

## March 2014 Newsletter

### Dr. Oz Tip of the Day

Whether or not ovarian cancer runs in your family, it's a good idea to adopt an anti-ovarian cancer diet. One simple anti-ovarian cancer food addition is to eat about a half a cup of endives two times a week. If the endives are raw, it maximizes the cancer fighting properties. Another easy addition is to incorporate half a cup of raw onions into your diet whenever you can. Some studies have shown this can help reduce your risk of ovarian cancer by a whopping 73%.

<http://www.doctoroz.com/tip-of-day>

And the  
Winner is...  
**Susan  
Hooper**  
for the  
month of  
**February!**



### Irish Colcannon and Thyme Leaf Soup

This soup reinterprets an Irish classic: colcannon, a dish of mashed potatoes and kale or cabbage. Garnish with extra thyme and black pepper.

#### INGREDIENTS

- \* 2 tablespoons butter, divided
- \* 2 1/2 cups diced peeled baking potato
- \* 1 cup diced onion
- \* 1/2 tsp. salt, divided
- \* 1/2 tsp. freshly ground black pepper, divided
- \* 3 cups fat-free, less-sodium chicken broth
- \* 2 cups water
- \* 3 tablespoons water
- \* 8 cups thinly sliced savoy cabbage
- \* 1 tbsp. chopped fresh thyme leaves

#### PREPARATION

- Melt 1 tablespoon butter in a large saucepan over medium heat. Add potato, onion, 1/4 teaspoon salt, and 1/4 teaspoon pepper. Cover and cook 6 minutes. Add broth and 2 cups water; bring to a boil. Cook 10 minutes or until potato is tender.
- Combine 3 tablespoons water and remaining 1 tablespoon butter in a large Dutch oven; bring to a simmer. Add cabbage and thyme. Cover and cook 5 minutes, stirring occasionally. Remove from heat; stir in remaining 1/4 teaspoon salt and remaining 1/4 teaspoon pepper.
- Place half of potato mixture in blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Pour into a large bowl. Repeat procedure with remaining potato mixture. Add potato mixture to cabbage mixture; cook over medium-low heat until thoroughly heated.

#### NUTRITIONAL INFORMATION (PER SERVING):

- \* Calories: 130 \* Fat: 4.1g \* Saturated fat: 2.5g
- \* Monounsaturated fat: 1.1g \* Polyunsaturated fat: 0.3g
- \* Protein: 4.2g \* Carbohydrate: 21g \* Fiber: 4.5g
- \* Cholesterol: 10mg \* Iron: 0.9mg \* Sodium: 442mg
- \* Calcium: 48mg

<http://www.myrecipes.com/recipe/irish-colcannon-thyme-leaf-soup-10000001591092/>

### Power up your diet

*There's a food movement afoot: Eating well to look, feel, and perform our very best is hot. And as Jamie Oliver and Michelle Obama alike are showing us, this isn't a matter of choking down foods because they're good for you. It's about filling your plate with delicious fare. It can also improve our mood, focus, energy, skin, and metabolism.*

- Wal nuts** - Good for: **Mood** Walnuts are packed with tryptophan, an amino acid your body needs to create the feel-great chemical serotonin
- Asparagus** - Good for: **Mood** These spears are one of the best veggie sources of folate, a B vitamin that could help keep you out of a slump.
- Spring garlic** - Good for: **Weight Loss** The slim-you benefit of this seasonal treat lies in a compound called allicin, which may keep you from overeating by stimulating satiety in the brain.
- Legumes** - Good for: **Weight Loss** Your body has to work to break down the bean to get through the fiber, so you're actually expending energy to digest it.
- Spinach** - Good for: **Energy** These tasty leaves are a great source of iron (especially if you don't eat meat), which is a key component in red blood cells that fuel our muscles with oxygen for energy.
- Artichokes** - Good for: **Energy** They're loaded with magnesium, a mineral vital for more than 300 biochemical reactions in the body—including generating energy.
- Salmon** - Good for: **Skin** Salmon is rich in a fatty acid called eicosapentaenoic acid (EPA), a type of omega-3 that naturally helps block the release of UV-induced enzymes that diminish collagen, causing lines and sagging skin.
- Strawberries** - Good for: **Skin** They're loaded with antioxidants that help your skin repair damage caused by environmental factors like pollution and UV rays.
- Eggs** - Good for: **Memory** The yolks are chock-full of choline, a key nutrient for recall. Your body needs choline to make a brain chemical called acetylcholine, crucial for storing memories.
- Blueberries** - Good for: **Memory** A type of antioxidant called anthocyanins have been shown in animal studies to increase signals among brain cells and improve their resilience, enhancing learning and memory. **Edited from:** <http://www.health.com/health/gallery/0,,20667261,00.html>

## Endometriosis Awareness Month

### ENDOMETRIOSIS: A PAINFUL, DEBILITATING, AND COMMON DISEASE

Though you often don't hear much about it in the news, endometriosis is common; an estimated 1 in 8 women and girls are affected and suffer from mild to severe pain as a result of the disease.

Unfortunately, endometriosis often goes undiagnosed for 6-10 years from the initial symptoms because the pain may be mistaken for normal menstrual cramping, and it can mimic other diseases. As a result, preteens and teenagers have particularly high rates of misdiagnosis.

You may be aware that endometriosis can damage the uterus, ovaries, and fallopian tubes. But did you know the following about endometriosis?

- It is benign but has features similar to some cancers.
- It can spread, invade and cause damage to many organs beyond the reproductive system.

If not detected and treated properly, endometriosis can be a serious, painful, and debilitating disease with severe medical consequences.

<http://www.millionwomenmarch2014.org/>



to show that there are options for consumers that want 'less salt please!', and to help make it easier to choose them.

**How much salt do we eat?** - Most people eat too much salt without even realizing it. You could be eating too much because about 75% of the salt we eat is already in the food we buy; only a small amount is added to our food at home.

**Why is salt bad for our health?** - Salt puts up our blood pressure, raised blood pressure (hypertension) is the major factor in strokes, heart failure and heart attacks, a major cause of death and disability worldwide. There is also increasing evidence of a link between our current high salt intake and stomach cancer, osteoporosis, obesity, kidney stones and kidney disease.

**How much salt should we eat?** - Adults should eat no more than 5g of salt a day, and children even less according to the World Health Organisation.

<http://www.worldactiononsalt.com/awarenessweek/World%20Salt%20Awareness%20Week%202014/115976.html>

### World Salt Awareness Week March 10-16, 2014

**World Action On Salt and Health (WASH)** have long been campaigning for everyone to eat less salt. As part of this campaign we have identified that in order for people to take control of their own health they need to know what they are eating in the first place. In 2014 our attention will be focused on the need for better nutrition labelling; investigating the current global trend towards nutrition labelling; congratulating those countries that have already implemented clear and consistent nutritional labelling, and targeting those countries that need to do so. The theme aims

## Your health: 10 things to do in March

Spring is almost here! Celebrate the warmer, longer days by taking care of your health this month. 10 tips to get you started.

- 1. GET A FREE CUSTOM FOOD PLAN** - Canada's Food Guide is full of helpful suggestions for maintaining a healthy diet. The best part? You can get a customized food guide online. Enter your gender and age and the system will give you a precise number of recommended servings per day of each category of food. Then, go through the guide section by section and choose serving examples that fit your lifestyle. You'll end up with a printable guide that'll look great on your fridge and it'll serve as a handy reminder of healthy food choices.
- 2. HAVE FISH FOR DINNER** - Canada's Food Guide recommends eating two servings of fish per week, and suggests options such as char, herring, mackerel, salmon, sardines and trout. For the healthiest picks -- both for you and for the planet -- make sure to choose sustainable options that are low in mercury and high in nutrition.
- 3. AIR OUT YOUR HOUSE** - It's been cold out, so it's understandable that we've all been keeping our houses locked up tight. But now that spring is approaching, pick a warm afternoon to open up windows and let in fresh air.
- 4. GET YOUR EYES CHECKED** - The Canadian Association of Optometrists recommends that adults get eye exams every year or two -- annually for those over 65 -- to maintain optimal ocular health. Even if you have to pay for the exam, it's a worthwhile investment -- it's the only pair of eyes you've got, after all. Make sure to save any receipts to claim as health-care expenses on your income tax return.
- 5. PICK UP A HOBBY** - If you're looking for a new challenge or a way to give your mind a break from daily stress, maybe it's time you picked up a new hobby. Whether it's running, knitting or online genealogy research, devoting yourself to a pastime is a great way to build confidence, meet new people and exercise your brain.
- 6. TRY A NEW GRAIN** - Variety is key when it comes to healthy eating. Not only should you be focusing on whole grains, but eating a number of different grains is the best way to take in a wide range of nutrients. Stuck on wheat, oats and rice? Try adding other grains to your diet: barley, wild rice, quinoa and spelt are some delicious options.
- 7. WATCH YOUR POSTURE** - Are you slouching in front of your computer, head jugged forward and shoulders rounded? Well, sit up! Hours spent in front of the computer take their toll on your back and neck. If you must spend your days glued to your chair (and many of us, sadly, must), make sure to get up regularly to stretch and give your body a break.
- 8. LAUGH OUT LOUD** - Laughter isn't just for fun anymore -- turns out it's good for your heart, too. According to one study, from the University of Maryland School of Medicine in Baltimore, daily laughter improves blood flow and has much the same effect on your body as exercise (which, researchers add, is no excuse to hang up your sneakers).
- 9. CUT THE TRANS FATS** - It's official: Trans fatty acids are one of the nastiest things in the typical Canadian diet. They've been implicated in increasing your risk of heart disease, and research from Wake Forest University School of Medicine shows that they cause you not only to gain more weight than eating other foods with the same amount of calories, but also to gain that weight in your abdominal area -- and who needs that? Instead, make a choice to be healthy and cut trans fats from your diet as best you can.
- 10. GET YOUR NUMBERS AND KNOW YOUR RISK FACTORS** - One of the keys to taking care of your health is knowing where you stand. Make sure to know your family history and the diseases you may be at risk for -- perhaps your parents and grandparents all had high cholesterol, for instance. Then discuss this information with your physician, and get any tests that will help you keep track of how you're doing.

**Source:** [http://www.canadianliving.com/health/mind\\_and\\_spirit/your\\_health\\_10\\_things\\_to\\_do\\_in\\_march.php](http://www.canadianliving.com/health/mind_and_spirit/your_health_10_things_to_do_in_march.php)