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| **St. Mary of the Immaculate Conception**  **Health Ministry Health Link** |





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| **WALNUTS: THE SUPERFOOD**  **Physicians Talk Walnuts!** |
| John–Boy Walton (played by Richard Thomas) was notoriously wholesome and filled with the right stuff to assure that his future was happy and healthy. If you ask us, his show could have been called “The Walnuts,” because that wholesome, crunchy treat is also filled with the right stuff to help you live a happy, healthy life: omega-3 fatty acid, folate and assorted forms of vitamin E.  Several studies have found that eating walnuts improves heart health, lowers lousy LDL cholesterol and reduces your risk for diabetes—and they reduce your appetite! Now, a new study (sponsored by the California Walnut Board) looked at walnuts’ effect on the health of folks 25–75 years old who had multiple risk factors for diabetes, such as being overweight; having elevated levels of blood sugar, LDL cholesterol and blood pressure; or excess fat around their midsection.  It confirmed that eating about 2 ounces (14 walnut halves) daily for six months improves blood vessel function, reduces lousy LDL cholesterol and leads to overall improved nutritional habits.  So how can you enjoy your daily dose of walnuts? Chop six halves and sprinkle on 100 percent whole-grain cereal. At lunch, break four into an arugula salad with beets and tangerine sections. And at dinner, top off a tasty pesto sauce, over 100 percent whole-grain pasta, with the last four halves of the day. They also taste great with fish, skinless chicken, mixed into steamed veggies, or all by themselves.  Mehmet likes them soaked in water, and Mike likes them toasted!  **Mehmet Oz**, M.D., is host of “The Dr. Oz Show,” and **Mike Roizen**, M.D., is chief wellness officer and chair of Wellness Institute at Cleveland Clinic. <http://www.fredericksburg.com/features/health_living/two-docs-column-physicians-talk-guns-walnuts-and-flu-shots/article_789a57d5-9742-5ea8-8511-089aa795bc2e.html> |
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**Fidgeting Offers Health Benefits to Sedentary Women!**

Fidgeting may mediate some of the negative effects of prolonged sitting, British study contends

Women who sit for long periods of time but are either moderately or very fidgety have a mortality risk similar to that seen in more active women, according to research published online Sept. 23 in the American Journal of Preventive Medicine.

Gareth Hagger-Johnson, Ph.D., of the University of Leeds in the United Kingdom, and colleagues conducted a study involving 14,245 British women aged 35 to 69. Each participant answered questions regarding their health behaviors, chronic disease, 24-hour activity, physical activity levels, and fidgeting.

As expected, the researchers found that women who did a lot of sitting and were only "slightly" fidgety had a higher risk of premature death than women who were more physically active and didn't sit as much. However, women who did a lot of sitting but were either moderately or very fidgety had a risk of early death that was similar to that of more active women.

"Our results support the suggestion that it's best to avoid sitting still for long periods of time, and even fidgeting may offer enough of a break to make a difference," reported Hagger-Johnson.

Adapted From:

<http://www.physiciansbriefing.com/Article.asp?AID=703587>

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| Hello to St. Mary Parishioners and another edition of our Health Ministry Health Link Newsletter. Our goal is to send you articles of interest that are related to a healthy lifestyle, disease and general interest ~ for all members of the family and all ages.  We are now half-way through the Lenten Season and thought we would bring you some “Healthy Habits” information that can help you as you are focusing on your renewed relationship with the Lord! We are also providing some links to other interesting articles that you can read when you have time. Lots of good information!  So, for this newsletter, we will be reading about **10 Ways to Reduce Stress, Fatigue and Bloating. Walnuts as a SuperFood, 7 Tips for Healthy Winter Skin, 10 Tips to Rest Better With a Cold, and How Is Your Memory Holding Up?**  **And we will also be providing some links to more articles that are very interesting and you can review later~**  **We hope you enjoy these communications and will let us know what topics are of special interest to you!**    **Let’s Get To IT!** |
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**10 Ways to Reduce Stress, Fatigue, and Bloating**

**Shake the Salt Habit**

Feeling bloated? Salt may be partly to blame. Too much salt can cause you to retain water. And it can contribute to high blood pressure. Cut back on salt by choosing fresh (not canned or processed) foods and experimenting with other seasonings such as curry powder, garlic, cumin, or rosemary to give food some zing. You'll expand your culinary horizons and may find that you feel more energetic, too.

**Stressed? Climb the Stairs**

When you're angry or stressed, it's easy to grab a candy bar, smoke a cigarette, or gulp another cup of coffee to cope. The ideal antidote? Exercise. Next time you're stressed out or riled up, climb a flight of stairs (or two) or go for a quick stroll -- studies show even 10 minutes of exercise can provide a mental boost.

**Put Down That Doughnut**

Handle stress by eating? In tense times, you may choose comfort foods over fruits and vegetables. But when that rush from refined carbs or sugary food crashes, you’ll be left feeling sluggish. Plus, extra calories can quickly add up to extra pounds -- increasing your risk for health problems. So next time you feel anxious, ignore the sweet stuff. Try munching on an apple or just take 10 deep breaths instead.

**Get Your Beauty Sleep**

Banish under-eye bags by hitting the hay. Experts recommend 7 to 8 hours of sleep a night to recharge and lower stress. Having trouble falling asleep? Don't drink caffeine past noon. Avoid exercise two hours before bedtime. Make your bedroom a sleep-only zone -- no TVs, pets, computers, or other distractions. If these tips don't work, talk to your doctor.

**Get Out of That Rut**

Mixing it up, whether by altering your routine or trying something new -- like changing your hairstyle -- can improve your outlook and mood. Driving a new route to work, walking the dog down a different street, or eating a new food for breakfast can help keep things fresh. Focus on one easy-to-accomplish change at a time to ensure success.

**Walk Around the Block**

You don't have to spend hours at the gym -- even a little movement can get you in touch with your body and help you regain energy. A simple walk around the block can clear your head, and exercises that involve a bit of meditation -- such as yoga or tai chi -- can help recharge both body and mind.

**Eat More Fiber**

Fiber can help you feel fuller faster so you eat less and lose weight. Getting enough fiber also keeps you regular and is good for the heart. So in addition to the health benefits, getting enough fiber can result in fewer things to be stressed about! The good news is that fiber comes in many tasty forms, from oatmeal and whole-grain breads and cereals to fruits such as apples, citrus, and strawberries, and vegetables.

**Focus on the Present**

Being aware of where you are and what is happening right now -- some call it mindfulness -- can help you relax instead of fretting over what's looming on the horizon. Let go of thoughts about the past or future, and focus on the present moment. How does the air feel against your skin? How does the pavement feel under your feet? If your mind wanders, just bring it back again to focus on the present.

**Call the Doctor**

We've all done it -- tried to ignore that miserable headache, persistent shoulder pain, or nagging cough. But ongoing health problems can sap vitality. Resolve to get your symptoms checked out by a physician. If you haven’t had a physical in a while, schedule one now. And if you feel mental health care is in order, don’t be afraid to discuss that with your doctor, too.

**Feed Your Head**

Sometimes the answer to having a lot on your mind is to do something that takes your brain in a completely different direction. Stretch mental boundaries by listening to a lecture on your iPod, doing a crossword puzzle, or joining a book club, and checking out the latest best seller. Or take up a new hobby that keeps you active mentally and physically, whether it's gardening or hiking.

<http://www.webmd.com/women/ss/slideshow-revitalize?ecd=wnl_lbt_011416&ctr=wnl-lbt-011416_nsl-ld-stry_title&mb=hVcDxSj3UrzSXjRWSwOQwRXFE73IOX1ccZOrsOZN4g4%3d>

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| |  | | --- | | **7 Tips for Healthier Winter Skin**  ***1. Shower/Bathe in Lukewarm Water***  **Hot showers and baths can strip essential oils; Instead try a soothing lukewarm bath.**  ***2. Moisturize Immediately Afterwards***  **Applying moisture to damp skin helps to retain that moisture into the skin. Apply moisturizer like eb5 directly after you step out of the bath or shower before drying off with a towel.**  ***3. Protect***  **Wearing gloves and scarves helps to protect skin from cold winds, rain, and snow. Also, don’t forget the sunscreen. Winter sun can be just as damaging as summer sun, so apply sunscreen.**  ***4. Humidify***  **Heating systems dry out the air, so consider installing a humidifier in your home, particularly in your bedroom, to put moisture back into the air and help prevent your skin from drying out.**  ***5. Drink***  **We tend to drink less water in the winter because we turn to hot drinks like cocoa and tea, but don’t forget that your skin needs hydration from the inside, out. A little warm water with lemon can be very refreshing and hydrating at the same time.**  ***6. Avoid Toxins***  **Winter skin is more fragile, so avoid irritating fabrics (like wool) and chemical-laden detergents, and use mild cleansers and moisturizers designed for sensitive skin.**  ***7. Hydrate From the Inside Out***  **Eating foods high in water content can help hydrate your skin from the inside out. Try watermelon, cantaloupe, apples, oranges, kiwi, and watery veggies like celery, tomatoes, cucumbers, zucchini, and carrots. Make sure you’re getting enough vitamin C and zinc to support the healthy production of collagen and elastin. Also consider an omega-3 supplement, or consume more fatty fish and flaxseed to give your skin the building blocks it needs to appear supple and smooth.** <http://us5.campaign-archive2.com/?u=f1cb4c8a9c35b548d7f3f263d&id=165a9aedf5&e=1c3223568a>  **10 Tips To Rest Better With A Cold!**  **Use Gadgets to Help You Breathe**  Run a humidifier or vaporizer all night to release moisture into the air. Steam can loosen congestion and keep your head from drying out. Besides helping you breathe easier, moist air can soothe irritated tissues in your nose and ease sore throat pain as well. Be sure to clean and disinfect your humidifier regularly to get rid of germs.  **Shower Before Bed**  When you have a cold, get the benefits of steam from a hot shower to make it easier to breathe. You can also try a few other ideas: Run the shower and sit in the steamy bathroom with the door shut. Bend over a sink filled with running hot water. Or put a warm compress over your sinuses.  **Choose Wisely**  Some cold medicines treat many problems at once, like congestion, runny nose, cough, fever, and aches. Check the ingredients carefully, and choose the medicine that most closely matches your symptoms. Decongestants can keep you awake. Antihistamines, on the other hand, might make you drowsy. If your child is under 4, don’t give him cold medicine.  **Soothe a Sore Throat**  For quick relief, gargle with warm salt water before you go to bed. You can also try over-the-counter lozenges, throat sprays, and pain relievers. Let your doctor know if you have a severe sore throat and a fever for more than 2 days -- especially if you don’t have typical cold symptoms like congestion and sneezing. It could be due to a strep infection.  **Try a Decongestant Spray**  When you can’t get any air in your nose, this type of nasal spray can help open up your nasal passages and ease the stuffiness. But beware -- using one for more than 3 days in a row can end up making things worse. Check with your doctor first.  **Use Nasal Strips**  Some people try these sticky strips to ease congestion while they sleep. They go across the bridge of your nose to help stretch and open the nasal passages. A strip won’t break up mucus, but it may allow more space for some airflow.  **Make a Saline Rinse**  You can use this over and over to loosen mucus. To make the solution, mix 1/4 teaspoon salt and 1/4 teaspoon baking soda in 8 ounces of warm water. Pour it into in a spray bottle -- the kind that can go into your nose. You can also use the mix with a neti pot to flush out your sinuses. Check with your doctor before using and get specific directions.  **Ease a Cough With Salve**  Rub a menthol salve on your chest and throat to soothe the cough that often comes with a cold. Don’t eat it or put it inside your nose. And never use it on children under 2.  **Raise the Head of Your Bed**  You may have heard that your sinuses will drain more easily if you prop up your head on many pillows. Doctors say this isn’t a good idea, because it bends your neck in a way that can make it harder to breathe. So raise the head of the bed instead. You can put large books under the legs of your headboard and secure them. This creates a gentler, more natural incline.  **Sleep on Schedule**  A cold can make it hard to stick with a set bedtime. But it’s best to wake up and head to bed at the same times as usual. Sticking to a schedule not only makes it easier to fall asleep -- it can help fight off the next cold. One study suggests that people who don’t get enough Zzz's are three times more likely to catch a cold than those who get 8 or more hours of shut-eye a night.  Adapted from: <http://www.webmd.com/cold-and-flu/ss/slideshow-colds-nighttime>  **How is Your Memory Holding Up?**  **Most adults can't remember anything that happened before they were 3 years old. = TrueCorrect Answer:** True  You might recall one or two events before you were 4, but not much before you were 3. Children begin to identify objects around them (semantic memories) by 10 to 12 months. They remember things that happened earlier in time (episodic memories) by 20 to 24 months. You may not be able to form memories solid enough to survive into adulthood until you can think about what happened in words.  **Which helps turn short-term memories into long-term memories? = SLEEP**  The human sleep cycle is crucial to making memories. If something important happens to you during the day, your brain strengthens your thoughts and feelings about the event overnight while you rest.    **A long-term memory fades because:** We can't find the link to retrieve the memory  Once data has been stored in your long-term memory, it's there forever. However, you can't always call it up because the link (or association) has faded. Short-term memories vanish quickly, sometimes after only a few seconds. And recent, or working, memories are often replaced by new info.  **Which of the following can cause memory problems? = ALL OF THE THESE** Dehydration /Stress /Infection**Correct Answer:** All of the above  Trouble with total recall can come from many physical and mental conditions not related to aging, like dehydration, infections, and stress. Other causes include medications, substance abuse, poor nutrition, depression, anxiety, and thyroid imbalance.  **Everyone will have some memory loss as they get older. = FALSE**  Yes, memory trouble does come with age, but not everyone has it. People who are more active, both mentally and physically, tend to have a better working memory than people who don't move often, or don't do much to challenge their minds  **A good social life can keep your mind sharp as you age. = TRUE**  Studies show that older folks who stay socially active or live with someone also have better mental function.  **Blood pressure and memory loss are related. = TRUE**  High blood pressure can affect blood vessels that supply your brain and lead to memory loss. The reverse also may be true: Studies show aerobic exercise can improve your memory.  **What's something older people can to do help their memory? = ALL OF THESE**  Crossword puzzles/ Meditation/ Physical Activity A word puzzle. Take a brisk walk. Brain teasers and physical activity can both help maintain mental function and preserve memory. Meditation can benefit seniors with memory problems in just eight weeks.  **Forgot where you parked the car? Maybe you weren't paying attention. = TRUE**  As you get older, it's hard to keep your mind on more than one thing at a time. So if you're talking to someone while parking the car, you may not recall where you left it. Stay focused on what you're doing and it'll be easier to find that memory later.  **You could have a serious memory problem if you:** Forget where you put your keys /Forget certain words or names/ Get lost in places you know well / Take longer to learn new things **RESPONSE** = Get lost in places you know well  Not being able to recall where you put your keys, having trouble calling up a certain word or name, and taking longer to learn new things are signs of mild forgetfulness, which is common. Getting lost in places you know well can signal a more serious problem like Alzheimer's disease, depression, or a blood clot.  Other signs of a serious memory problem include asking the same questions repeatedly, not being able to follow directions, becoming confused about time, people, and places, and forgetting to take proper care of yourself.  Adapted from: <http://www.webmd.com/healthy-aging/rm-quiz-memory?ecd=wnl_alz_010716&ctr=wnl-alz-010716_nsl-ld-stry_title&mb=hVcDxSj3UrzSXjRWSwOQwRXFE73IOX1ccZOrsOZN4g4%3d>  ***(These articles are not intended to provide personal medical advice. They are intended for general informational purposes only and do not address individual circumstances. Always consult your physician for medical advice and treatment.)***  **Now For Links To Some More Interesting Articles!**  **1) Possible Diabetes Cure**  <http://www.foxnews.com/health/2016/02/04/johnson-johnson-viacyte-testing-possible-diabetes-cure.html>  **2) The Mosquito Spreading Zika**  <http://www.webmd.com/news/20160202/mosquitoes-speading-zika-virus>  **3) Top 10 Medical Breakthroughs for 2016**  These will be the biggest medical advancements for 2016, according to three nationally known experts: Francis Collins, M.D., director of the National Institutes of Health; Michael Roizen, M.D., director of the Cleveland Clinic's Wellness Institute; and pathologist Michael Misialek, M.D., of Tufts University School of Medicine and Newton-Wellesley Hospital. Here are their top predictions.  <http://www.aarp.org/health/conditions-treatments/info-2015/top-medical-breakthroughs.html?cmp=EMC-DSO-NLC-WBLTR---MCTRL-011516-TS2-1032883&ET_CID=1032883&ET_RID=20844792&encparam=Vc8pXezK1EXej1onNctTwLDt1scEfRWK9kAlOXHEsZY=#slide1>  **\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***  **This Week We Celebrate Another Important Day for Fun, Festivals and Friendship! Enjoy The Day & Remember the Patron Saint of Ireland, where Green is Golden!**  [Christ beside me, Christ before me, Christ behind me, Christ within me, Christ beneath me, Christ above me.](http://www.brainyquote.com/quotes/quotes/s/saintpatri190970)  [***Saint Patrick***](http://www.brainyquote.com/quotes/authors/s/saint_patrick) | |

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**A Message from Vera ~**

**On Monday, I got my new "pre-owned" car.  It is the same model I had before but is 4 years younger. On Tuesday evening, coming home from a short errand, the engine light came on and the idle became very rough.  So I hurriedly got someone else to complete the job I was scheduled for the next day, and instead of work, spent several hours at the car dealership getting a coil replaced and the spark plugs changed.**

**While waiting, I was thinking that we all come to the Lord in a "pre -owned" condition.  He has already paid the price for us, but we often don't realize that we will have to have habits replaced and tune-ups done on attitudes and priorities. If we belong to Him, God has us under warranty, but we have to be willing to go to Him often for maintenance and tune-up.  This week, may the repairs He has done on us keep us traveling safely on His road and returning for regular service check-ups.**

**Blessings, Vera**

**El lunes, conseguí mi nuevo coche "de segunda mano". Es el mismo modelo que tenía antes, pero 4 años más joven. El martes por la noche, volviendo a casa de un breve recado, la luz del motor se encendido y empecé a sentir presión contra el volante. Así que a toda prisa conseguí a un compañero de trabajo para que completara el trabajo que estaba programado para el día siguiente, y en lugar de trabajo, pasé varias horas con el mecánico para conseguir una bobina de reemplazo y bujías nuevas. Mientras esperaba, pensaba que todos venimos al Señor en condiciones "de segunda mano". Él ya ha pagado el precio por nosotros, pero no nos damos cuenta de que vamos a tener que tener hábitos reemplazados y cambios hechos a nuestras actitudes y prioridades. Si pertenecemos a Él, Dios nos tiene en garantía, pero tenemos que estar dispuestos a ir a Él a menudo para el mantenimiento que necesitamos. Esta semana, puede que las reparaciones que Él ha hecho en nosotros nos mantenga viajando con seguridad en su camino y regresar** **para servicios regulares y chequeos con el Señor.**

**Bendiciones, Vera**

Bendiciones,

**Bendiciones, Vera**

**om Vera~**





