

# April 2012 Newsletter



Happy  
Easter!



## World Health Day – April 7<sup>th</sup>, 2012: Ageing and Health

Every year, World Health Day is celebrated on 7 April to mark the anniversary of the founding of WHO (World Health Organization) in 1948. Each year a theme is selected for World Health Day that highlights a priority area of concern for WHO.

World Health Day is a global campaign, inviting everyone – from global leaders to the public in all countries – to focus on a single health challenge with global impact.

Focusing on new and emerging health issues, World Health Day provides an opportunity to start collective action to protect people's health and well-being.

*Ageing and health* - to which each and every one of us can relate - is the theme of this year's World Health Day. Using the slogan "Good health adds life to years", campaign activities and materials will focus on how good health throughout life can help older men and women lead full and productive lives and be a resource for their families and communities.

Over the past century life expectancy has increased dramatically and the world will soon have more older people than children. Populations are ageing everywhere, but less-developed countries are witnessing the fastest change. This social transformation represents both challenges and opportunities. In particular, countries may only have a single generation to prepare their health and social systems for an ageing world.

Source: <http://www.who.int/world-health-day/en/>

And the  
Winner  
is...  
Caroline  
Underhill  
for the  
Month of  
March!



## 5 Tips on Healthy Living: Spring Cleaning

*Spring is a season of renewal and growth, not only for the Earth, but for the mind and body as well. The following are some tips that may help you kick-start the cleanse and find your natural balance.*

- 1. Mono meals.** *This means you stick to all one food for a snack or meal like a whole serving of strawberries rather than strawberries and pineapple and grapes and nuts and cheese. Mono meals are very easily digestible which frees up extra energy for other endeavors like a bike ride or flying a kite. The bottom line is "Mono Meals" are just easier for your body to deal with and who doesn't want an easy button?*
- 2. Proper Digestion.** *Allow your body to fully digest one meal before cramming down your next nosh. Waiting 3-4 hours usually does it between meals, but use your own body wisdom to tune into how your digestive process is moving along.*
- 3. Water!!!** *This is the old standby health tip. Yes, it's that important; especially if you want to cleanse the body and help every system work more efficiently. To figure out the minimum amount you should be consuming daily, figure half your body weight (in lbs) and drink that many ounces (Example: A 150-lb person requires at least 75 ounces of water per day). If you are doing yard work or working out, that number increases exponentially.*
- 4. Breathe.** *It's not food in the culinary sense, but breath is just as essential as food and water for cleansing and renewing the body. The springtime air is sweet and fragrant; it's easy to enjoy this tip. The lungs are your 2nd largest detox organ next only to your skin, so use them to release stagnant energy and old carbon dioxide. A great benefit to regularly utilizing slow, deep breathing is that the mind follows the breath.*
- 5. Seasonal Foods.** *Asparagus, strawberries, citrus, artichokes, arugula, celery root, broccoli & broccoli rabe, garlic, bok choy, clementines, etc. They are packed with nutrients, and it is always a good idea to eat with the seasons to help your body go with the flow of nature.*

Source: <http://www.intothesoup.com/5-tips-healthy-living-spring-cleaning>

## Easter Candy

### Did you know...

- \* Cadbury Creme Egg, 160 calories
- \* Cadbury Mini Eggs Candy, 12 pieces (40g), 190 calories
- \* Snickers Chocolate Egg (1.5 ounces), 200 calories
- \* Russell Stover Solid Milk Chocolate Eggs, 6 pieces, 230 calories
- \* Russell Stover Marshmallow Rabbit (2 ounces), 230 calories
- \* Reese's Peanut Butter Eggs, 1 piece, 170 calories
- \* Russell Stover Marshmallow Egg, 110 calories
- \* Pez Hippy Hoppities, one roll, 35 calories
- \* Bunny Peeps, four bunnies, 110 calories
- \* Jelly Beans, 4 calories per bean
- \* Hershey's Hollow Milk Chocolate Egg (570 Calories for the shell alone) with four candy-coated milk chocolate eggs inside (90 more calories)

**CURRIED CHICKEN SALAD 25 Min.** (plus preparation time for chicken)

- \* 4 cups butter lettuce, washed, dried, and broken into bite-size pieces
- \* 2 cups spinach, coarsely chopped
- \* ¼ cup alfalfa sprouts
- \* ½ cup arugula or fresh cilantro, chopped (optional)
- \* 2 cups roast chicken, skinned & shredded (any broiled, steamed, or barbecued chicken)
- \* 2 cups asparagus
- \* ½ cup carrots, slivered

*Prepare the salad.*

In large bowl, combine lettuce, spinach, sprouts, and arugula or cilantro. Break and discard tough ends from asparagus, and cut into 1-inch diagonals. Drop asparagus into boiling water. Boil for 3-4 minutes or until it turns bright green. Remove from boiling water, and place immediately under cold water. Pour boiling water over carrots and allow them to blanch for 1-2 minutes. Drain. Add chicken, asparagus, and carrots to salad greens.

**CURRIED MAYONNAISE DRESSING:**

- \* 2 tablespoons olive oil
- \* 1 tablespoon fresh lemon juice
- \* 1-2 tablespoons mayonnaise
- \* 1 teaspoon honey
- \* ¼ teaspoon curry powder
- \* ¼ teaspoon dried basil or 2 teaspoons fresh basil, minced
- \* 1 teaspoon scallions, minced
- \* 1 teaspoon sea salt (optional)
- \* Fresh ground black pepper

*Prepare the dressing.*

In small bowl, combine oil, lemon juice, mayonnaise, and honey. Whisk until creamy. Add curry powder, basil, scallions, and sea salt. Whisk again. Pour over salad. Season with pepper to taste.

*Makes 1 very large or 2 moderate-size salads.*

**Source: Fit for Life**



earth  
Day

April 24th

**7 Foods for Healthy Eyes**

Are you eating foods that will help improve eye health? Here are seven delicious choices that help minimize age-related vision changes and reduce the risk of serious eye diseases, too. By Mehmet C. Oz, MD, and Michael F. Roizen, MD

**Kale** - Cooked kale, spinach, collards, and turnip greens (along with broccoli and eggs) are crammed full of lutein and zeaxanthin -- two powerful antioxidants that may help protect against retinal damage and the onset of cataracts and age-related macular degeneration.

**Oranges** - Vitamin C-rich fruits and veggies -- like oranges, peaches, strawberries, tomatoes, and red bell peppers -- help support blood vessels in the eye and may reduce the risk of cataracts.

**Peanuts** - Are a good source of vitamin E, a nutrient known for protecting eyes from free-radical damage. Vitamin E may also hinder the progression of cataracts and age-related macular degeneration. Almonds, sunflower seeds, and hazelnuts are other good sources of vitamin E.

**Kidney Beans** - Are a good source of zinc, a mineral that is vital to eye health. It helps get vitamin A from the liver to the retina for eye-protective melanin production, and proper amounts of zinc help with night vision and cataract prevention, too. Oysters are another good source, along with beef, seafood, poultry, and pumpkin seeds.

**Salmon** - Has two types of omega-3 fatty acids -- docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) -- both of which may be important in preventing or slowing down eye diseases. A lack of omega-3s may also contribute to dry eye syndrome. Other omega-3 sources include tuna, sardines, walnuts, and flaxseeds.

**Whole Grains** - A recent study suggests that a low-glycemic-index (GI) diet may reduce the risk of age-related macular degeneration (AMD) by almost 8%. One way to quickly lower the GI of a meal? Use high-fiber whole grains instead of refined carbs. Think quinoa, brown rice, whole oats, and whole-wheat breads and pasta rather than products made from refined grains or refined, enriched flour.

**Apricots** - Are rich in beta carotene, a carotenoid that the body converts to vitamin A. And research shows beta carotene may help with night vision -- and possibly even play a part in preventing cataracts. Carrots, sweet potatoes, cantaloupe, and winter squash are other great sources of beta carotene.

[http://www.realage.com/eye-health/food-for-eyes?src=house&dom=realage&var=rr\\_promo&ad=MKT\\_RRP\\_Vision\\_Center\\_336x100\\_Crv03#bIndex1](http://www.realage.com/eye-health/food-for-eyes?src=house&dom=realage&var=rr_promo&ad=MKT_RRP_Vision_Center_336x100_Crv03#bIndex1)

**HOLIDAY HOURS FOR  
EASTER WEEKEND:**

**GOOD FRIDAY April 6<sup>th</sup>  
CLOSED**

**Saturday April 7<sup>th</sup> - OPEN  
EASTER SUNDAY April 8<sup>th</sup>  
CLOSED**

**Monday April 9<sup>th</sup> - OPEN**