

# June 2016 Newsletter

ALS/MND Awareness Month



## The ALS Cornflower: A Symbol of Hope

The Cornflower (*Centaurea cyanis*) is a native annual/biennial plant from Mediterranean Europe.

Representing positive hope for the future, the Cornflower is a humble reminder of nature's simple beauty and the fullness of life's cycle. The Blue Cornflower is to ALS what the Daffodil is to Cancer....they are the Flower of Hope for both diseases. The Blue Cornflower is the international flower of hope for ALS/MND.

The Blue Cornflower plant is a very courageous plant, being able to stand up all the elements of nature (something many other plants cannot do) and the flower, with its star-like blossoms of brilliant blue, is one of our most striking wild-flowers. When you relate this to people with this disease, you can see that they have to also show courage, something that is not always easy, and strength of character to cope with the devastating changes that occur to the muscles in their bodies. The Blue Cornflower was chosen to symbolize ALS, as it hardy despite its fragile appearance. It is also long lasting, and grows in most locations in Canada. As the Blue Cornflower is planted, awareness of ALS grows along with it across the country.

Source: <http://www.als.ca/get-involved/als-awareness>



## 8 Infused Water ideas to keep you hydrated this Summer

- GRAPEFRUIT & ROSEMARY
- LEMON & LIME
- STRAWBERRY, KIWI & LIME
- CUCUMBER & MINT
- WATERMELON & BASIL
- RASPBERRY & MINT
- PINEAPPLE & COCONUT
- BLUEBERRY & ORANGE

## Have a Bug Bite-Free Summer

Let's start with the good news first. In most cases, mosquitoes are just plain annoying, and not seriously harmful. However, we need to pay close attention to the spread of West Nile Virus infection, which has raised the risk of a serious problem for many of us, particularly in endemic areas. There are many great tactics to take to prevent bug bites this season. Here are some common mosquito-bite prevention strategies:

- \*Cover your exposed arms and legs with long-sleeved shirts and pants.
  - \*Use a good fan to reduce the likelihood of pesky mosquitoes from landing on prime biting surfaces ... you!
  - \*Keep windows closed with air-conditioning on to keep them out.
  - \*Make sure your screens on windows and doors are in good shape.
  - \*Consider wearing mosquito-resistant clothing that may contain chemical repellents.
  - \*Try to eliminate standing water that can be a breeding ground for mosquitoes.
  - \*Use an appropriate insect repellent (chemicals such as DEET, pyrethrum) as well as natural botanical oils, such as oil of lemon eucalyptus. Always follow instructions on the label, especially for children, and apply in a well-ventilated area. The concentration of a repellent will dictate how long it is effective in providing bite protection.
  - \*Avoid being outside at prime biting times such as dawn and dusk.
  - \*Take a shower; body odor can be an attractant to mosquitoes.
- Ready for a twist? You can, in fact, be "allergic" to mosquitoes! In fact, some individuals may suffer from Skeeter's Syndrome, an allergic reaction to mosquito bites that makes bites redder, puffier, swollen and sometimes painful. If you've ever thought your bites looked or felt worse than others, you may have Skeeter's Syndrome. Take an allergy test with your doctor to help pinpoint the cause.
- Edited from: <http://www.doctoroz.com/article/have-bug-bite-free-summer>

## How to Make Bug Spray From Dried or Fresh Herbs

### Ingredients

- \* Distilled water
- \* Witch hazel or rubbing alcohol
- \* Dried herbs: peppermint, spearmint, citronella, lemongrass, catnip, lavender, etc. Use at least one herb from the mint family.

### Instructions

1. Boil 1 cup of water, add 3-4 TBSP of dried herbs total in any combination from the above. Use 1 TBSP each of peppermint, spearmint, catnip and lavender, and throw in a couple of dried cloves.
2. Mix well, cover and let cool (covering is important to keep the volatile oils in!)
3. Strain herbs out and mix water with 1 cup of witch hazel or rubbing alcohol. Store in a spray bottle in a cool place (fridge is great because then its nice and cool).
4. Use as needed. Added bonus: it smells great and is very refreshing to the skin. Source:

<http://wellnessmama.com/2565/homemade-bug-spray/>



Creating Community  
Changing Lives

**FACT:**  
THINKING ABOUT  
EXERCISING  
BURNS BETWEEN  
0 AND 0 CALORIES

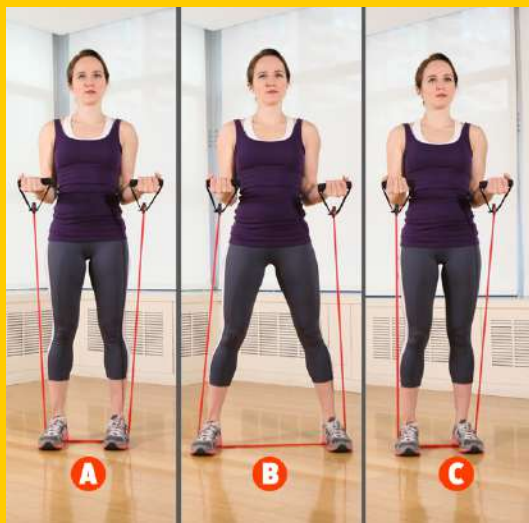




## 7 Health Benefits of Broccoli

Known to be hearty & tasty vegetable which is rich in dozens of nutrients. It is said to pack the most nutritional punch of any vegetable.

- 1. Cancer prevention:** Broccoli shares cancer fighting, immune boosting properties with other cruciferous vegetables: cauliflower, Brussels sprouts & cabbage.
  - 2. Cholesterol reduction:** Like many whole foods, broccoli is packed with soluble fiber that draws cholesterol out of your body.
  - 3. Reducing allergic reaction and inflammation:** Research has shown the ability of kaempferol to lessen the impact of allergy-related substances on our body. Broccoli even has significant amounts of omega 3 fatty acids, which are well know as an anti-inflammatory.
  - 4. Powerful antioxidant:** Of all the cruciferous vegetables, broccoli stands out as the most concentrated source of vitamin C, plus the flavonoids necessary for vitamin C to recycle effectively. Also concentrated in broccoli are the carotenoids lutein, zeaxanthin and beta-carotene, other powerful antioxidants.
  - 5. Bone health:** Broccoli contains high levels of both calcium and vitamin K, both of which are important for bone health and prevention of osteoporosis.
  - 6. Heart health:** The anti-inflammatory properties of sulforaphane, one of the isothiocyanates (ITCs) in broccoli, may be able to prevent (or even reverse) some of the damage to blood vessel linings that can be caused by inflammation due to chronic blood sugar problems.
  - 7. Diet aid:** Broccoli is a good carb and is high in fiber, which aids in digestion, prevents constipation, maintains low blood sugar, and curbs overeating.
- Furthermore, a cup of broccoli has as much protein as a cup of rice or corn with half the calories. Source: <http://timesofindia.indiatimes.com/life-style/health-fitness/diet/7-health-benefits-of-broccoli/articleshow/30843390.cms>



### SIDEWAYS WALKS WITH BONUS BICEPS

Stand on the band with both feet placed about a foot apart. Hold the handles at tension in an isometric bicep curl (elbows at your sides, hands facing up) **(A)** Step one foot out to the side **(B)**, then follow with the other foot **(C)**, keeping your feet wide enough apart so the band is always at tension and your elbows held at a firm 90-degree angle. Take 12 steps, then repeat to the other side.

<http://www.womenshealthmag.com/fitness/resistance-band-exercises>



**TRANSFORM ACTIVITIES INTO EXERCISE:** Activities like going to the zoo or visiting a park can become exercise if you use the stairs, take the long route or add stretches and strengthening exercises along the way



**DRINK WATER:** Water helps prevent illness. Keeps your bones and muscles healthy, helps maintain your weight and best of all, water fuels your activities throughout the day!



**EAT FRESH:** Reserve a place on your plate every meal for fresh produce and you're sure to reap the tasty rewards



**Cheesy Broccoli Tots** - Filled with sweet cheddar cheese, almonds, sun-dried tomatoes, and basil, these healthy cheesy broccoli tots will be a favorite at your next party! Makes 33 to 35 tots. Serves 8.

#### Ingredients

- \* 3/4 cup raw almonds
- \* 4 1/2 cups broccoli florets
- \* 1/4 cup chopped fresh basil
- \* 3 large eggs, whisked
- \* 3/4 cup breadcrumbs
- \* 1 1/4 cups shredded cheddar cheese
- \* 1/4 cup chopped sun-dried tomatoes
- \* 1 tsp garlic powder



#### Instructions

- In a food processor, chop the almonds in the processor until they turn into small pieces. You're looking for some bits that are about the size of rice. It's ok if some of the almonds have turned powdery.
- Next, toast the bread. Rip it into smaller pieces and chop them in the processor until they're about the size of peas or smaller.
- Chop the broccoli florets in a food processor until they turn into small pieces. Shouldn't take too long.
- In a large bowl, mix all the ingredients for the tots together.
- Preheat oven to 350 degrees F (175 degrees C). You can prepare the tots two ways. Either line a large rimmed baking sheet with parchment paper, or spray a 24-hole mini muffin tin with cooking spray. I found that the muffin tin creates rounder tots, but the tots are more brown when cooked on the baking sheet.
- Shape about 1 1/2 to 2 tablespoons of the broccoli mixture, and shape the into a ball. Repeat until all the mixture is rolled up. Set the tots into the muffin tin or on the baking sheet. Bake for about 20 to 23 minutes, or until the tops are browned. Source: <http://healthynibblesandbits.com/cheesy-broccoli-tots-cheddar-onion-sauce/>