

Stay Healthy

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Weekly



FITNESS 4 LIFE 2023

By Jaye Kenzie

Your nutrition choices before, during and after activity can help you stay strong and recover better. Here's a breakdown of what your body needs to fuel a heart-healthy workout and recovery, courtesy of a Johns Hopkins nutritionist.

WHAT THE EXPERTS DO

Enjoy a Post-Workout Bowl of Oatmeal
Several mornings each week you will find dietitian Kathleen Johnson going for a run or attending a yoga class. She drinks water but doesn't eat beforehand because she starts so early. Afterward, she makes a big bowl of oatmeal with toppings of peanut butter, flax and chia seeds for added omega 3s. For more of an omega boost, swap out the peanut butter for walnuts.

Your heart needs exercise — and what you eat before, during and after physical activity can affect your performance and how you feel, says registered dietitian Kathleen Johnson, M.A., R.D., L.D.N.

To personalize what you eat around exercise, dietitians consider two main things, she says:

1. How much exercise.

Someone doing high-intensity interval

training or weight training needs to eat more than, say, a beginning walker.

2. Your fitness goals.

Someone who wants to lose weight has to be careful not to take in more calories than he or she is burning. "A 500-calorie smoothie after an hour of weight training is fine if you're trying to build muscle, but not if you're trying to lose weight," Johnson says.

Working with a dietitian can help you customize your eating based on these factors. But some general guidance is smart for anyone who counts exercise as part of a heart-smart plan.

What to Eat Before Exercise

"Hydration is really important," Johnson says. She prefers coconut water or plain water to sports drinks, which contain more calories and sugar.

Eat only foods that are familiar to you.

"Before a workout isn't a great time to experiment with a new super smoothie, especially if you're prone to gas and bloating," she says.

Ideally, you want to plan your meals so they are no more than an hour and a half to two hours before your workouts. However, if you need to eat closer to exercise than that, grab a small snack focusing on a complex carbohydrate and protein. Think peanut butter and banana, or yogurt with granola.

"If you work full-time and exercise in the evening, think about lunchtime-onward as your pre-workout eating time," Johnson suggests. That will help you think through nutritious choices, rather than grabbing a

quick bite of whatever's handy.

What to Eat During Exercise

Most people don't need to eat anything while exercising, Johnson says, "unless you're an endurance athlete doing a multi hour workout." If you have poor blood sugar control, sipping coconut water can be useful — you'll get a little sugar along with hydration and balanced electrolytes (necessary substances in your blood and body fluids that you lose through sweat).

What to Eat After Exercise

After exercising, aim for balance. "Don't overemphasize protein, fat or carbohydrates while neglecting the others," Johnson says. Protein is especially important, but she advises eating whole foods (lentils, quinoa, fish, beans) over protein powder. Carbs are key too. They don't have to be grains — fruits and vegetables are mostly carbohydrates. Healthy sources of fat include avocado, fish and olive oil.

Examples of well-balanced post-workout choices include olive oil (a healthy fat) drizzled over quinoa (protein) or trail mix containing nuts like almonds and walnuts,

A ONE HOUR
WORKOUT
IS 4%
OF YOUR DAY
no excuses

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3 Kinds of Exercise That Boost Heart Health

By Elizabeth Glasser SH Magazine

Heart-pumping aerobic exercise is good for cardiovascular health. But Johns Hopkins researchers say that two other types of exercise play a key role in heart health, too. Here's how to balance your fitness plan to get all the benefits

Q&A

What's the Best Exercise for Weight Loss?

Both aerobic exercise and resistance training burn calories, as well as help improve your baseline metabolic rate. The more muscle mass you develop, the more calories you burn, says Johns Hopkins exercise physiologist Kerry J. Stewart, Ed.D. "Together with diet, that's what leads to weight loss," he says.

Being physically active is a major step toward good heart health. It's one of your most effective tools for strengthening the heart muscle, keeping your weight under control and warding off the artery damage from high cholesterol, high blood sugar and high blood pressure that can lead to heart attack or stroke.

It's also true that different types of exercise are needed to provide complete fitness. "Aerobic exercise and resistance training are the most important for heart health," says Johns Hopkins exercise physiologist Kerry J. Stewart, Ed.D. "Although flexibility doesn't contribute directly to heart health, it's nevertheless important because it provides a good foundation for performing aerobic and strength exercises more effectively."

Here's how different types of exercise benefit you.

Physical Exercise

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Aerobic Exercise

What it does: Aerobic exercise improves circulation, which results in lowered blood pressure and heart rate, Stewart says. In addition, it increases your overall aerobic fitness, as measured by a treadmill test, for example, and it helps your cardiac output (how well your heart pumps). Aerobic exercise also reduces the risk of type 2 diabetes and, if you already live with diabetes, helps you control your blood glucose.

How much: Ideally, at least 30 minutes a day, at least five days a week.

Examples: Brisk walking, running, swimming, cycling, playing tennis and jumping rope. Heart-pumping aerobic exercise is the kind that doctors have in mind when they recommend at least 150 minutes per week of moderate activity.

Resistance Training (Strength Work)

What it does: Resistance training has a more specific effect on body composition, Stewart says. For people who are carrying a lot of body fat (including a big belly, which is a risk factor for heart disease), it can help reduce fat and create leaner muscle mass. Research shows that a combination of aerobic exercise and resistance work may help raise HDL (good) cholesterol and lower LDL (bad) cholesterol.

How much: At least two nonconsecutive days

per week of resistance training is a good rule of thumb, according to the American College of Sports Medicine.

Examples: Working out with free weights (such as hand weights, dumbbells or barbells), on weight machines, with resistance bands or through body-resistance exercises, such as push-ups, squats and chin-ups.

Stretching, Flexibility and Balance

What they do: Flexibility workouts, such as stretching, don't directly contribute to heart health. What they do is benefit musculoskeletal health, which enables you to stay flexible and free from joint pain, cramping and other muscular issues. That flexibility is a critical part of being able to maintain aerobic exercise and resistance training, says Stewart.

"If you have a good musculoskeletal foundation, that enables you to do the exercises that help your heart," he says. As a bonus, flexibility and balance exercises help maintain stability and prevent falls, which can cause injuries that limit other kinds of exercise.

How much: Every day and before and after other exercise.

Examples: Your doctor can recommend basic stretches you can do at home, or you can find DVDs or YouTube videos to follow (though check with your doctor if you're concerned about the intensity of the exercise). Tai chi and yoga also improve these skills, and classes are available in many communities.





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By Dr. Edward Group DC, NP, DACBN,
DCBCN, DABFM

Stevia is a natural sweetener, derived from the *stevia rebaudiana* plant that was first discovered centuries ago in Paraguay by the native population. But it wasn't until the late 19th century that a Swiss botanist working in South America documented the so-called "sweet leaf", and brought it back with him.

Stevia is available in many forms. The most popular is white extract powder, but you can also buy dried stevia leaves, stevia liquid extract, or as small pellets to sweeten your coffee with. The sweet leaf sweetener is also available in its granular form in small packets.

However, the all-natural stevia sweetener is different from sugar in many ways, and there are several reasons why stevia is a better option than sucrose, whether you're diabetic or just looking to adopt a healthier lifestyle. So let's go and have a look at them!

STEVIA IS BETTER THAN REFINED SUGAR

1. Stevia is very, very potent

The raw leaves of the stevia plant are approximately 40 times sweeter than sugar, and the powdered sweetener derived from them is up to 200-300 times sweeter. What this means, is that just a tiny bit of stevia will suffice for most of your sugar free recipes. The sweet leaf's shelf life is about 5 years, so it most certainly is a worthwhile investment.

2. Stevia has no calories

Refined sugar makes you fat, there's no denying it. Sucrose contains a lot of calories and there are so many sugary products nowadays that it's become almost a full-time chore to avoid them. As a consequence, 34% of adults in America are obese and for our children – who are being exposed to sugar from a very young age - that figure is

17%. These alarming rates are three times higher than they were thirty years ago. Luckily, the stevia sweetener harbors no calories whatsoever. While it isn't by any means a weight loss product, the benefits of stevia and its huge potential in this area are obvious.

3. Stevia helps to suppress cravings

As we all know, sugar is addictive. Artificial sweeteners such as aspartame or sucralose may not have any calories or glycemic index, but they still promote cravings for sugary sweets. On top of that, an increasing amount of consumers over the years has reported negative side effects when using artificial sweeteners, ranging from headaches and dizziness to rashes and stomach pains. Stevia on the other hand, has been reported to suppress cravings.

Time for a bit of trivia: did you know that stevia has been approved as a sweetener in Japan since the 1970's, and is now the number one sweetener there, with a market share of over 40%? And all this without any reports of unwanted side effects!

4. Stevia is Great For Diabetics

The reason why sugar is so bad for diabetics, is that it contains large amounts of carbohydrates. In order to illustrate which food types are fit for diabetics and which ones aren't, a system called "the glycemic index" was developed.

We will spare you the details of this system, but what it boils down to is that food types with a glycemic index value of less than 50 are considered relatively safe for diabetics; the lower the number, the better. To give you an idea: apples have a GI of 39. French fries have a GI of 95. Tabletop sugar has a GI of 80. Stevia has a GI of 0 (yes, zero). This makes the sweet leaf ideal for keeping your diabetes symptoms at bay without having to compromise any sweetness in your food.

5. Stevia Regulates Hypertension

For generations, native tribes in South America have been using stevia to sweeten their maté, a type of herbal tea. Aside from the sweetness, they have also been using it to lower blood pressure in people suffering from hy-

pertension. Nowadays, South American doctors even officially prescribe medicine containing stevia to help control high blood pressure. Extensive testing has shown that stevia does not lower blood pressure in healthy individuals.

6. Stevia Helps With Candidiasis

Candida albicans is a natural type of yeast that's present in every human's intestines. But in some people, this yeast population can grow excessively large and that's when an infection called "candidiasis" occurs, causing symptoms like diarrhea, nausea and vomiting. The main culprit with candidiasis is the fermentation of sugar in the intestine, and therefore many candida diets are based on eliminating sucrose from a person's eating patterns.

Raw stevia cannot be fermented by candida albicans and does not promote candidiasis, so it should be perfectly safe to substitute sugar with stevia for people with this condition. Always consult your physician before altering your diet though, and be careful to use pure stevia only. Some commercially available brands add inulin or maltodextrin to some of their products: substances which are to be avoided when you're prone to candidiasis.

7. Bottom Line on Stevia

When you're used to sugar, stevia's taste may take a bit of getting used to. It contains two sweet components (called "glycosides"); stevioside and rebaudioside A. Try to find products based on the latter, because stevioside can have a bitter aftertaste that not everyone is fond of. But when you add everything up, the benefits of stevia vastly outweigh the temptations of sugar. You owe it to yourself to give the sweet leaf a try!

Results may vary. Information and statements made are for education purposes and are not intended to replace the advice of your doctor. Global Healing Center does not dispense medical advice, prescribe, or diagnose illness. The views and nutritional advice expressed by Global Healing Center are not intended to be a substitute for conventional medical service. If you have a severe medical condition or health concern, see your physician.

Why is Stevia Better Than Refined Sugar?



1. Stevia is very potent
2. Has no calories
3. Helps suppress cravings
4. Is good for your teeth
5. Is great for diabetics
6. Regulates hypertension
7. Helps with Candidiasis



GLOBAL HEALING CENTER



Finding the Hidden Sugar in the Foods You Eat

This article is written by Erin Gager, R.D., L.D.N., a dietitian at The Johns Hopkins Hospital

Are you skipping cookies, cake or other sweet treats to reduce your sugar intake? Give yourself an A for effort, but you're probably still eating more sugar than you realize. The average American eats 22 teaspoons of added sugar per day, according to the American Heart Association. You're likely not adding that much sugar to food yourself, so could you really be eating that much? Well, yes, says Erin Gager, R.D., L.D.N., a dietitian at The Johns Hopkins Hospital, because sugar is in a lot more foods than you may think.

This extra sugar may be adding to your waistline as well as putting your heart at risk. Research shows that excess sugar consumption can be associated with an increased risk of cardiovascular disease. The American Heart Association recommends limiting added sugar consumption to 25 grams (about six teaspoons) per day for women and 36 grams (nine teaspoons) per day for men. Knowing where sugar may be hiding can help you meet these goals and beat added sugar at its game of hide and seek.

Know the Names for Sugar

The nutrition facts label is required to inform you how much sugar is in a food. However, the label does not separate the amounts of naturally occurring sugar from added sugar, Gager explains. Sugar

is found naturally in many nutritious foods, such as fruits and vegetables. But, you have to be a bit more savvy with locating foods that contain added sugar. There are more than 60 names for added sugar.

To identify added sugars, look at the ingredients list. Some major clues that an ingredient is an added sugar include:

it has syrup (examples: corn syrup, rice syrup)

the word ends in "ose" (examples: fructose, sucrose, maltose, dextrose)

"sugar" is in the name (examples: raw sugar, cane sugar, brown sugar, confectionary sugar)

Other examples of added sugar include fruit nectars, concentrates of juices, honey, agave and molasses.

4 Foods With Hidden Sugar

Most people are able to identify desserts and candy as having added sugar, but what about less obvious sources? Some foods that most people would consider "healthy" may actually have a lot of added sugar in them, such as:

1. Breakfast cereal

Just because it says "whole grain" or "fortified with vitamins and minerals" doesn't mean there's no sugar.

Health tip: Try to choose a cereal with 10–12 grams or less of sugar per serving. Granola and granola bars can be heavy sources of added sugars, so check their labels.

2. Yogurt

If you like flavored yogurt, peek at the nutrition facts label. You may be shocked at the amount of sugar you are eating.

Health tip: Try looking around and experimenting with other, less sugary yogurts. You can always get a plain yogurt and add your own fruit!

3. Condiments

Sometimes your food just needs a little extra kick, but keep in mind that it might cost you in your sugar consumption. Ketchup, barbecue sauce, hoisin sauce, teriyaki sauce, salad dressings and relish all have added sugars that mount up.

4. Beverages

A study conducted at the Johns Hopkins Bloomberg School of Public Health and Johns Hopkins University School of Medicine found that drinking high levels of sugar-sweetened carbonated beverage was associated with a higher risk of coronary artery disease in adults without a history of cardiovascular disease, cancer or diabetes.

Health tip: Be careful and read the nutrition facts label when choosing carbonated beverages, flavored milks and sports drinks.

Be sure to talk to your doctor or a dietitian if you make changes to your diet.

Healthy Snack Suggestion: Do-It-Yourself Trail Mix

Try this trail mix recipe for a sweet-tasting, healthy treat.

1 cup wheat cereal

1/4 cup dried fruit: raisins, blueberries, cranberries, chopped apricots, plums, or peaches, or a mixture

1/4 cup cashews (1 ounce)

Directions

Mix ingredients, split into two servings, and store in sandwich-sized plastic bags. Each serving contains about 192 calories, 5 g protein, 9 g fat, 28 g carbohydrates, 3 g fiber, and 115 mg sodium.





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By Dr. Richards M.D. Nevada

7 Signs You Are Not Getting Enough Potassium

Potassium is one of the most important minerals in the body, but you probably don't hear much about it. Unfortunately, it's often difficult for many people to notice the warning signs of potassium deficiency. To help you with that, we're giving you some of the top signs that you need more potassium. Continue on to learn more...

1. Always Feeling Tired

Are you tired constantly? A general feeling of fatigue is a common sign of low potassium levels in the body.

Since every cell needs an appropriate amount of potassium in order to function properly, a deficiency of this mineral can affect the cells and other organs—

resulting in fatigue and general weakness. And this kind of fatigue is not a result of overworking or overexertion, and you may be getting enough sleep but still feel exhausted.

2. High Blood Pressure

Potassium plays a significant role in relaxing blood vessels and, therefore, inadequate amount of the mineral can lead to constriction of the vessels.

This will cause hypertension. So next time you visit your doctor be sure to have your blood pressure checked.

3. Primarily Eats Processed Foods

If you're always consuming processed foods on a daily basis, then you're likely to suffer potassium deficiency because most of the foods such as frozen meals, crackers, and chips contain a high amount of sodium.

You'll need to reduce the salty foods you eat so that your body can retain more of potassium to keep your blood pressure at a healthy level.

4. Heart Skips A Beat

Does your heart start to pound unexpectedly, or you feel it keeps skipping beats (palpitations) without a reason you can easily discover?

While there are a lot of factors that can cause this, potassium deficiency contrib-

ute the most.

5. Feel Faint Or Dizzy

If the potassium levels drop significantly, it can cause slow heartbeat and, of course, make you feel as if you're about to pass out.

It is important to note that this sign is not common, and so you're advised to see the doctor as soon as possible should you experience it.

6. Constipation

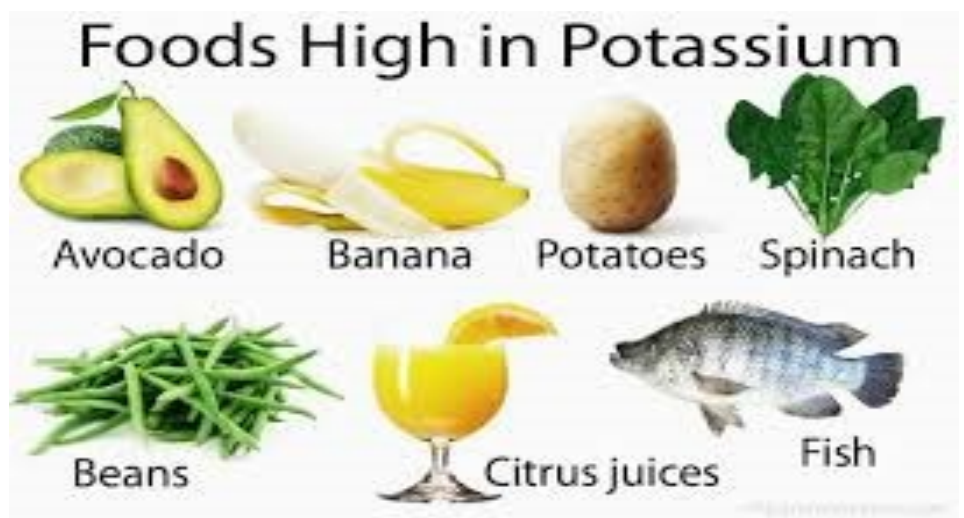
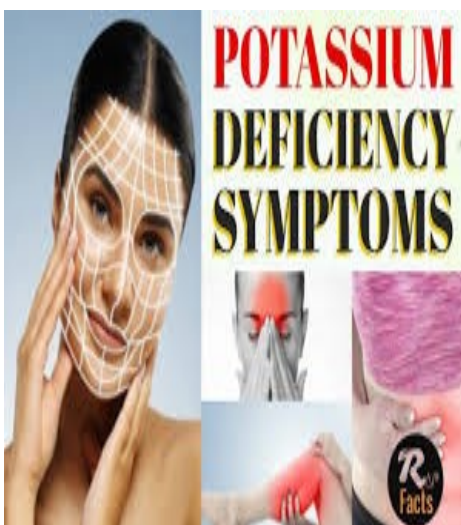
You didn't expect this, right? Well, low levels of potassium can affect other bodily functions, including slowing down the digestive system.

Basically, your body will be struggling to regulate its sodium levels, and this could result in salt-induced bloating as well as abdominal cramping. But keep in mind that, there are lots of things other than low potassium levels that can cause the abnormal puffiness.

7. Tingling and Numbness

Potassium is vital for the health of the nerves. Inadequate amount of this mineral can cause the annoying pins and needles sensation.

Also, potassium helps with smooth muscle contraction. Therefore, low levels may make you experience aches and spasms.



THE DIGESTIVE PROCESS



Everything you eat – from a healthy salad to a slice of pizza – goes through the same basic process once you eat it. That process provides your body with the energy and nourishment it needs to survive. How does it work?

HOW DOES THE BODY USE NUTRIENTS?

Most digested food particles, including what you drink, are absorbed through the small intestine. But your body doesn't use every single nutrient in the same way.

Carbohydrates



Produce energy

Fibers



Stabilize blood sugar, promote a healthy digestive system

Proteins



Produce energy and provide stamina, build and repair body tissues, produce enzymes, hormones, and other elements the body needs

Fats

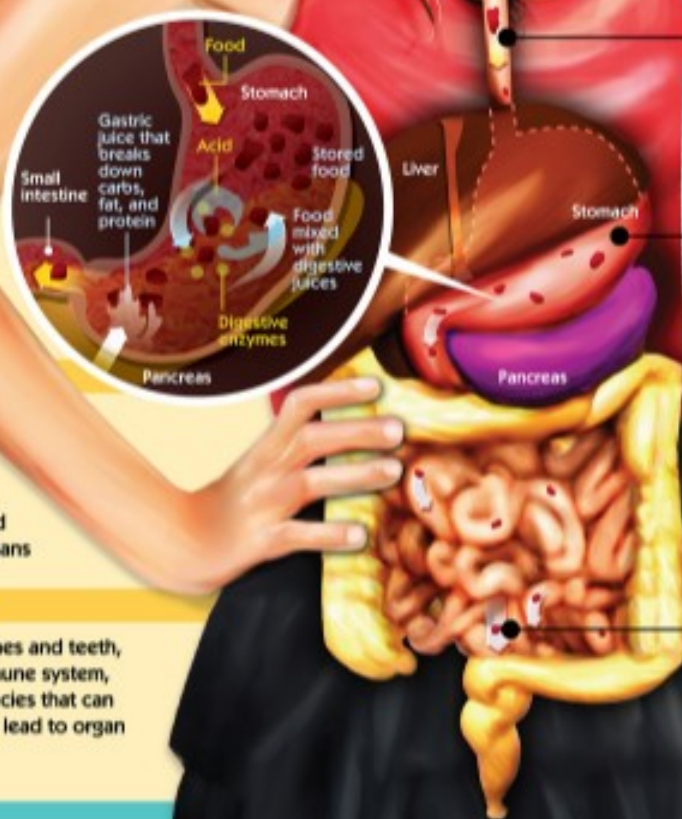


Produce energy, lubricate joints, protect nerve tissue, and cushion vital organs

Vitamins & Minerals



Build strong bones and teeth, support the immune system, prevent deficiencies that can cause fatigue or lead to organ damage



Digestion starts in the mouth with chewing and swallowing of food. Your salivary glands produce an enzyme that begins digesting the carbohydrates from food into smaller molecules.

Swallowed food travels down the esophagus and into the stomach.

The stomach has three jobs: storing swallowed food and liquid; breaking down the food and liquid and mixing it with digestive juices; and emptying the contents into the small intestine.

How long does food stay in the stomach?

Food stays in the stomach for two to four hours. Carbohydrates stay for the least amount of time, while proteins and fats stay longer.

Food passes from the stomach to the small intestine, which is where the nutrients are absorbed and transported throughout the body. Anything that can't be absorbed goes into the colon as waste matter.

SOURCE: U.S. Department of Health and Human Services

Top 5 Foods Highest in Sodium

5 Sneaky High Salt Foods

If you've been in a grocery store lately, you've probably noticed more and more low-sodium foods on shelves, from cheese to crackers. There's good reason for the change: Consuming salty foods can increase your risk for serious health conditions, like high blood pressure, heart disease, and stroke. The obvious fix is to cut some of the salt from your diet, but sodium is sneaky — it can lurk in many seemingly healthy foods. Here are some of the worst offenders.

1. Bread



You probably don't think of bread as salty food, but some types can contain fairly high amounts of sodium. A six-and-a-half-inch pita, for example, contains more than 300 milligrams of salt. That doesn't sound like much, but it can add up when you consider that most adults are advised to keep their salt intake below 2,000 mg of sodium per day.

The next time you're craving a sandwich, reach for low-sodium rye bread — the reduced-calorie version contains only 93 mg per slice, significantly less than the 170 mg in the average slice of white bread. Another good choice is whole-grain bread, which has about 127 mg per slice.

2. Frozen Meals

Packaged low-calorie frozen meals may seem like the easy way to control portions and watch your weight, but most of them contain way too much salt. Although many brands now offer low-sodium alternatives, the meals still contain significant amounts.



Some of them contain more than 500 mg per meal, which is one-third of your recommended daily intake if you are following a low-sodium diet. A leftover meal made from last night's healthier homemade dinner can serve as a low-sodium, quick-lunch alternative to lower your salt intake

3. Salad Dressing

You may feel virtuous opting for a salad over a hamburger, but pay attention to the condiments that you add to your greens. One tablespoon of commercially prepared French dressing, for example, has 214 mg of sodium.



This is not a red-flag amount of sodium per serving, but think of how many people pour the salad dressing on their salads directly from the bottle, serving themselves several tablespoons and maybe 800 to 1,000 mg of sodium. The next time you reach for a salad, try using oil and vinegar, which won't add to your salt intake.



4. Cereals

You probably don't think of breakfast cereal as a salty food, but many of the "healthier" cereals on the market, like corn flakes and toasted-oat cereals, have almost 300 mg of sodium per cup. Again, the problem isn't the sodium per serving, but the small amount that counts as a serving size.

A typical cereal bowl can hold one and a half to two cups of cereal, if not more. To control your salt intake at breakfast time, watch your portion size, and try shredded-wheat-type cereals, which are low-sodium foods. A one-cup serving of frosted miniature-wheat cereal, for example, has only 3 mg of salt.



5. Canned Beans

Some people opt for beans as a way to get protein while controlling their fat and cholesterol intakes, but the canned versions often have too much salt. One cup of plain baked beans has a whopping 1,008 mg of sodium, which is half of an adult's recommended daily salt intake.

A roasted chicken breast [without the skin] would be an all-around better choice, with less than 100 mg of sodium and minimal fat and cholesterol content. If you're a vegetarian, try cooking dried beans — one cup of boiled navy beans has only 2 mg of sodium





Ten Ways To Detox After The Holidays

The New Year is a great time to start thinking about small steps in your lifestyle you can take and make to become healthier and be your best self. Clients often ask me if a New Year's resolution related to health is a good idea, and we discuss while any positive change for your health is a great idea, research has shown that a making and keeping a resolution fails almost 80% of the time.

I suggest to clients thinking about the following changes to incorporate in small steps, until they become daily routines.

Drink more water-

your body is almost 70% water. Your skin will flourish, your kidneys and liver will become more hydrated and water encourages toxins to leave the body. If plain water becomes a chore, add fruit slices, some cucumber or mint leaves to flavor the water naturally.



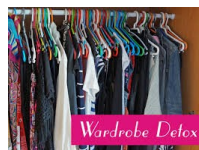
Detox your diet-

become more mindful of the diet sodas that you are consuming, along with the amount of sugar. Diet sodas "trick" the brain into an endless cycle of wanting more carbs and sugar. They have zero nutritional value, and contain chemical and dyes toxic to your body. Sugar is an addictive substance that is in almost every food, including spaghetti sauce! Become a label reader and aim for less than 22 grams of sugar per day for women, 36 grams for men, and children 12 grams a day. Be mindful of the serving/portion size; with hidden sugar you can easily reach this amount in one snack or meal.



Detox your house and

wardrobe- choose organic cotton clothing when possible. Greenpeace has evaluated the chemicals in major fashion brands and most continue to use chemicals when making



clothes, that are toxic to not only you, but the planet. Choose a "green" dry cleaner to eliminate the toxins associated with the dry-cleaning process that end up in our water cycle and in our land, and on your skin; which is a carrier of toxins not a barrier.

Toss plastic- plastics contain chemicals, that when heated in microwave leach toxins into your food. Begin to invest in stainless steel or glass storage containers.



Eat more plants-the choice to embrace veganism or vegetarianism is strictly personal. Everyone can benefit from eating more plants on a daily basis- 3-5 servings of fruits, and 5 servings of vegetables. Try one meal a week meat free is a great way to start.

Move more- You may have heard the saying, "sitting is the new smoking," which is credited to Dr. Levine. We weren't designed to sit" claims Dr. Joan Vernikos, former director of NASA's Life Sciences Division and author of the Sitting Kills, Moving Heals. "The body is a perpetual motion machine." Dr. Levine estimates that in the US we spend more than half of our waking hours sitting down, either watching TV, driving or sitting at a desk at work or at home. Find some form of exercise that you enjoy, and make a goal for 30 minutes or more daily. Parking farther in a parking lot, taking walk breaks from your work desk are great ways to start.



Find a way to destress – yoga is a terrific way to destress, and keep your body flexible. It has been said that yoga is not a "traditional work out" but rather a "work in." There are many types of yoga, and classes for everyone. Be adventurous and find one that works for you. Commit to stick with it for a month and see how it improves your stress levels. Meditation is another great way to reduce stress. Like yoga, there are many different "styles". There is no "right or wrong" way to meditate. I prefer a walking meditation, others prefer silent seated, while others enjoy coloring mandalas as a meditative process. Again, there is no right or wrong way- the goal is to quiet the mind, which in turns helps to reduce stress. Like yoga, committing to meditating consistently will help you see benefits.

Remove toxic people from your life-

everyone of us has someone in their life, either personally or professionally, that is toxic to them. The mantra "I let go of that which no longer serves

me" is one that may give you the fortitude to let toxic people go out of your life without feeling guilty. Learning to say "no" to a situation or person that is toxic without giving them an explanation is a great practice to begin. Try it once, and it becomes easier to do.



Find something that

brings you joy- We all need joy in our lives- does a hobby bring you joy? Could a pet help spark joy for you? Spend some time thinking about this, and make a list of things that bring you joy- receiving joy in our life without it being related to a food is a tremendous mental health boost that everyone needs.

Become a giver in your local community- why? Because research has shown that "giving" produces the "feel good" hormones endorphins and serotonin, and helps to eliminate the toxins in our body. Start locally then globally. Find your passion or interest and volunteer time. Can't spare any time? Recycling items for your favorite charity, or a donation to them, produces those same feel good endorphins.

Taking small steps on a consistent basis will help to detox your body and your life. Here's to a healthy, happy 2019. Cheers!

By Tracy Green

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GNC Live Well.

WHAT HAPPENS TO YOUR BODY WHILE YOU SLEEP

BEAUTY REST GOES FAR BEYOND *REST* - YOUR BRAIN AND BODY ARE SERIOUSLY BUSY WHILE YOU SNOOZE.

brain

HIPPOCAMPUS

While you snooze, your brain goes through everything that happened in your day and figures out where to store it. This kind of processing and restructuring is important because it can lead to creative thinking and problem solving.

AMYGDALA

In order to properly remember our experiences, we have to actively commit our knowledge and experiences to memory. All of this happens while you're passed out, so that what you learn and go through in life means something.

HYPOTHALAMUS

Sleep is a built in emotional regulator. When you snooze, your brain fires up the regions responsible for regulating stressors and emotions - then packages and sorts through those emotions, helping you to better handle them in the future. If you're not sleeping regularly, these emotions don't get properly organized.

lungs

Your immune system uses time asleep to "remember" invaders like bacteria that can lead to illness. Levels of some immune system regulators also peak during deep slumber.

stomach

Slumber directly impacts the hormones in our bodies that regulate appetite, like ghrelin - which in turn, can impact weight. Your body treats a sleepless as a stressor, producing extra stress hormones like cortisol, which can lead to fat stores around your belly area.

muscles

During deep sleep phases, your body releases human growth hormone, which helps rebuild damaged tissue and contributes to stronger muscles.

MYTH



You should drink
a glass of juice
in the morning.

TRUTH



You shouldn't
drink it on an empty
stomach, because
the acid acts
aggressively
on the stomach.

HOW TO EAT ALKALINE

Acid-forming foods
include most:

grains
beans
meats
dairy products
fish
fast foods
processed foods

Alkaline-forming foods
include most:

fruits
vegetables
herbs
nuts
seeds
herbal teas