

"An ounce of prevention is worth a pound of cure."

Discover your hidden power of discipline

Some people think having a healthy lifestyle requires the discipline of a Marine drill sergeant. It would, if you think every choice you make is a battle. But if you think longer term, and set goals, your whole perspective changes.

It's the difference between:

- "I don't feel like going to the gym, so I won't go,"
and
- "I feel so tired today, I am going to warm up gradually before I really get into my workout. I know I'll feel great when I am done."

If you can answer these five simple questions, you'll feel the power of discipline in every decision you make:

- *What life do I want?*
- *Why do I want that life?*
- *What steps will I take to achieve that life?*
- *What are some of the obstacles/temptations/barriers I will face?*
- *What coping strategies will I use to pursue my goal when I am tempted to stray from that life?*

For related articles on discipline, see "Smart strategies for avoiding emotional spending" on page 6 and "Motivation and discipline lead to weight loss" on page 7.



For more on developing discipline in your life, go to Jul.HopeHealth.com

Quick-Read!

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Scale a cliff outdoors or scurry up a wall indoors. Pg. 3

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It may be easier than you think. Pg. 4

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Spread the word about this infection that can harm infants. Pg. 7

Clever ways to cut calories

Trick yourself into eating fewer calories without realizing it. Pg. 8

"Discipline is the bridge between goals and accomplishment."

— Jim Rohn

Motivation and discipline lead to weight loss

See page 7 for details.

Eat 'naked' foods

Looking for a healthful way to eat? Try eating “naked” foods — “whole foods that are fresh and organically grown, prepared in ways that allow each food’s naturally delicious flavors to shine through,” according to Margaret Floyd, author of “Eat Naked” and co-author of “The Naked Foods” Cookbook.

To decide whether a food is naked, ask yourself:

- Where was the food grown or raised? The closer it originated to you, the more naked it is. When it's locally produced, it's usually fresher. What's more, eating locally grown food supports your local economy.
- How was the food grown or raised? The more it was grown in harmony with its natural environment, the more naked it is. What does this mean? No synthetic chemicals, hormones, or antibiotics were used.
- What happened to the food from the time it was harvested until it reached my kitchen? The closer it is to its original state, the more naked it is. Processing breaks down whole foods' nutritional components to provide a longer shelf life. Often artificial and unnatural ingredients are added to preserve, enhance, or stabilize food.
- How was the food prepared? The less done to it, the more naked it is. Even a simple step such as chopping speeds the breakdown of food and may reduce its nutritional content.

Source: Margaret Floyd, www.eatnakednow.com

Cooking in the great outdoors

- Prepare soups, stews, or chili at home before you leave. Freeze and keep in a cooler.
- Freeze meat before putting it in a cooler. The frozen meat will keep longer and keep other foods cold at the same time.
- Cover pots. Foods cook faster and you'll use less fuel. Covered pots also keep dirt and insects out of your food.

Raw Cucumber Mint Soup

- 2 medium-sized cucumbers, peeled, and roughly chopped (approximately 2 cups)
- 1 avocado
- Juice of 2 large limes (approximately 1/4 cup)
- 2 Tbsp. fresh mint (packed)
- 1 tsp. green onion
- Pinch of chili powder

Directions: Combine cucumbers, avocado, lime juice, mint, and green onion in a blender, and purée well. Serve in chilled bowls, topped with a pinch of chili powder. Eat immediately, or refrigerate until ready to enjoy. **Serves 2.**

Per serving: 208 calories, 15.6 g fat (3 g saturated fat), 0 mg cholesterol, 10 mg sodium, 18 g carbohydrates, 4.5 g protein

Source: www.eatnakednow.com

GetMoving:

Becoming a rock jock

Rock climbing, whether scaling a cliff outdoors or scurrying up a wall indoors, offers a full-body workout.

Rock climbing can improve:

- Flexibility • Coordination
- Balance • Muscle strength
- Mental and physical focus

Getting started:

- Become familiar with the different styles of climbing: bouldering (*climbing boulders usually no more than 10 to 15 feet tall and usually without safety gear*), traditional climbing (*outdoors up a cliff face*), and indoor climbing (*using a wall*).
- Take an introductory class at a local indoor climbing center. There are more than 3,000 climbing facilities worldwide. A class will give you a chance to learn basic techniques from someone who knows how to climb.
- You can also rent rather than buy equipment while you're trying out the new sport.
- Find someone at a local gym or a friend to coach/mentor you.

Learning to climb is a process. Every time you climb, you get stronger.

Nature scavenger hunt — an activity for all ages

Looking for a free, fun form of fitness for the whole family? Why not try an outdoor scavenger hunt?

All you need are a location and a list of items to find. Compete as individuals or on teams. Here is a starter list.

- A beautiful rock • A pine cone • Something soft
- Something green • Something round
- Something straight • A stick
- Something that makes noise
- Something rough
- Something fuzzy
- Something smooth
- Two types of seeds
- Two pieces of litter
- Two types of leaves

Doggy paddling

Instead of leaving a dog to its own devices (*think digging, chewing, etc.*), channel its energy into exercise. Water activities can be great for a canine's fitness routine.

Some breeds require no training when it comes to water, but even dogs that aren't bred for water activities can learn to enjoy a swim.

- Introduce your dog to water as a youngster, preferably as a puppy.
- Regardless of the dog's age, make sure its first experiences with water are pleasant. Find a quiet place with shallow water. With your dog on a long leash (*about 15 to 20 feet long*), start at the water's edge. Wade in with your dog, encouraging it with play and praise.
- Never force a dog into the water.
- Don't let a dog get in deep water over its head until you're confident about its swimming abilities. Belly-deep is deep enough at first.
- Don't let your dog swim into currents.
- Don't allow a dog to jump into deep water in a pool or lake. A dog can panic and possibly drown.
- Dry your dog's ears with a towel after playing in the water to prevent ear infections.

Source: American Society for the Prevention of Cruelty to Animals (ASPCA)

Day-trip vacation idea:

Drive to a smaller city near where you live and start exploring. Act like a tourist and talk to the locals. You could even grab a walking map and explore by foot.

Sleepwalking really does happen

It's true. More than 8 million Americans suffer from sleepwalking. Sleepwalkers may sit up or walk around, or do complex activities such as move furniture, go to the bathroom, and dress or undress themselves. Some people even drive a car while they are asleep.

Most people don't require treatment for sleepwalking. However, safety measures — such as moving electrical cords or furniture to reduce the chances of tripping or falling — may be needed.

Sleepwalking symptoms:

- Acting confused or disoriented when waking up
- Having a blank look on one's face
- Opening eyes during sleep
- Not remembering the sleepwalking episode after waking
- Performing detailed activity of any type during sleep
- Sitting up and appearing awake during sleep
- Talking in sleep and saying things that do not make sense
- Walking during sleep

Source: U.S. National Library of Medicine



For information on how to prevent sleepwalking, go to Jul.HopeHealth.com



If you use waterproof mascara, consider a different type. Removing waterproof mascara can cause stress on the tender skin around your eyes.

Want to erase wrinkles the easy, all-natural way?

Although you can't stop the aging process, there are several things you can do to help reduce and even prevent the appearance of wrinkles.

Here are five simple rules to help keep your skin looking younger:

1. Drink plenty of water, at least eight glasses a day.
2. Get enough sleep, which promotes skin-cell growth. Try to sleep on your back to prevent facial lines from forming.
3. Eat fruits and vegetables rich in antioxidants, and vitamins A and D. Excellent sources of vitamin A include sweet potatoes, carrots, and spinach. Excellent sources of vitamin D include fish such as salmon and tuna, and fortified foods such as low-fat milk.
4. Avoid the sun when at all possible; when in the sun, use a daily face moisturizer with SPF 30.
5. Don't smoke. Cigarette smoke releases an enzyme that breaks down collagen and elastin, which are crucial for keeping skin plump and healthy.

Sources: Patrick H. Perrine, men's skincare expert and founder of R. Cooper, Skin Care for Men; Alexis Wolfer, founder and editor-in-chief of TheBeautyBean.com

Controlling canker sores

If you get a canker sore, treatment isn't usually necessary. In most cases, canker sores go away by themselves.

To help relieve symptoms, try:

- A mixture of half hydrogen peroxide and half water. Use a cotton swab to apply the mixture directly to the canker sore. Then, dab a small amount of Milk of Magnesia on the canker sore three to four times a day. This is soothing and may also help it heal.
- A mixture of half Milk of Magnesia and half Benadryl® liquid allergy medicine. Swish this mixture in your mouth for about one minute, then spit it out.

If you're unsure whether the sore is a canker sore or something else, check with your dentist before attempting to treat it.

Source: U.S. National Library of Medicine



Dealing with difficult people

Gossipers — Don't join in. People who gossip want reaction. If you don't give them that, gossipers will move to someone else to share the "juice."

Chatterboxes — If you know people who appear to never shut up and whose conversations interfere with getting work done, make excuses for not being able to talk. "I would really like to talk, but I need to..."

Haters — You can't please all people all the time. There may be people who don't like you for whatever reason. Say, "Hello," and be nice, but nothing more. Try to avoid these people as much as possible, but be pleasant when you see them.

Complainers — Some people's glasses are always half empty (*or less*). Deal with gloom-and-doomers by changing the subject or empathizing with them. They may just want understanding. A simple "I hear ya" may make them feel better and stop their complaining.

Sitter swapping

Babysitting fees can add up fast. Avoid the out-of-pocket costs of having someone watch your kids by forming a sitter-swapping network.

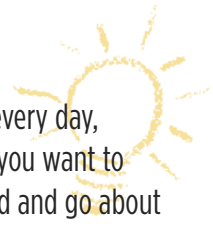
- **Figure out whom you would be happy sitting for** and who you would feel comfortable having watch your children. Think about family, friends, neighbors, co-workers, etc.
- **Establish guidelines.** Determine how far in advance sitting requests need to be made, how long each sitting session should last, how to track hours to keep swapping in balance, etc.
- **Have families get to know one another** ahead of time with a picnic or dinner.
- **Make sure everyone has one another's contact information** in case of emergencies.

Give yourself a timeout — *for good behavior*

Kids aren't the only ones who may need to take some time for themselves. Adults can benefit from timeouts, too. Think of them as daily mini mental vacations that you take to recharge your emotional health. Spend 15 to 20 minutes daily on a "trip."

- **Read a book in a relaxing spot.** Find a cozy, comfortable, peaceful place, and grab a good book.
- **Listen to relaxation sounds or music.** Tune in audio of chirping birds, rolling waves, gentle rain, or some other soothing sounds. Close your eyes, and breathe deeply to help you relax and de-stress.
- **Take a walk.** Lace up your sneakers for a quiet morning walk or head out over your lunch break. Walk along a trail, waterfront, or other peaceful place when possible.
- **Glance out a window.** Grab some coffee or tea, shut the door to the room you're in, and look outside. Take note of people, birds, clouds, etc. Do a little daydreaming, too.
- **Look at pictures from happy times.** Pull out photo albums or flip through the camera roll on your smartphone. Think back to the memories and what made them so enjoyable.

Ask yourself, every day,
who it is that you want to
be in the world and go about
being that person.



FiscalFitness:

Smart strategies for avoiding emotional spending

Emotional spending is when you buy something you don't need and, many times, don't even really want, because you are unhappy, stressed, bored, or experiencing some other negative emotion.

Emotional spending is mood-driven, not goal-driven, as discussed in "Discover your hidden power of discipline" on page 1.



Vulnerable to spending for an emotional boost? Develop discipline by:

- Ignoring impulse buys —

If you find yourself wanting to buy something you didn't already want before you got to the store (*either bricks and mortar or online*), don't buy it.

- Avoiding ads —

Try throwing away product catalogs when they arrive in the mail. "Unsubscribe" from email promotions.

- Limiting temptation —

Consider staying away from the mall or store Websites. Only visit shopping centers and sites when you have a real need and feel in control.

- Taking up a hobby —

Many people spend emotionally because they are bored and have nothing else to do. Find a cheap, healthful activity. Walking is always a simple idea. How about reading a good book — that you get from the library?

What you need to know if you suffer buyer's remorse

Do you ever regret a purchase and wish to return it? It may not always be possible, but you should know about the Federal Trade Commission's (FTC's) Cooling-Off Rule.

The rule gives you three days to cancel a purchase of \$25 or more if you buy an item in your home (*think door-to-door salesman*) or at a location that is not the seller's permanent place of business.

Your right to cancel for a full refund lasts until midnight of the third business day after the sale.

Source: Federal Trade Commission

Cutting costs on car insurance

- Get several quotes. You typically don't look at just one car before you buy it. The same strategy should hold true for auto insurance. You may be surprised at the differences in rates from one insurance company to another. It takes time to "shop around," but you'll likely save money in the long run.

- Don't forget about discounts. Many companies knock off the price of insurance for good driving records, how much you drive, or if you package your auto insurance with other insurance coverage along with a host of other offers. Always ask.

- Raise your deductible. An easy way to save is to change your deductible (the amount you agree to pay in the event of an accident before your insurance company pays). If you increase your deductible from \$200 to \$500, you may reduce the cost of coverage by 15 to 30%.



For more specifics on the Cooling-Off Rule, go to Jul.HopeHealth.com

IssueInsight:

July is Group B Strep (GBS) Awareness Month. Group B Strep is a big deal — but it doesn't have to be

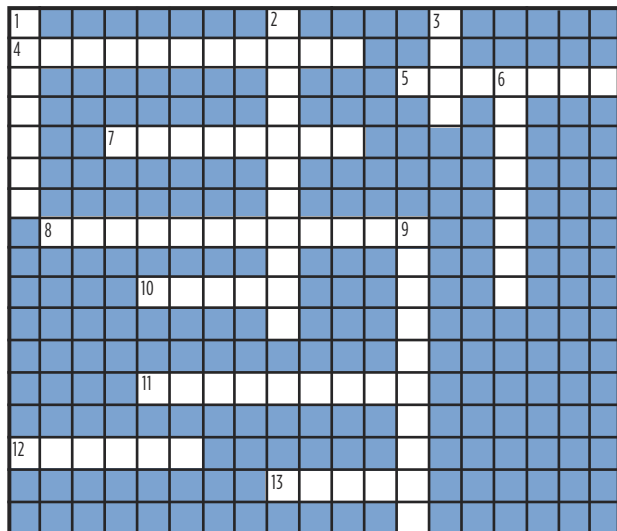
GBS is a type of bacteria naturally found in the digestive tract and is present in the birth canal in nearly one in four pregnant women.

Because of their underdeveloped immune systems, babies exposed to GBS can be infected before birth and up to about 6 months of age. While very few babies become infected, GBS can cause babies to be miscarried or stillborn, become very sick, or even die following birth.

The good news is that more than 90% of GBS infections that develop at birth can be prevented if women who tested positive receive at least four hours of IV antibiotics just prior to delivery.

If you are pregnant, be sure to ask your doctor about a GBS test as you approach your due date. If you know someone who is expecting, make sure she is aware of GBS and that she should be screened for it.

Source: Group B Strep International



DOWN

1. When cooking outdoors, pots should be _____.
2. Rock climbing can improve _____.
3. One way to take a daily mini mental vacation
6. People who gossip want this
9. Establish these when setting up a sitter-swapping network

Crossword Workout —

Find out how well you know
the health topics covered in
this issue of the newsletter.

ACROSS

4. How "naked" foods are grown
5. An excellent source of Vitamin A
7. A water activity for dogs
8. More than 8 million Americans suffer from this condition
10. The number of glasses of water a person should drink daily for healthy skin
11. A type of spending when you buy something you don't need or really want because you are unhappy, stressed, or bored.
12. Who is most at risk for complications from Group B Strep
13. How many days you have to cancel a purchase under the Cooling-Off Rule



**Tool
Box** Your Source for
Cool Tools &
Resources

Go to Jul.HopeHealth.com to find:

- More information on developing discipline, sleepwalking, and the Cooling-Off Rule
- A stress calculator
- A meal and snack calculator
- A symptom checker
- A weight-loss success story
- Crossword Workout answer key

Scan the Quick-Response Code with your smartphone.



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Motivation and discipline lead to weight loss

Tina Shelly of Chicago was always unhappy, depressed, and angry at herself because of her weight, all of which limited her social life. Looking at her overweight family members, she knew she had to stop blaming everyone else around her. She vowed to no longer accept that she, too, would be overweight forever.

After starting a strict diet program and getting the motivation and discipline to exercise, Tina has lost almost 50 pounds, started running a 5K every month, and is on her way to being a certified personal trainer.



Get the rest of the story at:
Jul.HopeHealth.com

The information in this publication is meant to complement the advice of your health-care providers, not to replace it. Before making any major changes in your medications, diet, or exercise, talk to your doctor.

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For the crossword puzzle answer key, go to Jul.HopeHealth.com

Your Health Matters:

Journaling through July

Writing down your thoughts can help your emotional and mental health. Take this month to begin the habit of journaling. Not sure what to write about? Give these ideas a try.

Jul 1 – 7: Write about childhood memories. Try to relive the experiences by being as descriptive as possible.

Jul 8 – 14: Write about dreams you have. What would you try to do if you didn't think you would fail?

Jul 15 – 21: Write about a person you admire. Why do you respect the person so much? What traits does the person have that you wish you had?

Jul 22 – 31: Write about something funny — whether it is something that happened to you or something you heard about or saw. Enjoy a chuckle as you scribble down the story.

Weight control:

Clever ways to cut calories

- Drink nonfat milk instead of 1 or 2% milk.
- Flavor your coffee with spices such as cinnamon instead of cream, sugar, or flavored syrup.
- Opt for baked chips instead of fried potato chips.
- Add fresh vegetables to your favorite sauces, meatloaf, or burgers for a healthy, low-calorie “filler.”
- Use large leaves of green vegetables like romaine lettuce and collards for “bread” or “buns.”
- Drink light beer instead of regular beer, wine, or fruit-based alcoholic beverages, and limit yourself to two.
- Make pizza without cheese.
- Use small glasses for juice.
- Eat a square of dark chocolate to satisfy a sweet craving. Let it slowly melt in your mouth.
- Use a teaspoon of frozen juice concentrate instead of sugar in tea.
- Opt for a slice from the center of a sheet cake, where there is less frosting.
- Eat broth-based rather than cream-based soups.



“People say that losing weight is no walk in the park. When I hear that I think, ‘Yeah, that’s the problem.’”

— Chris Adams

“When it comes to eating right and exercising, there is no ‘I’ll start tomorrow.’ Tomorrow is disease.”

— Terri Guillemets

“Those who say it can’t be done should get out of the way of those who are doing it.”

— Author Unknown

“No day is so bad it can’t be fixed with a nap.”

— Carrie Snow