

Wellness Corner Connection

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Protect Yourself From UV Rays

People who get a lot of exposure to ultraviolet (UV) rays are at greater risk for skin cancer.

Sunlight is the main source of UV rays, but you don't have to avoid the sun completely. And it would be unwise to stay inside if it would keep you from being active, because physical activity is important for good health. But getting too much sun can be harmful. There are some steps you can take to limit your exposure to UV rays.

Some people think about sun protection only when they spend a day at the lake, beach, or pool. But sun exposure adds up day after day, and it happens every time you are in the sun. Simply staying in the shade is one of the best ways to limit your UV exposure but that is not always practical. If you are going to be in the sun, "Slip! Slap! Slap!® and Wrap" is a catchphrase that can help you remember some of the key steps you can take to protect yourself from UV rays:

- Slip on a shirt.
- Slap on sunscreen.
- Slap on a hat.
- Wrap on sunglasses to protect the eyes and skin around them.



- ⇒ Every year in the US, nearly 5 million people are treated for skin cancer.
- ⇒ Each year there are more new cases of skin cancer than the combined incidence of cancers of breast, prostate, lung and colon.
- ⇒ The omega-3 fat found in fish and flaxseeds can help protect against sun damage and wrinkles.
- ⇒ Most cases of Lyme disease occur in late spring and early summer.
- ⇒ To infest its host, a tick typically must be attached to the skin for at least 36 hours.
- ⇒ The top fruits and vegetables to eat for your health include:
 - Pomegranate
 - Broccoli
 - Kale
 - Berries
 - Tomatoes
 - Avocados
 - Brussel Sprouts
 - Apples
- ⇒ The active ingredients in Prunes make them a good choice to help prevent bone loss and actually stimulate bone re-growth.
- ⇒ Broccoli, cauliflower and spinach have been shown to have the most memory benefit of all vegetables.

Seek shade

An obvious but very important way to limit your exposure to UV light is to avoid being outdoors in direct sunlight too long. This is particularly important between the hours of 10 am and 4 pm, when UV light is strongest. If you are unsure how strong the sun's rays are, use the shadow test: if your shadow is shorter than you are, the sun's rays are the strongest, and it's important to protect yourself.

Be especially careful on the beach or in areas with snow because sand, water, and snow reflect sunlight, increasing the amount of UV radiation you get. UV rays can also reach below the water's surface, so you can still get a burn even if you're in the water and feeling cool.

Some UV rays can also pass through windows. Typical car, home, and office windows block most UVB rays but a smaller portion of UVA rays, so even if you don't feel you're getting burned your skin may still get some damage. Tinted windows help block more UVA rays, but this depends on the type of tinting. (If you do have your car windows tinted, check local laws, as some states regulate this.) UV radiation that comes through windows probably doesn't pose a great risk to most people unless they spend long periods of time close to a window that gets direct sunlight.

Use sunscreen

It is important to know that sunscreen is just a filter – it does not block all UV rays. Sunscreen should not be used as a way to prolong your time in the sun. Even with proper sunscreen use, some UV rays get through, which is why using other forms of sun protection is also important.

When choosing a sunscreen product, be sure to read the label. Sunscreens with broad spectrum protection (against both UVA and UVB rays) and with sun protection factor (SPF) values of 30 or higher are recommended.



Sun protection factor (SPF): The SPF number is the level of protection the sunscreen provides against UVB rays, which are the main cause of sunburn. A higher SPF number means more UVB protection (although it says nothing about UVA protection). For example, when applying an SPF 30 sunscreen correctly, you get the equivalent of 1 minute of UVB rays for each 30 minutes you spend in the sun. So, 1 hour in the sun wearing SPF 30 sunscreen is the same as spending 2 minutes totally unprotected. People often do not apply enough sunscreen, so they get less actual protection.

Sunscreens labeled with SPFs as high as 100+ are available. Higher numbers do mean more protection, but many people don't understand the SPF scale. SPF 15 sunscreens filter out about 93% of UVB rays, while SPF 30 sunscreens filter out about 97%, SPF 50 sunscreens about 98%, and SPF 100 about 99%. The higher you go, the smaller the difference becomes. **No sunscreen protects you completely.**

Sunscreens with an SPF lower than 15 must now include a warning on the label stating that the product has been shown only to help prevent sunburn, not skin cancer or early skin aging.

Broad spectrum sunscreen: Sunscreen products can only be labeled "broad spectrum" if they have been tested and shown to protect against both UVA and UVB rays. Some of the chemicals in sunscreens that help protect against UVA rays include avobenzone (Parsol 1789), ecamsule, zinc oxide, and titanium dioxide.

Be Summertime Savvy Resource: WebMD

Summer is a great time to be outdoors. But being outdoors could pose a threat if caution is not taken with some outdoor plants and critters. When hiking, biking, swimming or just lounging on your back porch, take note of these potential pests!

Swimming at the beach: A jellyfish sting may cause intense pain, rash and welts, and may progress to vomiting and muscle spasms. Severe reactions can cause difficulty breathing, coma, and death. For most jellyfish stings, putting vinegar on the stung areas helps deactivate the "stingers," or nematocysts. Some types of jellyfish stings (like the box jellyfish) require immediate medical care. Flood the area with vinegar and keep still until help arrives.



Working in the yard or hiking: Contact with sap from poison ivy, oak, and sumac causes a rash in most people. It begins with redness and swelling at the contact site then becomes intensely itchy. Blistering appears within hours or a few days. The rash lasts up to two to three weeks. Prescription or over-the-counter medication may soothe the itching of mild rashes. For a severe rash, oral cortisone may be given. If the skin becomes infected, antibiotics may be necessary.

Seen here (left to right) are poison ivy, oak, and sumac.

If you enjoy the outdoors, be careful of ticks -- they can attach to you as you brush past grass and plants. Ticks don't always carry diseases, and most bites aren't serious. But they *can* carry diseases including Lyme disease and Rocky Mountain spotted fever. A bite can also trigger an allergic reaction. Be sure to [remove a tick properly](#). To prevent tick bites, keep arms, legs, and head covered in grassy areas and use tick repellent.



Chiggers are tiny mites found in tall grass or weeds. They attach to the skin by inserting tiny mouth parts to penetrate and liquefy the skin cells on which they feed. Their bites are painless. But after a few days of being attached to the skin, chiggers fall off -- leaving very itchy red welts. Over-the-counter products can help relieve the itch, but see a doctor if your skin appears infected or the welts seem to be spreading.



Wood piles and tree stumps -- that's where poisonous female black widows hide. The female has a bright-colored "hourglass" on the underside. Her bite may cause sharp, shooting pain up the limb, but it may also be painless. Look for one or two red fang marks, redness, tenderness, and a nodule at the bite site. Muscle cramps, nausea, vomiting, seizure, and rise in blood pressure may follow soon after a bite. Seek medical care if bitten.

BELIEVE THAT
success
IS YOUR ONLY
option

@PUSHMEDAILY

Your mindset is **EVERYTHING** when it comes to being successful. When you believe all the way to your **BONES** that success is your only option, you take every step **POSSIBLE** to ensure that failure is not a possibility. Your success is 100% your responsibility, and yours alone. **Excuses are for the weak!** Decide today that your only option is success!

Fun and Interesting Facts about Vegetables

Resource: Nourishmentforlife.org

With summer here and fresh vegetables being readily available to us, I wanted to take a look at some fun and interesting facts that you may not have known about vegetables. A vegetable is defined as a plant that is grown for food purposes. The part of the plant which is usually eaten is either the root, stem or leaf. The highest amount of vitamins and nutrients are contained within the vegetable's skin and the layer directly underneath it. There are vegetable varieties which are packed highly with vitamins and nutrients that can help to improve our immune systems and help our bodies to fight against illness and disease - even some of the most major diseases such as heart disease can be prevented through eating the right diet!

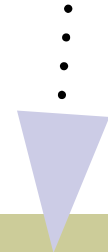
- ◆ Garlic breath cannot be cured but chewing on parsley leaves can help to reduce the smell!
- ◆ Leeks are members of the onion family and along with garlic and chives, is also part of the allium family
- ◆ Leeks benefit our health, particularly as they assist our bodies in fighting against major health conditions and illness such as heart disease
- ◆ There are approximately 325 different varieties of onions if the wild varieties are included!
- ◆ It is an interesting fact that Onions are very distinctive as they have an unusual and very strong, distinct smell. This smell is caused by pungent acids beneath the plants' skin!
- ◆ Before sugar became available, fantastic Parsnip recipes were used to create deserts, jams, wine and beer!
- ◆ Centuries ago, the Romans grew parsnips to use in stews and broth recipes
- ◆ One of the hottest peppers in the world is the Bhut Jolokia which is 401.5 times hotter than Tabasco sauce! Also known as the Ghost Chili & it's cultivated in India.



- ◆ Special vitamin that is uniquely sourced from raw cabbage and it is known as vitamin U (S Methylmethionine)
- ◆ The first carrots that were grown were purple in color! Orange carrots later originated from Holland
- ◆ Cauliflower is a member of the cabbage family and the cruciferous group of vegetables
- ◆ Celery is a fantastic vegetable for athletes as it quickly replaces lost nutrients and sodium
- ◆ Just three celery stalks will provide one of your five a day recommended portions!
- ◆ Chives are a pretty vegetable which is actually aromatic grass, with pale lilac flowers, which are also edible
- ◆ Raw garlic contains an antibiotic which can have a very powerful effect on the body. Eaten raw, it can help to fight against serious diseases such as cancer and stroke. The Garlic health benefits are outstanding!



- ◆ Eating artichokes can help to look after your health by keeping the liver protected
- ◆ Asparagus is a well known diuretic increasing the excretion of urine from the body. Asparagus also quickly loses its flavor once it's been cut
- ◆ One of the vegetables cooking facts is that aubergine (better known as eggplant) absorbs a huge amount of liquid throughout the cooking process
- ◆ Beetroot leaves are very healthy as they provide vitamin A, Iron and Calcium! Beetroot has been used for the production of sugar over the years
- ◆ Protein facts - Broad beans are one of the highest vegetables in protein. They contain approximately 8g protein per 100g of broad beans
- ◆ Health Benefits Facts - Brussels sprouts have many health benefits as they can help the digestive system, memory, eye health, strengthen the immune system and protect the body!
- ◆ Cabbage can smell so very badly and taste awful, it due to a chemical release during the cooking process



MOTIVATION

Are you motivated to achieve what you really want in life?

How hard do you push yourself to get where you want to be? Wanting to do something and motivating yourself to actually do it are two different things. So what pushes one person to set goals and achieve them over and over yet someone else never seems able to reach even one? Often it's self-motivation.

Self-motivation is that inner voice, that inner force, that keeps pushing you forward to achieve, produce, develop, and keep moving in the direction of your goals...your dreams. Even if you aren't sure you'll ever succeed, your self-motivation, or what I like to call your self-determination, keeps you on track.

It's this drive that regardless of what happens or how long it may take, you never give up.

What are your goals and dreams? Are you ready to do what it takes to reach them? How self-motivated are you?



Is Your Gut Healthy?

Gut health is at the core of our well-being, and is often at the core of illness, as well. This is because the gastrointestinal tract (GI tract) serves as a key component in the body's immune system and detoxification process. The majority of our immune system resides in and around the GI tract in order to assess if incoming food is friend or foe, and to ensure that any toxins we absorb can be removed efficiently.

Illness develops if and when we can't digest and absorb nutrients well, don't eliminate regularly, and expose our immune system to particles which shouldn't be entering our system. This phenomenon is known as leaky gut.

Leaky gut occurs when substances that should be kept out of the rest of your body cross the gut lining. This will often occur after exposure to antibiotics, steroids, other infections, or by consuming foods you don't tolerate well. When particles breach the otherwise intact lining, our immune system reacts and creates inflammation, which can result in a variety of symptoms for the sufferer, including GI problems, joint pain and fatigue.

So how can you tell if your gut is at the core of your symptoms?

Consider these points: do you...

- ◆ Have indigestion? Do you feel as if you can't digest well?
- ◆ Feel as if your food "just sits there"?
- ◆ Have symptoms of IBS? Diarrhea? Constipation?
- ◆ Experience vague, hard to diagnose symptoms such as joint pain and fatigue?
- ◆ Have excessive bloating and gas?
- ◆ Have an autoimmune disease?
- ◆ Have chronic, complex symptoms and no clear diagnosis?
- ◆ Have fibromyalgia?
- ◆ Have symptoms after eating?

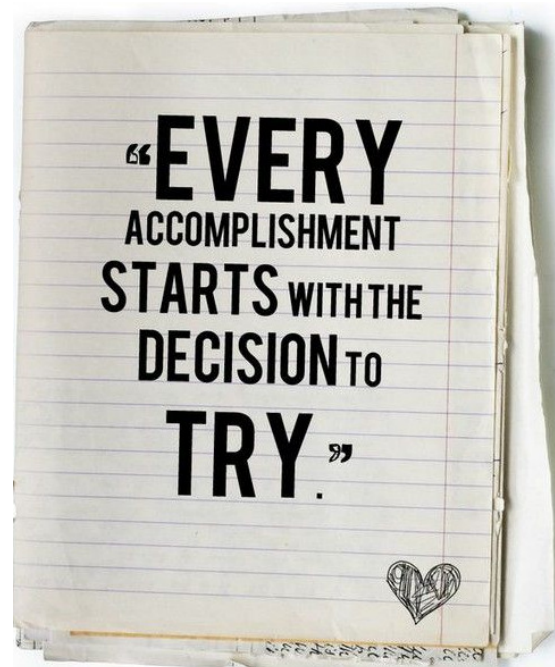
These can all be signs that your GI tract may not be functioning optimally. A good functional medicine assessment may help you get to the source of your symptoms, including a Comprehensive Digestive Stool test, or tests for leaky gut and food intolerances.

There are a variety of treatments that can help restore balance to the GI system, and to return your health and well-being. Remember, a GI tract out of balance can be the core imbalance causing your symptoms and lack of wellness.

TODAY'S TO-DO LIST

INSPIRE
MOVE PURPOSEFULLY
LOVE
LAUGH
ENCOURAGE OTHERS
EXERCISE
TAKE CHANCES
LIVE IN THE MOMENT
CREATE
BE KIND
FILL YOUR BODY WITH FUEL
CHOOSE HAPPY
BREATHE
CHALLENGE YOURSELF
SWEAT
BE YOU

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Grilling with Aluminum Foil



As the weather heats up, and the allure of grilling returns, it is important to consider some of the potential health risks. As our iron griddle deteriorates, black gunk accumulates, and it generally becomes harder to clean – many of us may turn to using aluminum foil on the grill? Is this practice actually dangerous?

The answer seems to be a slight yes. Cooking with aluminum foil has been shown to create numerous tiny cracks and flakes in the surface of the aluminum foil as demonstrated with electron microscopy. Moreover chemical leaching of aluminum into food occurs with greater ease when food contains acidic properties such as lemon juice or spices.

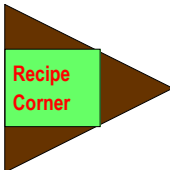
Excessive aluminum in the body has been associated with health problems, but the evidence is patchy and not necessarily convincing. According to the CDC, high levels of aluminum have been associated with Alzheimer’s in some clinical studies, though this remains controversial as the disease is thought to be multifactorial, and cause and effect has not been established.

Inhalation of aluminum dust in an occupational setting (i.e. not just grilling) has been implicated in the development of respiratory problems and even pulmonary fibrosis in some studies, but not in others, according to OSHA.

High levels of occupation aluminum exposure have been correlated with neurological declines in balance, coordination, and memory.

Oral aluminum exposure has been associated with reproductive toxicity. It has not been classified a carcinogen.

In general it seems that aluminum exposure through typical sources (foods and water supply) is not harmful enough to cause great concern or regulatory action. However, if you do use aluminum foil frequently when you grill, you may want to cut back a bit, not because of the hard scientific data but more because of the knowledge that significant flaking and leaching occurs in your food.



Broccoli-Bacon Salad Recipe from EatingWell.com

A picnic favorite, this salad combines broccoli, water chestnuts, cranberries and just a little bacon for delicious results. Our version has plenty of creaminess without all the fat. Make it once and it will become a regular on your backyard barbecue menu.

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| <p>Ingredients:</p> <ul style="list-style-type: none"> ● 1 clove garlic, minced ● 1/4 cup low-fat mayonnaise ● 1/4 cup reduced-fat sour cream ● 2 teaspoons cider vinegar ● 1 teaspoon sugar | <ul style="list-style-type: none"> ● 4 cups finely chopped broccoli crowns , (see Tip) ● 1 8-ounce can sliced water chestnuts, rinsed and chopped ● 3 slices cooked bacon, crumbled * ● 3 tablespoons dried cranberries ● Freshly ground pepper , to taste |
|--|---|



Nutritional Information:

Calories per serving:	89
Fat per serving:	4g
Saturated:	1g
Carbohydrates:	12g
Fiber:	3g
Cholesterol:	8g
Potassium:	193mg
Sodium:	200mg
Added sugar	1g

Preparation:

Whisk garlic, mayonnaise, sour cream, vinegar and sugar in a large bowl. Add broccoli, water chestnuts, bacon, cranberries and pepper; stir to coat with the dressing.

Tips & Notes

- **Make Ahead Tip:** Cover and refrigerate for up to 1 day.
- ◆ **Tip:** Most supermarkets sell broccoli crowns, which are the tops of the bunches, with the stalks cut off. Although crowns are more expensive than entire bunches, they are convenient and there is considerably less waste.

* I know what you are thinking...Bacon!!! I always say, everything in moderation is okay. As long as you also didn't have bacon for breakfast, this little bit will be fine. 😊 Me personally, I would use Organic Turkey Bacon.

Vitamin C (70% daily value)
 Vitamin A (30% daily value)
 Prep Time: 20 minutes
 Yield: Serves 6 servings, 1 scant cup each

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The only time you should ever look back is to see how far you've come!

