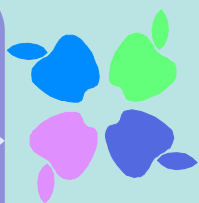


A newsletter
for Simply
Health
graduates and
partners



Simply Health

NEWSLETTER

VOLUME 2, ISSUE 1

FEBRUARY 2008

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SUGGESTED READINGS:

What to Eat: An Aisle-by-Aisle Guide to Savvy Food Choices and Good Eating, by Marion Nestle, Ph.D.

Age-Defying Fitness: Making the Most of Your Body for the Rest of Your Life, by Marilyn Moffat & Carole B. Lewis

The Relaxation and Stress Reduction Workbook, by Martha Davis, Matthew McKay & Elizabeth Robbins Eshelman

Experts Warn of Detox Diet Dangers

Article from www.msnbc.msn.com

Popular detox diets promise to flush poisons from your body, purge pounds of excess fat, clear your complexion and bolster your immune system. But experts say there's little evidence that extreme regimens such as the Master Cleanse or Fruit Flush do anything more than lead to unpleasant, unhealthy side effects.

Still, these super-restrictive eating plans are hotter than ever, thanks to being linked to lanky celebrities including Gwyneth Paltrow and Angelina Jolie.

"Long-term fasts lead to muscle breakdown and a shortage of many needed nutrients," says Lona Sandon, a Dallas dietitian and spokesperson for the American Dietetic Association. Depriving the body of

the vitamins and minerals we get from food can "actually weaken the body's ability to fight infections and inflammation," she says. Because the crash diets can upset blood sugar, potassium and sodium levels in the body, people with diabetes, heart or kidney disease or women who are pregnant or nursing shouldn't try them, experts say.

Children, teens, older adults or people with certain digestive conditions should also steer clear.

The idea behind these plans, which can last anywhere from three days to about a month, is to rid the body of toxins absorbed from the environment and the less-than-healthy foods we eat. This cleansing is supposed to leave you feeling energized.

Many intestinal experts say we don't need an extreme diet to cleanse our insides. "Your body does a perfectly good job of getting rid of toxins on its own," says Dr. Nasir Moloo, a gastroenterologist with Capitol Gastroenterology Consultants Medical Group in Sacramento, California, "There's no evidence that these types of diets are necessary or helpful."

While there are medical conditions that interfere with organ function and prevent the body from clearing toxins, healthy people already have a built-in detoxification system — the liver, kidneys, lungs and skin, says Moloo.

For complete article visit <http://www.msnbc.msn.com/id/18595886/>



Article from
www.mayoclinic.com

With your doctor's approval, exercise can be

a great way to ease chronic pain. Consider the risks of inactivity and the benefits of movement.

When you're in pain, exercise is probably the last thing on your mind. But it may be more important than you think. Regular ex-

ercise is a versatile weapon in the fight against chronic pain.

The risks of inactivity:

When you're inactive, your muscles — including your heart — lose strength and work less efficiently. Your risk of high blood pressure, high cholesterol and diabetes increases. Inactivity can increase fatigue, stress and anxiety as well.

The benefits of movement:

• Prompt your body to release

endorphins.

- Help you build strength.
- Increase your flexibility.
- Improve your sleep quality.
- Boost your energy level.
- Help you maintain a healthy weight.
- Enhance your mood.
- Protect your heart and blood vessels.

For complete article visit
<http://www.mayoclinic.com/health/chronic-pain/AR00017>





Joy Olson, Health Promotion Director, RHNSCNY

Greeting From Joy

New Year's Resolutions are a familiar tradition in our nation. Not surprisingly, the number one New Year's Resolution that people make is to lose weight. Unfortunately, research shows that over half of those who make resolutions give up on them before the year is half over. Here's what you need to consider: There are several stages of behavioral change, including Action, Maintenance and Relapse. Don't consider Relapse as

failure; it is part of the process of change. The average number of times a smoker attempts to quit before he or she succeeds is between 10 and 15! The reason that most of us fail at change is that we are unprepared. If your New Year's Resolution is to get healthier, start by getting prepared. Be specific about goals and research ways to get the assistance you need. Don't go at it alone. Build a support system. Avoid temptation

whenever you can and make a plan for what to do when you can't. When you do well, reward yourself with a healthy activity. But most importantly, if you do relapse, don't give up. Try, try again. Remember, your health is your life. It's that important!

Stay Healthy, Stay Happy!

Joy

Yield: 4 servings
Serving: 1.5 cups
Calories: 200
Protein: 26.6 g
Carbohydrate: 15.9 g
Fiber: 4.3 g
Sodium: 871 mg
Fat: 4.9 g
Cholesterol: 49 mg

Eat This! White Bean, Chicken & Spinach Soup

INGREDIENTS

- 1 tablespoon olive oil
- 1 small onion, chopped
- 1 stalk celery, chopped
- 1 large carrot, peeled and chopped
- 2 bay leaves
- 3 cups reduced-sodium chicken broth
- 2 cups water
- 12 ounces chicken tenders, chopped
- 1 (15 ounce) can small white beans, drained and rinsed
- 1 cup tightly packed baby spinach leaves
- 3 tablespoons finely chopped

fresh oregano

- 1/4 cup finely chopped fresh parsley
- 2 tablespoons lemon juice
- 1/4 teaspoon salt
- 1/2 teaspoon freshly ground pepper

INSTRUCTIONS

1. Place a large sauce pan over medium heat, add oil, and heat until hot. Stir in onion, celery and carrot and sauté for 6—8 minutes or until they begin to soften. Stir in bay leaves and sauté for 1 minute.
2. Add chicken broth and water and bring mixture to a boil.

Reduce heat and stir in chicken and beans. Simmer gently for 3—4 minutes or until chicken is tender. Stir in spinach and remove from heat. Let stand 2—3 minutes or until spinach wilts. Stir in oregano, parsley, lemon juice, salt and pepper. Serve immediately.

From [Eat, Drink and Be Healthy: The Harvard Medical School Guide to Health Eating](#) by Walter C. Willet, M.D. with Patrick J. Skerrett.



Monthly Challenge

In February: Cut back on fast food. If you find it too difficult to eliminate fast food completely, try reducing the number of times you eat fast food weekly to only one. By eating less fast food and opting to bring your lunch or cook your dinner at home, you save yourself some calories, fat *and* money.

In March: Make sleep a priority. Getting seven to eight hours of sleep each night promotes health and well-being. Sleep restores the body's physical and mental energy reserves.

In April: Start walking. For those of you who walk during the warm seasons, it's time to get back into it. For those of you who don't have a walking regimen, it's time to create one! Walking is a great form of exercise for most people. You can walk with friends or alone, indoors or outdoors, uphill or on flat ground. Walking can be as easy or as hard as you make it.



Live the Slow Life



Article from www.slowfoodusa.org

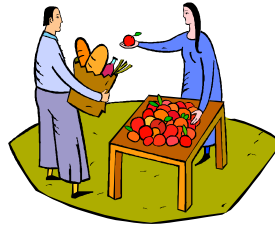
Living the slow life with

food as the focus is as rewarding as it is easy, and it can be done daily by each one of us. Ultimately, it is about pleasure and taste, knowledge and choice. Once we begin to take an interest in the enjoyment of food, and in finding out where

our food comes from, we can begin to see the effects of these choices.

When we shorten the distance—both literal and figurative—that our food travels to get to us, we are participating in the Slow Food movement.

Slow Food is about coming together as a food



community—connecting producers and co-producers, coming together on the farm, in the market, and at the table—to create and enjoy food that is good, clean and fair.

Slow Food is also simply about taking the time to slow down and to enjoy life with family and friends. Every day can be

enriched by doing something slow - making pasta from scratch one night, seductively squeezing your own orange juice from the fresh fruit, lingering over a glass of wine and a slice of cheese - even deciding to eat lunch sitting down instead of standing up.



From www.slowfoodusa.org

Developing a Low-Stress Lifestyle

Article from www.ehealthconnection.com

You can fortify your resistance to being over-stressed by adopting a lifestyle that helps keep stress at low or moderate levels. Try some of the lifestyle strategies below to improve the way you manage stress in your life!

Lifestyle strategies

- Look at stress as your body's way of telling you that you need to change.
- Get adequate rest, at least seven to eight hours each night.
- Be physically active 30+ minutes each day. Physical activity releases tension and normalizes stress hormones.

- Eat well. Enjoy three nutritious meals each day. Make one a warm, sit-down meal. Avoid skipping meals.
- Build meaningful, supportive relationships with other people.
- Break the stress cycle with daily relaxation. Take frequent breaks throughout the day: stretch, get a drink, take a brief walk, practice deep breathing. Talk to co-workers.
- Be kind to yourself. Don't be over-critical of yourself or put yourself down.
- Do something you enjoy each day (work a crossword puzzle, garden, write in your journal, read a book or magazine, or work on a project).

- Don't use or abuse alcohol, drugs, or other addictive substances.
- Learn how to communicate with other people more effectively. Learn how to resolve conflicts. Learn to be assertive but not aggressive.
- Learn how to manage your time more effectively. Make lists, plan ahead, avoid procrastination.
- Seek assistance. If you have problems or conflicts you cannot resolve on your own, seek help.



For complete article visit http://secure.ehealthconnection.com/stress/approot/OWL/content/low_stress_lifestyl.asp

Quiz: Weathering Winter Illnesses (see answers on back cover)

1. The best way to keep from getting a cold is to:

- A) stay indoors.
- B) take lots of Vitamin C.
- C) wash your hand thoroughly.
- D) all of the above.

2. Colds and flu are caused by:

- A) viruses. C) allergies.
- B) bacteria. D) getting cold or wet.

3. The incubation period for most colds and flu is:

- A) 1 to 4 days. C) 2 weeks.
- B) 1 week.

4. To get rid of your cold or flu:

- A) take antibiotics.

B) eat chicken soup.

C) take decongestants and cough syrup.

D) let it go away by itself.

5. Approximately how many different cold viruses are there?

- A) 10 B) 50 C) 200

6. People who should get flu shots include:

- A) the elderly.
- B) anyone with a chronic illness or immune system disorder.
- C) healthcare workers.
- D) all of the above.

7. Doctors recommend a new flu shot every year because:

A) each year a different virus emerges.

B) the vaccine wears off.

C) clinics need the income.

8. A person with a cold is contagious:

A) only during the first two days of the cold.

B) throughout the cold.

C) only before the cold.

D) before and during the cold.



of South Central New York, Inc.

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We help make good health happen

Calendar of Events

February 5—March 25, Endicott, NY:

Eight-week course on spiritual approach to diet and health at Samaritan Counseling Center, (607) 754-2660

February 12-, Stamford, NY:

Aqua Aerobics, (607) 865-6531

February 14, Apalachin, NY:

A Workout for St. Jude Event at Figures, (607) 625-3487

February 16, Waverly, NY:

Mobile Food Pantry Giveaway, 10:00AM to 12:00PM, 38 Route 34

February 17, Owego, NY:

Contra Dance at Tioga Trails Café, (607) 687-4034

February 12-, Stamford, NY:

Aqua Aerobics, (607) 865-6531

March 15, Waverly, NY:

Easter Egg Hunt at East Waverly Park, (607) 565-8106

March 16, Owego, NY:

Contra Dance at Tioga Trails Café, (607) 687-4034

March 29, Hamden, NY:

Fitness & Nutrition Training for Daycares, (607) 865-6531

March 29, Barton, NY:

Hamley's Open House featuring maple syrup-making Demonstrations, (607) 565-3731

April 4--6, Johnson City, NY:

Farm Days at the Mall, (607) 584-9969

April 4—6, Frost Valley, NY:

Women's Wellness Weekend, (845) 985-2291, x-205

April 19, Barton, NY:

Hamley's Open House featuring maple syrup-making Demonstrations, (607) 565-3731

April 20, Owego, NY:

Contra Dance at Tioga Trails Café, (607) 687-4034

April 21—27, Statewide Turnoff Week:

Limit children's screen time (television, videos, games and computers) to two hours per day, (202) 333-9220



is coming to Walton, Stamford, Hancock and Sidney. Call the Rural Health Network, (607) 692-7669, for more information, to join the waiting list, or to pre-register.



Answers to Weathering Winter Illnesses Quiz:		
1. C.	4. D	7. A.
2. A.	5. C.	8. D.
3. A.	6. D	

*The contents of the SH Newsletter are not intended to provide medical advice, which should be obtained from a qualified health professional.