

Health & Wellness Newsletter



Physical Health

Understanding Antioxidants: The Anti-Wrinkle Crusaders and Emotional Benefits

How can what you eat affect your body so positively or negatively? “Antioxidants are the key,” explains Dr. Breiner. “They are nutrients that are able to protect your body from the aging effects of free radicals, a nasty process called oxidation.”

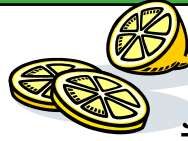
Free radicals are formed through natural processes in your body and the environment — everything from exposure to sun, cigarette smoke, chemicals, even exercise. A free radical is simply a molecule or atom that has lost one of its electrons and, now unpaired, has become unstable. This instability causes it to seek other atoms or molecules (yours) to stabilize it, resulting in a domino effect of unstable atoms and molecules in your body. This is a problem “because the end result is a change in your cells’ DNA, which includes your body’s largest organ, your skin,” Breiner says. “Oxidative stress and inflammation are two major causes of the aging process.”

“Eat a fiber-rich diet with a variety of fruits and vegetables,” suggests Breiner. “Eight to 10 servings a day will help keep you young. Fruits and vegetables are generally low-calorie and have the ability to detoxify and renew your cells.”

Add these great anti-aging food choices to your regular diet:

- **Colorful berries.** The antioxidant anthocyanin is what gives berries their blue, red, and purple colors. To get a healthy dose of this potent antioxidant, eat plenty of blueberries, raspberries, strawberries, blackberries, pomegranate, cherries, acai berries, and blood oranges, to name a few of the best choices. Each of these foods has a variety of other powerful antioxidants that repair and protect your skin’s cells.
- **Broccoli and broccoli sprouts.** Quercetin is another powerful antioxidant that is found in broccoli, along with other foods including cranberries, onions, and apples. It is a natural anti-inflammatory agent as well, fighting the No. 2 cause of aging. Broccoli sprouts have 30 times more isothiocyanates (yet another antioxidant) regular broccoli.
- **Spinach.** Lutein is found in spinach, kale, corn, and other vegetables. It has the ability to give additional antioxidant capacity to your skin and enhances skin hydration.
- **Garlic.** Allium is an antioxidant that packs a punch. Garlic, onions, and scallions are loaded with this free-radical fighter that is good for your skin and your immune system.
- **Beans.** “Eat your beans, too,” says Breiner. Anthocyanin is found in very high quantities in black beans and black soybeans. Soybeans are also high in isoflavones, also linked to anti-aging properties.
- **Tea.** Catechins, found in green tea, dark chocolate, and red wine, are another antioxidant that packs a wallop. “Have four to six cups of tea a day with lemon, which enhances the antioxidants’ activity in your cells,” Breiner advises.

Continued Under Emotional Health....



Healthy Dessert Recipe

Good For You Egg Nog

- 1 large egg
- 1/4 cup regular egg substitute
- 1/4 cup sugar
- 2 cups fat-free evaporated milk
- 1 tsp vanilla extract
- 1 tsp ground nutmeg

Beat together egg, egg substitute and sugar. Warm the milk until it steams, but does not boil. Very gradually beat the milk into the eggs. Return mixture to the stove and cook over low heat, stirring constantly until thickened slightly and very steamy. Do not let the eggnog boil. Stir in vanilla and chill thoroughly. Pour into four glasses and sprinkle a touch of nutmeg on top of each serving. Yields about four 3/4-cup servings.



Quote of the Week

If you understand, things are just as they are;
if you do not understand,
things are just as they are.

Zen proverb



Spiritual Health

You know I am in pain.

You know this pain is a plague upon my soul and upon my life.

You also know I try to use this pain for your glory upon the earth.

When I hurt, I have trouble putting my life into your love.

When I hurt, I have trouble being where you are.

When I hurt, I have trouble getting to the fringes of Heaven where we can walk and talk with each other.

Sometimes when I hurt really bad, I have trouble finding you in my hurt and in my heart. I know you are here. I know you are here in my heart.

Even in my pain today, I know you are right here next to me.

Even in my pain today, I know you bless me and cover me with your love.

Even in my pain today, I know you are over me, under me, and all around me giving me your comfort and your peace.

Thank you, Lord God...

Thank you for being bigger than my pain.

Amen



Emotional Health

- Wine. In addition to those catechins, resveratrol is found in red wine and has many anti-aging properties. It is another potent antioxidant.
 - Yellow and Orange Root Vegetables. Put plenty of beta-carotene on your plate. These super-antioxidants are good for your skin and eyes. Good choices include carrots, sweet potatoes, pumpkins, and squash.
 - Tomatoes. Lycopene, in red grapefruit, tomatoes, watermelon, and pink grapefruit, is a powerful weapon against free radicals. It has the ability to inhibit sun-induced aging and can neutralize free radicals. Breiner suggests, "Fill your glass with tomato juice or V8 juice daily."
 - Nuts. Eat a handful of nuts and seeds a day. They are loaded with "good" fat that helps "plump" your skin, antioxidants and lots of minerals that are good for your skin, too.
 - Salmon. "Eat salmon at least three times a week," says Breiner. "It has a host of benefits for your skin, from the omega-3s to the high-quality protein. Make it a regular in your diet, and you will see plumper, more youthful skin in about six weeks."
 - Water. Stay hydrated: Drink six to eight glasses of water a day. (And if you are drinking decaffeinated tea, that counts.) Caffeinated beverages can dehydrate you, which can contribute to dry, sallow-looking skin.
- Eat fruits and vegetables raw when possible. If you cook them, steaming is the best way to go to keep all of the anti-aging, anti-wrinkle antioxidants. At the same time, cut down on sweets. Avoid processed, refined foods and sugars, which can increase free-radical activity.

If you choose from all these wonderful anti-aging and anti-wrinkle foods as often as possible, you will be on your way to a healthier, younger-looking you.

Emotional Benefits

Eating healthy is proven to make you feel better emotionally. Drinking plenty of water while eating healthy does the body and the mind a world of wonders. You're able to think clearer and generally feel better. Depression is partly caused by an unhealthy diet, many people can correct this by simply transitioning to a healthy diet. Getting adequate sleep and regular exercise, and eating a balanced, healthy diet may help prevent depression and reduce symptoms.



Joke of the Week

"The statistics on sanity are that one out of every four Americans is suffering from some form of mental illness. Think of your three best friends. If they are okay, then it's you."

--Rita Mae Brown