

WELLNESS @ MINUTE

October 2022

**BREAST CANCER: REDUCE YOUR
RISK**

**KNOW THE SIGNS OF INTIMATE
PARTNER VIOLENCE**

RECIPE OF THE MONTH

MARTIAL ARTS FOR EXERCISE

BREAST CANCER REDUCE YOUR RISK

Breast Cancer Awareness Month in October is designed to show support for those affected by the disease and to raise consciousness about the importance of early detection through exams and mammograms.

It's also important to raise awareness about prevention. While there are certain risk factors that can't be modified, such as being a woman, aging, family history, and genetics, there are other steps you can take to lower your risk.

- Achieve and maintain a healthy weight. Being overweight, especially after menopause, increases your risk.
- Eat a healthy diet. The best way to manage weight is to eat real, whole foods, especially plenty of fruits, vegetables, legumes, and whole grains. The process of barbecuing and smoking meats can result in chemicals that increase the risk of breast cancer. Choose lean cuts of meat and trim the fat, trim off charred or burnt parts from foods, and marinate meats in herb mixtures to reduce chemicals.
- Stay active. Exercising moderately or intensely for 4-7 hours per week lowers the risk.
- Limit alcohol. Drinking alcohol increases the risk of hormone-receptor-positive breast cancer.
- Avoid tobacco smoke. Both smoking and being exposed to secondhand smoke may increase the risk.
- Reduce exposure to chemicals. Choose cosmetics that are free of harmful chemicals, including parabens and phthalates. If possible, choose organic produce to reduce pesticide exposure. Limit the use of plastic, especially when it comes to food and water. Drink water from reusable glass or stainless steel containers. Store and microwave food in glass or ceramic, not plastic.

Reference:

<https://www.breastcancer.org/risk/risk-factors>



KNOW THE SIGNS OF INTIMATE PARTNER VIOLENCE

Domestic violence is violence that takes place within a household and can be between any two people within the home, including an intimate partner or spouse. Intimate partner violence (IPV) occurs between romantic partners whether or not they are living together.

IPV or domestic violence can include more than physical abuse. It can also be psychological, sexual, or economic abuse, as well as stalking. Any of the following signs are red flags:

- Insults, criticism, or shaming, especially in front of other people
 - Extreme jealousy and preventing or discouraging you from spending time with friends or family
 - Preventing you from making your own decisions
 - Controlling your finances
 - Pressuring you to have sex
 - Pressuring you to use alcohol or drugs
- Intimidating you through looks, threats, or actions (including weapons)

Everyone deserves a relationship free of violence. Help is available 24/7 by calling 800-799-SAFE (7233).

Reference:

<https://www.thehotline.org/identify-abuse/domestic-abuse-warning-signs/>



Sea Salt Chocolate Pumpkin Cups

12 servings

Pumpkin is not just for making jack-o-lanterns. If you'd like some healthier Halloween treats, use pumpkin to make these delicious and easy candies that have no refined sugar.

Ingredients:

- 1.5 cups (about 10 oz.) of dark chocolate chips
- 2 tsp. coconut oil
- 1/3 cup almond butter or natural peanut butter
- 3 tbsp. pumpkin puree
- 1/2 tsp. pumpkin pie spice
- 1 tsp. maple syrup or honey
- Coarse sea salt

Instructions:

1. Place parchment paper or muffin liners in a 12-cup muffin tin and set aside.
2. Melt chocolate using the double-boiler method: Bring a small saucepan of water to a simmer and place a heatproof bowl over the top. Make sure the simmering water isn't touching the bowl. Add the chocolate and the coconut oil to the bowl and slowly melt and stir the chocolate, whisking together at the end. Alternatively, you can melt the chocolate in the microwave at 20-second intervals, whisking in between until it's fully melted.
3. In a small bowl combine almond butter, pumpkin puree, pumpkin pie spice, and sweetener.
4. Place 2 tsp. of chocolate into each of the molds with a spoon and gently push the chocolate 1/3 of the way up the parchment paper or liners. Place in the freezer to harden for 10 minutes.
5. Remove from freezer and drop in about 1 tablespoon of pumpkin mixture into the center of the chocolate and smooth down.
6. Top the pumpkin mixture with 2 teaspoons melted chocolate and let sit for a few minutes before sprinkling with coarse sea salt.

Reference:

<https://lexiscleankitchen.com/sea-salt-pumpkin-butter-cups/>



MARTIAL ARTS FOR EXERCISE

Taking martial arts can be great for self-defense, increasing confidence, improving discipline, increasing focus, and much more. A martial arts practice can also improve fitness, such as strength, coordination, flexibility, and stamina.

Depending on your goals and current fitness level, here are five great options:

1. Capoeira is an African-Brazilian fighting style that combines flowing, rhythmic footwork with quick hand movements, and high-impact kicks. The dynamic movements and diverse techniques make for rigorous training.
2. Taekwondo is from Korea and emphasizes leg strength, including leaping, and spinning kicks.
3. Karate trains the body and mind to work in harmony. It's known for powerful kicks and punches.
4. Escrima is a Filipino fighting style that is great for arm fitness since it incorporates weapons, such as sticks.
5. Tai Chi is the way to go if your main goal is fitness and health since the slow, meditative movements can be done by anyone, including seniors.

Reference:

<https://medium.com/violence-examiner/6-best-martial-arts-for-fitness-34837e3a0355>



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Eczema Awareness Month

Eczema affects 3.1 million people in the U.S.

For more information, check out:

<https://nationaleczema.org/eczema-awareness-month/>