

March 2011

2 Great Ways to Get Lean by Going Green!

Eco-Friendly Choices Can Slim Your Waist and Fatten Your Wallet

Most people who “go green” bring reusable bags to the store, unplug electronics when they’re not in use, and recycle more. Others move to more involved changes, like trading in for a hybrid, buying carbon offsets, or installing solar panels. But even if you’re not willing to overhaul your lifestyle to benefit the planet, there are some changes you should consider to improve your health, help you lose (or maintain) weight, and plump your bank account all while helping Mother Earth at the same time. Get rich and thin by going green? If you think that sounds too good to be true, read on.



Walk or bike instead of driving. Many of us live only a stone’s throw away from the places we frequent, like the post office, grocery store, or library, yet we head for the car when we’ve got errands to run. Instead of driving, walk or bike and you’ll burn 200-300 calories per hour and breathe in air that’s a little bit fresher. According to recent calculations, if all Americans between the ages of 10 and 74 walked just 30 minutes per day instead of driving, we’d reduce our carbon emissions by 64 million tons; save 6.5 billion gallons; and collectively shed more than 3 billion pounds. While these specific numbers may be arguable, there’s no denying that less driving and more walking would benefit us all. And with gas prices averaging over \$4 per gallon across America, every mile you don’t drive is money in the bank.

Ditch the drive-thru. According to TheDailyGreen.com, every time you use a drive-thru, you burn about 18 cents worth of gas by letting your car idle. That might not seem like much, but consider the amount of times you drive-thru for morning coffee, a quick lunch, to visit an ATM or to pick up a prescription. Besides wasting money, you’re also contributing to greenhouse gases and global warming. Instead of idling your car and wasting fuel in the drive thru line, park and walk in. You’ll burn a few more calories by walking and standing in line, but you’ll also save money on gas.

Adapted from: 6 Ways to Get Lean by Going Green;
By Liza Barnes www.sparkpeople.com

MARCH IS NATIONAL NUTRITION MONTH!!!

Eat your way to good eyesight

People with age-related macular degeneration (AMD), the country’s most-common cause of vision loss, can live full, satisfying lives with professional guidance, the use of appropriate adaptive and low-vision devices, and by practicing an ongoing wellness program, including proper diet and exercise, maintains Bruce Rosenthal, Chief of Low Vision Programs, Lighthouse International, and chairman of the AMD Alliance International. He offers the following practical nutritional recommendations to help decrease your risk of AMD: A dietary supplement containing high doses of the antioxidant vitamins C, E, beta-carotene, and zinc provides the first effective treatment for slowing the disease’s progression.

*Stop smoking. Smoke restricts blood flow throughout the body and interferes with the eye’s ability to cleanse waste matter. Smokers have a 50% greater risk of developing advanced AMD.

*Maintain a diet low in fat. A high-fat, high-cholesterol diet can lead to fatty plaque deposits in the macular vessels, which can hamper blood flow.

*Besides carrots, good foods to eat for eye health include corn, kiwi, pumpkin, zucchini, yellow squash, red grapes, green peas, cucumber, tomato, butternut squash, green bell pepper, celery, cantaloupe, sweet potatoes, and dried apricots. Eat the freshest and brightest fruits and vegetables. Pick the most-colorful ones you can find--red, dark green, orange, or yellow. Be sure to eat dark green leafy vegetables, such as spinach, kale, turnips, and collard greens.

National Nutrition Month* 2011



USA Today (Society for the Advancement of Education), Oct, 2002



Take Time for Tea - Make It Green

How tea is processed determines whether it is classified as green, oolong or black. Green tea, produced when fresh-picked tea leaves are steamed or heated, is the least processed. As a result, it contains higher levels of antioxidants than black tea which is fermented and oxidized. True tea -- black, green, white and oolong -- all come from the leaves of the same plant, *Camellia sinensis*. What interests researchers are the chemical compounds in tea leaves (polyphenols, flavonoids and catechins) that serve as powerful antioxidants. In the body, antioxidants help repair cell damage that can lead to serious health problems, including cancer.

www.siho.org My Health Zone

Whole-Wheat Irish Soda Bread



Soda breads are hearty Irish staples - wholemeal flour with large flakes of bran and wheat germ, or white flour or a mixture leavened with baking soda and moistened with buttermilk. The acid in the buttermilk reacts with the baking soda, which is an alkali, creating bubbles of carbon dioxide which rise the bread. Soda breads have the heft of a yeast bread but are made in minutes and the dough can be shaped into scones or a round loaf, depending on the occasion. Originally it would have been baked in a bastible (pot oven) over the open fire.

Ingredients

- 2 cups whole-wheat flour
- 2 cups all-purpose flour, plus more for dusting
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 1/4 cups buttermilk

Preparation

- Preheat oven to 450°F. Coat a baking sheet with cooking spray and sprinkle with a little flour.
- Whisk whole-wheat flour, all-purpose flour, baking soda and salt in a large bowl. Make a well in the center and pour in buttermilk. Using one hand, stir in full circles (starting in the center of the bowl working toward the outside of the bowl) until all the flour is incorporated. The dough should be soft but not too wet and sticky. When it all comes together, in a matter of seconds, turn it out onto a well-floured surface. Clean dough off your hand.
- Pat and roll the dough gently with floury hands, just enough to tidy it up and give it a round shape. Flip over and flatten slightly to about 2 inches. Transfer the loaf to the prepared baking sheet. Mark with a deep cross using a serrated knife and prick each of the four quadrants.
- Bake the bread for 20 minutes. Reduce oven temperature to 400° and continue to bake until the loaf is brown on top and sounds hollow when tapped, 30 to 35 minutes more. Transfer the loaf to a wire rack and let cool for about 30 minutes.

Nutrition Per slice: 165 calories; 1 g fat (0 g sat, 0 g mono); 2 mg cholesterol; 37 g carbohydrates; 8 g protein; 3 g fiber; 347 mg sodium; 179 mg potassium.

Nutrition Bonus: Fiber (13% daily value).
www.eatingwell.com/recipes

Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it.

~Plato

Creating a Green & Healthy Home: Clear the air



*Ban smoking: The number one way to combat indoor air pollution is to never let anyone smoke in your home. "It's like inviting a diesel bus into your living room," says Gina Solomon, MD, PhD, a senior scientist at the Natural Resources Defense Council and an associate clinical professor of medicine at the University of California, San Francisco. "Cigarettes are full of toxic chemicals, and secondhand smoke exposure can cause cancer. It's a no-brainer. No smoking at home."

*Grow plants indoors: Live plants around your home act as natural air filters, and some plants are particularly effective absorbers of harmful pollutants emitted from carpets, furniture, and electronic equipment. So clean your indoor air and "green" your living space by filling your home with spider plants, Boston ferns, rubber plants, and palm trees. Install a carbon monoxide detector: Carbon monoxide is an odorless gas and exposure to it can be deadly. To prevent carbon monoxide poisoning, pick up a detector at your local hardware store.

*Check for radon: Radon is a radioactive gas that is naturally present in soil, and it can enter your home through cracks in your foundation. Radon is also the second leading cause of lung cancer in the US, according to the National Academy of Sciences.

Radon test kits are available at most hardware stores.
www.webmd.com

6 Simple Desk Exercises

Neck Rotator

From a stable, aligned sitting position, turn your chin toward your left shoulder to create a stretch on the right side of your neck. Hold right stretch tensions for 10 to 20 seconds. Now turn your chin toward your right shoulder to create a stretch on the left side of your neck. Do each side twice.

Shoulder Stretch

Lift both arms over your head, hold your left elbow with right hand. Then gently pull your elbow behind head until an easy tension-stretch is felt in shoulder or back of your upper arm (triceps). Hold easy stretch for 30 seconds. Do not overstretch. Change sides and repeat.

Pectoral Stretch

Grasp your hands behind your neck and press your elbows back as far as you can. Return to starting position, then drop your arms and relax. Repeat 10 times.

Torso Stretch

Here is a good exercise for the torso area. With feet flat on the floor, breathe deeply and stretch your hands over your head, hold for a few seconds and then slowly bring your hands back to a resting position. A couple of repetitions and the kinks are gone.

Side Stretch

Interlace your fingers. Lift your arms over your head, keeping your elbows straight. Press your arms backward as far as you can. Then slowly lean to the left, and then to the right, until you can feel stretching. Repeat 5 times on each side.

Shoulder Rolls

Sit with your back straight. Lift your shoulders as high as you can. Bring them forward. Push them down. Pull your shoulders back, then return to starting position. Repeat in the opposite direction. Repeat three to five times.

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