

# Total Wellness<sup>®</sup> **BECOMING A TOTAL PERSON<sup>®</sup>**

Volume XI, Number 12

December 2003

## Lose Weight with Online Assistance

Losing weight is a difficult task. A study by researchers at the Brown University Medical School indicates that online, Internet-based weight loss programs can be a useful tool for people trying to lose weight.

Online dieting can offer convenience and privacy. People with full-time jobs, families, and a busy schedule may find it particularly helpful. Online programs offer individuals the ability to get the information and personalized tools they need 24 hours a day, seven days a week.

**To find a good online weight-loss program, look for one that:**

- ◆ Promotes healthy eating habits that can be maintained on a long-term basis.
- ◆ Offers access and support from qualified dietitians or other health professionals.
- ◆ Incorporates exercise most days of the week.
- ◆ Prominently displays the “Terms and Conditions” on the website.
- ◆ Follows healthy guidelines for gradual weight loss.
- ◆ Provides guidelines which state the inappropriateness of the website for certain people, such as children or pregnant or breast-feeding women.

## Building Blocks for Healthy Weight

A balanced diet and regular physical activity are the building blocks of good health. By eating right and being active, you can stay at or reach a healthy weight in the new year.

How do people lose control of their weight? People gain weight when the number of calories they eat is more than the number of calories their bodies use. According to the Weight-control Information Network, several factors can play a role in weight gain. **They include:**

- ◆ *Habits* – eating too much and choosing activities like watching TV instead of being physically active
- ◆ *Genes* – overweight and obesity tends to run in families
- ◆ *Illness* – Some diseases can lead to weight gain or obesity.
- ◆ *Medicine* – Some medicines can lead to weight gain.
- ◆ *The world around you* – Tempting messages about food are everywhere – on TV, billboards and printed advertisements; in addition, remote-controlled electronics, drive-throughs, and escalators make it easy to be inactive.
- ◆ *Emotions* – Some people eat when they’re bored, sad, angry, or stressed, even when they’re not hungry.



**Consider these suggestions from the Weight-control Information Network to help support your weight-loss efforts:**

- ◆ Talk to your doctor if you think you have a health problem that’s causing you to be overweight.
- ◆ Ask your doctor or pharmacist about side effects of any medications you’re taking.
- ◆ Keep a food diary every day.
- ◆ Shop for groceries from a list and when you’re not hungry.
- ◆ Store foods out of sight instead of on the counter in clear sight.
- ◆ Use a smaller plate for meals and choose smaller servings.
- ◆ Eat at the table with the TV turned off.
- ◆ At restaurants, eat only half your meal and take the rest home for another meal.
- ◆ Take a different route home if you regularly pass tempting fast-food places.
- ◆ Seek the support of family and friends.
- ◆ Do at least 30 minutes of moderate physical activity on most days of the week.
- ◆ Be realistic about your weight loss goals. Aim for a slow, modest weight loss.
- ◆ Expect setbacks and forgive yourself.

For more information on weight loss, visit the Weight-control Information Network at [www.niddk.nih.gov](http://www.niddk.nih.gov). In Canada, visit the Canadian Fitness and Lifestyle Research Institute at [www.cflri.ca](http://www.cflri.ca).

## Focus on the Family with

### Dr. James Dobson



**Question:** *My wife and I are keenly aware of how difficult it is to be good parents, and at times we feel very inadequate to do the job. How does a parent know what's best for their children from day to day?*

**Dr. Dobson:** The most dedicated parents go through times when they fear they aren't responding properly to their children. They wonder if they're overreacting or underreacting and being too strict or too lenient. They suspect that they're making major mistakes that will haunt them later on. Fortunately, parents don't have to do everything right. We all make thousands of little mistakes – and a few big ones – that we wish we could reverse. But somehow, most kids roll with these blunders and come out just fine anyway.

Let me give you what I consider to be the key to good parenting. The key is to learn how to get behind the eyes of your children and see what they see and feel what they feel. When you know their frame of mind, your response becomes obvious. For example, when he's lonely, he needs your company. When she's defiant, she needs your help in controlling impulses. When he's afraid, he needs to share his laughter and joy with those he loves. Raising healthy children isn't so much a science as it is a highly developed art, and most of us have the natural intuitive faculties to learn it.

Take the time to observe those kids who live in your house. If you tune in closely to what they say and do, the feelings behind those behaviors will soon become apparent. Then your reaction to what you've seen will lead to more confident parenthood.

*These questions and answers are excerpted from books authored by Dr. James Dobson and published by Tyndale House Publishers. Dr. Dobson is the president of Focus on the Family, a nonprofit organization dedicated to the preservation of the home. Correspondence to Dr. Dobson should be addressed to: Focus on the Family, P.O. Box 444, Colorado Springs, CO 80903. © 2003 James Dobson Inc. All rights reserved. Distributed by Universal Press Syndicate.*

## Keep Documents Handy on Vacation

If you and your family will be traveling this holiday season, it's important to have your family's health care documents handy and organized in the event of an injury. **Here are a few tips:**

- ▲ Make copies of insurance cards and other necessary documents related to each family member and take two copies with you.
- ▲ Have the names and phone numbers of primary and other doctors written on a piece of paper.
- ▲ Keep one set of documents in an envelope with your valuables and another taped inside a piece of hand-carried luggage.
- ▲ Ensure that you have a list of family blood types and warnings about any allergies that might be affected by treatment.
- ▲ Inform family members old enough to understand about the details of your health care coverage, such as pre-approval.



## In Sickness and Health

Can you think of a better time to show extra attention to your sweetheart than when he or she is sick? One item that's guaranteed to lift anyone's spirit is a get-well basket. Sure, anyone can go to the store and buy a get-well card, but it takes a special person to assemble a get-well basket for the one they love.



You can use practically anything for the "basket": a decorative bowl, a watering can, a candy dish, or any item you can find or buy to put the items in. If you want to go a step beyond, you can decorate the "basket" with balloons, streamers, ribbons, cut-out hearts, or whatever might bring a little extra cheer.

**Here is a list of possible items you can put in your loved one's get-well basket:**

- Get-well card (perhaps handmade)
- Some flowers (from the garden or a florist)
- Magazines they like to read
- A new book
- Some tea bags or gourmet coffee
- Fresh lemons (helps a sore throat)
- A small jar of honey
- Fresh fruit
- A rag doll for her (trust me)
- A stuffed animal

*Michael Webb is the best-selling author of The RoMANtic's Guide, 50 Secrets of Blissful Relationships and The RoMANtic's Guide to Popping the Question, available at bookstores nationwide, by calling 1-888-4ROMANTIC, or by visiting [www.TheRomantic.com](http://www.TheRomantic.com).*



## Shopping Tips for the Holidays

According to the American Chiropractic Association, shopping for the perfect gifts can be quite stressful on the body.

**They recommend these tips:**

- ❖ Stay hydrated with plenty of water.
- ❖ Stretch before and after a long day of shopping.
- ❖ Wear shoes with plenty of cushioning in the soles to absorb the impact of walking on hard shopping mall floors.
- ❖ Make sure the clothing you wear is comfortable.
- ❖ Leave your purse at home. Wear a light fanny pack or a light backpack instead. Pack only necessary items.
- ❖ For most healthy people, take a break every 45 minutes.
- ❖ Plan to take packages to your car periodically so you don't have to carry them around and risk straining a muscle.
- ❖ If possible, leave your kids at home. Try to split the "child duty" with a spouse or a friend.
- ❖ If you experience muscle pain after shopping, apply ice to the affected area for 20 minute intervals.



*For more information on easing muscle pain, visit [www.amerchiro.org](http://www.amerchiro.org).*

## Get in Shape with Cross-Country Skiing

Cross-country skiing is an equal-opportunity sport. Everyone is invited, and almost anyone can do it, regardless of age or fitness level.

Cross-country is usually safer and can be less-expensive than downhill skiing. It's a low-impact sport that puts minimal stress on joints. It exercises both your upper and lower body, arms, shoulders, legs, and nearly everything else.

There are many places to do cross-country skiing, such as at a local park or at resorts that offer the sport. **Here are several cross-country moves to try:**

- **The shuffle:** Use the skis like snowshoes and tramp across the snow using the poles for balance.
- **Kick-and-glide:** With this classic technique, you transfer your weight from one ski to the other and pole on the opposite side. Use the poles to propel you along and help retain balance. You'll find it's a natural movement like walking, but it takes a while to get it right.
- **Skating:** Alternately push off on your foot and glide as long as possible. You can do double poling or alternate poling. With this technique, you can go very fast, but you need waxed skis and longer poles for skating. Some resorts have special trails for skating. Check beforehand to make sure skating is allowed if this is the method you like.

*Tip:* Most resorts will offer cross-country training classes. If it's your first time to try the sport, consider taking one of these classes.

*“Those who bring sunshine to the lives of others cannot keep it from themselves.”*

– James Barrie

## Getting Active One Step at a Time

**Y**ou don't have to be an athlete to benefit from regular physical activity. Even modest amounts of physical activity can improve your health. Start with small, specific goals such as walking 10 minutes a day, three days a week, and slowly build up from there to most days of the week.

**Regular aerobic activity – any activity that speeds up your heart and breathing while moving your body at a regular pace – can help you to:**

- ◆ **Reduce weight.** Aerobic activity burns calories to reduce body fat.
- ◆ **Prevent heart disease and stroke.** Regular aerobic activity strengthens your heart muscle and lowers your blood pressure. It may also help to lower your cholesterol.
- ◆ **Maintain strong bones.** Weight-bearing aerobic activities that involve lifting or pushing your own body weight, such as walking, jogging, or dancing, help to maintain strong bones.
- ◆ **Improve your outlook.** Aerobic exercise relieves tension and decreases stress. As you get physically fit, it can help you build confidence and improve your self image.

Good aerobic activities to consider

doing include brisk walking, jogging, bicycling, swimming, aerobic exercise classes, dancing (square dancing, salsa, African dance, or swing), and playing basketball or soccer. But you can also benefit from simple, everyday activities that add movement to your daily life. **Here are a few ideas:**

- ◆ Take the stairs instead of the elevator.
- ◆ Get off the bus one stop early or stop the taxi one block away from destination and walk the rest of the way. (Only do this if you're in a safe area for walking.)
- ◆ Park your car farther away from entrances to stores, movie theaters, or your home.
- ◆ Take a short walk around the block with family, friends, or coworkers.
- ◆ In bad weather, walk around a mall.
- ◆ Rake the leaves in your yard or a neighbor's yard.
- ◆ Visit a museum, the zoo, or an aquarium and walk for hours looking at the sights.
- ◆ Hand-wash your vehicle.
- ◆ Take a walk after dinner instead of watching television.

For more information on getting more physically active, visit the Weight-control Information Network at [www.niddk.nih.gov](http://www.niddk.nih.gov).



## Refocus to Overcome the Stresses of Life



Face it. There are times when you feel dizzy with the stresses in your life. **When this happens, try these ways to calm yourself:** • Stop and do nothing for five to 10 minutes. Sit quietly and listen to the sounds around you. • Listen to some calming music to slow your heart rate and rejuvenate your mind. • Take a happy-thought break. Think about someone or something you care about. • Laugh at something. Laughter is not only an effective stress buster, it's also an immune booster. • Take a walk. Taking a five- to 10-minute walk has a very calming effect on your body. • Practice belly breaths. For several minutes, take deep breaths in and out very slowly.

## Increase Your Desire to Achieve

By Paul J. Meyer



**T**he story of any achiever is one of desire. All success stories and meaningful achievements begin with desire. Desire grips people with an insatiable appetite for action.

If you have sufficient desire to succeed, nothing can stop you from becoming a winner, a leader, or a high performer. Desire is the burning internal quality that pushes you and produces a restlessness with things as they are. Desire empowers you to meet the challenges of life and compels you to fulfill a purpose larger than yourself.

### These steps can increase your desire to succeed:

- ◆ *Anticipate rewards.* Be aware of the sacrifices and the hardships involved in becoming a winner, but focus on the rewards of success. Knowing what rewards you can earn stimulates your desire and makes you work harder for them.
- ◆ *Learn everything you can about your goal.* Read every book and talk to every expert you can on the subject. Read articles about people in your profession. The more you understand about your chosen profession; the greater your interest will be. The more interest you have; the greater your desire to succeed.
- ◆ *Observe how professionals perform.* Take advantage of every chance you have to see and hear the outstanding individuals in your area of interest – in person or on television. The more you study successful people in action, the more familiar you will become with what it takes to succeed.
- ◆ *Identify with an achiever.* Everyone needs a role model to look up to. Select an achiever in your career and study the progression of and reasons for that person's success.
- ◆ *Constantly remind yourself of your dreams.* Kindle the flame of desire and light the fires of enthusiasm by reminding yourself daily of your dreams. Envision the summits you can reach, the rewards you can reap, and the heights of happiness you can enjoy.
- ◆ *Strive continually to activate, nurture, and maintain the kind of desire that will make you a winner.* For successful people, intense, burning desire is a habit, a way of life, and a deliberate course of action.

In any worthwhile endeavor, ultimate victory goes to the individual with the most desire!

*Paul J. Meyer is a successful entrepreneur and author of personal and professional improvement programs, courses, and books, including his latest book, **Unlocking Your Legacy: 25 Keys for Success**. For more information, visit his website at [www.pauljmeyer.com](http://www.pauljmeyer.com).*

## Redefine Success in Your Life

As the year comes to a close, it's natural to look back on your success and look forward to what your success might be in the upcoming year. Would you like to be in better control of the success you achieve? Most people would.

When I first started door-to-door sales calls, the only time I ever felt successful was when someone bought something from me. To get a sale required a stranger – whom I'd know for only a few minutes – to buy from me. While on the surface this seems fine, my thinking had an inherent problem. If I was only successful when someone bought from me, then I had empowered the choice of a stranger to control my success. So the excitement of success or the disappointment of failure was largely determined by the actions of others.

This was a significant problem, because at that time the extent of my success was a large factor in determining my happiness, sense of accomplishment, and self worth. And what that meant was that how much I valued myself was indirectly controlled by the actions of people I didn't even know. Can you relate to this situation? Have you ever been in a situation where you felt controlled or unduly influenced by what others did? At times like this, it's easy to feel like a puppet, with the actions of others being the puppeteer.

When I became consciously aware of this fact, I decided to make a change. I redefined my definition of success. Success then became any situation in which I knew that I had made my best effort. The actions of others were no longer empowered to control how I felt. How successful I felt was *my* decision.

You can control more of your success in the coming year by adding into your definition of success some of the elements that you do control, such as actions, effort, choices, decisions, behaviors, and attitude. The end result is that rather than feeling like the puppet on a string, you become the puppeteer!

*By Mr. Per – America's Confidence Coach™ – who is one of those rare individuals who has both the powerful ideas of an original thinker and the energy of a performer. He has the gift of being able to see the issues of life, decipher them, and then explain them in a way you can use. When not writing books and articles or appearing on TV, Mr. Per entertains corporate audiences from American Express to Walt Disney companies with his keynote speeches. For more information, call (407) 210-3666 or go to [www.everydayknowledge.com](http://www.everydayknowledge.com).*



### InSync® Moment #53 – Caring for Nature

Forests, waterways, mountains, deserts, and meadows... all gifts of nature. Think of the last time you were enjoying nature. Did you see the physical evidence that others had been there? Did you leave your own? Whenever you enjoy nature, leave with whatever you take and take what others have left. Commit to this action to care for nature.



© Susan Pilgrim, Ph.D., author of *Living InSync®*. Contact her at 1-877-InSync® (1-877-467-9627) or at [spilgrim@transbay.net](mailto:spilgrim@transbay.net).

## When Brushing Becomes Difficult...

Sometimes a health condition, such as arthritis, can hinder your ability to brush your teeth like you used to. **Here are suggestions for caring for your teeth when it's physically difficult:**

- ◆ Create a bigger toothbrush handle. Wrap a sponge around it, use a layer of aluminum foil, or slip on a bicycle handle grip.
- ◆ Try using an electric toothbrush. They're often easier to use.
- ◆ Ask others to brush for you, standing behind you while you sit in front of the sink. They can then brush with the same motions as if brushing their own teeth.

For more information, visit *The Canadian Dental Association*, [www.cda-adc.ca](http://www.cda-adc.ca).

## Remember Your Heart



The risk of heart attack rises in December and January, according to the results from a study of 220,000 Los Angeles County heart attack deaths that occurred within a 12-year period. The number of heart attack deaths during December and January were one-third higher than in June, July, August, or September, according to the study reported in the UC Davis *Health Letter*. Colder weather may play a role. Other possible factors include: overindulgence and stress around the holidays, shorter daylight hours, and indoor air pollution from burning wood.

## Increase Your AIDS Awareness

Did you know that five people worldwide die of AIDS every minute of every day? While there's no cure for AIDS and no vaccine against HIV, there are simple things people can do to stop the spread of HIV. Talk to your doctor about how you can protect yourself or visit [www.worldAIDSday.com](http://www.worldAIDSday.com).

## Put a Halt to Winter Itch

**W**ith winter weather upon us, itchy, dry, and flaky skin may begin to wreak havoc on your body. This condition is often referred to as "winter itch."

**To prevent and treat winter itch, consider these suggestions:**

- ✓ Wash your body with lukewarm water instead of hot. Hot water removes your skins' natural oils.
- ✓ Use mild moisturizing or glycerin soaps instead of perfumed, deodorant ones.
- ✓ Avoid scrubbing with a washcloth or loofah as it will remove your skin's natural oils.
- ✓ Immediately after bathing, moisturize your skin with lotion. Avoid lotions with strong perfume smells as they may be a source of irritation.
- ✓ Limit the times you cleanse your skin to once a day.
- ✓ Humidify the air. A humidifier can help to add moisture to the air and your skin. (Follow the safety measures outlined in the brochure that comes with the humidifier.)
- ✓ Guard against the wind. In addition to moisturizing your skin before you go out, cover your face and use a lip balm to protect your lips.



- ✓ Avoid excessive heat. Not setting your heat above 78 degrees can help. Also, avoid placing your legs near a fireplace, letting the car heater blow directly on your skin, or using a heating pad for long periods of time.
- ✓ Protect your skin from the sun. Winter sun can be as dangerous as summer sun. When skiing, sledding, hiking, or just walking outside for prolonged periods of time, use a sunscreen.
- ✓ Avoid applying alcohol, astringents, drying lotions, or powders to your skin. They can dry your skin.
- ✓ Skip the hot tub or spa. The hot, chlorinated water can strip away your skin's natural oils.
- ✓ Seek help. If you have persistent dry or itchy skin, see your doctor or a dermatologist.

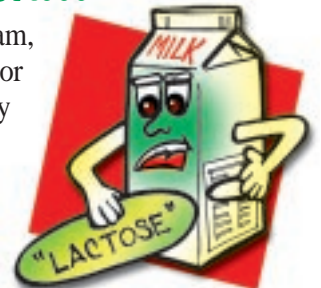
For more information on skin conditions, visit the *American Academy of Dermatology* at [www.aad.org](http://www.aad.org).

## When Milk Makes You Sick...

After drinking or eating foods such as milk, ice cream, ice milk, sherbet, cream, butter, cheese, cottage cheese, or yogurt, do you feel sick to your stomach? If so, you may have lactose intolerance. Lactose intolerance is a condition in which the body can't digest foods with *lactose* – the sugar found in milk and foods made with milk. Lactose may also be added to some boxed, canned, frozen, and other prepared foods like bread, cereal, lunch meats, salad dressings, cake mixes, cookies, and frozen dinners.

**If you have lactose intolerance, you should:**

- See your doctor for diagnosis. If diagnosed, ask about using special pills or liquids to help you digest foods with lactose.
- Eat fewer foods with lactose in them.
- Find out if you can eat small amounts of food with lactose.
- Read food labels to find out if a food has lactose in it.
- Eat enough lactose-free foods that have calcium, such as broccoli, tofu, turnip greens, collard greens, sardines, or canned salmon with bones.



## Drive Safely at Night

**D**id you know that traffic deaths are three times greater at night than during the day? According to the National Safety Council, many people are unaware of the special hazards associated with night driving or don't know effective ways to deal with them.

Night driving is dangerous due to lack of sight, or darkness. Ninety percent of a driver's reaction depends on vision, and vision is severely limited at night. Depth perception, color recognition, and peripheral vision are also limited after sundown.

**The National Safety Council recommends these tips for night driving:**

- ◆ Clean your headlights, taillights, signal lights, and windows (inside and out) once a week or more often if you drive at night frequently.
- ◆ Make sure your headlights are properly aimed. Misaimed headlights can blind other drivers and reduce your ability to see the road.
- ◆ Never drink and drive. Not only does alcohol impair your driving ability, it also acts as a depressant. Just one drink can induce fatigue.
- ◆ Avoid smoking when you drive. The smokes' nicotine and carbon monoxide may hamper night vision.
- ◆ Reduce your speed at night and increase your following distances. It's more difficult to judge another vehicle's speed and distance at night.
- ◆ When following another vehicle, keep your headlights on low beams so you don't blind the driver ahead of you.
- ◆ If an oncoming vehicle doesn't lower its beams from high to low, avoid glare by looking to the right side of the road and using it as a steering guide.
- ◆ Make frequent stops for light snacks and exercise. If you're too tired to drive, stop and rest.
- ◆ If you have car trouble, pull off the road as far as possible. Turn on your flashers and the dome light. Stay off the roadway and get passengers away from the roadway if possible.



For more information on night driving, visit the National Safety Council at [www.nsc.org](http://www.nsc.org).

## Step-by-Step Tips for Ladder Safety

Whether you're an old pro who regularly uses a ladder or an amateur on a mission to put up or take down holiday decorations, **review these safety tips from the National Safety Council:**

- If a ladder wobbles, has broken steps, or is wet or dirty, don't use it.
- Select the right ladder for the job. If it's a 200-pound tested ladder, and you weigh more, don't use it. If it's a metal ladder and you're working near power lines, don't use it.
- Allow only one person at a time on the ladder.
- Never stand on the top two rungs.
- Make sure your shoes are dry and can grip the rungs.
- Never do anything in a hurry when you're on a ladder.
- Be careful not to overstretch to one side or another.



## Protect Your Home While You're Away

In the United States, a burglary occurs every 13 seconds. And during the holidays, burglaries are generally more frequent. **To protect your home from invasion, take these simple precautions from the AAA:**

- ▲ Close and lock all windows and doors in your house, garage, or shed. Slide locks are recommended for sliding glass doors.
- ▲ If you own a second vehicle, park it halfway up your driveway to deter potential burglars from parking a vehicle close to your house. (However, if you live in an area where car theft is frequent, carefully consider this option.) AAA suggests that any vehicle left unattended for an extended period of time should be protected with some type of auto theft or security device.
- ▲ Leave the blinds and curtains in their normal position so your house doesn't have the closed-down look. Place expensive items such as televisions, stereos, computers, valuable collectibles, and firearms away from windows, where they're out of easy sight.
- ▲ Engrave your property so it's less attractive to burglars. Engraving items can also lead to quicker recovery in case they're stolen.
- ▲ Avoid broadcasting your trip regardless of how excited you are. Ask a close friend or neighbor to pick up your mail and newspaper and inspect your home regularly. If possible, have the postal service hold your mail and temporarily cancel your newspaper subscription.
- ▲ Set an automatic timer so interior lights periodically turn off and on. A timer on a radio is also suggested.
- ▲ Never leave spare keys hidden under door mats, in flower pots, or anywhere outside the house.

## Sweet Endings

Dessert is sometimes just a sweet afterthought, particularly if you've devoted all your culinary energy to the dishes that precede it. But creating something fresh and delicious doesn't have to be an ordeal.

**Here are some quick and refreshing dessert ideas:**

- ◆ Pureé cubed peeled mango with a touch of lime juice in the food processor and chill. Serve atop pineapple chunks and strawberries.
- ◆ Scoop nonfat frozen yogurt onto a wedge of ripe cantaloupe or sliced mango.
- ◆ Fold dried cherries, blueberries, or cranberries into softened nonfat vanilla frozen yogurt and refreeze.
- ◆ Top lemon sorbet with fresh raspberries and chunks of pineapples.
- ◆ Pile fresh strawberries into large, stemmed balloon glasses and add a generous splash of sparkling cider.
- ◆ Combine nonfat vanilla yogurt, all-fruit orange marmalade, and a dash of cinnamon to make a dip for fresh peach slices.

## Power Snack Ideas

- ✓ Half of a lean turkey or chicken sandwich
- ✓ Plain, low-fat yogurt blended with fruit or all fruit jam
- ✓ Whole grain cereal with skim milk
- ✓ Baked low-fat tortilla chips with fat-free bean dip and salsa.
- ✓ Popcorn sprinkled with Parmesan cheese.



Pamela Smith is a Registered Dietitian and nationally known radio and TV host. For more information, call 1-800-896-4010 or visit her website at [www.pamsmith.com](http://www.pamsmith.com). Her new book, *Take Charge of the Change*, focuses on women 35-55, their issues and hormones.



## Brighten Up Your Holiday Meal with Fruits and Vegetables

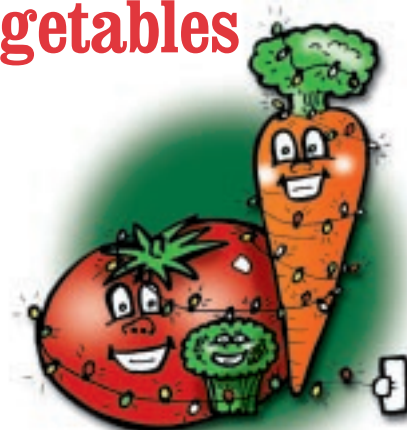
**B**rightly colored fruits and vegetables, such as carrots, sweet potatoes, tomatoes, broccoli, spinach, romaine lettuce, and strawberries, are loaded with antioxidants like beta-carotene, vitamin A, folic acid, B vitamins, and vitamin C. These nutrients are the ingredients that lead to a healthy holiday meal.

Generally, the more vivid the color of the fruit or vegetable, the higher in nutrients it will be. The deep orange-red color of carrots, sweet potatoes, apricots, cantaloupe, and strawberries is a sign of their vitamin A content. Dark green leafy vegetables like greens, spinach, romaine lettuce, broccoli, and Brussels sprouts, are also loaded with an extra bonus of being the source of folic acid, a "must have" for health and wellness.

Five servings a day of brightly colored fruits and vegetables will help keep the doctor away and 10 servings will allow you to thrive, especially if they're complimented with other antioxidant-rich foods such as garlic, green tea, and soy.

**To retain the nutrients in your fruits and vegetables, follow these suggestions:**

- Buy fruits and vegetables that are as fresh as possible; frozen is the next



best choice. Avoid those frozen with butter or sauces.

- Use well-washed peelings and outer leaves of vegetables whenever possible – they have a high-concentration of nutrients.
- Store vegetables in airtight containers in the refrigerator.
- Don't store vegetables in water. Too many vitamins are lost.
- Cook vegetables on the highest heat possible, in the least amount of water possible, and for the shortest time possible. Steaming, microwaving, and stir-frying are great cooking methods.
- Cook vegetables until tender-crisp, not mushy. Overcooked vegetables lose flavor along with vitamins.

## ORANGE-VANILLA FRENCH TOAST

Makes 4 servings

- 4 egg whites, lightly beaten
- ½ cup skim milk
- 2 Tbsp. frozen, unsweetened orange juice concentrate, undiluted
- 1 tsp. vanilla
- ½ tsp. ground cinnamon
- 4 slices whole-wheat bread
- 4 Tbsp. all-fruit jam
- Nonstick cooking spray

Beat together the egg whites, milk, orange juice concentrate, vanilla, and cinnamon. Add the bread slices one at a time, letting the bread absorb the liquid; this may take a few minutes. Coat a skillet with nonstick cooking spray and heat. Gently lift each bread slice with a spatula and place it in the skillet; cook on each side until golden brown. Serve each slice with 1 Tbsp. all-fruit jam.

From Pamela Smith's Healthy Living Cookbook. Visit [www.pamsmith.com](http://www.pamsmith.com) for more information.

Each serving contains: 152 calories, 8 g. protein, 1.5 g. fat, 2 mg. cholesterol, 28 g. carbohydrates, 250 mg. sodium. Calories from fat: 11 percent

✂ clip and keep

## spiritual

### Draw on Your Faith to Cope with War

For many people, war not only challenges them emotionally and physically, but also spiritually. As a result, many people turn to their faith to try to cope with their feelings and seek support and understanding in times of crises.

**Here are ways to use your faith to cope with the anxiety of war:**

- ◆ **Reflect.** Reflect on ways to achieve peace and support our service men and women, and those with loved ones in the military.
- ◆ **Connect.** Reach out to others for strength and support.
- ◆ **Talk.** By talking with others, you'll relieve anxiety and realize that others are having similar feelings and reactions. Encourage those you care about, especially children, to do the same.
- ◆ **Act.** Engage in positive activities for your spirit, mind, and body.

*For more help, talk with your minister, rabbi, priest, or other spiritual advisor. Or, call the National Mental Health Association at 1-800-969-NMHA or visit [www.nmha.org](http://www.nmha.org).*

**Is there a topic you want us to write about?**  
**Call us! 1-800-815-2323**  
**E-mail us! [rpublish@rpublish.com](mailto:rpublish@rpublish.com)**

This newsletter is published monthly by Rutherford Publishing, Inc., P.O. Box 8853, Waco, Texas 76714, 1-800-815-2323. E-mail: [rpublish@rpublish.com](mailto:rpublish@rpublish.com). Copyright © 2003 Rutherford Publishing, Inc. All rights reserved. Material may not be reproduced in whole or part in any form without the written permission of the publisher. Subscription price (12 issues), \$25 per year in U.S.

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This newsletter is not intended to provide medical advice on personal wellness matters, which should be obtained directly from your physician.

ISSN 1072-4788

## financial

### Restrain Your Holiday Spending

**A**ccording to the Illinois CPA Society, just as holiday feasting can ruin your waistline, holiday spending can bust your budget. **Here are ways to plan your holiday spending:**

- **Review what you spent last year.** Include amounts you spent on gifts, decorating, entertaining, clothes, and travel. If you don't have these records, try to estimate what you spent.
- **Write a holiday budget.** Determine a realistic budget that meets your needs without going overboard. Think of ways to reduce your costs, perhaps



by making some gifts and decorations.

- **Set limits.** Once you've made your gift list, stick to it. Decide beforehand how much you can afford to spend on each person. Look for bargains or sale items.
- **If possible, avoid using credit.** Paying in cash is a good way to reduce your spending since most people think more carefully when they pay with cash. A debit card is a good alternative to a credit card, however, keep track of your expenditures. If you choose to use credit, keep a running tally of your balance to deter overspending. Be sure to use a low-interest credit card.

### Simple Cost-Saving Ideas

**Here are some simple ways to save money:**

- Extend the use of lipsticks by using a lip brush to reach lipstick inside the casing and apply it to your lips.
- Cancel any add-on services on your telephone that you don't use, such as call-forwarding, speed-dialing, and so on.
- Use cloth napkins at the dining table and wash them.
- Instead of replacing dusty silk-flower arrangements, wash them under water and dry them to look like new.
- Instead of throwing away the plastic hangers that socks come on, give them to your kids to use as doll clothes hangers.
- Clean the wax-paper liners from cereal boxes and use them to place between meats before freezing or for rolling out dough.



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