

Total Wellness[®] **BECOMING A TOTAL PERSON[®]**

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Could You Have Asthma?

Do you have an ongoing cough you can't get rid of? According to the American Academy of Allergy, Asthma & Immunology, it could be a signal that you have asthma.

Asthma is a chronic and potentially life-threatening lung disease in which airways become inflamed and/or swollen, making it hard to breathe. Symptoms of asthma include cough, chest tightness, shortness of breath, and wheezing.

Ask yourself these questions:

- Is there a family history of asthma or allergies?
- Are you constantly short of breath and wheezing?
- When do you notice your symptoms – when you have a cold, when you're exercising, or when you're around allergens, such as pollen, mold and animal dander?
- Are you missing work because of symptoms?
- Is coughing and wheezing keeping you up at night?

If you answered "yes" to any of these questions, you may have asthma. Talk with your doctor or an allergist/immunologist to discuss your symptoms and learn more about asthma.

For more information on allergic asthma, visit www.aaaai.org/allergicasthma/.

Say Goodbye to Autumn Allergies

While some people are enjoying the cooler autumn weather and colorful fall leaves, millions of others are suffering from a stuffy nose and cough – best known as *sinusitis*. In fact, each year more than 18 million doctor visits result in a diagnosis of sinusitis, and sufferers miss an average of four work days each year because of sinusitis.

According to the American Academy of Allergy, Asthma, and Immunology, sinusitis is an inflammation of the nasal sinuses – the hollow cavities within the cheek bones around the eyes and behind the nose. Sinusitis is usually caused by inadequate draining of the sinus cavities due to allergies, infection, or obstruction. Symptoms of sinusitis may include:

- profuse, thick colored nasal drainage
- bad tasting post-nasal drip
- cough
- head congestion
- headache
- a plugged up nose
- a feeling of facial swelling
- toothache
- constant tiredness
- occasionally a fever.

To help alleviate sinusitis symptoms, allergists offer these tips:

- ◆ Use hot packs to alleviate facial pain.
- ◆ Breathe in steam from a bowl of hot water. Use caution not to burn yourself or anyone else.
- ◆ Increase your fluid intake.
- ◆ Use an over-the-counter sterile salt water nasal spray.
- ◆ Take your allergy medications as prescribed. Never take more medicine to



alleviate severe symptoms. Follow your doctor's directions. If you're prescribed an antibiotic, finish all of it.

Here are several more tips that may help you avoid autumn allergies:

- Get up-to-date pollen information from your area from the National Allergy Bureau at www.aaaai.org/nab.
- Keep your windows closed at night to prevent pollen from drifting into your home.
- Minimize outdoor activity when pollen counts are high, usually between 10 a.m. and 4 p.m.
- Keep your car windows closed when traveling.
- Take a shower after spending time outdoors.
- Avoid hanging sheets or clothing outside to dry.
- Avoid using dried weeds and grasses in floral arrangements.
- Check with your doctor or allergist about medications or other tactics that can help you prevent or manage allergy symptoms.

For more information, visit the American Academy of Allergy, Asthma, and Immunology at www.aaaai.org. In Canada, visit the Allergy/Asthma Information Association at www.aaia.ca.

Risk: A Cautionary Tale

If you're going to invest – even in a certificate of deposit – you will assume some risk. The general rule is: *the greater the potential return, the greater the potential risk.*

That's why a corporate bond usually promises a higher percentage than a government bond. In order to attract investors, they must offer a higher rate than the government does. Otherwise, why take the risk?

Risk, in and of itself, isn't necessarily bad. But some people take risks that are so ridiculous they make no sense at all. It's like tossing a coin and having it land heads three times in a row and then betting double or nothing that it will do so forever. It won't, and you will eventually lose.

Not long ago, I was counseling with a couple in their late 60s who had lost their entire life savings in one of the riskiest investments possible – commodities speculation.

When the husband shared how they'd lost their savings, I was honestly astounded. Over the years, I'd counseled many high-income people who lost money in commodities, but never a retired couple who had made their money the old-fashioned way – by hard work.

"Why," I asked, "would you take such a risk? Did a friend or relative talk you into it?"

"No," he replied in an apologetic voice, his head down. "I attended a one-day seminar on investing where the man said we could double our money in commodities. Since we didn't have quite enough to live on comfortably, I thought it would be a good way to make the money we needed."

"Didn't you object?" I asked his wife.

"I didn't know enough to object. I thought he was investing in some pigs since he said he was in pork bellies. And I thought soybeans would be a good investment too."

Unfortunately, this couple learned the hard way that you cannot only lose what you have but even *more* than you have. The husband had opened a margin account to buy commodities and lost not only their savings, but also owed nearly \$5,000 to the exchange as well. Fortunately, the broker was willing to absorb the loss and let them keep their home. Nevertheless, this husband was forced back into the sign-painting business at age 68.

Remember that risk isn't the issue. Every investment carries some degree of risk. Just be certain you know what the actual risk is, and decide if you're willing and able to absorb it. An ancient proverb says, "A prudent man sees evil and hides himself, the naive proceed and pay the penalty."

Larry Burkett (1939-2003), a well-known author, teacher, and radio personality, was co-founder of Crown Financial Ministries, whose daily radio broadcasts are heard on more than 1,000 stations in the U.S. Larry's best-selling books include The Coming Economic Earthquake, What Ever Happened to the American Dream? and Victory Over Debt.

Organize Your Health Records

Quick... when was your child's last tetanus shot? When did you have your last mammogram? Do you know the name of the prescription drug that you're allergic to? Most people can't quickly answer these questions. It may be because their health information is disorganized. **Here are some tips on organizing your health records:**

- Obtain and keep copies of your medical records, including your health history, the onset of certain health conditions, surgeries, medications, immunizations, and other health-related information.
- File your data by condition. For example, categorize your files by surgeries, allergies and sensitivities, medications, tests, and immunizations.
- Once your health information is organized, consider storing a copy of your files with a trusted family member, friend, or in a safety deposit box.



Healthy Habits Save Money



Did you know that a healthy lifestyle can save you money? It's true! Healthy habits, such as exercising regularly, controlling stress, eating well, and not smoking, can not only increase your stamina, lighten your mood, and lower your risk for some diseases, but it can also save you money.

Here are healthy habits that can save you money:

- ✓ **Eat healthy meals.** Cut out or reduce fast food eating. Bring your lunch to school and work. Pack healthy snacks to nibble on during the day instead of buying junk foods. When eating out, choose healthy alternatives.
- ✓ **Quit or cut back on alcohol consumption.** Drinks are expensive. If you drink, order less expensive drinks only occasionally or as a special treat only.
- ✓ **Stop smoking.** If you have a pack-a-day habit, it could be a daily expense of about \$5 – or about \$1,800 a year. Not smoking also allows you to obtain lower rates on health, life, and disability insurance and also will help prevent your having smoking-related health problems in the future.
- ✓ **Exercise.** The number-one exercise of choice is walking, and the good news is that it's cheap and can be fun for the whole family. Exercise for entertainment. Go to the local park to walk or go for a hike.

Family Fall Fitness Tips

Take advantage of the beautiful fall weather and get active! Here are some ways to have fun and stay fit with the whole family during the fall:

- ▲ *Visit an apple orchard.* Usually orchards have a hay ride to and from the orchard. Opt to walk up and ride back with the apples.
- ▲ *Go hiking.* If the beauty of the great outdoors alone doesn't excite your family, create a scavenger hunt. Have kids find different types and colors of leaves and bring them back. Press them in books and do further research at home about the species of trees if you wish.
- ▲ *Try something new.* Sign up for an aerobics or yoga class. If you walk, try running. Play tag with your kids in the backyard. Get out and throw the football or baseball.
- ▲ *Do yardwork.* Nothing burns the calories quite like a vigorous day of raking or pulling weeds.
- ▲ *Find a cause that is close to your family's heart and participate as a family in a walk or run.* There are many walks dedicated to breast cancer, leukemia, multiple sclerosis, and hunger.
- ▲ *Fall clean your house.* You would be amazed at the number of calories you can burn when setting out to clear the clutter.
- ▲ *Sign up for lessons in something you enjoy.* Consider gymnastics, dance, football, soccer, or swimming.



Train Like an Animal!

Do you want to be in really great shape? Then it's time to start training like an animal! If you've ever been to the zoo and noticed how tigers and other animals are exhibits of proportioned physiques showing visitors amplified levels of strength and sleekness, then you will grasp what I'm about to share with you.

People for hundreds of years have maximized their functional strength and overall fitness by mimicking stretches and resistance moves that animals instinctively practice throughout their lives daily. Take the tiger, for instance. It moves with such grace while powerfully contracting every muscle in its body with each stretch, stride, run, or jump that is engaged. The tiger demonstrates tension throughout its entire body during the day and never experiences aches or pains while maintaining its sculpted physique.



More to the point, you too can achieve a strong, sculpted body by following the ways of the tiger. Visualized and self-resistance and isometrics training along with well-balanced nutrition will help you create the strength and sleekness that you desire without ever putting wear and tear on your joints, tendons, or ligaments. This occurs over time if you lift heavy weights due to the amplified gravitational pull and compression on these areas. When training without weights, your body becomes your gym. Therefore, the freedom and flexibility of working out anytime or anywhere applies. Did you know that more than 50 percent of the people who start a workout program quit within the first six months due to guilt of taking time away from their families or careers, anxiety of how others critique their physiques, and the intimidation of equipment or workout classes? How do we overcome these odds?

The secret for me – a full-time working mom and wife – has been to simplify my workout. I found that I could maximize my workout in less time and it didn't cost me a dime. All I had to do was learn how to “think into the muscle” and use body-weight exercises to create the body I had been longing to find. Chiropractors from across the country have not only approved this type of training, but are also recommending it to their patients due to its healing influence. Go to www.bronzebowpublishing.com to learn more about how you can train like an animal!

Wendie Pett is a wife, mother and fitness expert, the author of *Every Woman's Guide to Personal Power*, as well as the *National Sales Director for Koehler Peterson & Associates and Bronze Bow Publishing*. She's an instructor in the *Transformetric Training System* that maximizes strength and fitness as well as wellness. For more information on Wendie and *Transformetrics*, visit www.bronzebowpublishing.com.



Grow Old Gracefully



As people grow older, regular exercise becomes more important than ever. In fact, exercise can help you reduce the risk for many diseases, maintain your mobility, and improve your attitude and mental well-being. **Here are a few tips:**

- ◆ Find daily opportunities to exercise while you work and play. Force yourself to walk by parking your car several parking spaces away from the store or office entrance.
- ◆ Choose exercises that you enjoy doing. Walk, swim, climb, bicycle, dance, or fish.
- ◆ Use the buddy system. Find a friend who can meet you and exercise with you. It's more difficult to say no to exercise when you encourage one another.
- ◆ If you're retired, volunteer your time to help others. Get involved with a cause you believe in.

Seize Each Day!

By Paul J. Meyer



On his deathbed, Joe's family asked him what he wished he had done while he still could. Instead of listing all the things he had spent years pursuing and dreaming about, such as the bigger house, the ultimate job, more investments, better vacations, etc., Joe's wish list was short and simple. He wished he had spent more time together with his family, gone to Europe with his wife, gone to his kids' ball games, taken his grandkids out of school for lunch more often, and not worked as much. In everything he said, the only reference to work was wishing he had done less of it.

Isn't it interesting that in life's most trying times, what's most important instantly comes to the surface and what's not as important is suddenly inconsequential? Sadly, most people don't get another chance because they come to the revelation when it's too late.

We can't afford to lose a single moment – life is just too short! I challenge you to make the most of every day you are given. One of my most favorite sayings is “*carpe diem*,” which means “*seize the day*.”

The following are habits to help you seize every day as if it were your last:

- ◆ *Be an inverted paranoid.* Believe that the whole world is conspiring to do only good things to you.
- ◆ *Be a quick forgiver.* Realize that you have been forgiven for much and decide to forgive much as well.
- ◆ *Be optimistic.* Believing the best in people and circumstances is a sure way to find the best.
- ◆ *Be thankful.* Always give thanks for everything in your life, and strive to keep a smile on your face.
- ◆ *Be encouraging.* Encouragers make others feel better, stronger and more capable of accomplishing their dreams.
- ◆ *Be spontaneous.* Take advantage of situations and circumstances. Adopt a sense of urgency and a do-it-now attitude.
- ◆ *Be a giver.* Tell people, “*If I can be of any service to you or your children, anytime, anywhere, anyplace, just call.*”
- ◆ *Be positive.* Being positive has the potential of turning the worst situations into victories.
- ◆ *Be enthusiastic about life.* Since you only live once, why not give it your all in all that you do?
- ◆ *Be joyful.* Enjoy your life and view adversity as a stepping stone, not a roadblock at the end of the road.
- ◆ *Be active.* Find an activity you enjoy such as hiking, scuba diving, golf, tennis, swimming, biking, or fishing, and share it with someone else.

Paul J. Meyer is a successful entrepreneur and author of personal and professional improvement programs, courses, and books, including his latest book, *Unlocking Your Legacy: 25 Keys for Success*. For more information, visit his website at www.pauljmeyer.com.

Want to Go Places?

Do More than Bide Your Time

If you hoped to be in a higher position by this time in your career, cheer up. There are a lot of people who feel the same way. That should remind you that when things break loose, you have to be ready with skills, connections, and a record of accomplishment. **Here's what you can do:**

- *Stay visible.* Speak up at meetings, join task forces, and volunteer for projects. Don't hide behind your computer.
- *Perfect skills and acquire new expertise.* Get a certificate or degree, get new computer skills, audit a class, or contribute time to a nonprofit organization.
- *Do more than you have to.* People are recognized for their initiative. Just doing your job well is expected. Do more.
- *Manage your PR.* Advisors at Career Strategies say it's wise to let people know when you accomplish something or when you put in the extra effort to get a project done. Strive to be positive, calm, and organized at all times.
- *Think and be creative.* You were hired for more than just doing something. Spend time each day thinking of ways to improve your job or your organization.
- *Be responsible for your success.* Don't wait for something to happen. Find ways to use your strengths and work on your weaknesses. Taking responsibility for your own success is something everyone should do, says Steven Berglas, author of *Reclaiming the Fire*.
- *Look for opportunities.* Coaches writing in *Fortune* say how you look at the situation will have an impact on whether you move ahead. Find exciting opportunities outside of work to refresh yourself. Then bring that spirit back to the office.



InSync® Moment #59 – Listen Consciously

We know the value of listening. We feel good when we've been heard. We understand others better when we've heard them. Do you ever presume to know what will be said? Formulate your response before statements are complete? Daydream? Made up your shopping list? The reality is that it's most difficult to listen without any internal interference. When it occurs, gently push it aside. Make every effort to listen... consciously.



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Heart Disease: An Equal Opportunity Killer



While most women fear the threat of breast and other cancers, heart disease is in fact a far greater risk to their health. The risk of heart disease in women increases as they approach menopause and continues to rise as they age. Heart disease is largely preventable and treatable, but the key is *prevention*. **Here are several tips from the American Heart Association on reducing your risk for heart disease:**

- ▲ *Quit smoking if you're a smoker.* Smokers' risk of heart attack is more than twice that of nonsmokers.
- ▲ *Manage your blood cholesterol levels.* Have your levels tested and talk with your doctor on ways you can lower your cholesterol level if it's high.
- ▲ *Control your blood pressure.* High blood pressure increases the heart's workload, causing the heart to enlarge and weaken over time.
- ▲ *Get active.* Regular exercise can help prevent heart and blood vessel disease. It can help control obesity, diabetes, cholesterol, and blood pressure.



Managing Multiple Medications

- Make sure you understand your medications and their dosages.
- Make an instruction sheet for yourself and others.
- Sort medications into a pill sorter – some kinds will even beep when it's time to take a medication.
- Set a regular time each week to fill your pill sorter.
- If it's confusing, ask a friend or loved one to help you sort your medications.

Prostate Health: Get Checked!

Prostate cancer is the second leading cause of cancer death in men in the United States. **If you're a man and have not been recently checked for prostate cancer, answer these questions:** Are you over the age of 50? Are you African American and over the age of 40? Do you have a history of prostate cancer in your family? Have you ever had an abnormal prostate-specific antigen (PSA)? Are you experiencing a weak urine stream, discomfort while urinating, or other abnormal urinary complications? If you answered "yes" to one or more of these questions, you should make an appointment with your doctor for a prostate cancer screening. Men's chances of survival go way up with early diagnosis and treatment.



Be Nice to Your Knees

When was the last time you skinned your knee? It's probably been a while since you experienced this commonplace ailment of rough and tumble youthful times. However, even if your grown-up ways have made frequent knee scrapes a thing of the past, your habits in adulthood still could be damaging your knees. **Ask yourself the following questions and find out if you're being nice to your knees:**

1. *How much weight are you carrying?* Your knees bear the brunt of your body weight, so it's crucial that you maintain a healthy weight. Every extra pound you carry adds up to three pounds of pressure on your knee joints when you walk, and 10 pounds when you run.

2. *Are you exercising?* Regular exercise is essential to maintaining knee strength. Without it, your muscles weaken, leaving your joints vulnerable. Your best bet is to choose activities with a low risk of knee injury, such as yoga, walking, biking, swimming, and weight lifting.

3. *Are you overusing some muscles and joints?* Staying active is good for your knees, but you should avoid repetitive strain on muscles and joints, which can loosen tendons or damage cartilage. Be sure to listen to your body. When you feel pain or discomfort during or after an activity, don't ignore it. Take a break and focus on other activities that don't stress the injured joint. If the pain doesn't go away in two weeks, see your doctor.

4. *Is your body properly aligned?* Just as driving a car when the wheels are out of alignment causes the tires to wear irregularly, the same principle holds true for your knees. If your body isn't properly aligned, your knees take more strain than they're able to endure healthfully. Always practice good posture – both when sitting and standing.

5. *Are you wearing the right shoes?* Shoes that cause your body weight to be unevenly distributed place extra stress on your knee joints. In addition to avoiding obviously uncomfortable or impractical shoes, you should also consider purchasing at least one of your main pairs of shoes and/or sneakers at a specialty store where the staff can advise you on what is appropriate support for your foot and body type. A visit with your podiatrist can help diagnose any particular foot or gait concerns.

Be Good to Your Knees Now

Arthritis of the knee is common. However, it's not necessarily an inevitable consequence of aging. Taking care of your knees now will cost you a lot less time and effort than rehabilitating them down the road.

To learn how to take care of a sprain or strain, visit the *RealAge Sprains and Strains Health-e-Quiz* at http://www.realage.com/home_care/sprains/introduction.asp.

By Michael F. Roizen, M.D., author of *RealAge: Are You as Young as You Can Be?* and *The RealAge Diet: Make Yourself Young with What You Eat*. Roizen, an internist and anesthesiologist, has been listed for the last 13 years in *The Best Doctors in America*, published by Woodward/White. For more information on *RealAge*, visit www.RealAge.com.



Is Your Anger Out of Control?

Everyone has experienced intense anger at one time or another – on the road, at work, at home, or on the playing field. The result is physical and mental anger that can sometimes lead to a situation you regret.

Properly handled, however, anger can be used to give you courage to stand up for yourself. It can be channeled into greater work energy or it can give you the strength and inspiration to play harder at your sport.

Psychiatrists at the University of Chicago say everyone has a threshold for anger arousal which is



probably set at birth. It controls at what point you're going to be "acting up."

But anger isn't all negative. Sports psychologists call the push anger can bring "the law of the inverted U." They say there's an optimal point of emotion where you get optimal performance in sports. If you're below it, you're not fired up enough to be your best. If you pass it, you're so angry you can't perform well.

Dr. W. Doyle Gentry, author of *Anger-Free*, says athletes like Michael Jordan can stay in the optimal zone. They can get angry, control it, focus on what they're doing, and perform better.

You can't change your biological threshold for anger, but you can change it into a touch of anger that will inspire

you to peak your performance at any task. **Doctors recommend:**

- When anger makes you reactive rather than strategic, step back. Take deep breaths, in through your nose, out through your mouth. Count to 10 if this helps you calm down.
- Learn to relax rather than being uptight so often. Practice lying on your back with eyes closed. Starting with your toes, flex all of your muscles for a few seconds.
- Recognize that life isn't fair. Don't get mad if you don't like the way things are. Do something to change the situation.
- Exercise. Cardiovascular activity will drain your anger and make you stronger. It could change your outlook on life.

For more information on managing your anger, visit the National Mental Health Association at www.nmha.org. In Canada, visit the Canadian Mental Health Association at www.cmha.ca.

Are You Sad? Don't Buy or Sell!

Behavioral economists at Carnegie Mellon University in Pittsburgh have found that people aren't the logical decision makers that textbooks say they are.

Some of their findings include:

- ◆ People who are feeling sad are less likely to negotiate for a lower price. Therefore, it's not a good time to buy a used car.
- ◆ If you're feeling sad, don't sell anything on which the price can be negotiated, because you will be more willing to sell for less. For example, don't sell a car or hold a garage sale.
- ◆ Disgust makes people want to get rid of things and reduces their selling prices. Organize your place before giving away half of your personal belongings.
- ◆ Anger makes people assess situations more optimistically. They downplay risks and overestimate potential benefits. It's not a good time to invest.

Release the Grip Alcohol Has on You

According to the National Institute on Alcohol Abuse and Alcoholism, alcoholism is a disease that has four symptoms: • a strong need to drink (craving) • an inability to limit the number of drinks (loss of control) • withdrawal symptoms, such as sweating, shaking, and nausea, once drinking has stopped (physical dependence) • a need to drink greater amounts of alcohol to get "high" (tolerance). Alcoholism is chronic, which means that it's a lifetime battle for the alcoholic.

How can you tell if you or someone you know has an alcohol problem? People may have an alcohol problem if they ever: • Feel as though they should cut down on drinking. • Are annoyed by others who criticize their drinking. • Feel bad or guilty about their drinking. • Have a drink first thing in the morning to steady their nerves or to get rid of a hangover.

If one of these situations holds true for you, you may have an alcohol problem. If more than one of these situations applies to you, it's highly likely that a problem exists. If you think you have an alcohol problem, see your doctor right away. With the right support and treatment, many people are able to recover from their disease and rebuild their lives.

For more information on alcohol abuse and alcoholism, visit the Substance Abuse and Mental Health Services Administration at www.samhsa.gov.



Score Big with Fruits and Vegetables!

A great way to boost your health and your family's health is to include five to nine servings of fruits and vegetables each day in your diet. Fruits and vegetables look good, taste great, and contain essential vitamins and minerals for your body.

Eating five to nine a day can be quick and easy. You can get your five to nine servings in many ways because fruits and vegetables come fresh, frozen, canned, dried, and as 100 percent fruit or vegetable juice. One serving is a medium-sized piece of fruit, three-fourths cup of 100 percent fruit or vegetable juice, one-half cup of cooked or canned vegetables or fruits, one cup of raw leafy vegetables, one-half cup of dried peas or beans, or one-fourth cup of dried fruit.

Here are ways you can add more fruits and vegetables to your diet:

- ▲ Start the day with 100 percent fruit or vegetable juice.
- ▲ Slice bananas or strawberries and eat them on top of your healthy morning cereal.
- ▲ Keep things interesting by combining fruits and vegetables of different flavors and colors, like red grapes with pineapple chunks, or cucumbers with red peppers.
- ▲ At restaurants, select some of these healthy choices: veggie pizza, pasta with vegetables (watch out for those high-fat cream sauces though!), fresh vegetable wrap, vegetable soup, small

salad instead of fries, and plenty of fresh fruits and vegetables from the salad bar.

- ▲ Buy ready-to-eat packaged fresh vegetables if you're in a hurry. Many grocery stores also offer pre-sliced melons, fresh pineapple, and fruit salad mixes.
- ▲ Pick fruits and vegetables that require little peeling or chopping, like baby carrots, cherry tomatoes, cauliflower, grapes, apples, broccoli spears, bananas, or a box of 100 percent fruit or vegetable juice.
- ▲ Make fruits and vegetables visible in your kitchen so you and your family can grab a healthy snack.
- ▲ Snack on raw vegetables such as baby carrots, pepper strips, broccoli, and celery. Keep some of these items with you at all times for a quick snack.
- ▲ Pile spinach leaves, tomatoes, peppers, and onions on your pizzas.
- ▲ Add strawberries, blueberries, bananas, and other brightly colored fresh fruits onto your pancakes and waffles.



- ▲ Spice up your vegetable dishes. Add a spoonful of salsa, chopped green onion, lemon juice, chopped tomato, or a light sprinkling of herbs, such as thyme, tarragon, rosemary, fresh coriander (cilantro), dill, and parsley.
- ▲ Create healthful sandwiches with lots of sliced tomatoes, bell peppers, different kinds of lettuce, sprouts, and sliced cucumbers.
- ▲ Stuff a pita pocket with veggie chunks, alfalfa sprouts, and fat-free dressing.
- ▲ Try a green salad with lots of chopped vegetables. Add chopped apples, raisins, and crunchy sprouts to your salad for added taste.
- ▲ Instead of chips and dips at your next party, serve raw vegetables with low-fat dip.

For more tips on adding fruits and vegetables to your diet, visit www.9aday.cancer.gov and www.5aday.gov.

Pamela Smith is a Registered Dietitian and nationally known radio and TV host. For more information, call 1-800-896-4010 or visit her website at www.pamsmith.com. Her new book, *Take Charge of the Change*, focuses on women 35-55, their issues and hormones.



FRESH BROCCOLI SALAD

- 2 bunches fresh broccoli, trimmed and cut into small pieces
- 1 cup chopped fresh parsley
- 2 to 3 green onions, sliced
- 1/2 cup nonfat cottage cheese (or ricotta)
- 1/4 cup light mayonnaise
- 1/2 cup skim milk
- 2 cloves garlic, minced
- 1 tsp. Mrs. Dash seasoning
- 1/2 tsp. creole seasoning
- 3/4 tsp. dill weed

From Pamela Smith's *Healthy Living Cookbook*. Visit www.pamsmith.com for more information.



Serves 8

Blanch broccoli for five minutes in boiling water. Immerse quickly in ice water to chill; drain. Toss with parsley and green onions.

Make dressing by blending cottage cheese, mayonnaise, milk, garlic, and seasonings in blender until smooth. Stir in dill. Toss with vegetables and chill well.

Each serving contains: 76 calories, 3 g. protein, 0 g. fat, 1 mg. cholesterol, 16 g. carbohydrates, 54 mg. sodium. Calories from fat: 0 percent

✂ clip and keep

Watch What You Say

Words have incredible power. **If you realize you've been "nicking" the one you love, try these tips:** • Use words to comfort, not curse. • Use words to heal, not hurt. • Use words to build up, not tear down. Apologize for hurtful words and commit to control your wording.

Dealing with Terror

When there's an elevated risk of terror, what can you do? You stay alert! **Here are some tips:** • If you see a strange car or truck parked in your neighborhood, call the police. • If you see a package left unattended under a park bench or in an urban area, don't disturb it. Tell a police officer. • Never let unusual situations go unreported. Any unusual or suspicious activity involving utilities, reservoirs, dams, or public buildings should be reported. • Create a safe room in your home with food and water, a generator, a battery-powered radio with extra batteries, and a cell phone.

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Protecting Yourself on the Farm

While farms offer people fresh air and peaceful surroundings, they're not a hazard-free environment. In fact, each year on farms across the nation, an alarming number of people are injured, permanently disabled, or killed.

Farmers and their families are exposed to safety hazards such as: • chemicals and pesticides • cold • dust • electricity • falls • grain bins • hand tools • highway traffic • lifting • livestock handling • machinery and equipment • manure pits • mud • noise • ponds • silos • slips and trips • sun and heat • toxic gases • tractors • wells.

Here are a few safety tips for working on the farm:

- ◆ Read and follow instructions in equipment operator's manuals and on product labels.
- ◆ Inspect equipment routinely for problems that may cause accidents.
- ◆ Talk about safety hazards and emergency procedures with workers and family members.
- ◆ Install approved rollover protective structures, enclosures, or frames on farm tractors and other equipment.
- ◆ Make sure guards on farm equipment are in place at all times.



- ◆ Take precautions to prevent entrapment or suffocation caused by unstable surfaces of grain storage bins, silos, or hoppers. Never "walk the grain."
- ◆ Be aware that methane gas, carbon dioxide, ammonia, and hydrogen sulfide can form in unventilated grain silos and manure pits. This can suffocate or poison workers, or explode.
- ◆ Be physically and mentally fit before operating a tractor. Fatigue, stress, medication, alcohol, and drugs can cause you to lose focus on safety.
- ◆ Always shut down equipment, turn off the engine, remove the key, and wait for moving parts to stop before getting off or approaching equipment.
- ◆ When around animals, move slowly and announce your approach by talking to them. Never approach from the rear of an animal. Also, never enter a small enclosed area with a large animal unless the space has an escape gate.

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