU.

FEATURING
 16 GREAT WAYS TO...
**MASTER
 YOUR EATING
 ENVIRONMENT**
 Pages 4-5

A MONTHLY HEALTHLETTER FROM THE WELLNESS COUNCIL OF AMERICA

QUICK TIPS
In An Emergency

Witnessing a medical emergency can be overwhelming and scary. However, if you're on the scene, there's a good chance you probably know the victim, which makes your actions all the more important.

Commit the critical tips below to memory now, so that if you come upon a crisis, your actions will be a matter of second nature.

- ✦ Treat any injuries that you can, but minimize body movement to prevent further injury.
- ✦ Do not move the person's head.
- ✦ Keep the person lying down. If you observe vomit or blood coming from the mouth and nose, turn the person on his or her side to prevent him or her from choking.
- ✦ Do not move the person from the site unless the surrounding area is dangerous; i.e., you're located on a highway at the scene of a car accident.
- ✦ Try to help the person get comfortable—loosen collars and unbutton or cut away tight clothing. Cover the person with a blanket if one is available.
- ✦ DO NOT give the person anything to eat or drink.



To Save A
LIFE
Hands-Only CPR

Situations that involve a loss of consciousness are always serious. And because the causes of unconsciousness include heart attack, head injury, stroke, diabetes or shock—just to name a few—an unconscious person always needs immediate medical attention.

Your Actions Can Save A Life

As a bystander to a medical emergency, one of the worst things you can do is nothing. To be sure, you don't have to be a trained medical professional or even certified in CPR to help an unconscious victim. If you come upon an individual who is not conscious and is not breathing, the American Heart Association recommends you follow these two steps:

Step One: If you see a teen or adult suddenly collapse, call 9-1-1 for help.

Step Two: While you're waiting for professional help to arrive, push hard and fast in the center of the victim's chest:

- Place the heel of one hand in the center of the victim's chest. Then, put your other hand on top of that hand.
- Push hard and fast on the chest. It's recommended that you push to the beat of the classic disco song "Stayin' Alive" as it has the right beat for the number of compressions required for hands-only CPR.

Continue chest compressions until help arrives.

Remember, don't be afraid to help if the unfortunate happens. Following the two-step plan outlined above is quick and easy, and it can help save a life.

CPR can more than double a person's chances of survival.
 -The American Heart Association

MORE HEALTH TIPS INSIDE

This Month's Recipe:

This meal is my savior when all I can think about is burgers and fries!

Thankfully with just a few clever tweaks you can turn a lean patty of ground beef into a flavorful bonanza that will truly melt in your mouth. Portobello mushrooms are the secret weapon in this recipe. They lend a rich, savory flavor and keep the patty moist and juicy. They also provide a wealth of minerals, antioxidants and immune-boosting chemicals.

INGREDIENTS:

About 1 ¼ lbs. extra lean ground beef

2 large portobello mushroom caps, chopped

4 Tbsp bread crumbs

6 slices, 100% whole grain bread

1 ½ Tbsp Worcestershire sauce

6 slices 2% milk Swiss cheese

½ tsp pepper

½ tsp kosher salt

½ yellow onion, finely diced

2 cloves garlic, minced

INSTRUCTIONS:

Combine beef, mushrooms, yellow onion, bread crumbs, Worcestershire sauce, garlic, and pepper in a bowl and mix until just combined. Form into six large, flat patties. Over medium/high heat, cook in a skillet coated with pan spray until browned on both sides and cooked through. Toast bread. Place each patty on a slice of toast, top with cheese and place in oven on broil until cheese melts (about 60 seconds).

Portobello & Beef

Patty Melt



Dr. Ann
Ann Kulze, M.D.

With formal training in nutrition and medicine, plus hands-on experience as a mother of four and family physician, Dr. Ann is a unique nutrition expert for the real world.

The whole food ingredients found in Dr. Ann's recipes are the right foods for health and vitality. Nutritional excellence naturally follows.

For more, visit DrAnnWellness.com.



Spice It Up & Protect Your Health!

Several studies now reveal that many different herbs and spices offer substantial health benefits. In fact, common herbs and spices in your cupboard may help protect against certain chronic conditions, like cancer, diabetes and heart disease.

Here's a look at some of the most health-boosting herbs and spices.

Turmeric & Curry: Both of these spices are teeming with the golden yellow pigment, curcumin, now world-famous for its anti-inflammatory power. Inflammation plays a fundamental role in the genesis of many chronic diseases including cardiovascular disease, obesity, cancer and Alzheimer's.

Spice It Up: Get into the habit of kicking up the flavor and health of your bean, poultry and rice dishes with turmeric and curry.

Crushed Red Pepper: Past studies have shown that capsaicin, the component in chili peppers that provides its hot kick, can mitigate hunger and boost metabolism.

Spice It Up: If you want to burn more calories after a meal and experience reduced hunger, add a liberal dash or two of red pepper to your lunch or dinner.

Cinnamon: This spice has been shown to lower blood sugar, triglycerides and total cholesterol in people with type 2 diabetes.

Spice It Up: Add 1 teaspoon of cinnamon to your morning coffee. Or add a teaspoon to your oatmeal or in some plain, non-fat yogurt.

Garlic: A recent review of the latest studies evaluating garlic's beneficial effects on blood pressure provided some real artery-opening results. After combining the data from 11 separate clinical trials, researchers found that garlic indeed packs an impressive blood pressure-lowering punch.

Spice It Up: Get into the habit of kicking up both the flavor and heart-healthfulness of your meals by using fresh garlic regularly. For best results, chop or mince and then add to your dishes at the end of cooking (heat can reduce the effectiveness of garlic's active ingredients).

Oregano: A USDA study found that oregano has the highest antioxidant activity of 27 fresh culinary herbs.

Spice It Up: Add $\frac{3}{4}$ teaspoon of oregano to your tomato soup, or add $\frac{1}{2}$ teaspoon to two cups pasta or pizza sauce.

Savor The Flavor, Cut The Calories

In addition to their healthful benefits, herbs and spices may even play a part in weight control. To be sure, using herbs and spices adds substantial flavor without the extra calories and may decrease the amount of salt, fat and sugar you use. Moreover, tastier, spicier foods are more satisfying than bland ones—and we tend to eat bland foods faster, and with less fulfillment. If you're not satisfied, you're more likely to overeat.

Quick Tip

Both fresh and dried herbs and spices provide health benefits, but their active compounds degrade with time. Aim to use dried herbs and spices by the "Best By" dates stamped on them. Also, be sure to store them in airtight containers away from heat, moisture and direct sunlight.



SUPER STAR FOOD OF THE MONTH: GINGER

Inflammation is a key driver of most chronic diseases and the anti-inflammatory power in ginger is off-the-charts. The potent inflammation busters in ginger are called xanthines. These valuable agents are also work-horses for boosting immunity and fighting viral infections. For optimal results, include ginger (powdered or fresh) in your diet regularly.



WELCOA'S **spark16...** Tips To Help **EATING ENV**



Need Help With Portion Sizes?

Try the **Food Portion Decoder** app. Simply touch the virtual items displayed in a given food category and instantly see what the food portion equivalent is. Search for it in the iTunes store.



1 Proclaim yourself a nutritional gatekeeper. Being a nutritional gatekeeper means you fully monitor and control all the food you and your family consume. It's a serious responsibility that can help you and your family become healthier.

2 Set junk food rules. It's not realistic to change all your eating habits overnight, so start by establishing a time and place where you and your family can have a small treat.

3 Set a limit on how many times you will eat out in a week, and stick to it. Try to eat at home as much as possible. Each additional meal or snack consumed outside of the home comes with an average of 134 extra calories versus the same meals or snacks prepared at home.

4 Use a salad plate for your entrées. We tend to serve ourselves less food and consequently eat less food when we use smaller plates, bowls and utensils.

5 Bring healthy snacks to work every day instead of grabbing something from the vending machine. Celery with peanut butter, carrots and hummus, and apples and yogurt are just a few easy ideas.



6 Keep treats in a harder-to-access drawer. Research shows that the more food is front-and-center, the more likely you'll eat it. Place your treats in a top drawer, where they're harder to access.

7 Don't ever be timid to call the shots when dining out. Always request/demand food is prepared or substituted to your liking. For example, always ask that your salad dressing comes on the side so you can control the portion you eat.



You Gain Control Of Your ENVIRONMENT



8 Wait 15 minutes before giving into cravings. Most nutritionists recommend waiting this long before giving into your craving. Chances are it will go away. If it doesn't, treat yourself to a very small portion.

9 Try to avoid purchasing foods that contain ingredients you have a hard time pronouncing. Steer clear of foods that list ingredients that read as if they were something from Frankenstein's lab like "butylated hydroxyanisole" or "acelsulfame-K."

10 When you do dine out, select fast food outlets that have a greater selection of healthy choices. Sandwich and sub-based chains are usually the best option. Go for sandwiches, subs or wraps made with whole grain or whole wheat breads, and ask for every vegetable topping available.

11 Identify food barriers at home and work. Do you have a candy jar on your desk? Are your favorite cookies sitting on the kitchen counter? Replace such barriers with healthy alternatives like a fruit bowl.

12 Use your hands to stay on target with portions. Limit what you plan to eat to what would fit in your two hands cupped together (minus fruits and veggies—no need to limit those).

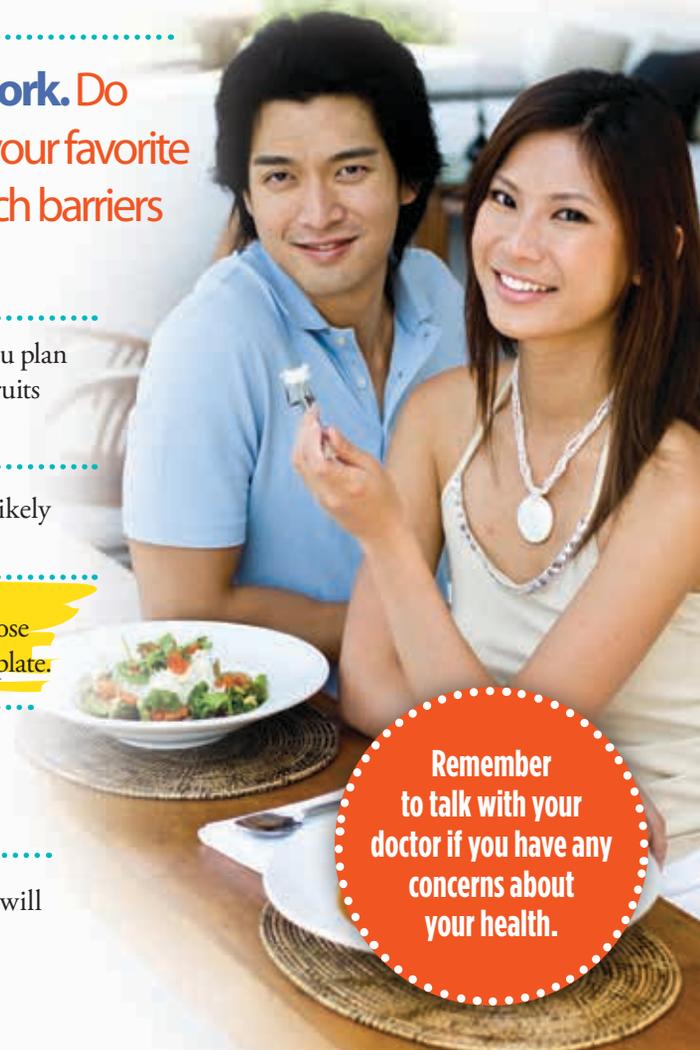
13 Post your week's meals on the refrigerator. You'll be more likely to stick to it, and your family will know what to expect.

14 Don't ever snack directly out of the bag. It's the easiest way to lose track of how much you've eaten. Place your snack in a small bowl or plate.

15 Order the small size. Small or kid-sized versions at any restaurant are enough for adults. You can also look for "petite", "mini" or "half-portion" entrée selections.

16 Wear more tightly fitting clothes. If you do, chances are you will get a "gut feeling" when you have had enough to eat!

Controlling your nutritional environment is one of the most important over-arching strategies for maintaining a healthy body weight and it's doubly important when dining out.



Remember to talk with your doctor if you have any concerns about your health.

Grin & Bear It OR Rest &



When & How To Resume Your Workout Routine After An Injury

If you've gotten into a workout groove, perhaps nothing is more frustrating than getting sidelined by an injury. Whether you simply look forward to your daily 30-minute walk or you don't want to lose your fitness level or you're afraid of gaining weight, there's no doubt that an injury comes with numerous consequences. The good news is that when addressed quickly and properly, you can get over most injuries and back to your normal routine in no time.

Here's the path to take if you're experiencing pain or an injury.

Stop the minute you're in pain. Pain is your body's way of telling you that something is wrong. If you ignore this warning sign, you usually risk experiencing greater pain and injury. So, if your knee is really throbbing during a walk or run, stop working out. Do some light stretching or apply ice or heat therapy (see side column) to ease the discomfort.

*Find the path
to take if you're
experiencing pain
or an injury*

Recover?

You may not like the thought of cutting your workout short due to pain, but if you get rest now and treat your ailment immediately, you can get back on track more quickly. Push yourself too hard, however, and instead of a little tendonitis, you may have to deal with a stress fracture and have to sit out for months.

Seek professional care for anything serious. Pay attention to what your body is telling you. If you're in so much pain that you can't complete normal daily activities (like walking to the office from your car or sleeping at night) or if the pain has not eased over the course of a few days, then it's time to seek professional medical help.

Get a doctor's release. If you experienced a serious injury, be diligent about following your doctor's advice and treatment plan. And above all else, don't start your workout regimen without your doc's consent. You risk further injury and pain if you do.

Gradually get back into your routine. Once you feel better or have your doctor's release, ease back into your routine. For example, if you injured your hamstring jogging, try brisk walking for a week before jumping into your normal running pace. Or if you injured your elbow playing tennis, try some light serves and motions before playing a match.

If you begin to feel pain or are easily tired, ease the intensity even further, or try an entirely new activity altogether. For example, if you injured your elbow, try brisk walking. If you injured your leg, try doing some upper body weight training. This will allow you to be active without irritating your injury.

Remember, full recovery from pain or an injury should always be your priority. Get the rest and treatment (if required) your body needs now so you don't have to suffer from greater injury or inactivity later.

Should I Work Out When I'm Sick?

If you're not feeling your best, you may be wondering if a light workout could make you feel better or make things worse. The answer to this question usually lies within where you feel sick:

- If your illness is from the neck up, like a head cold, and you feel well enough to work out, go ahead. It's probably a good idea to work out at a lesser intensity though.
- If you have a chest cold or infection, you should be very cautious. If you have a chest cold, you likely have inflammation or mucus in your lungs. When you work out and increase your heart rate, you could cause further inflammation and irritation to your lungs.

Should I Use Heat Or Ice?

There seems to be a lot of debate and confusion over this simple question. Here's what you need to know:

WHEN TO USE COLD/ICE THERAPY:

Ice therapy is usually the best treatment to use immediately after experiencing an acute injury (i.e., sprains, twists or anything that is tender or swollen). Ice causes the blood vessels to narrow and it limits internal bleeding at the injury site, meaning it can help reduce swelling and pain.

To ice an injury, wrap ice in a thin towel or baggy and place it on the affected area for 10 minutes at a time. Allow your skin temperature to return to normal before icing a second or third time. You can ice an acute injury several times a day for up to three days.

WHEN TO USE HEAT THERAPY:

Heat is ideal for chronic injuries like sore, tight or stiff muscle or joint pain. Heat therapy is best when used before exercise. After a workout, ice is the better choice on a chronic injury. Safely apply heat to an injury 15 to 20 minutes at a time and use enough layers between your skin and the heating source to prevent burns.

Remember, you should see your doctor if your injury does not improve (or gets worse) within 48 hours.



In every issue you'll find 16 ridiculously simple ways to stay healthy!

IN THIS ISSUE

- » The Two Steps That Can Save A Life
- » 16 Ways To Master Your Eating Environment
- » Make Your Food Taste Better *and* Improve Your Health
- » The Best Way to Recover From An Injury



DID YOU KNOW?

1 TO 2

NUMBER OF STEPS THAT CAN SAVE AN UNCONSCIOUS, NON-BREATHING VICTIM'S LIFE.

15 minutes

MINUTES THAT MANY NUTRITIONISTS RECOMMEND WAITING BEFORE GIVING INTO A CRAVING. YOU'LL FIND THAT MOST GO AWAY AFTER THIS TIME.

48 hours

SEE A DOCTOR IF AN INJURY DOES NOT IMPROVE OR GETS WORSE AFTER THIS AMOUNT OF TIME.



First Aid Do's & Don'ts

DO assess immediate danger. If the victim is in the middle of a busy road or in harm's way, move him/her to a safe place before performing rescue. If you must move the victim, watch out for neck or spinal trauma—move with caution.

DO call for help. Call 9-1-1 yourself or direct another bystander to do so. Don't just yell "help" as bystanders will likely not know what to do.

DO check the airway. If the airway is obstructed, try clearing it with your fingers if you feel comfortable doing so. Don't place your fingers in the victim's mouth if they are convulsing or having a seizure.

DO check for breathing and circulation. If absent, start hands-only CPR until help arrives.

DON'T do nothing. Your quick actions could help save a life. Standing by and doing nothing will not help the victim.

What's In A Number?

4

MINUTES

The time it takes for an unconscious, non-breathing victim to experience permanent brain damage if no rescue care is performed. Death can occur as soon as 4 to 6 minutes later.

15 TO 30

SECONDS

The time it takes to call for help and begin hands-only CPR.