

Health & Wellness Newsletter



Mental Health

Weight Loss: Think Before You Eat

One of the main reasons that diets fail is because people approach weight loss the wrong way. “Targeting that diet mentality is really the key,” says Martin Binks, PhD. “If I had to pick one thing I could fix to stop diets from failing, it would be all-or-nothing thinking and all-or-nothing acting.”

Binks works to get individuals to set small, realistic goals instead of big, sweeping ones. “If you went into every situation without thinking it’s all or nothing, you’re much more likely to moderate what you eat,” he explains. “Start thinking about the hundreds and hundreds of mini-decisions we make in a day.”

Small decisions and exchanges — like eating only half of a cookie instead of a whole one or adding a few short, quick walks to your overall exercise program — are what ultimately lead to weight loss. “If I could get people to think a little differently day to day, it would make a huge difference,” he says.



Physical Health

Why Get an Eye Exam?

Having regular eye examinations is not only important for your vision but also for your overall physical health — an eye exam can often detect a myriad of medical conditions that are treatable when discovered in early stages. So even if your vision isn’t troubling you now, it’s important to schedule an appointment to see an eye-care professional for preventive care.

How Often Should You See an Eye Care Specialist?

Since most vision problems develop during early years of life, the American Academy of Ophthalmology recommends that children receive their first eye exam by age 3 at the latest. If there’s a family history of vision problems or eye diseases, or if a child is showing signs of crossed or lazy eyes, an eye care specialist should be seen even sooner.

After that, the recommended eye exam schedule calls for:

Kids and Teenagers: An exam once before entering first grade, and then once every one to two years throughout high school.

Your 20’s and 30’s: A complete eye exam once in your 20s and once in your 30s, with basic vision tests every one or two years, as recommended.

Mid-Life: A baseline eye disease screening at 40, with follow-ups based on your eye care specialist’s prescription. Basic vision tests every one to two years as recommended.

Seniors: After 65, complete eye exams every one to two years to test for cataracts, glaucoma, and other age-related eye conditions.



Healthy Dessert Recipe

Creamy Fruit Parfait

- 1/2 cup plain fat-free yogurt
- 2 tablespoons honey
- 3 frozen bananas
- 1 cup fresh strawberries
- 1 cup fresh blueberries

Peel the bananas and slice them into rounds. Keep the rounds frozen until you are ready to make and eat.

In a blender or food processor put the yogurt and honey and blend until mixed. Then add the banana rounds and process until smooth.

Put some banana yogurt in the bottom of each parfait glass. Add some sliced strawberries and some blueberries. Add more cream and more berries until all your supplies are used up.

Garnish with crushed low fat vanilla wafers or granola if desired.



Quote of the Week

The man who succeeds never waits for the crowd. He strikes out for himself. It takes nerve, it takes a lot of grit, but the man that succeeds has both.

C. V. White

I have learnt to seek my happiness in limiting my desires, rather than attempting to satisfy them.

John Stuart Mill



Spiritual Health

Things God won't ask on THAT day

1. God won't ask what kind of car you drove.
He'll ask how many people you drove who didn't have transportation.
2. God won't ask the square footage of your house.
He'll ask how many people you welcomed into your home.
3. God won't ask about the clothes you had in your closet.
He'll ask how many you helped to clothe.
4. God won't ask what your highest salary was.
He'll ask if you compromised your character to obtain it.
5. God won't ask what your job title was.
He'll ask if you performed your job to the best of your ability.
6. God won't ask how many friends you had.
He'll ask how many people to whom you were a friend.
7. God won't ask in what neighborhood you lived.
He'll ask how you treated your neighbors.
8. God won't ask about the color of your skin.
He'll ask about the content of your character.



Emotional Health

Signs and symptoms of postpartum depression

In the beginning, postpartum depression can look like the normal baby blues. In fact, they share many symptoms, including mood swings, crying jags, sadness, insomnia, and irritability. However, in postpartum depression, these symptoms are either longer lasting or more severe. Anxiety is also more prominent in postpartum depression. If you have postpartum depression, you may worry to excess over your baby's health and well-being. In addition to obsessing over the safety of your newborn, you may be troubled by intrusive thoughts about harming your baby.

Signs and Symptoms of Postpartum Depression

Lack of interest in your baby	Negative feelings towards your baby	Changes in appetite or weight
Lack of energy or motivation	Feelings of worthlessness and guilt	Recurrent thoughts of death or suicide
Lack of concern for your self	Sleeping more or less than usual	
Worrying about hurting your baby	Loss of pleasure	

If you're suffering from postpartum depression, there is no reason to feel guilty or ashamed. The symptoms of postpartum depression are outside your control, and they don't make you a bad person or a bad parent. However, the choice to get treatment is in your control. Considering the impact depression has on both you and your child, it's important to seek help right away.



Joke of the Week

An old snake goes to see his Doctor.

“Doc, I need something for my eyes...can't see well these days”.

The Doc fixes him up with a pair of glasses and tells him to return in 2 weeks.

The snake comes back in 2 weeks and tells the doctor he's very depressed.

Doc says, “What's the problem...didn't the glasses help you?”

“The glasses are fine Doc, I just discovered I've been living with a water hose the past 2 years!”