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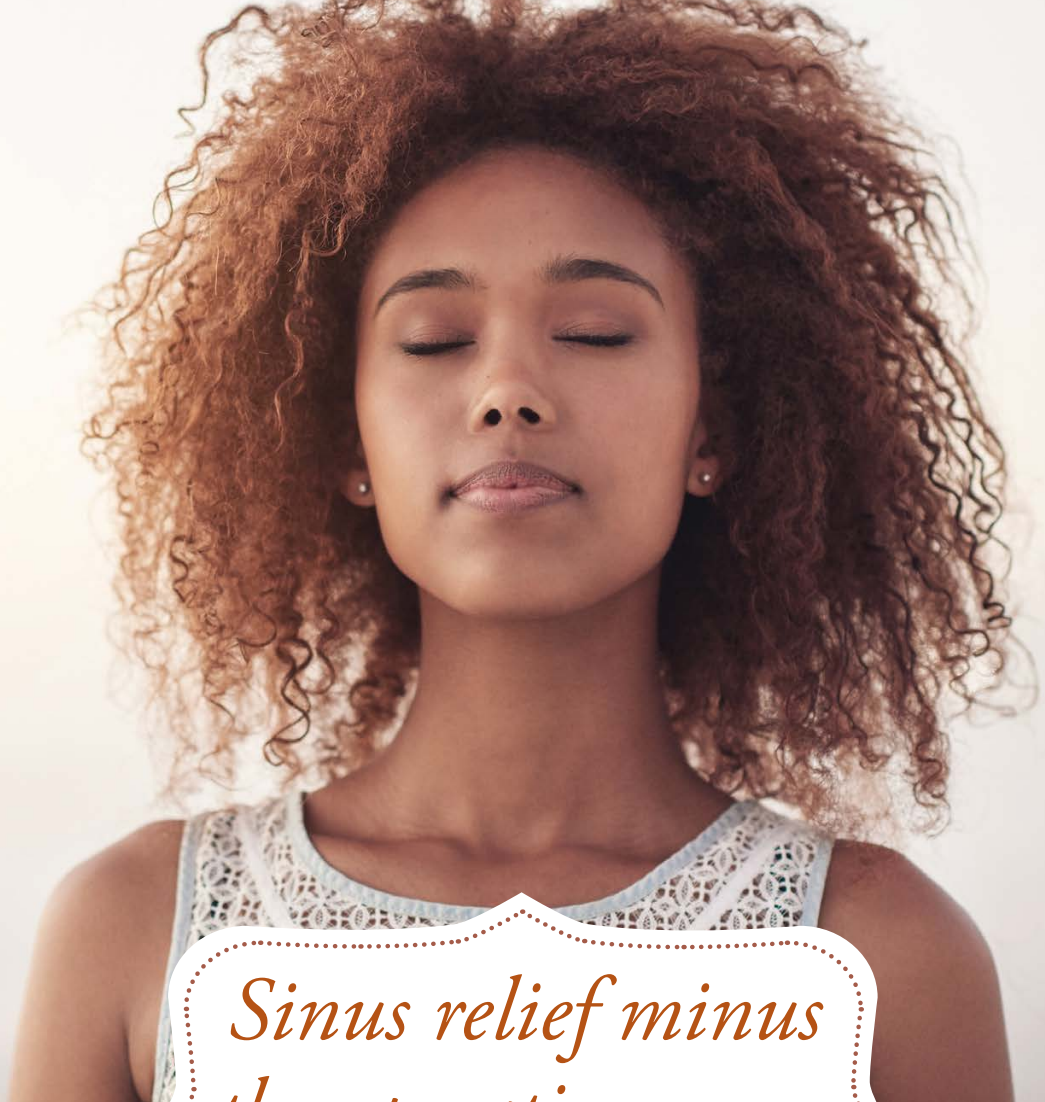


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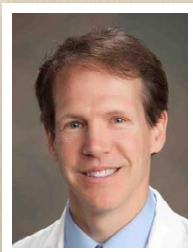
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FEB 17

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UTAH

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Box Jumps

Box jumps are like a gym status symbol; highly trained athletes post videos of insane leaps, and others post videos of embarrassing box jump falls. Here's how to do them, and how they can help your fitness goals.



14 Fitness For Two

There are many ways to get that very important bonding time with your partner, but exercising doesn't always come to mind. Here's why it can be romantic and excellent for your relationship, and some workouts to try together.

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Heart Disease & Women

We discuss the impact of heart disease in women, talk to a survivor, and explain how modern imaging techniques can help the movement against heart disease in women.

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Heart and Stroke Research Advances of 2016

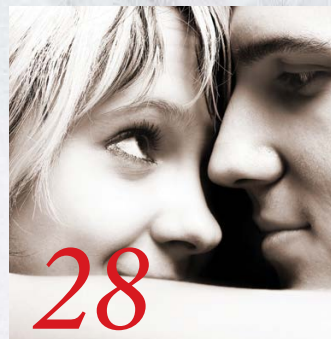
The American Heart Association outlines some of the most important recent research related to cardiovascular problems.



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Thwart a Sweet Tooth

Sugar cravings are powerful, but so are you! Here are some keys to winning the day.



28 Languages of Love

Want a better marriage? Here are some easy ways to make your marriage beautiful.

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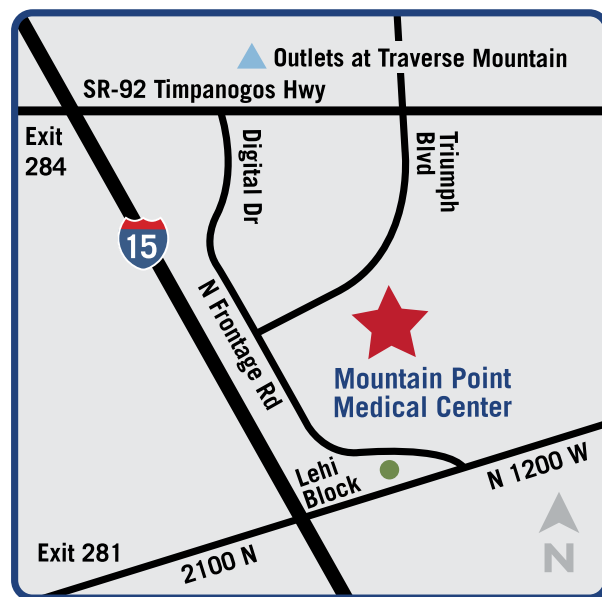
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"ONE OF THE MAJOR REASONS WHY WE FAIL TO FIND HAPPINESS OR TO CREATE UNIQUE LIFESTYLE IS BECAUSE WE HAVE NOT YET MASTERED THE ART OF BEING."

~JIM ROHN

This moment, right here, right now, is filled with opportunity. It is filled with happiness and hope and promise. If you pause and look for it, you will see it.

But, we are so often not in the moment. We tend to live our lives in the most recent past episodes, or in a future moment. At home we tend to stay engaged in the challenges at work. At work, we find ourselves solving the issues at home.

This happens when we drift through the day without really tuning in to what others are saying to us. If we're good at masking our mental drifting, we may stop and look up from our computer or phone long enough to make eye-contact, and we may even listen to the words, but so often we aren't processing or responding to the message. And, the problem here is that what is often being said only hints at what is really meant or felt. That may be gleaned only by living in and listening in the moment.

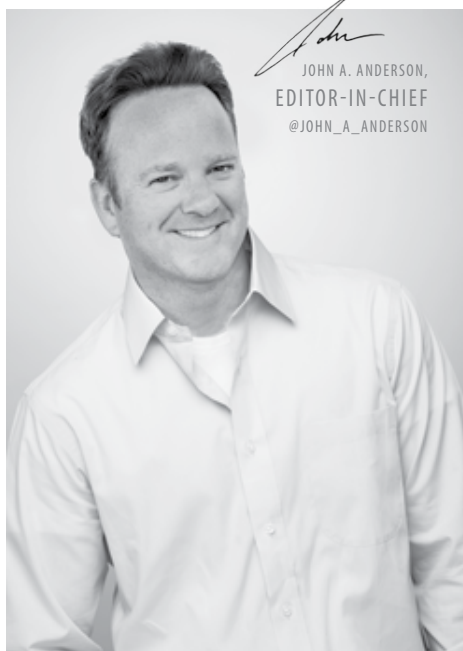
It's important to learn from the past and move on. And, it's certainly profitable to look towards and prepare for tomorrow. What's frequently missing as we grow and learn is a true appreciation for what's going on right here, right now. We get too consumed by yesterday and tomorrow that we sometimes fail to notice that today is slipping by. We're often guilty of getting through the day rather than getting something from the day.

Our big mistake is that we are everywhere at any given moment in time except living in that moment in time.

"And so, it is always the case that the past is irreparably land-locked, and the future has yet to land. And here we are, living out our lives on the precariously thin line which separates the two."

~CRAIG D. LOUNSBROUGH

The art of being is learning to be wherever you are. It is fostering a special focus on the present moment, and gathering from it all the stuff and wealth and emotion it has to offer. Successfully being is getting lost in a sunset or a child's story about swings. Making the most of the moment may involve simply listening to and learning from silence. The art of being is living each moment so that it becomes a new part of what we are and of what we are in the process of becoming. In summary—The art of being is less about what we do, and much more about what we experience. And when we learn to be in the moment, we will have mastered the art of living well.



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GOOD 4 UTAH

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Why Choose Davis Hospital and Medical Center?



Many aspects of healthcare involve personal choice, including the doctors and hospitals patients choose to visit. When it comes to overall patient satisfaction, Davis Hospital and Medical Center goes above and beyond normal healthcare standards, ensuring every patient receives high quality care from highly skilled and qualified medical professionals. The physicians, nurses, medical and support staff at Davis Hospital and Medical Center provide a full continuum of care in a compassionate environment.

A Community Hospital You Can Trust

Davis Hospital and Medical Center is proud to be an integral part of the community. Patients have the opportunity to visit their physicians and receive superior care and services much closer to home. In fact, the emergency department at Davis Hospital and Medical Center is Trauma Center certified by the State of Utah through the American College of Surgeons and utilizes advanced technologies and treatment options for the intensive care needs and stabilization of injured patients. The emergency department offers 24-hour care from board-certified ER physicians and Advanced Cardiac Life Support (ACLS), Pediatric Advanced Life Support (PALS), and Trauma Nursing Core Course (TNCC)-certified nursing staff.

This year, Davis Hospital and Medical Center received an “A” safety grade from The Leapfrog Group, ranking it among the safest hospitals in the United States. The Leapfrog hospital safety grade uses 30 quality measures of publicly available hospital safety data to assign A, B, C, D and F letter grades to more than 2,600 U.S. hospitals. The grades are calculated by

top patient safety experts, peer-reviewed, fully transparent and free to the public. This safety grade reflects Davis Hospital’s commitment to patient safety standards and continued investment in new technology and quality care.

Additionally, Davis Hospital and Medical Center earned the Get With The Guidelines®—Stroke Silver Quality Achievement Award. This award recognizes Davis Hospital and Medical Center’s commitment and success in implementing a high standard of stroke care by ensuring that their stroke patients received treatment that meets nationally accepted, evidence-based standards and recommendations.

Care for All, Close to You

At Davis Hospital and Medical Center, personalized care is offered to every person, including the smallest of patients. Exceptional maternity care is a priority at Davis Hospital and Medical Center. Designed for patient comfort, the private and spacious Labor, Delivery, and Recovery suites offer a secure environment for the safe delivery of your baby. Davis Hospital and Medical Center also has a Level III NICU that provides a higher level of care for babies who need special medical treatment. The NICU and baby nursery are staffed with experienced nurses who have advanced training in newborn care.

Individualized comfort conveniences are a top priority in the Women’s Center at Davis Hospital and Medical Center. All of the center’s patients receive a complimentary service from the onsite spa, which offers a range of treatments from haircuts to pedicures, further enhancing each patient’s personal experience.

Davis Hospital and Medical Center’s primary mission is to improve the health and wellbeing of the people and communities it serves. The Davis Hospital team believes in giving back to the community through education, involvement, and personal service in order to create a healthier place to live and raise a family.

For more information about Davis Hospital and Medical Center’s services, please visit DavisHospital.com or call 801-807-1000.

10

MYTHS VS. FACTS

ABOUT PREVENTING A COLD



The common cold is an infection caused, usually, by a virus in the Rhinovirus or Coronavirus family, although a number of others have been implicated. Affecting the upper respiratory system (nose, throat, sinuses), it's a (very) rare individual that hasn't dealt with a cold at one point or another.

Like many viral illnesses, there is no cure for the common cold, and attention should be paid to methods that might prevent it. Many people have their own strategies for prevention, but some of these methods are ineffective and have little basis in fact. Here are time-honored (but false) ways that you can (can't) prevent a cold:

Dress warmly and you won't get sick.

Dressing warmly for cold weather is a smart move to prevent hypothermia, but it won't prevent colds. A cold is an infectious disease caused by a virus. Regardless of what you wear, you can be infected in any type of weather.

Stay inside during the winter to avoid catching a cold.

Staying inside actually increases your chances of getting infected. Enclosed spaces can expose you to a higher concentration of the virus.

Take antibiotics to prevent colds.

Antibiotics kill bacteria. Colds are caused by viruses, an entirely different organism. Therefore, antibiotics are ineffective against them as a preventative or a cure. Although many people ask their doctors for antibiotics to prevent or treat colds, this is a practice that has contributed to an epidemic of resistance in the U.S. Indeed, one out of three Americans leave their doctors' offices with a prescription for antibiotics to treat an illness that is completely unaffected by them.

Keep your head dry.

A wet head will cause a cold: Having a head full of wet hair is thought by some to predispose you to a cold, but it just isn't so. You may feel a chill, but it won't make you more likely to catch a virus.

A weakened immune system will cause a cold.

Certainly, having a strong immune system is a good thing, but even the healthiest person can catch a cold if exposed to the virus.

Vitamin C will prevent colds.

Although supplements like Vitamin C and Zinc may decrease the duration of a cold, they don't do anything to prevent your catching one.

Turning down the heat in the house will prevent a cold.

Many feel that central heating causes the nose to dry up and make them more susceptible to a cold. A virus can colonize the mucus membranes, regardless of the level of humidity.

Prevention is only an issue in the winter.

You can only catch colds then: In reality, colds occur most often in the Spring and Fall. Many viruses actually become dormant in cold weather.

Wearing garlic or other herbs will prevent your getting sick.

What? Wearing garlic may repel vampires (and everyone else), but its health benefits mostly derive from being ingested.

Avoid kissing to prevent colds.

Interestingly, relatively small quantities of virus reside on the lips or in the mouth. Most of it is found in the nasal cavity. Then again, it's hard to be kissed without being breathed on as well.

Those are some myths, but here's a fact.

Hand washing is an effective way to decrease your chances of catching a cold. Viruses are transmitted less often if hands are washed regularly and frequently throughout the day. This is especially true if you want to prevent colds in children. Instill hand-washing as a part of daily routine in kids, just as you would teach toilet training.

Natural remedies would include one of my favorites: Green tea with Lemon and Honey. Drinking the tea and breathing in steam helps the hair follicles in the nose to drain germs out. Lemon is known to thin out mucus and honey is a great natural antibacterial agent. Don't forget that viruses can live on surfaces for a period of time, so have some disinfectant around to clean countertops, work surfaces, and doorknobs.

ABOUT DR. JOE ALTON

Joe Alton, M.D. (www.doomandbloom.net) is a disaster preparedness expert, member of the Wilderness Medical Society, and NY Times/Amazon bestselling author of "The Survival Medicine Handbook: THE essential guide for when medical help is NOT on the way" and other books. Dr. Alton has also written the just-released and timely "The Zika Virus Handbook". Dr. Alton is a well known speaker and host of The Doom and Bloom™ Survival Medicine Hour syndicated podcast.



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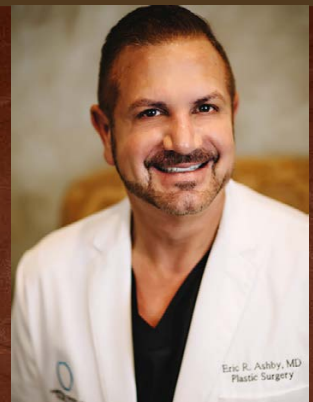


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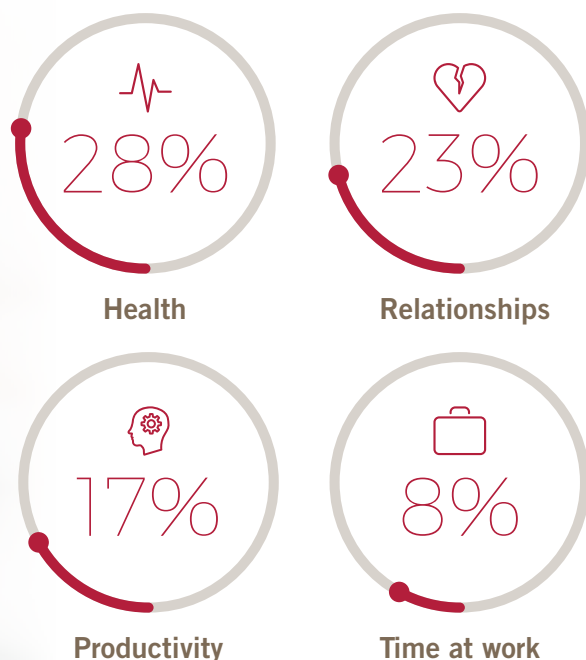
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THE IMPACT OF FINANCIAL WELLNESS

According to PwC's* *Employee Financial Wellness Survey*, analyzing the financial well-being of full-time employed U.S. adults, 28 percent of employees indicated that financial concerns were affecting their health. An August 2014 poll, conducted by The Harris Poll® with the American Psychological Association, found that nearly one-in-five Americans put healthcare needs on hold due to financial concerns.

Financial concerns impact our:



PwC's Employee Financial Wellness Survey

The good news is there are ways to improve how you think about and handle money. As the new year begins, take a moment to reflect on how reducing financial stress could enhance your overall wellness. Get started with these tips:

Create a plan. Know how much you have and how much you owe each month. Next, develop spending categories so you know where your money is going. Schedule an appointment with a financial advisor if you need help putting together your budget.

*Formerly known as PricewaterhouseCoopers

1-in-5

Americans have either considered skipping or have skipped going to the doctor because of financial concerns.

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- ▶ Set up direct deposit to your checking account.
- ▶ Use bill pay for recurring expenses such as utilities, monthly memberships, cable and internet.
- ▶ Automatically make minimum payments on credit cards to avoid late fees. If possible, strive to pay more than the minimum amount due.
- ▶ Create automatic transfers from checking to savings. Emergency savings reduce the inclination to skip a trip to the doctor, keep you well-prepared for extra expenses like car repairs and can even help you weather circumstances like a job loss.
- ▶ As your financial wellness improves, arrange for automatic withdrawals from your paycheck to a 401(k)—and make sure you're receiving the full company match if it's available to you.

Align your spending with what matters. Perhaps you're saving for a home down payment or planning for an upcoming vacation. Consider creating a list of specific financial goals and develop a plan to save toward those goals. Take advantage of money management tools to help you. As a result, you'll gain a better sense of control without becoming overwhelmed.

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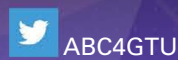
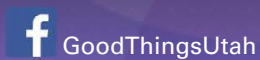
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Laser vision correction at Hoopes Vision is your key to making sure nothing gets between you and the "thing" that makes you extraordinary. Here are a few items to consider when making an informed decision.

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Not valid with any other offer or discount or procedure. Expires 5/31/2017. Call for details. Discount applies to bilateral procedures only. Offer not valid towards already purchased services. LASIK is not for everyone. As with any surgery there is some risk. During your consultation, you will be told if you are a LASIK candidate, if another procedure may be better, or if you are not a candidate for vision correction surgery. Risks and benefits will be discussed in detail to allow you to make an educated decision.

RACES

MAR 18 Canyonlands Half Marathon

Moab, UT

Runners get the chance to run in the shadow of the majestic red rock formations of Utah's Arches National Park at the Canyonlands Half Marathon & 5-Mile Run, which will celebrate its 42nd annual running as winter is giving way to spring.

APR 1 Emigration Canyon Half Marathon & 10-Miler

Salt Lake City, UT

The majestic beauty of Utah's Wasatch Mountain range is on full display throughout the winding, hilly course at the annual running of the Salt Lake Emigration Canyon Half Marathon & Relay, which moved in recent years from a late summer running in August up to April.

APR 1 Zion Half Marathon

Virgin, UT

Runners get the chance to follow a route with awe-inspiring scenery through southwestern Utah's canyon country at the Zion Half Marathon, which makes its 3rd annual running along a point-to-point route between the tiny towns of Virgin and Springdale, just outside St. George.

APR 8 Riverton Half Marathon & 4Life 5K

Riverton City Park

APR 22 Salt Lake City Marathon, Half Marathon & 5K

Salt Lake City, UT

After its inaugural running in 2004, the Salt Lake City Marathon was listed among the 12 new favorites by Runner's World magazine in its January 2005 Marathon Guide and described as "Big Fun, Big Scenery, Big Rewards."

APR 29 Tulip Festival Half Marathon

Lehi, UT

Settled in the quaint town of Lehi, Utah, is Thanksgiving Point, a community famed for its Utah County outdoor events. The area is home to several festivals including the Scottish Festival, Tulip Festival as well as the town's annual half marathon.

Sundance Winter ZipTour

Experience Sundance Mountain Resort like never before with breathtaking views of a snow covered Mount Timpanogos from the sky! The Sundance ZipTour is one of the most exciting and scenic zip tours in the world, boasting over 3,870 feet of riding. Guests can ride side-by-side on the zip line's double cables and control their speed, cruising over 65 miles per hour, or stopping mid-air for a scenic winter photograph.

sundanceresort.com



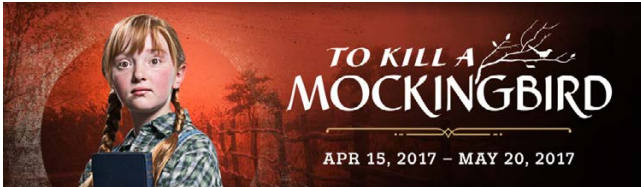
ARTS & EVENTS

Hale Centre Theatre West Valley City



SEVEN BRIDES FOR SEVEN BROTHERS

FEB 15, 2017 – APR 8, 2017



TO KILL A MOCKINGBIRD

APR 15, 2017 – MAY 20, 2017

Hale Centre Theatre - Orem



PETER AND THE STARCATCHER

FEB. 16 THROUGH APRIL 8



Betty Blue Eyes

APRIL 20 THROUGH MAY 27

MAR 8 PANIC! AT THE DISCO - DEATH OF A BACHELOR TOUR

UCCU Center

Catch an energetic performance by Panic! At The Disco when they bring their "Death of a Bachelor" Tour to the stage at UCCU Center on March 18th with MisterWives and Saint Motel!

MAR 21 ARIANA GRANDE - Dangerous Woman Tour

Vivint Smart Home Arena

Ariana Grande is hitting the road in support of her latest album, Dangerous Woman. See her LIVE March 21st at the Vivint Smart Home Arena with guests Little Mix and Victoria Moneal!

MAR 25 ERIC CHURCH - Holdin' My Own Tour

Vivint Smart Home Arena

Eric Church is hitting the road in 2017 for his Holdin' My Own Tour. Don't miss the chance to see him live March 25th at Vivint Smart Home Arena! There is no opening act, Eric Church will take the stage at 8:00pm. Get there early to avoid lines! A portion of the proceeds from the sale of Smith's Tix Premium Seating benefits Chief Cares of the Community Foundation of Middle Tennessee.

APR 09 NEIL DIAMOND - 50 Year Anniversary World Tour

Vivint Smart Home Arena

Grammy Award winner, Rock & Roll Hall of Fame Member and music icon, Neil Diamond, will bring his 50 Year Anniversary World Tour to Vivint Smart Home Arena April 9th. Come out and celebrate this amazing milestone!

APR 13 BASTILLE - Wild, Wild World Tour 2017

UCCU Center

Postfontaine presents Bastille's "Wild, Wild World Tour 2017" LIVE at the UCCU Center Thursday, April 13th, don't miss out!



MAR 9-12 DISNEY ON ICE PRESENTS - Worlds of Enchantment

Vivint Smart Home Arena

Enter the dazzling world of Disney magic LIVE ON ICE! From wheels to waves, icy wonderlands to infinity and beyond, your family's favorite Disney moments come to life at Disney On Ice presents Worlds of Enchantment.



JAN 17-22 KINKY BOOTS

George S. and Dolores Dore Eccles Theater
Salt Lake City, Utah

TONY® AWARD-WINNING BEST MUSICAL, KINKY BOOTS is coming to the Eccles Theater in Salt Lake City for one week only, January 12 – 22, 2017! Artix.org is the official source of tickets for the Eccles Theater and the Zions Bank Broadway at the Eccles series.

FEB 2-5 MAMMA MIA!

George S. and Dolores Dore Eccles Theater
Salt Lake City, Utah

The farewell tour of MAMMA MIA! visits Salt Lake City for five performances February 2 – 5, 2017 at the brand-new Eccles Theater. Artix.org is the official ticketing source for the Eccles Theater and the Zions Bank Broadway at the Eccles series.

HOW SUPPLEMENTS FIT INTO

THE
WEIGHT-LOSS
EQUATION

WRITTEN BY TATIA NELSON, BS, MH, IRIDOLOGIST
SPECIALTY DIET COACH
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Are you one of the millions thinking ahead to shedding holiday pounds and creating a healthier lifestyle in 2017? If you are looking to build a leaner and healthier body, don't jump on the bandwagon of roller-coaster diets this year. Instead, try switching your focus to loading up on essential nutrition. You can do this by adding key supplements to the equation and getting your healthy lifestyle going.

How can supplements help with weight-loss? Simply by helping you feel satisfied, a feeling called "satiety." In your brain, the hypothalamus monitors satiety through hormones. Raising satiety hormones can reduce your appetite. On the other hand, if you don't get the right nutrition, a hormone called "ghrelin" increases and causes hunger cravings. For instance, if you lack a certain vitamin or mineral in your diet, you may get hunger cravings until you consume that nutrient. Once you satisfy that need, the cravings subside and satiety hormones increase so you feel satisfied again. This is why taking a multi-vitamin and multi-mineral are the first keys to supplementing.

Protein drinks are proven in studies to be one of the most satisfying supplements you can add to your daily routine. Protein naturally raises satiety hormones and lowers hunger hormones. Getting enough protein feeds muscles, provides building blocks for DNA, and provides amino acids needed for clear brain function. One study showed that taking 55 grams daily of whey protein for 23 weeks

increased weight-loss and fat-loss with no other diet changes in overweight or obese people.

Deciding how much protein you need depends on how active you are. If you work out intensely for one or more hours per day, a basic rule of thumb is to take one gram of protein per pound of lean body weight. If you are not as active, you may do well on half of that dose.

Healthy fats, like essential fatty acids (EFAs), are found in fish oil, flax, chia, or other EFA blends, and can help nourish your entire body and may help increase fatburning. Getting enough EFAs may even satisfy fat cravings. Typically, 1000 mg or more daily of these oils is a great starting point. One particular Omega 6 fatty acid, called conjugated linoleic acid or CLA, is specifically designed for fat-burn. It works by blocking an enzyme called lipoprotein lipase that breaks down fats in the bloodstream to prepare them to be stored in fat cells. To be effective at blocking fat storage, studies have shown that "taking 1.8 to 6.8 grams daily seems to decrease body fat mass, increase lean body mass, and reduce waist and hip circumference in some patients." To help convert EFAs into energy in your cells, try taking them with Acetyl-L-Carnitine.

Healthy metabolism for weight loss requires that your thyroid gland is healthy. The thyroid makes the hormones

T3 and T4 that not only regulate your metabolism but help your body with energy production. To make T3 and T4, the thyroid needs natural iodine in combination with the amino acid L-tyrosine. L-tyrosine is also a building block to dopamine, adrenaline, and noradrenaline which can contribute to happier emotions and higher energy. Use food grade supplements containing natural iodine from products like kelp, dulse, or potassium iodide. It is important to get a minimum of 225mcg daily or higher. Helpful doses of Tyrosine can vary from 400mg to 1000mg or more.

When planning a healthy routine for 2017, remember that there's no "magic bullet" for weight loss, but supplements can help with the equation. The body works like a well-tuned symphony and if each "instrument" is finely tuned with the right nutrition, the result can be a magnificent performance of optimum vitality! Good Earth Natural Foods has plenty of resources to help you find the right nutrition, including knowledgeable and friendly Wellness Consultants. It's free to consult with them, so come in today and start your new healthy lifestyle!

REFERENCE

Source: Natural Medicines Database
See article on Healthy-Utah.com for complete citations list.

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Heart Strains

Stress and Heart Health

WRITTEN BY ANGELA SILVA

The relationship between stress and heart disease has been a major topic of research for a long time. Although the connection has not been concretely established, specific types of stress and reactions have been shown to contribute to heart disease. It is important to realize that it is our reaction to stressful events, not the events themselves, that cause stress and negative physiological impacts. Eliminating stressful situations from our lives is not possible. Learning how to react to stress in a healthy way is the best way to protect your heart and other aspects of your health.

The American Heart Association explains that when we experience stress, our bodies enter “fight or flight” mode. This causes our blood vessels to constrict, heart rate to increase, and adrenaline to pump through our veins. It is our body’s way of preparing us to either combat or flee from a harmful situation. Unfortunately, our bodies can’t tell the difference between a grizzly bear chasing us and a burnt casserole, and the physiological response can be the same. This is when becoming stressed over the daily hassles of life can take its toll on your heart. Constantly being in a state of fight-or-flight can cause constant high blood pressure and elevate cholesterol levels, both of which greatly contribute to heart disease.

Aside from the direct physiological responses, our individual methods of coping for stress can also contribute to or protect from heart disease. For example, some people may use smoking as a means to relax from a stressful situation or a stressful day. Some people find peace through exercise. Other people binge-eat when they are stressed, while others may drink excessively to “manage” their stress.

There are several ways to bring your body back to normal levels when you encounter stress, but the important point is to find a healthy way to do so. Meditation is a great way to focus on controlling your breathing and your thoughts to lower your response to stress. Exercise, playing an instrument, or making some form of art are other ways to channel your stress into a productive outlet.

The link between stress and heart disease exists, but is largely an individual association. With both the direct, physiological effects of stress harming our heart or our coping mechanisms doing the damage, our heart can be a great casualty of a chronically stressful life. Take the time to evaluate your stress levels and how you deal with stress, and find ways to make improvements to protect your heart.

LET'S SEE IF YOU REACT TO STRESS IN A HEALTHY WAY OR POSSIBLY NEED SOME IMPROVEMENT.

You're driving home from work. It's rush hour, and your spouse has already called five times asking why you're late. You have a dinner to get to, but at this rate you'll be lucky to make the appetizers. Traffic jam. You're crawling at snail speed down the interstate when all of the sudden swoosh! Another car cuts you off to try to get ahead. You slam on your brakes.



IN YOUR ANGER, DO YOU:

- A) Mutter some not-so-nice words under your breath?
- B) Try to get next to the car to “express” your feelings to the driver?
- C) Take a deep breath and count to ten?
- D) Blast the radio and find your happy place?

If you answered A or B, chances are your reactions to stressful situations may not be so healthy.

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Winter Safety Myths

FROM THE RED CROSS

MYTH

Rubbing frostbitten areas of the body with snow is a good emergency measure.

FACT This actually can cause more damage.

MYTH

Space heaters save money.

FACT While they serve the purpose of supplemental heat in more confined areas they are not efficient at all and also can be a safety hazard.

MYTH

Lake ice that has been frozen a long time is safer for walking on.

FACT New ice is generally stronger than old ice. Ice frozen for two weeks under same conditions and thickness is at the optimal safety level. Frozen rivers are the most risky bodies of water.

MYTH

Wind chill just makes it feel colder but does not worsen the affect on body heat loss.

FACT The "feels like" temperature has the same affect on the body in terms of heat loss, frostbite, hypothermia etc. as if that were the actual temperature.

MYTH

Gas mileage for cars is consistent anytime of year.

FACT Gas mileage decreases with cold weather. Plan your trips accordingly.

MYTH

A fireplace is a good economical way to heat the house.

FACT An open fireplace is an energy loser with most of the heat going out the chimney. Keep the damper tightly closed when not in use as hot air rises anyway.

MYTH

Treat frostbite with hot water.

FACT Because of numbness hot water can be dangerous. Instead warm the area with water that is lukewarm or with body heat such as the heat of the armpit.

SOME WINTER TIPS

- An improperly vented fireplace can cause carbon monoxide poisoning.
- Pre-warming your car in the garage without proper ventilation is extremely dangerous.
- Avoid getting gasoline or alcohol on skin while de-icing or fueling car or snowmobile or blower as these materials in contact with skin increase heat loss.
- Letting a faucet drip slowly prevents pipe freezing.
- For pipes located in walls behind kitchen cabinets, leaving doors open helps prevent freezing.



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Box Jumps

Do's and Don'ts



BOX JUMPS HAVE TURNED INTO A GYM STATUS SYMBOL, WITH PROFESSIONAL ATHLETES POSTING VIDEOS OF THEMSELVES LEAPING LIKE GAZELLES STRAIGHT UP ONTO CHEST-HIGH PLATFORMS.

These flat-footed rocket launches are incredible feats, no doubt. But determining their worth for the average gym-goer is a little harder to nail down.

WHAT THEY'RE GOOD FOR

This exercise is good for fast-twitch muscle fibers. It activates certain parts of your muscular system that are not activated during leg presses, squats, and other leg workouts.

The landing portion of this exercise can put healthy stress on your body that can prevent future injury. The exercise as a whole is great for building athleticism and balance that will help you in many other daily activities.

Lastly, this exercise is hard. It is great for getting a sweat on, and for getting that heart rate up quickly.

HOW TO DO IT CORRECTLY

First, get a stable platform. If you want web-wide shame and embarrassment, along with

a hammered shin and a bloody lip, try a shoddy table or a wobbly stool.

Start with a low height, and move up until you feel challenged. Some choose to immediately find their maximum height, but this is a mistake. The benefits of this exercise come as you master proper form in the multiple stages of the jump, not when you hit a certain number of inches.

For the jump, start with feet shoulder-width apart. The pre-jump squat doesn't need to be too deep. The hands should come back and explode up as the quads and calves are engaged.

The landing, both on top and on bottom, should be soft and controlled, with the jumper maintaining balance, landing in the initial jumping position. If the top landing is too hard, your box may be too low. If your landing on top or bottom leaves you falling off balance, try going a bit lower.

Some people do repeated box jumps in a set, where they'll land and immediately jump up again. This puts a strain on your knees and tibia, especially if you're jumping high. If you want to try this, do a low height, and make sure you're maintaining balance, and land in the athletic position that you started in.

WHY BOX JUMPS AREN'T A VITAL EXERCISE

Box jumping makes a fun contest between friends, but its value in becoming fit isn't out of this world. Mastering box jumps will make you a better athlete, but since many of us are more worried about love handles than athletic prowess, box jumps don't need to take priority.

Perhaps most importantly, it's easy to get hurt doing box jumps. If you do them regularly, you're almost guaranteed to bash your shins or take a fall.

And you aren't actually proving much by doing a high box jump. True vertical is measured by how high you can reach, not how high you can bend your knees.

Fast Stat

According to Slate.com's sources, Minnesota Vikings running back Adrian Petersen has been seen doing 42-inch box jumps while holding 60-pound weights in each hand.

A Guide to: HEALTHY HEART RATES

WRITTEN BY ANGELA SILVA

YOUR HEART RATE IS SIMPLY THE NUMBER OF TIMES YOUR HEART BEATS IN A MINUTE. BEING AWARE OF YOUR RESTING HEART RATE CAN HELP YOU IDENTIFY POTENTIAL PROBLEMS, AND CAN ALSO BE BENEFICIAL IN TRACKING YOUR FITNESS.

The American Heart Association has established the normal ranges for heart rate is between 60-100 beats per minute. Where your heart rate lies on this spectrum can depend on a number of things.

For example, an individual who is physically fit may have a lower resting heart rate than a sedentary individual because regular exercise makes the heart more efficient. A very physically active adult may have a resting heart rate as low as 40 beats per minute.

To find your resting heart rate, plan to do so first thing in the morning or when you've been sitting or lying for an adequate period of time. Find your pulse by placing the tips of your first two fingers on the inside of your wrist or the side of your neck. It is also possible to find your pulse on the inside of your elbow and top of your foot, but the most convenient places to check your pulse are on the wrist and neck.

Lightly press your fingers over one of these areas and count the number of pulses you feel in fifteen seconds. Multiply this number by 4 to find how many beats are in a minute. This is your resting heart rate.

If you were surprised to find a high resting heart rate, check to make sure the conditions were right. A few factors that can affect your resting heart rate include air temperature, body position and medication use. A warmer temperature can cause the heart to beat a bit faster than usual. If you take your pulse while standing, it may be faster for the first 15-20 seconds of standing. And if you're on any medications for your thyroid, your heart rate may also be higher.

If your heart rate was lower than expected, it's usually nothing to worry about. A lower heart rate usually just means a more efficient heart due to physical activity. But both an especially high or low heart rate may be a sign of a heart problem.

"If your pulse is very low or if you have frequent episodes of unexplained fast heart rates, especially if they cause you to feel weak or dizzy or faint, tell your doctor, who can decide if it's an emergency," says Richard Stein, MD, professor of medicine and cardiology at the New York University School of Medicine.



RECOGNIZING IRREGULAR HEART BEATS

While counting heartbeats is important for some reasons, the heart's rhythm is another important factor. A normal, healthy heartbeat is constant, meaning that you will more or less be able to predict when the next heartbeat will occur. If you feel missed or extra beats, uneven beats or beats that differ in strength, this is indication that something could be wrong. You may have Atrial Fibrillation (AF) and could be at increased risk for a stroke.

In other cases, abnormal heart rhythm is not serious. Heart palpitations are when your heart is pounding or racing, and you may feel like your heart is missing beats. This can be caused by anxiety, stress, fear, caffeine, illegal drug use, illness and more. Palpitations are not serious most of the time.

Fitness Together

in 30 minutes!

WRITTEN BY HEALTHY MAGAZINE STAFF

If you want to work on your heart and your relationship, partner up and get fit together.

Sure there are lots of romantic ways to spend time with your partner — having a romantic dinner or staying in and cuddling — but your desire to spend quality time with your loved one shouldn't derail your plans to get fit, says Nicole Nichols, a fitness instructor certified in prenatal and postpartum exercise design. You and your partner can spend quality time together while you stay on track to reaching your goals.

*** QUALITY TIME**

Couples spend most of their time apart due to careers and other responsibilities.

Plan a workout time that fits both of your schedules. You'll reach your fitness goals without sacrificing that one-on-one time that every partnership needs.



Get a leg up on crunches

Your abdominals deserve a little TLC. These four exercises target the rectus abdominis (i.e., the "six pack") and the obliques (the waist).

*** COUPLES**
The couple that plays together stays together. Exercising with your partner will strengthen your muscles, your heart, and your relationship.



Leg-up crunch

Begin lying on the floor with your knees bent and legs off the ground. Exhale and curl your body forward, and lift your shoulder blades off the floor. Hold for 1 second at the top and slowly return to the floor.

Three sets, 10 reps



Side plank

Lie on your side and support your bodyweight with your feet and your elbow. Raise your body in a straight line so that your body hovers over the ground. Keep your back straight and your hips up. Hold your abs and entire core tight. Contract them as if someone was about to punch you in the stomach, but breath normally. Hold this position for 20 seconds. Increase the duration of the hold each workout. Have your partner count and make sure your body forms a straight line.

Three sets, 10 reps



Leg lifts

Lie flat on the ground, facing up. Using your abdominal muscles, raise your legs so they are straight up in the air. Have your partner stand at your head. Your partner should then push your feet, with some force, to the ground as you resist and attempt to keep your legs straight. Before your feet and legs reach the ground, use your ab muscles to hold your feet suspended just above the ground. Then raise your legs back up to perpendicular, moving them as slowly as possible.

Three sets, 10 reps



Vertical leg crunch

This effective move targets the rectus abdominis and the obliques. It's similar to a regular crunch, but your legs are straight up, forcing you to use your abs to do all the work and adding intensity to the exercise.

Three sets, 10 reps



Six reasons to EXERCISE TOGETHER:

Studies show that people who have exercise partners stay with their programs and reach their goals more often than those who try to go it alone.

1. SAFETY

With someone else watching your form and being there to spot you when you need it, you'll exercise more safely than if you were alone. Besides, who cares more about your safety than your soulmate?

2. A DEEPER BOND

Exercise produces chemicals in the brain that evoke feelings of happiness, reduce stress and also increase arousal and libido. Several studies show that men and women who exercise regularly report better (and more frequent) sex with their partners.

3. A COMMON INTEREST

Add exercise to your list of shared interests and hobbies. The possibility for new, unique activities is endless and keeps

things exciting. You can never have too much in common.

4. MOTIVATING SUPPORT

Getting encouragement and praise from your partner is one of the best motivators. It'll help both of you remain consistent and take care of one another.

5. RESPECT AND PRIDE

Taking care of your body and your health shows the person you care about that you want to be your best for them and that you want to be around for years to come.

* BALANCE

In many couples, one partner tends to favor cardio (typically women) while the other tends to favor strength training (typically men).

By working out together you can balance your workout program to include more of both. Let your partner teach you about the areas of fitness you're unsure of and be open to new fitness experiences.



fitness factor

>> for two.
Partner up
and do it
together.

WRITTEN BY NICOLE NICHOLS

Sure there are lots of romantic ways to spend time with your partner — splurging on a romantic dinner, staying in and cuddling — but your desire to spend quality time with your loved one shouldn't derail your plans to get fit this year, says Nicole Nichols, a fitness instructor, certified in prenatal and postpartum exercise design. You and your partner can spend quality time together while you stay on track to reaching your goals.


8 reasons to do it together:

1

SAFETY. With someone else watching your form and being there to spot you when you need it, you'll exercise more safely than if you were alone. Besides, who cares more about your safety than your soulmate?

2

QUALITY TIME. Couples spend most of their time apart due to careers and other responsibilities. Instead of hitting the gym alone, plan a workout time that fits both of your schedules. You'll reach your fitness goals, without sacrificing that one-on-one time that every partnership needs.



“Fitness — if it came in a bottle, everybody would have a great body.”

-Cher

3 **A COMMON INTEREST.** Add exercise to your list of shared interests and hobbies. The possibility for new, unique activities is endless and keeps things exciting. You can never have too much in common.

4 **RESPECT & PRIDE.** Taking care of your body and your health shows the person you care about that you want to be your best for them-and that you want to be around for years to come.

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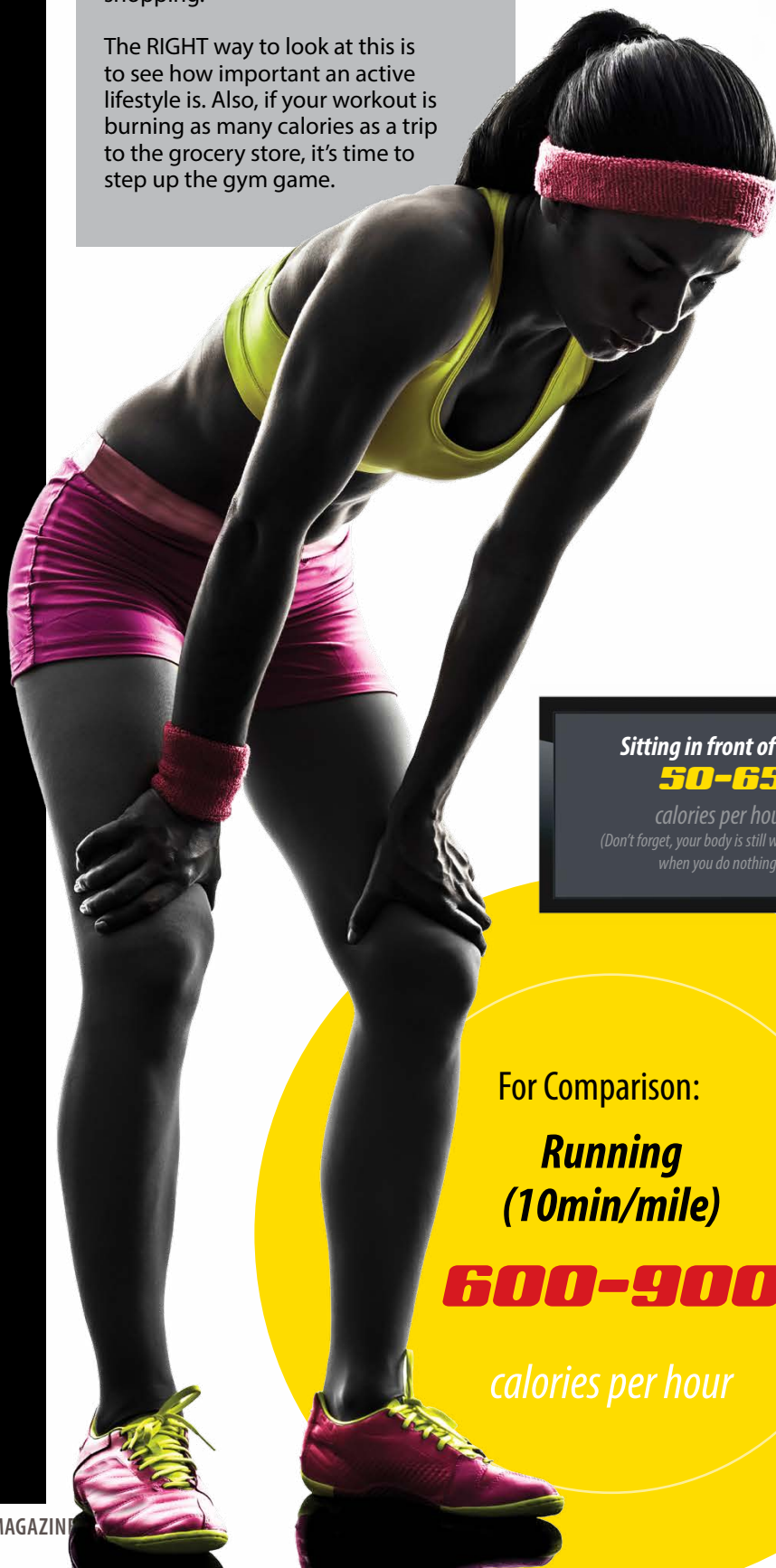
Forever Burning, Random Ways You Burn Calories All Day

By Healthy Magazine

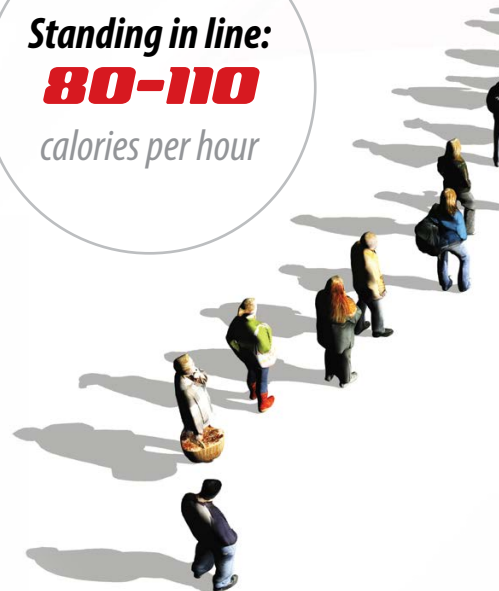
fit-facts

There are two ways to look at the following facts. Some will pat themselves on the back for burning calories ignorantly. Maybe they'll even excuse themselves for not going to the gym, thinking only of those charred calories from grocery shopping.

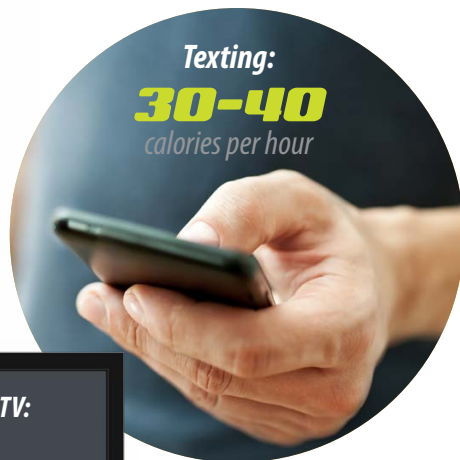
The RIGHT way to look at this is to see how important an active lifestyle is. Also, if your workout is burning as many calories as a trip to the grocery store, it's time to step up the gym game.



Standing in line:
80-110
calories per hour



Texting:
30-40
calories per hour

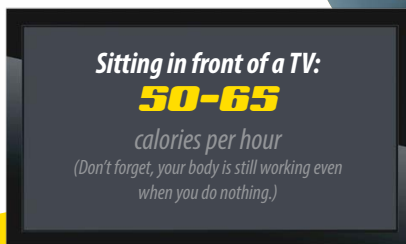


Sitting in front of a TV:

50-65

calories per hour

(Don't forget, your body is still working even when you do nothing.)



For Comparison:

Running
(10min/mile)

600-900

calories per hour

Shoveling snow
by hand:
360-500
calories per hour

Computer work:
80-120
calories per hour

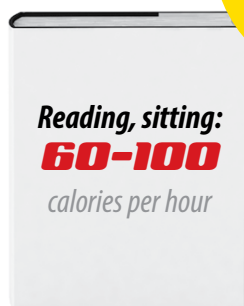
Source: realbeauty.com, health.harvard.edu

HealthyMagazine.online



A trip to the grocery store, pushing cart:
200-300
calories per hour

Laughing for
10 minutes:
20-40
calories per hour



Reading, sitting:
60-100
calories per hour



Sleeping:
40-60
calories per hour

Chewing gum:
10
calories per hour



The heavier you are, the more calories you'll burn when doing most any activity.



You burn more calories sitting in the **COLD** than in the **HEAT**. Likewise, taking a cold shower causes your body to work harder to maintain its temperature, burning more calories.

DRAINING THE CALORIE POOL

A group of large food companies, including Kellogg's, Unilever and Coca-Cola, reported that they sold 6.4 trillion fewer calories in the United States in 2012 than in 2007. This decline results in a reduction of 78 calories per person per day in the U.S. This represents a step in the right direction, towards stopping childhood obesity. Source: L.A. Times



The Burning Brain

If we were to have an entire day of no activity, we'd still use about 1,300 calories. The brain would need 260 of those calories to function properly, even though it makes up only two percent of our body weight. An average person will burn 300-400 calories with his brain every day.

Source: Scientific American



Thirst

WHY DEHYDRATION IS SAPPING YOUR ENERGY.

WRITTEN BY HEALTHY MAGAZINE

"I ALWAYS HAVE MORE THAN ENOUGH ENERGY. IN FACT, I WISH I HAD LESS ENERGY," SAID NO ADULT EVER.

We would all love to have more energy. If we had a little more energy we would be able to keep our homes and offices spotless, our kids would get all the attention they need, and we'd all look like super models because we could get to the gym six days a week. OK, maybe things wouldn't be that perfect, but we could all still use a little extra energy from time to time.

So what is it that makes us feel like we're always running on empty? If you asked a doctor, they would probably tell you that diet and exercise have the biggest impact on energy levels—and they'd be right. But what we often fail to think about, at least when it comes to a good diet, is the daily amount of water we drink.

It's hard to admit sometimes, but getting tired and having less energy is just one of the realities of getting older. With that said, staying active, staying hydrated, eating right and getting enough sleep to keep us going strong well into our golden years.

We all know that dehydration can have some serious consequences. Even still, the majority of us are not drinking enough water and it's a large part of why we're all so tired all the time. Water is the most vital source of energy for our bodies. When we don't get enough of it, just about every organ system in our bodies begins to function below capacity. According to a recent study done by the University of Connecticut's Human Performance Laboratory, even mild dehydration can begin to immediately affect a person's mood, energy levels and even their ability to think clearly.

Contrary to popular belief, dehydration doesn't just occur when you're exercising. If you're stuck behind a desk for eight hours you still need about 2 liters of water per day to stay adequately hydrated. If you're exercising vigorously, you'll need even more water to make up for water lost due to sweating and increased metabolic demand.

Our bodies are 75 percent water, when it comes down to it. We need it and we need it bad. So the next time you're feeling tired or run down, odds are you need to drink more water.

"even mild dehydration can begin to immediately affect a person's mood, energy levels and even their ability to think clearly"

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A Healthy Home Starts Here

How the caregivers at Intermountain's North Orem Clinic bring adults and children the best possible healthcare.

Everybody should have an ally, and this is particularly true in the medical environment we find ourselves in today. With complicated networks, intricate coverage details and serious changes on the horizon, every family needs a medical team it can trust for excellent medical care, advice, and advocacy.

Many families wonder who is on their side when it comes to medical care for their loved ones. The team at Intermountain's North Orem Clinic creates a valuable medical home base for their patients by providing superior primary care for every age and by advocating for their patients' every medical need.

Does Your Doctor Know You and Your Kids?

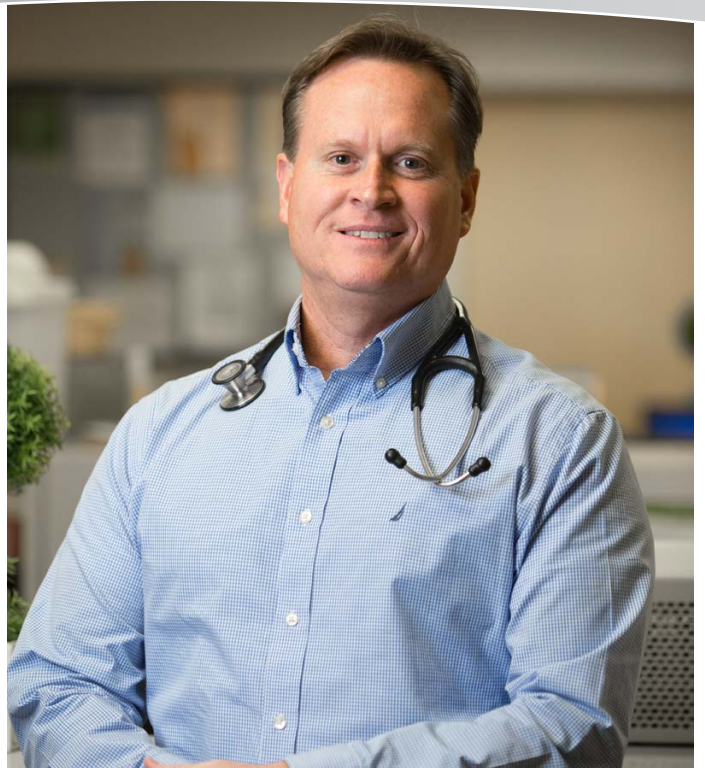
Family history, habits, lifestyle and related factors mean a lot for a variety of health concerns, which is why it's important to have your doctor, one who knows your family well. This familiarity can be difficult to find, but may lead to better overall care. Creating a long-lasting relationship with your primary care provider is more important than ever.

Matthew Brown, MD, Mitchell Pratte, DO and Karyn Springer, MD of the North Orem Clinic are a talented primary care team that can handle a broad range of medical conditions, screenings, pediatric concerns and injuries. They provide a medical home to many families in Utah County, a trusted haven in a sometimes intimidating healthcare landscape.

"When you come to one doctor that can handle most of your medical needs, they not only help with those things, but they also get to know you and your family, and all the dynamics that that can have on your medical care over a prolonged period of time," says Matthew Brown, MD, who has been at the clinic for 13 years. "Some of our patients we've seen for 10, 12, 14 years. You know a lot about their family dynamics, their history, and it's a really close therapeutic relationship that can be very beneficial for people."

While better care is most important, a medical home like the North Orem Clinic is also valuable for reasons of time and money. As Dr. Brown explains, people can consolidate their healthcare needs into a medical home.

"They can bring their kids, themselves, their mom, their dad," he says. "They don't need to go to three and four different offices."



DR. MITCHELL PRATTE

BYU Head Team Physician

Orem Owlz Team Physician

Medical Director for Ironman St. George



DR. KARYN SPRINGER

Part-time faculty, Utah Valley Family Medicine Residency

Chairperson, Intermountain Medical Group Board

LiVe Well Medical Director

People's time is valuable and pressed, and it's hard to go see multiple physicians, and more expensive."

HEALTHY CHILDREN

Having a trusted, family doctor in your corner can bring peace of mind at any stage of life. This is especially true when it comes to raising physically and mentally healthy children. A doctor who is familiar with your child's behavior over the course of years is a valuable asset for their wellbeing.

Good pediatric health care has several components, some of which have evolved in the last decade. Development should be monitored carefully. For very young children, checks should occur every two months, to make sure growth and development is healthy. As children get older, these checks should happen yearly, to further keep an eye on development, and also social skills. The North Orem Clinic doctors are also a vital resource for new parents, answering questions and concerns to help keep the community healthy.

Dr. Brown says that more and more, they are seeing anxiety and depression among adolescents, and that these issues are often misread by parents. Dr. Brown and the team are able to evaluate and treat mental health conditions, and help families better understand them to get better care. Again, having a doctor who knows your family is highly valuable, especially in matters of mental health.

"I love parents who just come in and say 'something doesn't seem to be right, and we want to get it checked over,'" Dr. Brown says.



DR. MATTHEW BROWN

Completed Medical School at University of Utah
Completed Residency at Utah Valley Hospital
Been at North Orem Clinic for 13 years

The North Orem Clinic team can provide for a broad range of pediatric medical needs, including sports injuries, mental health care, physicals, screenings, and much more. The location also has an Instacare for more immediate medical needs. But if a specialist is needed, the doctors at the North Orem Clinic become your advocate in what can be a complicated medical system.

"You can look at your family physician as a resource that you really coordinate your care through," says Dr. Brown. "We're very comfortable at handling the things that we handle, but we can also be valuable in coordinating the care with specialists, getting patients in to see a specialist sooner if they need to, and facilitating follow up."

Having a doctor who knows you and will speak on your behalf in essential health matters is the great benefit of a medical home for your family. No patient should ever feel lost or unsupported.

YOUTH ATHLETICS

Another important reason to have a trusted family doctor is for athletics. Dr. Pratte, who is trained in both family and sports medicine, says that the nature of youth sports has changed over the years.

"Kids often play sports year-round," he says. "A lot of parents will have their kids in one sport year round, so you'll see some overuse injuries that you wouldn't see if they just played one season."

In addition, Dr. Pratte says, today's kids are highly competitive at an early age, meaning injuries become more common. Parents should watch for injuries that aren't getting better, or for injuries that recur, as these are signs that medical help is needed.



Intermountain®
North Orem Clinic



North Orem Clinic

1975 N State St
OremUT, 84057
Phone: 801-714-5500

Providers

Karyn Springer, MD
Mitchell Pratte, DO
Mathew Brown, MD

A woman with dark hair, wearing a grey sleeveless dress, is shown from the chest up. Her right hand is placed over her heart. The background is a light grey. In the top left corner, there is a red and purple geometric heart shape with the text 'HEART-FULL' inside.

HEART-
FULL

Heart Disease & Women

THE IMPACT OF HEART DISEASE IN WOMEN,
AND HOW CARDIAC MRI IS HELPING

SHAY BECKWITH WENT UP TO RIGGINS, IDAHO FOR A RODEO, AND A COUPLE OF WEEKS LATER FOUND HERSELF RECOVERING FROM OPEN HEART SURGERY IN SALT LAKE CITY.

"Heart disease can affect anyone at any time," she says. "I have learned that."

She remembers waking up in Riggins that fateful morning in May, 2016, 34 years young. She wasn't feeling well, but went to the rodeo anyway. As soon as she got back to camp, Shay collapsed, seizures started, and her heart quit. Miraculously, some women she was camping with knew CPR, and began chest compressions. An ambulance from the rodeo was nearby and showed up shortly. She was rushed to another town, and from there was life-flighted to Nampa. On the way, paramedics had to shock her heart back into activity with a defibrillator two times.

After weeks in a Boise hospital, doctors discovered Shay was born with a very rare heart condition called ALCAPA, an acronym for anomalous left coronary artery from pulmonary artery. ALCAPA occurs when a baby's heart is developing in pregnancy, and the blood vessels in the heart don't connect correctly. Most infants with the condition don't make it past the age of one. Shay had no idea of her heart's dangerous condition, that the left side of heart was not getting properly oxygenated blood.

The surgeons placed an internal defibrillator in her as a safety measure in case her heart's rhythm goes awry in the future. The surgery was successful, and Shay's now well on the road to recovery.

"Recovery from surgery has been long and tough, and it still kind of hurts," she says. "I'm taking it one day at a time, doing really good."

Up to this point in her life, Shay didn't know what it felt like to feel normal. She recognizes now that growing up, she was often lethargic. She says she was "always the kid in PE who couldn't run the mile." But it's hard to know what a normal energy level feels like if you've never experienced it before.

Shay, who will be speaking at a Go Red for Women luncheon in March, 2017, is an advocate for heart disease awareness, for learning CPR, and for women having greater interest in their wellbeing.

"It's extremely important. Us as women, we have that women's intuition," she says, "and we usually know when something's not right. I think everyone needs to listen to that, truly listen to that."

Shay says knowledge is a big part of staying healthy.

"We need to be extremely knowledgeable," she says. "Knowledge is power. I truly believe that. The more you know the better off you're going to be, and the more you know about yourself, the better off you're definitely going to be."

Cardiovascular diseases kill about one woman every 80 seconds, according to the American Heart Association, but this staggering number becomes more devastating when coupled with this fact: about 80 percent of cardiovascular diseases may be preventable.

Less than 20 percent of women meet the Federal Physical Activity Guidelines, and about 65 percent of women over the age of 20 are overweight or obese. Other contributing factors are there in high percentages as well, such as total cholesterol and high blood pressure. Women must take control of their health if the plague of heart disease is to be stemmed.

And as Shay says, women need to be informed, to know how to recognize problems.

WHAT IS HEART DISEASE?

There are many heart diseases related to the heart's muscle, valves or rhythm. Commonly, coronary arteries narrow, meaning there is a decreased supply of blood to the heart. When the heart doesn't get enough blood, its cells are starved of oxygen and nutrients. This is a common cause of heart attack.

In other cases, the heart muscle or surrounding tissue becomes inflamed. Some heart diseases are genetic, sometimes they are caused by infection, and sometimes it isn't known why heart disease occurs.

HOW CAN I RECOGNIZE A PROBLEM?

The Go Red For Women movement urges women to "Know Their Numbers," which are five numbers specifically: total cholesterol, HDL (good) cholesterol, blood pressure, blood sugar, and body mass index (BMI). When women know these numbers, they have a good understanding of their health, and how at risk they are for cardiovascular issues (which includes diseases of the heart or blood vessels).

Women should also know their family's history of heart disease, as this is an important risk factor. According to cardiologist Timothy Moore, MD with Saint Alphonsus Medical Group Heart Care, some women mistakenly ignore the risks for heart disease, as it is more common in men.

The following symptoms are cause for a visit to the cardiologist, Dr. Moore says.



- Severe shortness of breath
- Passing out unexpectedly
- Severe leg swelling
- Chest pain
- Chest heaviness
- Sleep apnea

TREATING HEART DISEASE

Getting patients the right treatment for their condition can mean immediate relief from pain, and the disappearance of



Heart disease survivor Shay Beckwith with radiology images of her heart.

symptoms, Dr. Moore says. For example, a patient who has a slower heart rate than is healthy may suffer from balance issues and fatigue, and a pacemaker can drastically improve their quality of life.

Treatments vary on a spectrum of less to more invasive. Some patients may need lifestyle changes, others may be prescribed blood thinners, and others may need surgery to repair blocked arteries.

In the end, however, the patient makes the final decisions.

"I like to give people their options. They want autonomy, and ultimately they are the decision makers," Dr. Moore says. "I treat them like I would a friend or parent."

That said, patients should consider the advice of their cardiologist carefully. In women, for example it can be important to get control of blood pressure early on, to prevent arrhythmia and other

issues later on, according to Dr. Moore. Furthermore, he says, cholesterol patterns are different in women, compared to men, and this is important to understand in assessing risk of cardiovascular problems.

Problems of the heart are varied and complex to diagnose, and the same is true for treatment. Dr. Moore, who previously practiced in Texas for ten years, says the modern tools now available can mean better outcomes for the patient. Specifically, cardiac MRI is one tool that not all facilities have.

"Having the right imaging tools can prevent unnecessary surgery," Dr. Moore says. "It can also do the opposite, where a patient was previously considered unfit for surgery, and a cardiac MRI tells us that surgery is actually a viable option."

THE IMPORTANCE OF CARDIAC MRI

Most have heard of MRI, which is used for a variety of medical purposes. An MRI

uses a powerful magnetic field, radio waves and a computer to produce images of the structures within the body. This technology is very important for many patients with heart problems.



"There are several different complementary technologies available for imaging the heart, each with various advantages and disadvantages, and cardiac MRI is considered the gold standard for certain aspects of cardiac imaging" says Dr. Christopher Kauffman, a radiologist with Gem State Radiology & Intermountain Medical Imaging who has subspecialty training in cardiac MRI.

One area where cardiac MRI is particularly advantageous is in differentiating between normal heart tissue and abnormal areas which have been damaged by a heart attack or other disease process. In the case of a heart attack, blood flow to a portion of the heart is blocked and some cells in that area die and are replaced by scar tissue.

"Cardiac MRI beautifully delineates between normal heart tissue and areas that have been damaged and replaced by scar tissue," Dr. Kauffman says.

Being able to clearly see heart tissue in this way is vital, Dr. Kauffman says.

"Identifying scar tissue in the heart helps predict how the patient is going to do and helps cardiologists and cardiac surgeons make the best possible treatment decisions for their patients," he says. "Visualizing scar with MRI helps predict whether portions of the heart will benefit from procedures to improve blood flow, such as bypass surgery or stent placement."

In a bypass surgery, for example, the surgeon uses blood vessels from elsewhere in the body to bypass a blocked artery in order to improve blood flow to the heart. However, if the portion of the heart supplied by the blocked artery has been predominantly replaced by scar tissue, the patient may not gain as much benefit from the surgery as a different patient with little or no scar tissue. The same is true for opening a blocked blood vessel with a stent. In certain patients, cardiac MRI is necessary to help physicians decide whether the potential benefits of improving blood flow to the heart outweigh the potential procedural risks.

Another scenario where cardiac MRI is important is when heart failure is caused by something other than poor blood flow. A viral infection affecting the

Attend the Go Red For Women Luncheon

Go Red For Women advocates for more research and swifter action for women's heart health. The movement harnesses the energy, passion and power women have to band together and collectively wipe out heart disease and stroke. The Go Red for Women luncheon helps the American Heart Association fund lifesaving heart disease and stroke research. The investment has yielded or contributed to many important innovations such as CPR, life-extending drugs, pacemakers, bypass surgery, the heart-lung machine and surgical technique to repair heart defects. It's enabled many women to call themselves survivors.

WHEN: Friday, March 9, 2017 from 11:30 am to 1:30 pm

WHERE: JUMP, 1000 W. Myrtle St., Boise

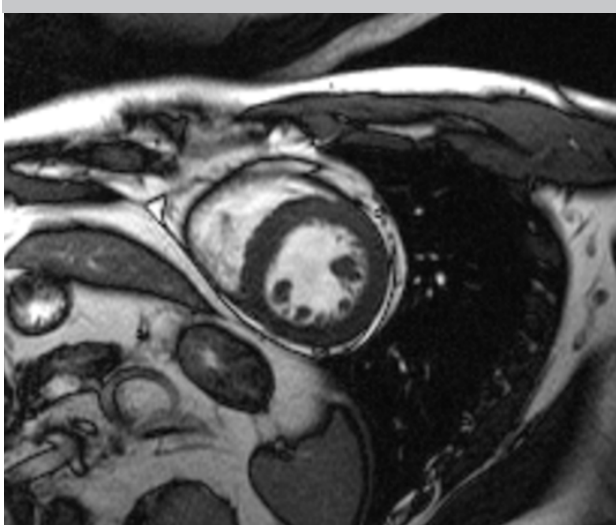
TICKETS AND INFORMATION: Please contact Brandi Keefe at the American Heart Association office in Boise. Brandi.keefe@heart.org or 208.501.7794

The Go Red for Women event also features health vendors and an educational breakout session prior to the luncheon. It's also an excellent networking opportunity for the approximately 300 guests, leaders in Treasure Valley's business, health, community and philanthropy circles.



PHOTOS BY KEN LEVY

Carolyn Holly and Cody Fitzpatrick who won the Youth Advocate Award and is a CPR survivor.



heart, for example, can cause serious heart failure and can mimic a heart attack due to blocked arteries. Differentiating between a viral infection and a heart attack due to blocked arteries is straightforward with cardiac MRI but can be very difficult with other tests.

"Within the realm of cardiovascular disease there are a subset of patients for whom the information that cardiac MRI provides is essential," Dr. Kauffman explains.

Cardiac MRI isn't as commonly performed as other cardiac imaging options, partially because of its expense, and partially because it requires special training and software. But when cardiac MRI provides information that prevents an unnecessary surgery, or guides a surgeon to complete a procedure for a better outcome, cardiac MRI is invaluable.



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Top 10

HEART, STROKE RESEARCH ADVANCES OF 2016



MUTATIONS THAT INFLUENCE CORONARY HEART DISEASE. CLOT-RETRIEVING STRATEGIES FOR STROKES. HEALTHY LIFESTYLE TECHNIQUES TO OUTSMART GENETIC FATE. ALL OF THIS – AND MORE – WAS PART OF THE GROUNDBREAKING WORK FROM HEART DISEASE AND STROKE RESEARCHERS PUBLISHED THIS PAST YEAR.

THE AMERICAN HEART ASSOCIATION, ONE OF THE TOP FUNDERS OF HEART AND STROKE-RELATED RESEARCH IN THE WORLD, HAS BEEN COMPILING AN ANNUAL LIST OF THE TOP ADVANCES IN HEART DISEASE AND STROKE SCIENCE SINCE 1996.

In no particular order, below are the organization's picks for leading research accomplishments for 2016. Look for in-depth American Heart Association News stories about these important studies in early 2017.

FOR SOME HIGH-RISK GROUPS, ADDITIONAL THERAPIES HELP PREVENT A SECOND STROKE

Previous research has shown that for patients who hope to prevent a second stroke, “aggressive medical management” — treating and controlling high cholesterol, high blood pressure and blood sugar, as well as lifestyle behaviors such as smoking cessation and exercise — is better than opening blocked vessels in the brain with a tiny mesh tube called a stent.

But a study published in the *Journal of American Medical Association* identified a subgroup of patients at higher risk for a recurrent stroke despite this medical management — and who need new therapies.

The trial, called SAMMPRIS, looked at patients with a blockage of smaller arteries deeper within the brain. Investigators found that high-risk patients included those who had an old stroke in

the area of the blockage, a new stroke or were not on a statin at the time they joined the study.

NEW POSSIBILITIES FOR TREATING WOMEN WITH HEART ATTACKS

A study of men and women with chest pain or heart attack showed some basic differences that could lead to new and better treatments for women. Cardiovascular imaging found differences between each group in the size, location and appearance of plaque. Cholesterol, a fatty material, can combine with calcium and other substances in the blood to form plaque, which can collect in arteries, harden and cause a condition called atherosclerosis. Atherosclerosis is a major cause of heart attack.

The study, in the American Heart Association's journal, *Circulation: Cardiovascular Imaging*, found that women had a type of plaque thought to be vulnerable throughout the blood vessels, while in men, they were mostly found in the earliest part of the artery. The way plaques “broke” often was different as well. Men had larger size plaques even though the women in the study had more cardiovascular risk factors. Understanding these differences could lead to better diagnosis and treatment for women with chest pain and heart attack in the future.

MORE OPTIONS FOR VALVE REPLACEMENTS IN THE ELDERLY

Aortic valve stenosis is a narrowing of the opening in the heart valve which restricts blood flow and causes chest

WRITTEN BY AMERICAN HEART
ASSOCIATION NEWS

pain, fatigue, shortness of breath and, at its worst, heart failure. For patients with this serious condition, treatment means either open-heart surgery to replace the valve or a procedure called TAVR, or transcatheter aortic valve replacement, which is not surgical but uses a catheter.

This study, which focused on older patients, compared surgery and TAVR by looking at the survival and stroke rates of intermediate-risk patients. The research, published in the New England Journal of Medicine, showed the rates were similar and that use of either procedure would produce similar outcomes.

LONG-TERM STUDY VALIDATES LESS-INVASIVE TREATMENT FOR NARROWED NECK ARTERIES

In the past, the typical treatment for the narrowing of carotid arteries – the main vessels on each side of the neck that supply blood to the brain – involved making an incision in the neck to remove the plaque from the artery. The procedure is called a carotid endarterectomy. But a less invasive approach of using a mesh device called a stent to open the artery has been gaining ground. And now, research published in the New England Journal of Medicine and based on a 10-year follow-up, gives stenting more validation as an accepted alternative.

Investigators in the so-called CREST study found after a decade no significant difference between patients who had endarterectomy or stenting when looking at risk of stroke during the time of the procedures, the occurrence of heart attack or death, or subsequent stroke on the side of the original stroke.

BETTER TOGETHER: MANAGING BLOOD PRESSURE AND CHOLESTEROL AT SAME TIME HELPS LOWER HEART RISK

This research, called HOPE 3, is a combination of three articles published simultaneously in the New England Journal of Medicine that, taken together, conclude that reducing both blood pressure and cholesterol is better than doing either alone.

In one of the studies, nearly half the participants were Asian. This study evaluated cholesterol lowering with low-dose statins among diverse populations in 21 countries spread among six continents. The patients were at intermediate risk and didn't have apparent cardiovascular disease. In this work, researchers showed that compared to placebo, those treated with statins had lower risk of cardiovascular events, strokes and heart attacks. It also provide further evidence supporting the benefits of statins in Asian and Hispanic populations.

EVIDENCE WE MIGHT BE ABLE TO OUTSMART OUR GENES

Lifestyle habits such as not smoking, exercise, diet and weight management play a role in heart disease risk. But so does genetics. This research, published in the New England Journal of Medicine, found there might be a way to at least partially stack the deck for those people with high genetic risk.

Across four studies involving 55,685 participants, researchers found that among participants at high genetic risk for cardiovascular disease, a favorable lifestyle was associated with a nearly 50 percent lower relative risk than those with an unfavorable lifestyle that included smoking, obesity, lack of exercise and poor diet.

DISPARITY IN COUNSELING WOMEN AND MINORITIES WITH HEART FAILURE

A device called an implantable cardioverter defibrillator can be lifesaving by preventing sudden death in people with severe heart failure. This battery-powered device, placed under the skin and connected to the heart with thin wires, keeps track of heart rate and shocks the heart back to normal when it's beating chaotically or too fast. But, according to this study of 21,000 patients published in Circulation, women and minority patients eligible for the device far too often aren't counseled about it.

The findings show as many as four out of five hospitalized patients with heart failure eligible for ICD counseling did not receive it, particularly women and minority patients. And among counseled patients, the race and ethnicity differences persisted among those who eventually received the device.

FAINTING COULD BE A SIGN OF PULMONARY EMBOLISM IN SOME PATIENTS

A study in the New England Journal of Medicine of 560 patients admitted to the hospital for fainting, also called syncope, showed having a set criteria for testing patients for lung clots could save lives.

In the past, fainting had not been considered high on the list of signs and symptoms pointing to clots, also called pulmonary embolisms, which can lead to cardiac arrest and death. But researchers in the PESIT study used a diagnostic workup to assess the presence of the embolism and found it was present in about one out of six, or 18 percent, of the patients.

ADVANCING THE TREATMENT OF SEVERE STROKES

This meta-analysis of patient data from five landmark trials shows the benefits of stent retrievers that snare large clots from the brain. The research published in The Lancet consolidates work that means providing timely treatment for these patients could have a global impact.

TWO STUDIES MOVE THE NEEDLE TOWARD BETTER PREVENTION OF HEART DISEASE

Researchers this year published two studies that add greatly to our understanding about the risk of heart disease and how to better prevent its outcomes.

In the first, researchers determined that lowering blood pressure to below 120/90, compared with 140/90, led to significantly lower rates of death and "cardiovascular events" among adults age 75 and older. The study, published in the Journal of the American Medical Association, extends the results of the recent SPRINT trial and could help clear up inconsistencies in how doctors set blood pressure targets for geriatric populations.

Also this year, investigators in a separate project identified a gene variant that determines whether a carrier may have a lower risk of coronary heart disease than those without the gene variation. This gene, called ANGPTL4, governs the action of lipoprotein lipase, or LPL, which plays a critical role in breaking down a type of fat in the blood produced by the liver, called triglycerides. High triglyceride levels are a contributor to heart disease risk. In this study, people with a specific genetic variation in the ANGPTL4 gene had lower triglyceride levels, higher "good" HDL cholesterol levels, and lower coronary artery disease risk than those who did not have the mutation. The research, published in the New England Journal of Medicine, could lead to work on controlling triglyceride levels and may eventually create a new way to treat and prevent heart disease.





HEART-
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LANGUAGES OF

A FEW KEYS TO A
BEAUTIFUL MARRIAGE

LOVE

Positive Communication

IF WE DON'T TAKE THE TIME TO LEARN TO COMMUNICATE WITH OUR SPOUSE, THEN THE ROAD IS GOING TO BE LONG AND HARD. THERE ARE MANY TINY KEYS THAT MAKE UP POSITIVE COMMUNICATION.

1 LISTEN: Truly focus and give your full attention. Don't let your mind wander by thinking of things you need to do for work or the game that is on in ten minutes. Don't let the *blah blah blah syndrome* take over in your mind, leaving you stuck in a glossy stare. Pay attention, listen and focus on what the other is truly saying.

2 LITTLE THINGS MEAN THE MOST. "Thanks for being my best friend," "I love you," "Thank you."

3 DAILY DIALOGUE: Make sure you take the time to sit down and talk. Always compliment or say at least one nice thing to one another—everyday.

4 DON'T INTERRUPT. When you interrupt someone, you are giving them a signal that what they are saying is not important because you are not listening to what they have to say.

5 BODY LANGUAGE: Watch your body language and make eye contact.

6 PRAISE & APPRECIATE: ALWAYS be grateful for one another & the sacrifices you make. ALWAYS praise each other in public. And, in private, which is generally perceived as being more genuine.

7 ANGER: Learn to resolve conflicts together. NEVER go to bed mad. (Stay up and fight, goes the old joke). Actually, work together to find a solution that benefits both of you.

8 YOU DON'T HAVE TO BE RIGHT. Admit when you are wrong & be willing to ask for help when you don't know the answers. DON'T lecture or argue to have the last word.

9 KEEP YOUR WORD. When you say you are going to do something—do it!

10 DON'T BE LOUD OR OBNOXIOUS. You may feel it's funny or part of who you are, but if others are embarrassed at your expense then it is not worth it.

11 BE CAREFUL WITH SARCASM & TEASING.

My father always says... "There is always truth in jest." If you hurt someone's feelings by putting them down or making fun. Stop! It is unkind & unnecessary, especially to those we love.

12 SUPPORT ONE ANOTHER.

"The perfect marriage begins when each partner believes they got better than they deserve." —unknown

13 BUILD. BUILD. BUILD.

Constantly help to instill the beautiful things you see in each other. Many times we need each other to lift us up when the world brings us down.

Ideas to help ensure positive communication:

1. Sit down together and write ten things that you like about each other and then go out to dinner and share what you like about one another.

2. Go to a wishing well with some extra change. Take turns making wishes for your future together.

3. Leave love notes everywhere... Lunch sacks, car mirror, fridge, pillow, anywhere & all the time to make someone feel special.

4. Take the time to learn about a specific topic you know your spouse would be interested in & strike up a conversation. Step out of your comfort zone & learn something new to talk about.

5. Schedule an overnighter where the two of you can talk, plan goals for the upcoming months, go to dinner, etc.

14 CHALLENGE ONE ANOTHER.

Continually set goals together to have something to work towards. Have personal bets & competitions that will help push each other to try new things. Expect more from one another, to ensure that we strive to become the individuals we are meant to be.

15 JUST BE THERE.

We all have different struggles & just need someone to lean on. Be their rock! Be their friend.

16 TRUST.

Create a foundation of trust in your relationship that will stand as a support that is unbreakable in your marriage. Trust is a factor earned through time, commitment & love. Compromise. Always put each other first & things will work out. To give & take is the key.

17 LOVE.

Is work; a gift of oneself, that in the end becomes a beautiful sentiment of time, tests and two people who build a bond that strives to be unbroken.

"To fall in love is easy, even to remain in it is not difficult; our human loneliness is cause enough. But it is a hard quest worth making to find a comrade through whose steady presence one becomes steadily the person one desires to be."

—Anna Louise Strong

18 ROMANCE AND AFFECTION.

"Love is everything it's cracked up to be... It really is worth fighting for, being brave for, risking everything for."

—Erica Jong

Romance and dating is a very special part of a good relationship—it is a necessity. Make time to be together and make one another feel important. Schedule time each week to go on at least one date. Even when your world gets busy, you must make time together a priority.

Dating & Romance Ideas:

1. Romantic movie night filled with favorite romance movies and goodies.

2. Dance together. Find a special place to turn up the music and dance. Whether it is in your living room or outside your car, find some special place to make a moment together.

3. Have a fun sports night. Watch a basketball or football game, or play board games together.

4. Have a homemade pizza party. Go shopping together and buy all your favorite ingredients.

5. Take an evening class together. Whether it is a class for a couple hours or a class that lasts a few weeks—do something fun where you will both learn something you are interested in.

6. Go to a flea market and give each other \$5 to buy one another a present.

7. Rent a small boat for a lake picnic.

8. Spend an evening at a local campground — Maybe go on a hike or make a bonfire.

9. Plan to watch a sunset or sunrise.

10. Plan a dessert night and make all your favorites. Yummy!

11. Take a camera and go sightseeing in a nearby town you've never been to.

12. Do little things like opening the car door; warming their towel or blanket in the dryer; a phone call from work; love notes; flowers; draw a bath or give them a foot rub after a long day. Little things mean so much & show you care.

13. Go to the library and check out books or videos about topics you want to learn about.

14. Have an evening of milk and cookies by candlelight.

15. Go on a hike and take a packed lunch to enjoy by a lake or river.

Above all, take the time to be together, snuggle, kiss, hold hands & show one another they are important & valued by giving them the attention they need. Everyone needs to feel appreciated & loved.

"Feelings are like glass. They can be covered up, changed and even destroyed, but like glass feelings are better when they are made clear."

—Author unknown





PHYSIOLOGY & ROMANCE

AN ANTHROPOLOGIST'S APPROACH TO STAYING IN LOVE

WRITTEN BY EMMA PENROD

Love is among the few experiences shared cross-culturally by most every human being, yet few actually understand what they are feeling. Ignorance may be bliss, but it certainly isn't conducive to a healthy relationship, according to Helen Fisher, a leading biological anthropologist at Rutgers University and the author of five highly-cited books on the topic of love.

In order to prevent these hormone-driven love systems from fading over time, couples need to realize that their relationship requires work, Fisher says.

"I often think of a marriage as three individuals—him, her, and the relationship," Fisher says.

Sometimes, special activities need to be arranged for the health of the relationship, even if neither partner is in the mood. Understanding the mechanisms of love can make prescribing romantic salves easy.

MECHANISMS OF LOVE

Fisher believes there are three physiological mechanisms designed to drive reproduction, all of which are also essential to the long-term health of a relationship. These three mechanisms—lust, romance and attachment—frequently work together, but each serves a separate function. Lust encourages us to seek out suitable sexual partners, while romance encourages us to form exclusive pairs, and attachment encourages us to stay together.

But none of these mechanisms, and the feelings that come with them, last forever if neglected. Fisher, citing research that shows most divorced couples split after four years of marriage, theorizes that all three motivations naturally fade after the couple's children leave infancy. From a Darwinian perspective, Fisher says, parting ways and finding a new partner is an evolutionary advantage, because it promotes greater genetic diversity within a population.

Though we may be biologically wired for what she calls "serial monogamy," Fisher also believes it is possible for couples to renew their relationship throughout the years, even as children grow independent, if they understand the three physiological systems love entails, and how to reactivate those systems.

LUST

In both men and women, the sex drive, or lust, is ruled by testosterone and the systems that regulate it. According to *WebMD*, base levels of testosterone typically increase during puberty and drop off at age 40 in men, and at about age 30 in women. Humans aren't entirely beholden to these hormonal fluctuations, however, and Fisher says that one of the best ways to increase one's sex drive is to simply have sex more often.

"Put it on your calendar so that you have regular sex with your partner," she suggests.

However, testosterone and the lust it helps inspire do not act alone, and having sex may trigger the other love mechanisms as well.

"Casual sex is not casual," Fisher says. "Something happens in the brain that can trigger romance and commitment."

ROMANCE

Dopamine and the reward centers of the brain fuel the intense, giddy feelings people describe when they say they have fallen in love. This is why, according to Fisher, romance functions like an addiction that can trigger obsessive thoughts and behaviors, or painful, almost withdrawal-like experiences when a partner leaves.

Sex also stimulates the production of dopamine—which is why Fisher compares sex to eating right and exercising in its importance to well-being—but the best way to increase the hormone and maintain romance in a relationship is to continue to seek out novelty with your partner, Fisher says.

"Novelty drives up the dopamine system," she says, "and it doesn't have to be racing off to China."

Like sex, novelty might also trigger other systems at times. This is why an individual who was previously just a friend might later become sexually attractive, Fisher explains.

"You can fall madly in love with someone and it can trigger the sex drive," she says.

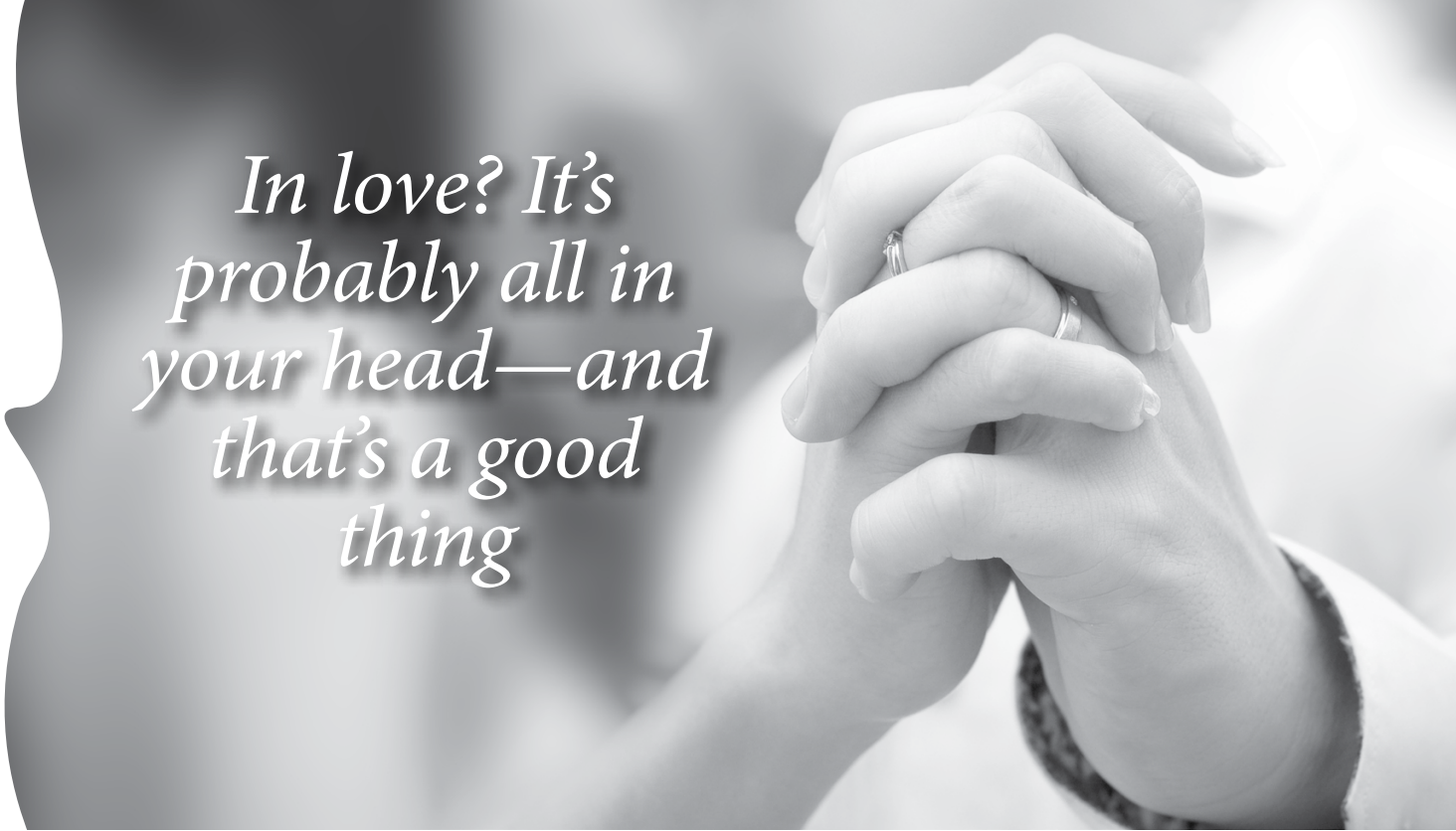
ATTACHMENT

Oxytocin is primarily responsible for the final love mechanism, which inspires couples to stay together with feelings of comfort and safety. Like mother-infant bonding, which is also a product of oxytocin, attachment requires physical contact, which stimulates oxytocin production.

This could be anything, from something as simple as holding hands to cuddling or kissing, Fisher says. The important part is that partners stay "in touch," instead of spending too much time watching television in isolation.

Rather than reducing it to a biological function, Fisher holds that understanding the physiology of love can actually enhance a relationship over time.

"People ask me, I know so much about love, does it ruin it for me," Fisher says, "and I tell them I can know all the ingredients in a chocolate cake, and still enjoy the pleasure that comes from eating it. The magic feelings will always be there, but understanding takes love out of the supernatural."



*In love? It's
probably all in
your head—and
that's a good
thing*



MONEY, STUFF AND *Marriage*

RETHINKING MATERIALISM IN RELATIONSHIPS

- 1 They make the accumulation of material goods central in their lives, prioritizing it above things like life experiences and personal relationships.
- 2 They consider money and material goods to be essential to their happiness and well-being.
- 3 Life success is judged by material assets.

Finances can be the greatest cause of marital strain, but a lack of money might not be what's causing the tension. The attitude couples have towards money and towards each other's money habits may be what matters most.

Researchers from Brigham Young University and William Paterson University looked at more than 1,700 married couples, and found that married individuals have varying rates of what researchers call “materialistic satisfaction,” or the value a person places on money and possessions. They found that materialism has a negative association with multiple aspects of marital quality, such as in conflict resolution, communication and responsiveness.

The prevailing thought about materialism, according to BYU professor Jason Carroll, the study's lead author, is that it is only a problem for people who don't have money. This study changes that.

“The negative effect of materialism occurs regardless of income level,” he says. “Ultimately this is an eroding effect on the relationship.”

Materialistic people were defined in the study as having three central attributes:

What matters isn't the size of the bank account when it comes to relationship finances, researchers say, but how couples value the account. In fact, couples who admitted a strong love of money were better off financially, but money was often a bigger source of conflict, Carroll said in a statement.

If you find yourself fully qualified as materialistic, there is more than just marital satisfaction at stake. BYU and WPU authors cited other research that showed how materialistic individuals in general had lower levels of life satisfaction, and that there is a “consistent inverse relationship with materialism and individual well-being.”

Materialistic people are more anxious, more depressed, and have a higher concern for impressing others compared with nonmaterialistic people, according to research.

Authors of the study recommend that people distinguish between their wants and needs when it comes to family spending. In addition, they warn that some couples compare their financial situation with those who are better-off, resulting in marital tension and conflict. Couples who compare themselves with those who are less well-off financially generally avoid these conflicts.

According to BYU researchers, materialistic couples are generally

younger than non-materialistic couples, making it especially important for newlyweds to make sure their financial perspective is appropriate.

THE FLIP SIDE

So materialism is bad. But don't be too quick to place the “materialistic” label on your partner. Each individual learns to place a different value on money, as does each gender, for the most part.

Women tend to spend money on small things over time, whereas men tend to spend on a few large purchases or investments. This disparity makes it easy for each side to label the other as “materialistic.” For example, the man looks at how the woman constantly buys clothes and things for the house, and considers it a waste of money. The woman points to the man's new car, emphasizing that an older one would have been just fine.

Finance expert Ruth Hayden says she never uses the word “materialism” with couples, because of its inherent attachment to judgment. She has couples list their financial values to compare and join them, and then couples are often able to see that their partner isn't wasteful and vain.

“Very few of them say they value money because it allows them to have as much stuff as possible,” she says. “The value people actually place on money is to have a safe home, have adventures or to do good.”

Couples must find some middle ground in determining the value of money, Hayden says. How couples use money is characteristically different from how single people use money, she says, meaning that a person in a relationship can't expect to retain his or her spending habits of old. This compromise is vital for the endurance of a relationship.

“You are working to complete a marathon, not a run around the block,” she says.



healthy hearts for adventures ahead

.....

Keep up with the life you love.
100% whole grain Quaker Oats can help reduce
cholesterol as part of a heart healthy diet.*

.....



off you go

*3 grams of oat soluble fiber daily as part of a low saturated fat and cholesterol diet may help reduce the risk of heart disease. Old Fashioned Oatmeal provides 2 grams. Instant Quaker Oatmeal provides 1 gram.

Booooooring

Boredom is a Rousing Issue After All

WRITTEN BY CAITLIN SCHILLE

Everybody has experienced boredom—**E**an uninteresting class, a long drive, or a monotonous workday can easily incite those feelings of apathy and disinterest. But boredom comes in a varying shapes and sizes and so do boredom's consequences.

Because so much information and entertainment is readily available, it becomes difficult to give sustained attention to one thing.

What causes feelings of boredom? According to *Psychology Today*, a novel experience will produce brain activity, but a second or third round of the same experience will not produce the same stimulation in the brain. This reduces the satisfaction of the activity. While some aspects of boredom have been scientifically described, however, the study of boredom largely lacks cohesive understanding. While some have tried to define boredom or offer explanations for the phenomenon, others argue that boredom is dependent on the individual, due to different personality traits, such as need for excitement.

For some, boredom is more of a chronic state than a temporary feeling or mood. For varying reasons, some become bored more easily than others. First of all, chronically bored individuals typically have difficulty entertaining themselves. Men are also more likely than women to be chronically bored, and as such, typically exhibit more risk-taking behaviors than women, seeking greater and more powerful stimuli.

As a result of engaging in risk-taking behaviors due to chronic boredom, other dangers threaten. According to *Scientific American*, those who are easily bored are at increased risk for "depression, anxiety, drug addiction, alcoholism, compulsive gambling, eating disorders, hostility,

anger, poor social skills, bad grades and low work performance." While boredom may initially seem to be a relatively harmless condition, these consequences illustrate the dark side to this feeling that everyone feels.

Researchers have also identified links between the instant-gratification entertainment culture and increasing boredom. Dr. John Eastwood, a clinical psychologist at York University, described this phenomenon as a result of the sensory overload of all of the media surrounding us. Because so much information and entertainment is readily available, it becomes difficult to give sustained attention to one thing. This finding goes hand-in-hand with research suggesting that those who have been diagnosed with attention deficit hyperactive disorder (ADHD) are more likely to be chronically bored, because they have difficulty focusing on one area for a sustained amount of time.

While boredom does have certain negative implications, other research suggests that boredom can also create positive results as well. According to an article in the *New York Times*, boredom can force the brain to search for stimuli, which may foster creative thinking. New York University professor of psychology Dr. Gary Marcus asserts that using

boredom to motivate you to do something enjoyable and productive will bring more long-term happiness.

Boredom can easily become a gateway to poor behavioral choices. However, if correctly tamed, boredom can lead to making better and more productive choices to enrich your life.

Another key to unlocking the science of chronic boredom comes from the study of traumatic brain injuries. Dr. James Danckert, a neuroscientist at the University of Waterloo, found that patients who had suffered a traumatic brain injury were more likely to engage in risk-taking behaviors following the injury. According to Danckert, the enormous amount of endorphins and pain medication used to assist a patient in recovering from a brain injury may increase the patient's neurological threshold for stimulus. So, they are essentially pushed to seek more and more novel experiences to activate the pleasure center of the brain. This finding leads researchers to believe that varying thresholds for stimulus may be an essential underlying factor in boredom, partially explaining the variance among people in the frequency of boredom.

Sources: www.psychologytoday.com www.nytimes.com
www.scientificamerican.com

Why Absolutely Nothing Is Wrong With Your Teenage Daughter

WRITTEN BY TERRI FEDONCZAK
AUTHOR OF FIELD GUIDE TO PLUGGED-IN PARENTING...EVEN IF YOU
WERE RAISED BY WOLVES

"Tell them every day how lucky you are to be their mom"

We've all been there: the eye rolls that threaten future sight, the room that looks like a bomb went off, the way they are glued to anything with a backlit screen. What happened to your little angel? Remember when she couldn't wait to see you and give you a big sticky hug? Why won't she talk to you in sentences that don't end in a Telemundo sigh? All of these situations are completely normal, and there's nothing wrong with her...or you.

The teenage years don't come with a manual, but there are a few tips that make things go smoother.

When your daughter rolls her eyes, it's not bad. It's what you're making it mean about you that makes it bad. If you think eye rolls are disrespectful and a reflection of how much more you need to crack the whip, you're wrong. They roll their eyes at their friends. It's a way of stepping into their own power; they are choosing what to believe and what not to believe. This can be a good thing. You don't want your daughter to take everything at face value; you don't want her to follow some cute player down a path, just because he spins a pretty line. Let her question and critique and come up with her own moral path, based upon your core family

values. If the eye rolling bugs you, figure out why. Where are you exhibiting the same traits? If you don't think she respects you; where are you not respecting yourself?

If her messy room bugs you, I suggest you close the door. Do you really want to have every exchange with your teen be about where they are lacking in upholding your version of what's right for you? The teen years are the time where your child molds their own version of right and wrong. My daughter's messy room bugged me, because I feel better when things are organized; it allows me to focus easier. Since I want the best for my sweet girl, I used to harp on how much a messy space would mess with her mojo. I would suggest, hint and cajole then clean the room myself and yell at her for being irresponsible. What a waste of energy! So much better to let consequences teach the lesson. When she can't find something important, she will make the choice to organize or not. It's her choice.

Her attachment to screens is a way to find her Pride (her support group, in lioness parlance). That doesn't mean that you can't set limits. If your family values are built around spending time together, then no cell phones at the

dinner table. That means you, too, Mom! If your daughter is tired and unfocused, then no cell phones after 9 p.m. (or whatever time fits your teen's schedule), so she can get to sleep without screen stimulation before bed; also, no social media during homework time. Base your rules on family values; be specific about the restrictions and the reasoning behind them; punish infractions in a way that feels good to you and then, LET IT GO!

Your baby girl is still in there and she will come back. The less you put pressure on the situation, the faster that will happen. Use the space she's giving you as a gift of time to spend on self-care, instead of worrying about your lack of mommy/baby time.

The two phrases that work the best with teens are: 1. Everything will be okay, and 2. How can I help? Say the former often, and let the latter be an invitation, not a mandate.

Being goofy and making your teen laugh will lead to a more delicious connection than any other tactic based

upon parenting columns or your Aunt Sadie's advice.

All of these tips have worked beautifully for me, every time I remember to take a deep breath and use them. But most of all, just love your daughter. Tell her every day how lucky you are to be her mom. She is perfect just as she is—with or without sticky kisses.

For more information and some great articles, please visit www.alifeinbalance.com.

ABOUT THE AUTHOR

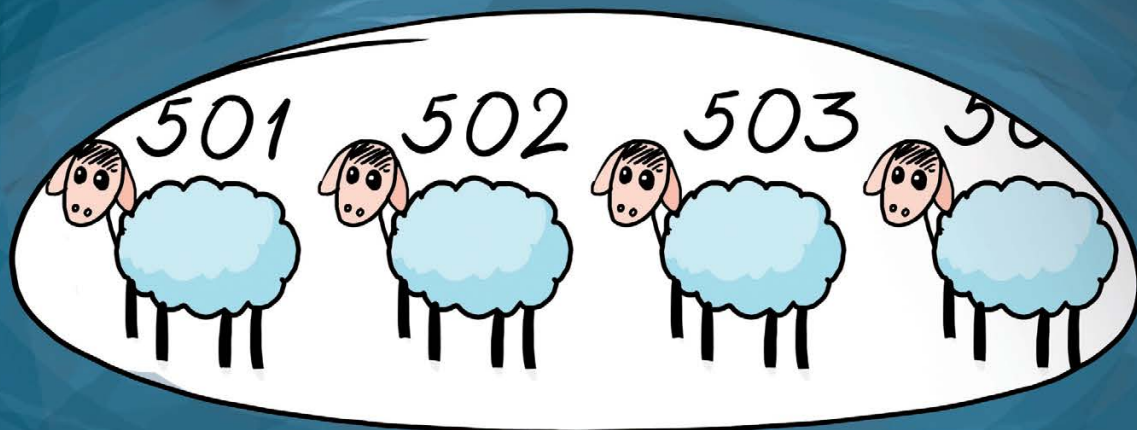
About Terri Fedonczak

With 22 years of parenting experience and a certified life coach specializing in parent and teen coaching, Terri Fedonczak wants to live in a world where girls recognize their own power and choose to use it for good. On a trip to South Africa, Fedonczak witnessed the power of lionesses as they supported each other within the pride; it was a lightning bolt of realization, leading her on a mission to bring the power of the pride to girls and their parents.



Runaway Sheep

HOW AMERICANS PUT THEIR HEALTH ON THE LINE BY NOT PUTTING THEIR HEADS ON A PILLOW



If you find yourself nodding off while reading this, take a deep breath, drink a cold glass of water, and tune in, because this is just for you. The Centers for Disease Control and Prevention estimates that 41 million Americans are consistently not getting enough sleep, and has labeled lack of sleep a public health epidemic.

An estimated 70 million Americans suffer from at least one sleep disorder, according to the Sleep Disorders Team at the CDC. With such staggering numbers, the odds are in favor of you experiencing some sort of sleep problem at one point or another.

Research from The National Sleep Foundation shows insufficient sleep increases risk for diabetes, stroke, heart disease, mood disorders, thinking problems and so on and so forth. Likewise, sufficient sleep has been proven to decrease the risk for adverse health conditions and promotes clear thinking and emotional stability.

With these things in mind, here are a few things you can do to ensure a better night's rest:

WRITTEN BY ALLYSON GORDON

Tip 1

SET UP YOUR IDEAL ENVIRONMENT

The environment in which you sleep is a key to sleeping well. Set up your space to reflect absolute comfort. This includes eliminating extra light (especially if you have to sleep during daytime hours), decreasing extra noise (in some cases, such as your bed partner snoring, this may require earplugs), adjusting the room to a comfortable temperature, and making sure your bed is placed somewhere that is most suitable for your sleeping needs.

Tip 2

CONSISTENCY

Go to bed and wake up at the same time every day. Advice from the CDC says this is important, even on the weekends.

Even if you can't do this every day, aim to do this most days. When sleep schedule is inconsistent, the body gets confused and you will feel drowsy during the day. It is best to try to catch up on sleep with naps instead of trying to sleep in to make up for it.

Tip 3

EXERCISE REGULARLY

At least thirty minutes of exercise daily helps you fall asleep at night, stay asleep and get into a deeper sleep; leaving you feeling more rested each morning. Research released by Health and Human Services supports this and also recommends not exercising too late in the day. For many people, exercising in the late afternoon or early evening offers the best results. Do what works best for you, but try not to exercise too late at night, as this can increase your alertness, making it more difficult to fall asleep.

Tip 4

EAT RIGHT

Eating too close to bedtime can cause nausea or discomfort. It is also important for many people that they aren't extremely hungry when trying to go to sleep. If you must eat something, try something healthy and small, such as a granola bar, bowl of cereal, or a piece of toast. Strive to eat healthy foods at all times during the day to ensure better overall health and promote better sleep.

Tip 5

ROUTINE

Doing the same thing every night before going to sleep helps your body know it's time to sleep. The National Institutes of Health recommend a routine of reading, easy stretching, or listening to relaxing music. Avoid using electronics at least an hour before sleep because it can make you feel more awake. If you find that you cannot go to sleep, get up for a few minutes or try reading or stretching instead of stressing about not being able to sleep.

Who's Counting Sheep?

Insufficient Sleep, By the Numbers

41 million Americans suffer from insufficient sleep

70 million Americans suffer from a sleep disorder

Source: CDC



A High Cost

Drowsy Driving Stats



100,000 police-reported crashes
1,550 deaths and **71,000 injuries**
\$12.5 billion in monetary losses

Source: National Highway Traffic Safety Administration

60% adult drivers, or **168 million drivers**, have driven while drowsy

37% or **103 million drivers** have fallen asleep at the wheel

4% or **11 million drivers** admit to an accident or near accident because of driver fatigue

Source: National Sleep Foundation Sleep in America poll

A simple evaluation of your sleeping habits can go a long way. Sleep is essential to optimal health and personal well-being. The best advice: slow down a little, and if you're pressed for time consider cutting something nonessential, such as catching up on your favorite television show, and choose a little more sleep instead. You'll be grateful you did.

Essential COCONUT Pancakes

Few things top homemade pancakes and this coconut variation is a winner with kids and adults alike. You'll stay satisfied for hours, too, thanks to the high protein content of the chickpea flour (10 grams in 1 cup, compared to 8 grams in wheat flour) and the high fiber content of the coconut flour.

MAKES 14 PANCAKES

- 2/3 cup chickpea flour
- 6 tbsp coconut flour
- 1 1/2 tbsp potato starch
- 2 1/2 tsp gluten-free baking powder
- 1/2 tsp fine sea salt
- 1 cup well-stirred coconut milk (full-fat)
- 2/3 cup coconut water or water
- 1 tbsp psyllium husk
- 2 tbsp coconut sugar
- 2 tbsp melted virgin coconut oil
- 1 tsp gluten-free vanilla extract
- Additional melted virgin coconut oil

Directions:

1. In a large bowl, whisk together chickpea flour, coconut flour, potato starch, baking powder and salt.
2. In a medium bowl, whisk together coconut milk, coconut water and psyllium. Let stand for 10 minutes to thicken. Whisk in coconut sugar, 2 tbsp coconut oil and vanilla until blended.
3. Add the coconut milk mixture to the flour mixture and stir until just blended.
4. Heat a griddle or skillet over medium heat. Brush with coconut oil. For each pancake, pour about 1/4 cup batter onto griddle. Cook until bubbles appear on top. Turn pancake over and cook for about 1 minute or until golden brown. Repeat with the remaining batter, brushing griddle and adjusting heat as necessary between batches.

TIP

Serve the pancakes with any or all of your favorite toppings, such as maple syrup, coconut nectar, fresh fruit or a dab of coconut oil.



Courtesy of The Complete Coconut Cookbook by Camilla V Salsbury, 2014 © www.robertrose.ca Reprinted with publisher permission. Available where books are sold.

STORAGE TIP

Refrigerate pancakes between sheets of waxed paper, tightly covered in plastic wrap, for up to 2 days or freeze, enclosed in a sealable plastic bag, for up to 1 month. Let thaw at room temperature or defrost in the microwave.



Holy Mole CHILI

(vegetarian)

Makes 4 to 6 servings

With its notes of cumin, cinnamon and chocolate playing off the gentle spices, this meatless chili combines the best of a mole sauce and a Cincinnati-style chili. Its rich body makes it a seriously satisfying dinner any night of the week.

YOU'LL NEED:

Minimum 4-quart slow cooker

- 4 cloves garlic, minced
- 1 large green bell pepper, diced
- 1 onion, finely chopped
- 1 can diced tomatoes, with juice
- 1 can baked beans in tomato sauce
- 2 cups cooked or canned romano or pinto beans, drained and rinsed
- 2 cups cooked or canned black beans, drained and rinsed
- 1 tbsp chili powder
- 2 tsp ground cumin
- 2 tsp ground coriander
- 1/4 cup mole paste
- 1/2 cup vegetable or chicken broth
- Crushed tortilla chips, chopped fresh cilantro, shredded Cheddar cheese (optional)

Directions:

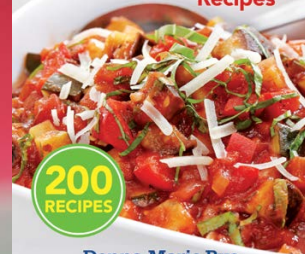
1. In slow cooker stoneware, combine garlic, green pepper, onion, tomatoes with juice, beans in tomato sauce, romano beans, black beans, chili powder, cumin and coriander.
2. In a bowl, combine mole paste and broth. Using a fork, gently stir together into a thin sauce. Stir into bean mixture.
3. Cover and cook on Low for 5 to 6 hours or on High for 2 1/2 to 3 hours, until vegetables are tender and chili is bubbling. Serve topped with tortilla chips, cilantro and cheese (if using).

MAKE AHEAD

This dish can be assembled up to 12 hours in advance. Prepare through step 2, cover and refrigerate overnight. The next day, place stoneware in slow cooker and proceed with step 3.

Mole paste is a rich, dark, reddish brown sauce used in many Mexican poultry dishes. It is a smooth, cooked blend of onions, garlic, several varieties of chiles, ground seeds (such as pumpkin or sesame) and a small amount of Mexican chocolate, which adds richness without being overly sweet. You can find mole paste in the Mexican foods section of the supermarket or in specialty stores.

Easy Everyday Slow Cooker Recipes



Donna-Marie Pye

Courtesy of Easy Everyday Slow Cooker Recipes by Donna-Marie Pye, 2014 © www.robertrose.ca Reprinted with publisher permission. Available where books are sold.



TIP

If you can't find mole paste, substitute 1 tbsp unsweetened cocoa powder and 1/2 tsp ground cinnamon.

Shrimp are anything but small in their nutrient density. They are an excellent source of selenium and vitamin B12.

QUICK
MEAL
FOR
TWO

Asian-infused grilled prawns

This melt-in-your-mouth recipe is the perfect appetizer or main course to serve, and it takes only minutes to make. The prawns are marinated in a quick-and-easy garlic sauce, then grilled for 5–8 minutes.

What you'll need

12 jumbo tiger shrimp or prawns, preferably with shells still on
Handful of fresh coriander (optional)
Fresh lime wedges for garnish

Garlic sauce:

4 Tbsp. soy sauce
4 Tbsp. oyster sauce
1 Tbsp. fish sauce
2 Tbsp. loosely packed brown sugar
6–8 cloves garlic, minced
1 Tbsp. lime juice
1/2 Tsp. cayenne pepper (optional)

How to make it:

1. Mix the sauce ingredients together in a bowl. Set sauce aside.
2. To grill the shrimp in their shells, open the shrimp/prawns so they lie flat in their shells. Leaving the shell in place, hold the prawn on a cutting board. Using a sharp knife, make a cut from the start of the tail (leave tail on), through the middle of the belly and down to the end of the prawn.
3. Turn the prawn over on your cutting board (so that its back is facing up). Use your palm to flatten it out by pressing down gently. The prawn should lie fairly flat (don't worry if the shell loosens slightly).
4. Place the prawns in a flat-bottomed bowl or dish. Pour the garlic sauce over the prawns and marinate while the grill heats up.
5. If your prawns are large enough that they won't fall through the grill, place directly on the grill. If your prawns are smaller, spread a piece of tin foil and place prawns on top.
6. Baste the prawns the first time you turn them with a little of the left-over sauce from the bottom of the bowl. Grill 3–5 minutes each side. Prawns are done when the flesh turns from translucent to pinkish-white (the shells turn a very attractive bright pink). Add lime wedges and sprinkle fresh coriander for garnish. Serve immediately.



POSTED IN CLEAN POV BY RACHEL MASER

Hormonal acne can be so discouraging, especially in your adult years. In order to bring your hormones back into balance, eating clean, getting healthy fats and drinking enough water along with daily movement can make a big difference. You CAN heal, and remember that keeping your stress low during this time is so important. Here are 5 foods to focus on for reducing acne and achieving glowing skin!



1. Egg Yolks

When it comes to hormonal acne, fat is often a major player in healing. In order for your hormones to balance out, you need to get enough of the RIGHT kind of fat in your diet. Egg yolks should be lightly cooked (not hard) and pastured if possible. This means the chickens are eating a natural diet, which results in the yolks being richer in Omega 3 fatty acids that your hormones depend on for clear and glowing skin.



2. Fermented Foods

Sauerkraut, kimchi and kefir are all options you can look to for healing your gut, balancing your hormones and achieving healthy looking and feeling skin. Why are fermented foods so great? Because they are rich in probiotics, fermented foods help to diminish bad bacteria and replenish the good bacteria in your gut which leads to a healthier immune system, balanced hormone production and by proxy, clear skin! You can start with 1 Tablespoon of sauerkraut or kimchi at each meal, or enjoy a shot of kefir each day.



3. Green Veggies

Your green vegetables and leafy greens like broccoli, kale, collard greens, arugula and watercress are all rich sources of vitamins and minerals like Folic acid, Vitamin C, Iron and Zinc that support your body in becoming optimal and balanced. Ideally, you enjoy these foods every day cooked with grass-fed butter or ghee, or included in stews or soups.



4. Bone Broth

Find knuckle bones and marrow bones at your local butcher and boil them down into bone broth, or purchase pre-made bone broth at a local butcher or health-food store and enjoy the fatty, mineral rich benefits of a healing broth. Bone broth is so rich in gut-healing minerals and can help your body replenish its fat stores if you haven't been getting enough. Minerals are best absorbed at night, so have one cup a day, ideally in the evening or as a base for your soups or stews at dinner time.



5. Salmon

This fatty fish is very rich in Omega 3's and B Vitamins, Selenium and of course, protein. Blood sugar spikes can often result in acne breakouts, so it's important to eat foods that are rich in fat and protein to stabilize your blood sugar. Salmon is also an excellent source of antioxidants which support your body in natural regeneration and repair.



BRING ON THE Sunshine

THE AMOUNT OF SUNSHINE NEEDED
TO DECREASE EMOTIONAL DISTRESS
AND HOW OTHER ENVIRONMENTAL
FACTORS PLAY A ROLE

A recent study done by researchers at Brigham Young University in Provo, Utah, brought on some interesting new findings about sunshine. You've probably heard that an adequate amount of sunshine is needed to help decrease emotional distress, and this is true, but just how much? And do temperature, pollution and rain affect our mental health as well?

Clinical professor of psychology at BYU Mark Beecher performed a questionnaire study on over 16,000 students to assess the correlation between weather and depression. Results showed that the amount of sunshine people get in a day is strongly connected to their mental health. Normally, people think that rainy or polluted days play a role in emotional

distress, but Beecher's team didn't see any of that. Environmental factors such as cloud cover, wind, and temperature, didn't seem to have an affect on the student's distress levels, but this was only if an adequate amount of sunlight appeared that day as well.

So what do we do when the days get shorter in the winter? Beecher's team found an increase in distress levels during the winter months. The season is full of colder, darker days, and people aren't able to get outside and soak up the sun. Beecher says that therapists should be aware of a rise in patients during this time and that institutions, as well as public health entities, should plan intervention and prevention resources. The shrinking amount of daylight affects the clinical population at large, and

not just those with Seasonal Affective Disorder.

While most people will adapt to less sunlight in a healthy manner, it's important to remember how the winter months can affect those with mental health issues. Therapy can bring positive results, as can other activities recommended by mental health professionals. Spending time in nature, light therapy, and exercise can help combat the symptoms of less sunshine.

WRITTEN BY
SADIE WIRTHLIN



Source: Journal of Affective Disorders, news.byu.edu

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It's a Fact
Sugar contains no nutrients other than the sugar itself.

Sugar is everywhere. It doesn't need a holiday to make a special appearance at every meal, in between meals or stocked in every cupboard

Thwart A SWEET TOOTH

Sugar has ventured outside of merely riding high in candy and desserts and is now living large in our breakfast cereals, high-protein snacks, fruit snacks and most beverages. It stalks us at work, feeds us at school, greets us at church and glad-hands us at every get-together.

Of course the foods that make you feel the hungriest are the ones that we crave the most – including ice cream, candies, cakes and sweets. These contain too many calories and usually only provide a temporary fix when it comes to staving off hunger. Are you a softie for sweets? The empty calories from sugary treats are a big reason for many people's battle with the bulge. Find out what tricks nutritionists use to temper a sweet tooth:

>> 1

cut back GRADUALLY:

If going cold turkey on sweets only makes you want them more, try cutting out one or two each day over time.

>> 2

stay ACTIVE:

Take a walk, put on an exercise video, or take a spin on the bike when your sweet tooth strikes. By the time you finish, the craving is usually gone and you've burned calories instead of eating them.

>> 3

load up ON AGUA:

Drink a big glass of water when a craving hits, or have a cup of fruit-flavored herbal tea. That's usually all it takes to make it pass.

>> 4

get rid of TEMPTATION:

If you can't resist temptation, don't keep sweets in your cupboard at home or in your desk at work.

>> 5

substitute SWEETS:

If you must have a sweet, pick a small one. Have a Tootsie Pop instead of a candy bar, for example.

>> 6

keep a JOURNAL:

You'll be less likely to reach for those empty calories when you see in writing how fast they add up.



5 Keys to Buying Your Child's First Mobile Device

According to recent reports, most kids ages 8-12 have a cell phone. While the timing of when to get your child a cell phone is up to the parents, there's no denying that younger and younger children have their own devices. Here are some essential to-dos when you decide to give your child this bridge into the expansive digital world.

1 Set Some Rules

Parents cannot be ignorant bystanders when it comes to smart phones. Rules should include what apps are allowed, what websites are allowed, who they can text/call, and rules about interacting with strangers. Parents should be willing to listen to the input of the child, however. Be open about their thoughts concerning new technology. Make sure to emphasize the importance of never sharing personal information online, like phone number and address. This should not be negotiable.

2 Set Up Consequences

Decide beforehand with your child what the consequences are for breaking the rules. Your child will likely become very attached to his/her device, so don't make up consequences on the spot, unless you want a meltdown. Some good consequences include a time period with no access to the phone and restrictions in data use.

3 Give Guidance for Scary Online Interactions

Teach your children about cyberbullying, about how to recognize online predators, and how to respond to these situations.

4 Know About Helpful Tools

There are online tools for monitoring or limiting your child's online behavior. Tools to try:

- ☐ Bark
- ☐ OurPact (for Apple devices)
- ☐ Screen Time (Androids)

5 You can also use Safe Search sites, which limit what your child can view online. Some of these options are:

- ☐ Zoodles
- ☐ Kido'z
- ☐ Ask Kids
- ☐ Kid Info
- ☐ TweensBrowser
- ☐ Zilladog

You can also use apps that show you where your child's phone is, which is a great way to keep track of your child.

What Is Hemp Oil?

DISPELLING SOME COMMON MYTHS ABOUT THE CANNABIS PLANT, AND HOW CANNABINOIDS ARE IMPORTANT FOR OUR HEALTH

Cannabis is a hot topic in today's world, but there still is much misperception clouded around the plant. Many hear words like "hemp" and "marijuana" and "cannabis" and assume they are all the same thing. Others argue about potential health benefits. From those advocating a particular valuable component of cannabis comes the production of hemp oil.

To understand the value of hemp oil, one must understand the basics of one important system in our bodies: the endocannabinoid system. This is a fundamental system within our bodies that helps regulate cell activity. It influences things like healing, mental health, neurogenesis, cognition, the immune system and memory. The endocannabinoid system is also important for regulating pain and inflammation.

If we dissect the word "endocannabinoid," we find the word "cannabinoid." Cannabinoids are special fats that interact with the central nervous system to promote homeostasis, which is when there is balance between the many systems of the body. Most cells have cannabinoid receptors, and endocannabinoids are important to regulate cell activity, including for things like movement, digestion, bone health, neurological processes, immunological health and more.

Endocannabinoid Deficiency

Without these important fats, important processes in the body can start to fail. Endocannabinoid deficiency has been tied to arthritis, gastrointestinal inflammation, cancer, and a variety of neurological conditions, including Alzheimer's.

Where Do We Get Cannabinoids?

The "endo" in "endocannabinoids" means that the body naturally produces them itself. But we still consume cannabinoids from external sources, and this can be important for our body's wellbeing. Our first exposure to external cannabinoids was as babies, as breast milk is rich with them. There are also phytocannabinoids, the "phyto" meaning they come from plants. Flax, salvia and cannabis have phytocannabinoids, for example.



Cannabis has an important cannabinoid called cannabidiol (CBD), which research shows has medicinal promise with anti-spasmodic, anti-epileptic, anti-anxiety, and anti-psychotic properties. CBD oil also has excellent antioxidant quality, even greater than vitamin E and C, some research shows.

Both marijuana and hemp, which are varieties of cannabis, have CBD. Hemp's CBD content is in fact one of its defining characteristics that separates it from marijuana. It has more CBD than THC (Tetrahydrocannabinol), which is the most famous cannabinoid found in cannabis. Marijuana, hemp's cousin under the cannabis family, has more THC than CBD.

THC is the ingredient that gets users high, and it's also the reason why the medical community is hesitant to use marijuana for medicine. CBD, which is not psychoactive, actually reduces the psychoactive effects of THC. So what do you do if you want the benefits of CBD, without the high of THC? The starting point is hemp, versus marijuana.

Proponents of CBD's health benefits have found ways to extract CBD from industrial hemp, which is legal everywhere in the United States. CBD hemp oil is legal

WHAT ABOUT QUALITY?

Those looking to purchase this oil should consider quality of the product and how it was extracted, as dietary supplements are loosely regulated, and quality can vary greatly.

It is possible to purchase synthetic cannabinoids, but research shows that synthetic versions lose many of the valuable properties that natural oils have. Make sure you know the source of the CBD in the product you use, and study the label to understand the product's CBD content.

everywhere, whereas cannabis oil has strict regulations in many states, including Utah.

What About In Utah?

As hemp oil is derived from breeds of the cannabis plant, some may wonder if purchasing CBD hemp oil is legal in Utah. As mentioned above, CBD hemp oil is legal everywhere as a dietary supplement. It carries no psychoactive ingredients, meaning you won't get a high from it, and it is widely used for its therapeutic value.

Lawmakers in Utah recently proposed a law that would allow those with certain debilitating conditions to use cannabis extract that has very low levels of psychoactive THC but large amounts of CBD. This was rejected. Currently, Utah allows cannabis oils to be used by only those with severe epilepsy, as long as they obtain it outside of the state.

But this debate does not concern hemp oil. By definition, industrial hemp is any part of the cannabis plant that has less than .3 percent concentration of THC. Oil derived from industrial hemp is sold lawfully in the state.



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74 HEALTHY MAGAZINE



Gardner's Nine intelligences

Smart Isn't What it Used to Be

Thinking about intelligence in terms of IQ, among educators and policymakers, can be traced back to studies published in the mid-1990s, writes author Paul Tough in his book *How Children Succeed*.

"The cognitive hypothesis has become so universally accepted that it is easy to forget that it is actually a relatively new invention," he writes.

Thanks to advocacy from people like Tough, Heckman and Gardner, however, new forms of education are popping up. The Gardner School of Arts and Sciences in Vancouver, Washington, for example, has a core value of teaching the "whole child," using Gardner's multiple intelligences.

Making Smarts Smarter

Raising one's IQ is difficult, if not impossible. Not so for non-cognitive or soft skills, Gardner writes. They can be learned, since they come through not only genetic potential, but through environment, instruction and personal motivation.

"Unless grossly impaired, all human beings possess the capacity to develop the several intelligences," he writes.

Tough says that this opens the door for students who feel limited by their test scores.

"The research I write about in *How Children Succeed* shows that when young people are able to develop character strengths like grit and perseverance and academic tenacity," he says, "they can succeed far beyond what their test scores would predict. I hope as more young people hear that message, they'll take heart, work harder, and go farther."

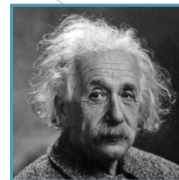
Famous People and their intelligences (gardnerschool.org)

Linguistic:
the capacity to
use language
well.



T.S. Eliot,
Abraham Lincoln,
Charles Dickens

**Logical/
Mathematical:**
understanding principles of
why things work, and how to
manipulate quantities.



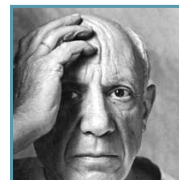
Albert Einstein,
John Dewey

Musical Rhythmic:
hearing and
understanding patterns,
thinking in musical
terms.



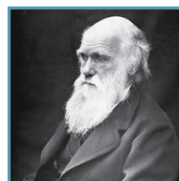
Mozart,
Ella Fitzgerald,
Jack White

Spatial:
understanding
spatial parameters,
within the mind.



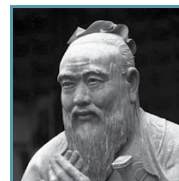
Pablo Picasso,
Frank Lloyd Wright

Naturalist:
seeing patterns
in nature and
generally being
in tune with how
nature works.



Charles Darwin,
John Muir (19th century
activist who helped preserve
Yosemite)

Intrapersonal:
understanding
your own self and
emotions well.



Confucius

Interpersonal:
understanding
other people and
human interaction.



Ronald Reagan,
Mother Theresa,
Oprah Winfrey

Existential:
understanding
ultimate realities
of life.



C.S. Lewis

**Bodily/
Kinesthetic:**
physical control,
bodily movement and
coordination.



Charlie Chaplin,
Hussein Bolt

Green Cleaning



How homemade cleaning products are greener for the environment and your wallet

WRITTEN BY ANGELA SILVA

From carpet and upholstery to dishes and laundry, nearly every surface of your home can be cleaned safely, effectively and inexpensively with homemade cleaning products.

Many people have turned to making their own cleaners to avoid the toxins and harsh chemicals found in commercial cleaning products. Asthma, allergies, chemical burns, and poisonings are among some of the concerns associated with the chemicals in cleaning products as evaluated by a group of researchers known as the Environmental Working Group. Making your own cleaning products is not only safer for your health and the environment, but will save you money.

Some initial concerns many people have when presented with the idea of making their own cleaning products are the availability of the ingredients and the difficulty of making the cleaners. As it turns out, you probably already have a lot of the ingredients needed to make these homemade cleaning concoctions in your home. Simple, inexpensive household items such as vinegar, baking soda, and hydrogen peroxide can be used for a variety of cleaning tasks.

Vinegar can be used either in solution or undiluted to tackle dirt, soap scum, hard water deposits, and even as a general disinfectant. The natural deodorizing properties of baking soda along with its slight abrasiveness make it useful as a scrub for grime or water deposits. Hydrogen peroxide can be used for window cleaning and even removing stains from clothing or upholstery.

One of the most regularly purchased but most expensive cleaning products is laundry detergent, but you can even make that yourself, too. Here is a simple recipe for powdered laundry detergent that costs about \$0.05 per load. All of the required ingredients are available at local merchandise or hardware stores.



Homemade Powdered Laundry Detergent

Ingredients

- 1 bar of Fels-Naptha soap (under \$2 per bar)
- 2 cups of Arm & Hammer Super Washing Soda (under \$3.50 for 55 ounces)
- 2 cups of Borax (under \$4 for 76 ounces)

Blender or food processor

Instructions

Cut the bar of soap into the smallest pieces possible so they are manageable to the blender or food processor. Add the washing soda and borax to the cut-up soap pieces, and blend thoroughly. Transfer the soap into a large jar or storage container of your choice. Use 1/8 of a cup for normal loads of laundry and 1/4 of a cup for heavily soiled loads of laundry. This recipe makes enough soap for 48 loads of laundry.

Glass Cleaner

- 2 cups water
- 1/2 cup white or cider vinegar
- 1/4 cup rubbing alcohol (70 percent concentration)
- 1 to 2 drops of orange essential oil, which gives the solution a lovely smell (optional)

Great for: Windows and mirrors

How to use: Combine ingredients and store in a spray bottle. Spray some solution on a paper towel or soft cloth first, then on the glass. To get smudge-free glass, rub vertically on one side and horizontally on the other. Hint: Don't clean windows on a hot, sunny day, because the solution will dry too quickly and leave lots of streaks.



Scrub

- Half a lemon
- 1/2 cup borax (a laundry booster; find it in the detergent aisle)

Great for: Rust stains on porcelain or enamel sinks and tubs

How to use: Dip lemon into borax and scrub surface; rinse. (Not safe for marble or granite.)

Grease Cleaner

- 1/2 cup sudsy ammonia mixed with enough water to fill a one-gallon container. (Sudsy ammonia, which has detergent in it, helps remove tough grime.)

Great for: Oven hoods, grills

How to use: Dip sponge or mop in solution and wipe over surface, then rinse area with clear water.



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Double Up

5 Uncommon Ways to Use Common Household Items

1

Paper Towel Rolls

Many of us keep a bunch of plastic bags from the grocery store, because those bags always come in handy for garbage liners, muddy shoes and a million other things. But those bags are always stuffed under the sink, falling onto the ground, etc. Stuff those bags in a paper towel roll. Out of sight, out of the way.

2

Charcoal

Put charcoal in an open bowl or in a perforated bag to erase odors from closets and rooms. Don't believe us? Just try it.

4

Aluminum Foil

Take a piece of aluminum foil, fold it a few times, and cut it with dull scissors to sharpen them. You'll get double use out of your foil, and your scissors will have new life.

3

Old Dish Soap Bottles

Make pancake batter, put it in a (very) well-cleaned dish soap bottle. Not only does it give you perfect-sized pancakes, but keep left-over batter in the fridge for an easy breakfast tomorrow.

5

Candle

Rub along teeth of stubborn zippers to smooth things up.



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May is stroke awareness month

Stroke

A Firsthand Account

HOW AN UNEXPECTED STROKE TOOK NEARLY EVERYTHING FROM ME, AND HOW PERSEVERANCE AND POSITIVE ATTITUDE GOT IT BACK

New Year's Eve 2012 started out as a fairly typical evening. Thankfully, I was surrounded by my family at my mother's home in Wyoming. My three sisters and their families all shared dinner together and then settled in for the evening and watched a movie. I headed for bed after ringing in the New Year and was in the bathroom when I realized I was unable to turn the light switch off because my mind didn't register where on the wall the switch was. Confused and disoriented, I left the light on. I returned

to bed thinking I would simply "sleep off" whatever was the sense of my confusion. This was definitely not the case.

Laying in bed, I drifted in and out of consciousness, coming to the realization that the entire right side of my body was paralyzed. I am usually an early riser, so when I was not up by 8:00 am my sisters came to check on me. What they found when they opened the door terrified them. I was laying there barely conscious and a mere shadow of the outgoing sister they loved so much, totally helpless and unable to utter a single word.

After being taken to the hospital in Lander, Wyoming where they stabilized me, I was Life-Flighted to the University of Utah. I spent one week in the Intensive Care Unit, followed by three days in Acute Care, and four weeks in the Rehabilitation Department for a grand total of six weeks.

The stroke took away much of my memory and my ability to speak, and robbed me of simple skills I had learned as a child. I knew I had a long road ahead of me, but I was determined. I had the incredible support of family and friends, and an amazing team of doctors, nurses and therapists. But I knew that I had to rise to the occasion and persevere.

It has been 29 months since my stroke and each day has been filled with

triumphs as well as challenges. My biggest challenge has been speech therapy. In the Intensive Care Unit, I was only able to say my niece's name Naomi. She and my nephew Jack helped me regain my memory by gathering pictures of family members and attaching them to a poster board. This helped me match names with faces on my "memory board." Losing memory is very scary. It was as if someone had taken a magic eraser and with one fell swoop totally erased any recall I once had. I had to relearn simple things again like basic math and tying my shoes.

My stroke caught me totally off guard, and now I am very passionate about spreading the word about stroke education and awareness. I have been fortunate to volunteer for the American Heart and Stroke Association where I participate in events like Go Red For Women and their annual 5K walk/run. Participating in these events has been very rewarding and therapeutic.

ABOUT THE AUTHOR

Amy Steinbrech

Amy is a public relations practitioner living life to its fullest. To read more about Amy's story visit: amystrokesurvivor.wordpress.com.



The Facts

Stroke is the fourth-leading killer of Americans, and a leading cause of adult disability.

The most common symptoms of stroke can be remembered by the acronym **FAST**:

F = FACE: Is one side of the face drooping down?

A = ARM: Can the person raise both arms, or is one arm weak?

S = SPEECH: Is speech slurred or confusing?

T = TIME: Time is critical!! Call 9-1-1 immediately!

Time Lost = Brain Lost.



3 Misconceptions About Stroke

From Steven Edgley, M.D., Director of Stroke Rehabilitation at the University of Utah

- 1 MYTH: Stroke only effects the very old.**
Fact: About 33% of stroke patients are under age 65 and 10% of stroke patients are under age 50. Stroke in the young affects more people than traumatic brain injury and spinal cord injury.
- 2 MYTH: There is nothing you can do to prevent a stroke.**
Fact: In the past strokes have been viewed as a lightning strike, but there are things that can be done to prevent a stroke. By paying proper attention to cardiovascular risk factors such as hypertension, diet, exercise, and cholesterol the risk of strokes can be greatly prevented.
- 3 MYTH: After a stroke potential for recovery is poor.**
Fact: There are many things that enhance stroke patients' recovery, and also many things to reduce the risk of complications from stroke, to facilitate good function and a good quality of life.

4 Things You Can Start Doing TODAY To Prevent A Stroke

1. If you have high blood pressure, work with your doctor to get it under control. Many people do not realize they have high blood pressure, which usually produces no symptoms but is a major risk factor for heart disease and stroke. Managing your high blood pressure is the most important thing you can do to avoid stroke.
2. If you smoke, quit.
3. If you have diabetes, learn how to manage it. As with high blood pressure, diabetes usually causes no symptoms but it increases the chance of stroke.
4. If you are overweight, start maintaining a healthy diet and exercise regularly.



3 KEYS TO SUCCESS FOR STROKE VICTIMS

Amy Steinbrech

- 1** It really helps to have a strong support network. My mom and three sisters were my biggest cheerleaders and I can't imagine going through my stroke recovery without them. It is so important to surround yourself with only positive people—no “Debby Downers” allowed in my support network.
- 2** It is important to set goals. In the rehabilitation unit I vividly remember a big whiteboard where the doctors and nurses could make notes and seeing “TBD/ To Be Determined” next to my release date. That was not going to cut it with my determined spirit, and although I was still very unsteady on my feet, I marched right up to that whiteboard and wrote my release date as January 31st. Although I was not released until February 8th, I still had a goal I was working towards.
- 3** A positive attitude can truly work miracles. You have to believe in yourself.

Source: National Institute Of Neurological Disorders And Stroke

Kitchen Cabinet Remedies

WAYS YOU CAN DEAL WITH COMMON AILMENTS AT HOME

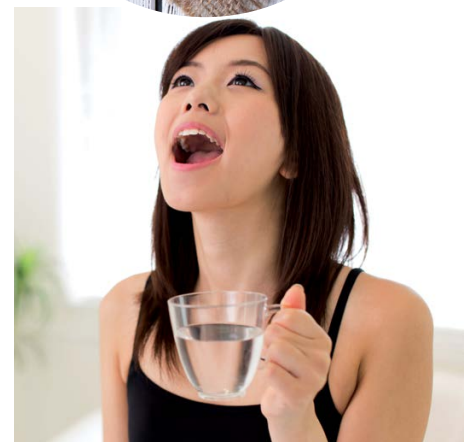
The use of home remedies, particularly herbal medicine, has grown in popularity in the United States—nearly one third of Americans use at-home treatments or herbs to treat various maladies. Wrongful deaths from prescription drugs, as seen commonly on nightly news channels, spur this trend on. Herbal and at-home treatments may be less expensive than mainstream medicine, and in some cases, may have fewer side effects.

It should be noted that before attempting any at-home or herbal treatments, do your research. Determine if the herbal remedy has scientific backing, and use your best judgment to decide if the at-home treatment is safe and effective for you. Herbal products are not regulated in the United States, so they may contain additives and ingredients that are not disclosed on the label. Herbs may cause allergic reactions in some users, and some herbs may even be toxic when taken in high doses or improperly ingested. Some herbs may also cause adverse health effects when they interact with other medications or treatments. It is wisest to consult with your doctor before trying any home remedy.



HERE ARE SIX AT-HOME REMEDIES BACKED BY SCIENCE:

1. **Use ginger to combat nausea.** Ginger naturally fights nausea and vomiting, which makes it an excellent way to treat stomach flu, motion-sickness, and nausea induced by chemotherapy. A study by the National Cancer Institute found that study participants who were assigned to take ginger reported feeling much less nauseated than those who took a placebo treatment.
2. **Consume garlic regularly to decrease your risk of cancer.** An article found in the *American Journal of Clinical Nutrition* determined that a regular, high consumption of garlic decreased rates of various types of cancers, including colorectal and ovarian. For best results, include several garlic cloves per day in your diet.
3. **Gargle salt water to ease the ache of a sore throat.** According to Dr. Douglas Hoffman of *The Medical Consumer's Advocate*, a sore throat results from infected tissue, and the salt helps to draw out the fluid that causes the painful swelling characteristic of a sore throat. The typical concoction calls for one tablespoon of salt per eight ounces of water.
4. **Chamomile tea can be used to treat colds, and it can also be used to relieve the pain of menstrual cramps.** Chamomile has long been believed to have healing and anti-inflammatory properties, and new research seems to be backing up this belief. A study found in the *Journal of Agricultural and Food Chemistry* has deduced that chamomile tea has certain molecular compounds that may fight off the common cold virus as well as ease the pain of menstrual cramps.
5. **Use baking soda to treat canker sores.** Create a paste made of baking soda and a little bit of water, then apply that paste to the canker sore. This treatment is endorsed by the Mayo Clinic and the National Institutes of Health.
6. **Turmeric may help prevent Alzheimer's disease, and it may also ease general pain.** Turmeric contains curcumin, a natural anti-inflammatory agent. Its anti-inflammatory properties can help ease pain, particularly joint pain and swelling caused by arthritis. A study found in the *Journal of Alzheimer's Disease* found that curcumin is helpful in ridding the brain of certain plaques that are the hallmarks of Alzheimer's disease.



Sources: Umm.edu, nlm.nih.gov, naturalhealthadvisory.com, mayoclinic.org, webmd.com, prevention.com, womansday.com

COCONUT SOAP *recipe*



Fun Fact

Coconut oil contains lauric acid (which is also found in human breast milk), which has certain restructuring properties that protect skin and make it soft. It's also an antiseptic and maintains healthy pH levels in the skin.

COCONUT OIL IS
RELAXING FOR THE MIND
AND BODY, AND IS IDEAL
FOR OILY SKIN.

- 7.5 oz coconut water
- 3 oz lye (caustic soda)
- 1.5 lbs extra virgin olive oil
- 3 oz pure cocoa butter
- 20 drops coconut extract
- 1 tbsp desiccated coconut
- 1 tbsp confectioners' (icing) sugar
- .9 oz coconut oil

1. Wearing gloves and goggles, pour coconut water into a large saucepan. Add lye slowly, stirring gently until it is dissolved.
2. Using a thermometer, monitor the temperature of the lye mixture until it is between 120° F and 140° F.
3. Meanwhile, in a separate saucepan, heat olive oil to between 120° F and 140° F.
4. Remove olive oil from heat. Add lye mixture to olive oil, stirring slowly and trying not to splash.

5. Stir occasionally, every 15 minutes or so, until the mixture thickens and congeals. (It will have a texture similar to that of light mayonnaise.)
6. Stir in cocoa butter, coconut extract, desiccated coconut, confectioners' sugar and coconut oil. Stir for one minute with a spoon (or with a whisk, taking care not to create foam).
7. Pour into a greased or paper-lined soap mold. Gently tap mold to remove any air bubbles.
8. Cover with a blanket or towel and let stand for 2 days. Uncover and let stand for an additional day if the mold is very large.
9. Turn soap out of mold. Wait another day, then cut into bars as desired.
10. Dry bars for 1 month, turning occasionally to ensure they are drying uniformly.

Note: Exact measurements are crucial in soap making.

Coconut Soap's Action on the Skin

- Coconut oil is ideal for oily skin, whether it is acne-prone or not. Not all people who have problems with oiliness have acne or pimples.
- This soap is definitely not for people who have dry or sensitive skin, because coconut reduces oil and can be excessively drying. Despite its pleasant smell, it shouldn't be used on children.
- Because this soap includes desiccated coconut among its ingredients, you can use it as an exfoliant, rubbing it gently over oily areas.
- It's a good idea to moisturize the skin after washing with this soap.

Beets, Grains & Greens Hash

Who says hash needs potatoes? No one who eats this dish will. The fresh spinach and nutty grains balance the earthy sweetness of the beets.

Makes 2 servings

- 2 slices bacon, chopped
- 1 cup chopped onion
- 1 1/2 cups hot cooked gluten-free whole grains
- 1 can (15 oz) whole beets, drained and diced
- 1/2 cup ready-to-use GF vegetable or chicken broth
- 6 cups packed baby spinach leaves
- 2 large eggs, poached (see tip)

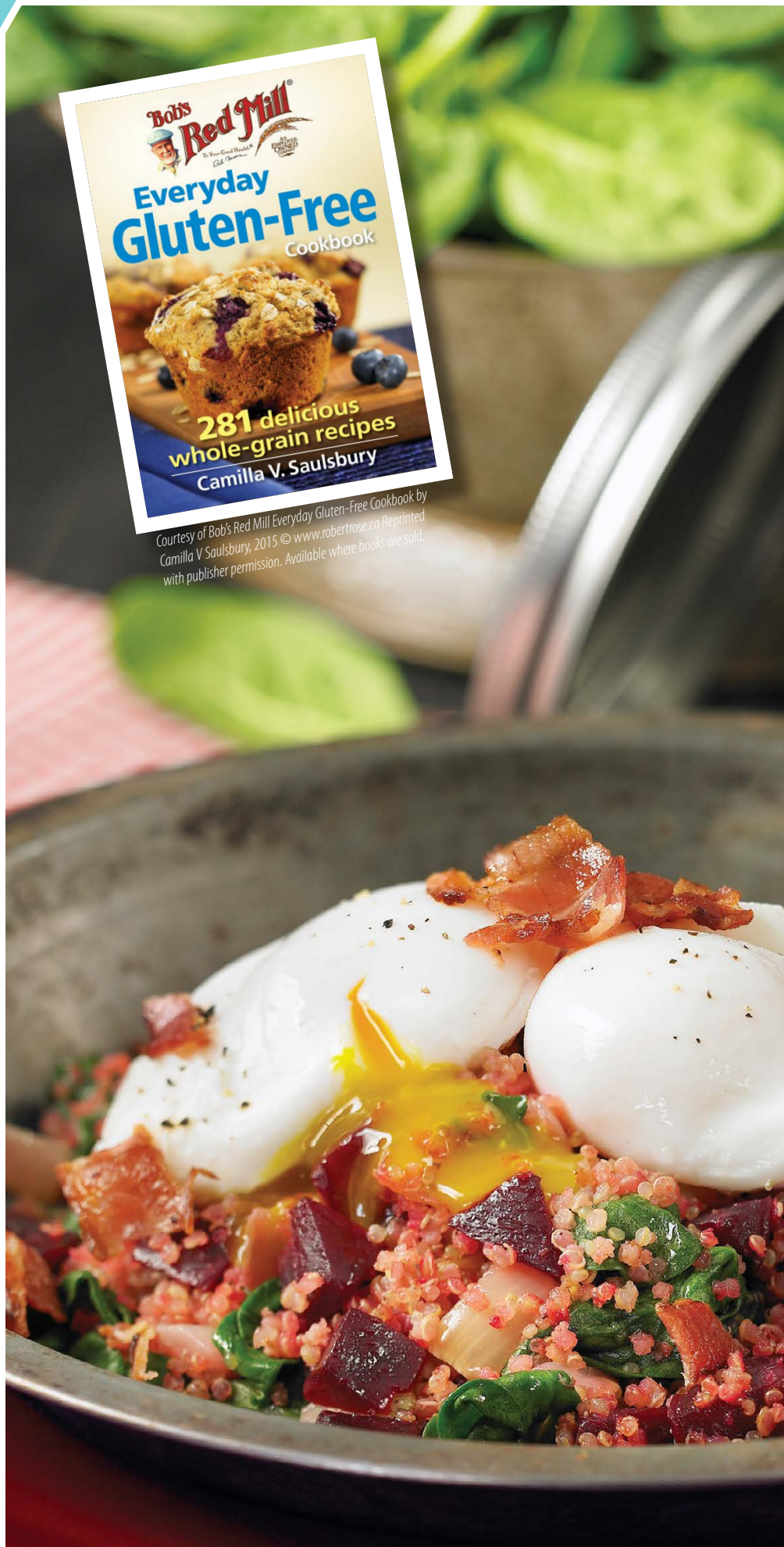
1. In a large skillet, cook bacon over medium-high heat until crisp. Using a slotted spoon, transfer bacon to a plate lined with paper towels. Drain off all but 1 tsp fat from skillet.
2. Add onion to the skillet and cook, stirring, for 5 to 6 minutes or until softened. Add grains, beets and broth; reduce heat to medium and cook, stirring up bottom crust two to three times, for 10 to 12 minutes or until warmed through and browned. Add spinach on top, cover and cook for 1 minute, until wilted. Stir spinach into hash.
3. Divide hash between two plates. Top each with a poached egg and sprinkle with bacon.

Tips

- For the grains, try amaranth, millet, quinoa, rice or sorghum.
- You can replace the canned beets with 1 1/2 cups freshly cooked (steamed, boiled or roasted) diced beets.
- To poach the eggs, pour enough water into a medium skillet to reach a depth of 1 1/2 inches. Add 1/2 tsp fine sea salt and bring to a simmer over medium heat. Crack each egg into a separate custard cup. Gently slide one egg at a time into the simmering water and simmer for 2 to 3 minutes or until egg whites are set (the yolks will be only partially cooked); cook longer for more firmly set yolks. Using a slotted spoon, carefully transfer eggs to hash.



Courtesy of Bob's Red Mill Everyday Gluten-Free Cookbook by Camilla V. Saulsbury, 2015 © www.robertrose.ca Reprinted with publisher permission. Available where books are sold.



Tomatillo, Black Bean and Amaranth Soup

Puréed tomatillos add sweetness and a citrusy tang, smoky chipotles contribute a bit of heat, and black beans and amaranth lend depth and protein, making this a stick-to-the-ribs bowl of soup, despite the abundance of fresh, bright flavor. Makes 6 servings

You'll need a food processor

- 2 cans (each 12 oz) whole tomatillos, with juice
- 1 tbsp olive oil
- 4 cloves garlic, minced
- 1 tsp chipotle chile powder
- 3/4 cup amaranth
- 2 cans (each 14 to 19 oz) black beans, drained and rinsed
- 3 cups ready-to-use gluten free vegetable or chicken broth
- 1 cup packed fresh cilantro leaves, chopped
- 2 tbsp freshly squeezed lime juice
- Crumbled queso fresco (optional)
- Lime wedges (optional)

1. In food processor, purée tomatillos and their juice. Set aside.
2. In a large pot, heat oil over medium-high heat. Add garlic and chipotle chile powder; cook, stirring, for 1 minute. Stir in tomatillo purée; cook, stirring for 2 minutes.
3. Stir in amaranth, beans and broth; bring to a boil. Reduce heat to low, cover and simmer, stirring occasionally, for 15 to 20 minutes or until amaranth is very tender. Stir in cilantro and lime juice. Serve sprinkled with queso fresco (if using), with lime wedges on the side, if desired.

Tips

- The specified amount of chipotle chile powder will create a medium spiciness. Feel free to add less or more to suit your taste.
- An equal amount of quinoa, rinsed, can be used in place of the amaranth.



Chorizo, Kale and Teff Soup

The first few spoonfuls of this meaty soup, enriched with potatoes, teff and kale, will have you dreaming of the warm sunshine of Spain and Portugal.

MAKES 8 SERVINGS

- 1 tbsp olive oil
- 12 oz gluten free cured chorizo or other smoked sausage, diced
- 2 cups chopped onions
- 4 cloves garlic, minced
- 6 cups chopped kale (tough stems and center ribs removed)
- 3 cups diced peeled potatoes
- 1/3 cup teff
- 8 cups ready-to-use gluten free vegetable or chicken broth
- 1 can (28 oz) crushed tomatoes
- Fine sea salt and freshly ground black pepper

1. In a large pot, heat oil over medium-high heat. Add chorizo and cook, stirring, for 3 to 4 minutes or until browned. Using a slotted spoon, transfer chorizo to a plate lined with paper towels.
2. Add onions to the pot and cook, stirring, for 6 to 8 minutes or until softened. Add garlic and kale; cook, stirring, for 1 minute.
3. Stir in potatoes, teff and broth; bring to a boil. Reduce heat to medium-low, cover, leaving lid ajar, and simmer, stirring occasionally, for 15 to 20 minutes or until potatoes and teff are very tender. Use a wooden spoon to coarsely break up about half of the potatoes.
4. Return chorizo to the pot and stir in tomatoes; simmer, uncovered, stirring occasionally, for 5 to 10 minutes or until soup is slightly thickened. Season to taste with salt and pepper.



COMPLETE

Beautiful On the Inside

WHAT ARE PRE/PROBIOTICS, AND WHY SHOULD I CARE ABOUT THEM?

Confusing TV commercials, annoying pop-up internet ads and yogurt lids keep mentioning probiotics, but many remain in the dark about what a probiotic is and what it is supposed to do.

To understand probiotics, we need to know a little bit about bacteria's role in the human body. Bacteria are generally demonized as an enemy of human health (thanks "anti-bacterial soap"), but in fact, humans depend on many bacteria strains for good health and proper functioning. Good bacteria in our gut:

- Regulate digestion
- Ward off bad bacteria by taking their resources
- Produce vitamin K, folic acid and short chain fatty acids
- Are important for a healthy immune system.
- Influence weight
- Play a part in food cravings
- May alter brain chemistry (there is a nerve that runs from the brain to the stomach, and bacteria stimulate that nerve)

The whole idea behind probiotics is to introduce bacteria into the gut flora to improve various aspects of health. There are an enormous number of bacteria types, and researchers are trying to discover which ones are beneficial and how. Scientists are studying the effects of probiotic strains on everything from diarrhea to anxiety to eczema to the common cold, and some research areas are much further along than others.

LIMITATIONS, AND A BRIGHT FUTURE

If the probiotics world seems like a money-making scheme, it's because people are in fact making a lot of money from it. And as is often the case when large amounts of money are involved, supplement makers often inflate the claims for their product. Probiotic foods and supplements do not undergo premarket approval by the FDA, so this can lead to some companies mislabeling products.

The reality is that there is still a lot to be discovered about what constitutes

a healthy gut, and about which bacteria have potential to help us. Researchers have identified hundreds of bacteria species in the human gut, but that is likely just the surface. And there still remains the monumental task of discovering the function of each type of bacteria. Furthermore, even though researchers have identified many healthy kinds of gut bacteria, they haven't always been able to culture and grow them.

That said, researchers are confident that certain probiotics, from food or in supplement form, are beneficial to humans. The future of probiotics as a field of medicine remains bright.

The science of probiotics goes back to the 1930s, but the pace and quality of research has shot up in the last 15 years, according to renowned probiotics expert and lecturer Mary Ellen Sanders, PhD. Research has since established some particular uses for probiotics that can be trusted: antibiotic associated diarrhea, respiratory tract infections, IBS and other digestive tract conditions. Probiotics are being studied for their influence on skin infections, allergies, sleeping problems and joint stiffness, among other things.

Some make the mistake of thinking that any probiotic will help the gut or a particular symptom. There are a host of bacteria that have probiotic properties, but their effects differ. Yogurt will have a certain combination of bacteria, while other foods and supplements may have different bacteria.

"You can't extrapolate from one study on one type of probiotic to other probiotics," Sanders says. "The best approach is to use the probiotic with a documented benefit."

But this can be difficult for consumers to do, since probiotics from research studies may not be commercially available, or may be available under different product names.

"The trick is to match your need with a documented probiotic," she says. "But if you're looking simply to supplement your diet with live microbes, then any number of fermented foods or responsibility manufactured probiotic supplements may suffice."

WHAT IS IT AND WHERE DO I GET IT?

PROBIOTICS

Good bacteria that we consume for health benefits. We have naturally occurring good bacteria, and we can support them with probiotics.

FOOD SOURCES

Yogurt, buttermilk, kefir, cheeses, other milk-based products.

NONDAIRY SOURCES


Soy foods and beverages, vegetable or coconut-based fermented foods, tempeh, miso, sauerkraut, soft cheeses, kimbuca tea, kimchi and bean ferment.

PREBIOTICS

Food for our healthy gut bacteria.

FOOD SOURCES

Garlic, leeks, onions, asparagus, wheat flour and banana. Pectin, a soluble fiber found in apples, cranberries, plums and grapes, is also a good prebiotic.



Many products have not been studied, which doesn't mean they don't work or have value, she says. Research just isn't extensive enough yet.

SHOULD I BE WORRIED ABOUT GETTING PROBIOTICS IN MY SYSTEM?

The Academy of Nutrition and Dietetics recommends focusing on food sources for probiotics before turning to probiotic supplements. You don't need special products or cleanses to have a healthy gut.

"If someone comes to me saying 'I've read a lot about probiotics, what do I do?' then I direct them to dietary changes," Sanders says.

When specific symptoms or ailments hit, however, such as digestive issues, a tested probiotic is more appropriate, she says.

Sources: eatright.org, Pursuit of Gut Happiness: A guide for using probiotics to achieve optimal health, by gastroenterologist Rajiv K. Sharma, MD, Labdoor.com, prevention.com.

Learn more: www.usprobiotics.org
International Scientific Association for Probiotics and Prebiotics, www.isapp.net

AILMENTS and Potentially Helpful PROBIOTICS

AILMENT/PROBIOTIC

Prevention of Acute Infectious Diarrhea: Culturelle, Florastor

Treatment of Acute Infectious Diarrhea: BioGaia, Culturelle, Florastor

Prevention of Antibiotic-associated Diarrhea: BioK+, DanActive, Culturelle, Florastor

Prevention of C. difficile diarrhea: BioK+, DanActive, Culturelle, Florastor

Extending remission of ulcerative colitis, pouchitis: VSL#3

Irritable Bowel Syndrome: Align, Activia (yogurt)

Pediatric functional bowel disorders: BioGaia, Culturelle

Reduced incidence or duration of common cold: Culturelle, BB-12

Disclaimer: The WGO and Yale researchers identified many of these potentially helpful probiotics as needing much more research to establish effectiveness. All have shown at least some positive signs in studies.

Sources: World Gastroenterology Organization, Yale Probiotic Working Group, British Journal of Nutrition

A Warning: Testing from a group called LabDoor found that gummy and chewable probiotics often had much less beneficial bacteria than standard formulations.

Leg Day Tips

HOW TO DO SQUATS CORRECTLY

When it comes exercising and strengthening the body, there are few exercises that can compare to the squat. Squats help build up the quadriceps and hamstrings, otherwise known as your legs. Squats also help to strengthen your core.

The first thing to remember when doing a squat is to make sure that you are starting off with a very light weight and make sure that you warm up your legs, lower back, knees and joints so you are ready to go. This will help prevent injury and also allow you to improve your squat workout intensity.

Typically when you do warm up sets, you will want to do two sets of fifteen to twenty reps to make sure you are thoroughly warmed up. Second, make sure that your knees never go over your toes, as this puts unnecessary and even dangerous stress on your knees which could cause all kinds of future problems. The third thing to remember when doing squats is that you want to make sure that you suck your

belly button in toward your spine to keep your core tight and engaged. This will help keep your back straight to prevent injury. This will not only give you an indirect core workout, but will also force your legs to get a better workout, because the legs are doing all of the work as opposed to using your lower back and momentum (which is a big mistake most people make).

The fourth thing that you want to do is to squat down as close as you can to ninety degrees. You want to pretend like you are going to sit on a chair by pushing your glutes back and sitting. If you can't go ninety degrees, go as low as you can with comfort and just make it a goal to eventually go down to ninety degrees or close to it. And when you come up after you squat down make sure you don't lock your knees but keep them slightly bent, almost to full extension so you get the full range of motion.

Modified squats are still beneficial and you can do them with a barbell, smith machine,

exercise ball or your body weight. The key to doing squats is to do them as long as you are healthy and you control the movement completely.

Start off light with squats and each week try to challenge yourself by increasing the weight by five pounds, doing more reps, or decreasing the amount of rest you take in between sets.

ABOUT THE AUTHOR

Greg Marshall

Greg Marshall is the sales and personal training manager at The Gym at City Creek, Salt Lake City, and The Gym at Station Park, Farmington, UT. He has run the personal training departments in up to eight locations at once, owned his own personal training company and has been in the industry five years. To contact Greg for a free consultation email him at gregmarshall17@gmail.com





RECOVERING FROM AN ANKLE SPRAIN

There aren't many secrets here, Jameson says. Ute trainers use the RICE technique (Rest, Ice, Compression, Elevation). He explains that when tissue is damaged with a sprain, the inflammation and damage impede proper blood flow in the injured area, which is what slows recovery. Ice reduces a living cell's need for oxygen, which is important because the tissue in the injured area isn't getting as much oxygen as it would need otherwise. The RICE technique reduces swelling, which means function and blood flow increase.

A good rule to follow, according to Jameson, is to ice for 20 minutes every two hours, for 24-72 hours, depending on the severity of the sprain.

The Importance of Balance In Fitness

AN INTERVIEW WITH THE UNIVERSITY OF UTAH'S HEAD ATHLETIC TRAINER

Having worked with collegiate athletes for more than a decade, Trevor Jameson understands how to keep a body healthy when it is enduring some tough wear and tear. Here is some insight he shared with us.

PREVENTING INJURY

This is a difficult topic to address, Jameson says, because it is so individualized.

"Imbalances and weaknesses need to be identified in every athlete," he says.

Each person is built differently, has different patterns of movement and has developed muscle groups differently. For example, some people have worked out only certain muscle groups, which creates imbalance that can lead to injury. Other people have relied on only one type of training, meaning parts of the body are neglected.

"When your body's not balanced," Jameson says, "one part of your body starts working

more than others, and eventually gets injured."

Work on flexibility and strength between the left and right sides of the body, and front and back of the body, he advises. Full body workouts are key. Jameson says that even the Ute cross country team spends a lot of time in the gym lifting weights.

"They don't just run for miles every day. Only working toward a solitary fitness goal can lead to injury," he says. "The whole body needs to be balanced."

In addition, Jameson says, people often get injured when they do too much too fast. Individuals must do a careful examination of their fitness level and train accordingly.

ANKLE SPRAINS

Ankle sprains are a big nuisance, especially if you're training for a race, or accustomed to regular exercise. Jameson is an expert on ankle wellness, and shared some tips from his work with the Ute basketball teams.

He says that many people choose to rely on expensive braces to keep their ankles from rolling, which can be effective, but that there are exercises that can be done to prevent injury as well.

Ankles are often rolled, he says, because a person lacks balance, and lacks the spatial reckoning to know where his or her foot is during movement. The Ute men's basketball team does ankle balance exercises every day to improve these skills. Here is one that they do:

- Get 6-7 paper cups and stand on one foot.
- Staying on one foot, bend down and place one of the cups on the ground. Stand up.
- Repeat this until the cups are in a circle around you.
- Work in reverse, staying on one foot, picking up one cup at a time.

Jameson says exercises like this don't make ankle sprains impossible, but help with prevention, and probably reduce the severity of a sprain when it does occur.

HEAD ATHLETIC TRAINER

Trevor Jameson University of Utah

Trevor Jameson is in his 16th year as an athletic trainer with the University of Utah. In 2008, he also accepted the position of Director of Sports Medicine for the Utah Athletic Training program. His primary responsibility is working with the Runnin' Ute basketball team.





The Fruit of Love

SEVEN WAYS TO DRESS STRAWBERRIES FOR ROMANCE

WRITTEN BY EMMA PENROD

In ancient Rome, the red, heart-shaped strawberry was considered a symbol of Venus, the goddess of love and beauty.

We continue to make strawberries a mainstay of romantic fare, especially on Valentine's Day, largely for symbolic reasons. Rumor has it that strawberries are among some of the best aphrodisiac foods—that is, victuals said to increase one's sexual desire, like oysters and caviar.

There's no scientific proof to suggest more than a placebo effect is at work, but strawberries have demonstrated health benefits. A study by the Harvard School of Public Health found that strawberries can help decrease cholesterol, and another by the USDA suggests they might help

prevent declines in motor and cognitive skills later in life.

All good reasons to incorporate strawberries into your romantic meals, placebo or not. "Perfect" is hard to reach, but the fruit of love can help take any date a little bit closer to that lofty goal. Here's how:

FOR A NOSTALGIC DATE, relive your favorite memories with your partner. Stop by that quiet spot you loved at school, or watch your favorite childhood movie. If you've been

together for some time, *FemaleNetwork.com* suggests recreating your first date, or how you first met. Afterward, keep things uncluttered and serve a simple treat, like strawberries and cream. Whipped cream works well, but you might also try sour cream and brown sugar, meringue or mascarpone. Cut the tops off and fill the inside with cream, or else leave the strawberries whole and use the cream for dipping. Either makes for delightful finger food!

RECIPE: www.geniuscook.com/strawberry-meringue-whipped-cream

FOR A SPICY DATE, consider trying something new and hot—for example, take a salsa dancing lesson with your partner. With dinner, Driscoll's Berries suggests a strawberry salsa, which can be served alongside grilled chicken for a meal, or with soft goat cheese and French bread for an appetizer. Driscoll's recipe calls for a second aphrodisiac, basil, along with lemon juice, shallots and olive oil.



Strawberry Basil Salsa

QUICK FACTS

Prep Time: 15 minutes
Cook Time: 0 minutes
Servings: 4 to 6 servings
Number of Ingredients: 7

This strawberry salsa is a perfect accompaniment to grilled meats or fish. Strawberries give it a sweet note while basil and shallots make it assertive enough to be part of a satisfying meal. It's best the day it's made but you could prep ingredients separately one day ahead of time.

INGREDIENTS

2 tablespoons lemon juice
1 tablespoon extra virgin olive oil
1/4 teaspoon salt
Pinch ground black pepper
2 tablespoons minced shallot
2 tablespoons thinly sliced fresh basil leaves
1 package (16 ounces) strawberries

INSTRUCTIONS

Whisk together lemon juice, oil, salt and pepper in a medium bowl. Stir in shallot and basil. Hull strawberries and chop (you should have about 3 cups). Add to lemon juice mixture and stir until evenly blended.

RECIPE: www.driscolls.com/recipes/view/731/Strawberry-Basil-Salsa

FOR A SOPHISTICATED DATE, get your partner tickets to a ballet, opera or symphony. This doesn't have to be expensive. Community productions are often cheap, or even free. A candlelight dinner at home can help set the mood without too steep a price tag. With your favorite romantic entrée, try chopped strawberries with balsamic vinegar, brown sugar and lemon zest.

FOR A CAREFREE DATE, keep things playful with a picnic at a local park. Bring your strawberries in a colorful salad with avocado, red onion, cilantro and papaya, and serve over baby greens. According to *Cooking Light*, if you gently tear the greens by hand, and keep the fruits and salad dressing separate until the last minute, you'll be less likely to end up with a soggy salad.

FOR A DECADENT DATE, Redbook suggests you head to the nearest specialty chocolate shop with your partner. Pick out a special truffle for your partner, then take it home to share what you chose. If you prefer the stay-at-home, do-it-yourself version, you can always pair strawberries with chocolate goodies of your own, such as brownies, or pudding. Keep things healthy—ok, relatively—by using dark chocolate, and portioning individual servings.

FOR AN AVANT-GARDE DATE, make it a night out, or a night in, with art. Meet artists at a local modern gallery, or stay at home and take turns being your partner's Picasso. For dinner, mix things up with a strawberry soup made with pureed berries, an orange, yogurt, ginger and mint. If you prefer, this can be thinned and served as a strawberry smoothie instead. Use the ripest strawberries and oranges you can find for best results, according to Food.com.

RECIPE: www.food.com/recipe/chilled-strawberry-romance-the-soup-low-fat-191452

KEEP IT TRADITIONAL. Do whatever you and your partner love best, be it dinner at a favorite restaurant, a movie or play, or simply reading or listening to music together. Whatever you choose, you can always fall back on the tried-and-true chocolate-dipped strawberries. The chocolate can even be melted in the microwave for a fast treat for two, according to *Real Simple*—just be sure to stir the chocolate every 30 seconds.

RECIPE: www.realsimple.com/food-recipes/browse-all-recipes/chocolate-covered-strawberries-recipe-0010000074871/index.html



Strawberry Mache Salad

QUICK FACTS

Prep Time: 20 minutes
Servings: 4
Number of Ingredients: 13

Strawberries, red onion and papaya are tossed in a creamy avocado dressing in this strawberry salad recipe. Serve with mache, a tender baby lettuce or any mixed baby greens.

INGREDIENTS

Avocado Dressing

3 small avocados, peeled and seeded
1/4 cups fresh lime or lemon juice
1 clove garlic, minced
1 jalapeño, seeded and finely minced
1/4 cups cilantro leaves
2 scallions, finely chopped
1/2 cups olive oil, plus more for drizzle
Salt, to taste
1 to 4 tablespoons water



Strawberry Rose with Dark Chocolate Pudding

QUICK FACTS

Prep Time: 20 minutes
Cook Time: 10 minutes
Servings: 4
Number of Ingredients: 9

Elegant but simple, these strawberry roses are incredibly easy to make but delightfully innovative. Creamy dark chocolate pudding sure to delight your friends and family. Make this recipe a favorite treat.

INGREDIENTS

Pudding

4 ounces bittersweet chocolate, melted
2 cups whole milk
3 tablespoons cornstarch
1/2 cup sugar
2 tablespoons unsweetened cocoa powder
Pinch salt
2 teaspoons vanilla extract

Topping

1 package (16 ounces) strawberries
8 fresh mint leaves

INSTRUCTIONS

Pudding

Melt chocolate. Whisk together 1/2 cup milk and cornstarch. Bring remaining 1 1/2 cups milk, sugar, cocoa and salt just to a simmer over medium heat. Stir cornstarch mixture then add to milk mixture in saucepot and bring to a boil, whisking constantly. Cook 1 minute. Remove from heat and stir in melted chocolate and vanilla. Spoon into glasses. Cover surface directly with plastic wrap to prevent skin from forming. Chill.

Topping

Before serving, hull 16 strawberries by removing the green calyx. Take 4 strawberries and cut the top of the strawberries off. These strawberries will be used as the center for the roses. For the remaining strawberries slice into 1/8 sections to use for the rose petals. Begin arranging the sliced strawberries around the pudding making sure the ends of the slices are facing out and extend slightly beyond the rim of the glass. After the first circle of strawberries is placed, begin making a second circle of strawberries but position slightly more forward toward the center of the glass. Continue with a third layer. Once finished add the cut strawberry to the center and garnish with mint leaves. Serve immediately.

RECIPE: www.driscolls.com/recipes/view/7476/Strawberry-Rose-with-Dark-Chocolate-Pudding or <http://www.driscolls.com/recipes/view/3690/Strawberry-Extra-Chocolatey-Brownies>

Mâche Salad

2 cups strawberries, thinly sliced
1/2 papaya, peeled, seeded and cut into 1/2-inch cubes
1/2 small red onion, sliced into paper thin rings
12 ounces mâche, or mixed greens

INSTRUCTIONS

Avocado Dressing

Place one avocado, lime juice, garlic, jalapeño, cilantro and scallions in a blender and puree until smooth. Add olive oil slowly while the motor is running. Season with salt and thin with water, 1 tablespoon at a time. The consistency of dressing should be slightly thinner than ketchup.

Mâche Salad

Place strawberries, papaya and red onion in a large bowl and toss with avocado dressing. Place a small bed of greens on each plate and top with strawberry mixture. Slice remaining avocados and lay several slices on top of each salad, drizzle with olive oil and sprinkle with salt.

RECIPE: www.driscolls.com/recipes/view/4718/Strawberry-Mache-Salad

Japanese Ginger 'Noodle' Bowls

This aromatic one-bowl dinner features a classic combination of Japanese flavors, but the spicy, ginger-infused sauce is what sets the dish apart.

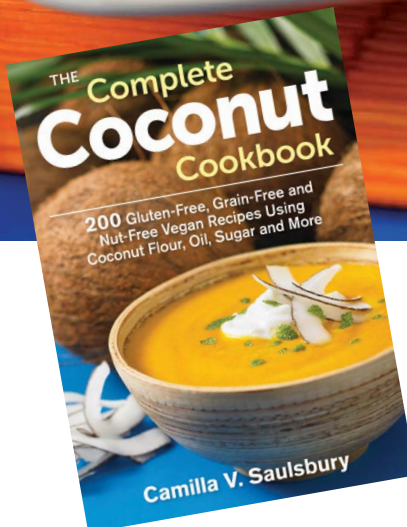
Makes 4 servings

- 1 spaghetti squash (about 2 lbs)
- 2 tbsp minced gingerroot
- 1 tbsp coconut sugar
- 1½ cups coconut water
- ¼ cup liquid coconut amino acids
- 2 tsp Asian chile-garlic sauce
- 2 cups thinly sliced onions
- 8 oz firm or extra-firm tofu, cut into ½-inch cubes
- 1 tbsp virgin coconut oil
- Fine sea salt and freshly ground black pepper
- ¼ cup thinly sliced green onions

1. Pierce squash all over with a fork. Place on a paper towel in the microwave. Microwave on Medium-High (70%) for 13 to 15 minutes or until soft. Let cool for 5 to 10 minutes.
2. Meanwhile, in a small saucepan, whisk together ginger, coconut sugar, coconut water, amino acids and chile-garlic sauce. Bring to a boil over medium-high heat. Add onions, reduce heat and simmer, stirring occasionally, for 5 to 7 minutes or until softened. Add tofu and cook, stirring, for 1 to 2 minutes or until heated through.
3. Cut squash in half, remove seeds and scoop out pulp. Transfer pulp to a bowl and, using a fork, rake into strands. Add coconut oil and toss to coat. Season to taste with salt and pepper.
4. Divide squash among four bowls and top with tofu mixture. Sprinkle with green onions.

TIPS

- The spaghetti squash can also be prepared in the oven. Preheat oven to 325°F and lightly spray a small rimmed baking sheet with nonstick cooking spray (preferably olive oil). Cut squash in half lengthwise and remove seeds. Place squash, cut side down, on prepared baking sheet and bake for 35 to 40 minutes or until a knife is easily inserted. Let cool for 5 to 10 minutes, then scoop out pulp and continue with step 3.
- An equal amount of gluten-free soy sauce can be used in place of the liquid amino acids.



Courtesy of The Complete Coconut Cookbook by Camilla V Saulsbury, 2014 © www.robertrose.ca Reprinted with publisher permission. Available where books are sold.

Nonna's Mini-Meatball Soup (kid-fav)

This soup reminds of the one I'm served when I visit my friend Maria's house. Her mother always has a pot of soup on the stove, or if she doesn't, she will quickly make one for you with whatever ingredients she has on hand.

You'll need: Minimum 5-quart slow cooker

Makes 6 to 8 servings

- 1 lb lean ground beef
- 1 lb lean ground pork
- 1 cup finely grated Parmesan cheese
- 1 cup fine dry Italian bread crumbs
- 2 eggs, lightly beaten
- 1 bunch flat-leaf (Italian) parsley, finely chopped (about 1 cup)
- 1/2 tsp salt
- 1/2 tsp freshly ground black pepper
- 6 cups chicken broth
- 2 cups packed baby spinach, coarsely chopped,
or chopped escarole
- 2 cups cooked small pasta, such as elbows,
tubetti, shells or stars

Freshly grated Parmesan cheese (optional)

1. In a large bowl, combine beef, pork, Parmesan, bread crumbs, eggs, parsley, salt and pepper. Using your hands, roll into 3/4-inch (2 cm) meatballs. Place meatballs in slow cooker stoneware. Gently pour in broth.
2. Cover and cook on Low for 8 to 9 hours or on High for 4 1/2 to 5 hours, until soup is bubbling and meatballs are cooked through.
3. Stir in spinach. Cover and cook on High for 10 to 15 minutes or until greens are wilted, bright green and tender. Stir in cooked pasta.
4. Ladle into bowls and sprinkle with additional Parmesan, if desired.

Tip

If you don't have homemade chicken stock, use ready-to-use chicken broth. I like to keep 32-oz Tetra Paks of broth on hand, especially the sodium-reduced variety. They come in handy when you're making soups and stews. Another option is to use three 10-oz cans of broth and add enough water to make 6 cups. Avoid broth cubes and powders, which tend to be salty.



Courtesy of Easy Everyday Slow Cooker Recipes by Donna-Marie Pye, 2014 © www.robertrose.ca Reprinted with publisher permission. Available where books are sold.

STRESS-FREE WORKOUTS

That Don't Involve Yoga

WRITTEN BY JENNA KOFORD

MANY PEOPLE IMAGINE MASSIVE WEIGHTS, PUSH-UPS, AND SWEAT WHEN THEY THINK ABOUT WORKING OUT, WHICH MAKES FITNESS SEEM A LITTLE STRESSFUL. BUT ALL WORKOUTS DON'T HAVE TO BE THE SAME. THOSE LOOKING FOR MORE PEACEFUL EXERCISES OFTEN EXPLORE YOGA OR MEDITATION. **WHILE YOGA IMPROVES CORE STRENGTH, BALANCE, AND BREATHING, THERE ARE OTHER RELAXING WORKOUT OPTIONS THAT MIGHT BE MORE APPEALING.** HERE ARE SOME WORKOUTS THAT DON'T INVOLVE THE GYM OR THE YOGA MAT.

2 WALKING

Health experts recommend walking an average of 10,000 steps per day to lose weight. There are anywhere from 2000-3500 steps in a 30 minute walk. For some, walking even works better than running; your joints won't wear out, and when you find a walking partner, exercise becomes more enjoyable. Plus, walking allows for reflection and calm in a way that running doesn't.

3 LONGBOARDING

Those seeking more active and fun exercises may want to try longboarding. This is different than skateboarding in board style and location. Many long board riders choose hills and long streets to ride or race, but going down a gradual slope or even flat roads can be very peaceful. Make sure you wear proper gear and protection; many longboarders end up with a few cuts and scrapes.

4 DANCING

Dance is an often-overlooked exercise. For those who enjoy dancing, this activity can be lighthearted and fun. Dancing burns calories fast, and you can dance at a party surrounded by people you like, or alone in your room. The best part is you get to choose the music and the moves. An hour of dancing burns anywhere from 250 to 600 calories! Zumba is also a popular branch of dance exercise.

1 HIKING

To step it up a little more, turn your walk into a scenic hike. Look for local trails and explore the outdoors. Hiking adds an extra element to your regular walk and can be enjoyable for a few people or for large groups.

SNEAKY NON-STRESS WORKOUTS

Toothbrush Wall Squat

Each time you brush your teeth, place your back against a nearby wall and squat down into a sitting position, as if you're sitting on an invisible chair. Hold for as long as you brush—you'll get a little extra burn to your morning routine!

Parkathon

At the mall, grocery store, or the movies, park your car farther away than normal. What usually seems like a hassle will prove to be a payoff—every extra step counts!

Office Chair Leg Lift

As your day in the office drags on, it seems like everything moves more slowly, including your brain, your body and the clock. Do a couple minute-long leg lifts while sitting in your chair and you'll feel the burn. You'll also feel more awake.

Sources: Fitness Blender, Better Health, Seventeen

4

FOUR PROBLEMS WITH HOW PEOPLE WORK OUT THEIR BACKS

IN TODAY'S LIFESTYLE WITH SITTING AT COMPUTERS ALL DAY AND THE FORWARD MOVEMENTS THAT WE DO, MOST OF US ARE GOING TO BE NATURALLY IMBALANCED, SO IT IS A GOOD IDEA TO EMPHASIZE BACK EXERCISES. AS A PERSONAL TRAINER I'M CONCERNED THAT **MOST PEOPLE NEGLECT TO TRAIN THEIR BACK**, WHICH IS AN INTEGRAL PART OF A HEALTHY LIFESTYLE AND A SUCCESSFUL INJURY PREVENTION PROGRAM.

Below are some tips that you can use right away to start seeing the results you want while making sure you are staying healthy.

1 **FORM IS EVERYTHING WHEN IT COMES TO TRAINING YOUR BACK, ESPECIALLY YOUR LOWER BACK.**

It is important to make sure that you are keeping your core engaged and you are not rounding your back and putting too much stress on the spine. One of the best techniques is to suck your belly button in towards your spine and push your chest out while keeping a straight line with your spine. This ensures it is supported.

2 **DON'T CHOOSE WEIGHTS THAT ARE TOO HEAVY.**

Always choose weights that are lighter in the beginning so you can practice your movements, and then slowly increase the amount of weight you use. By choosing lighter weights, you will be able to get the muscle memory you need and it will also help warm up the back so you can have a more effective workout.

3 **DON'T NEGLECT WARMING UP YOUR BACK PROPERLY, AND DON'T TRAIN TOO INTENSELY TOO SOON.**

This significantly increases the risk of injury and is counterproductive. Make sure to warm your back up for 10-15 minutes before you go into an intense back training. A good way to warm up is to do some light cardio work and then some lighter versions of 15-20 reps of what you will be doing in your workout.

4 **TRAINING ONLY YOUR LOWER BACK OR YOUR UPPER BACK NEGLECTS TOTAL BALANCE.**

To solve this problem make sure you break down the areas of your back to train and keep it simple by spending equal time on both areas.

Muscular imbalance is a very common thing that contributes to injuries and pains. Many place too much emphasis on the front part of the body (abs and chest muscles or what we like to call the "beach muscles") and totally neglect the back. A good way to solve this problem is to follow this rule: for every set of chest or ab exercise you do, do two sets of back to make sure you are totally balanced.



Greg Marshall

Greg Marshall is the personal training manager at The Gym at City Creek. He has run the personal training departments in up to eight locations at once, owned his own personal training company and has been in the industry five years. To contact Greg for a free consultation email him at gregmarshall17@gmail.com

HEALING AROMAS

What aromatherapy can actually do, and what it can't

SMELL CAN TRIGGER MEMORIES, INFLUENCE OUR DATING CHOICES AND AFFECT OUR ATTITUDES. OUR NOSES ARE IMPORTANT, AND THEY CAN EVEN INFLUENCE OUR PHYSICAL AND MENTAL STATE, ACCORDING TO SOME RESEARCH. MANY RAVE ABOUT AROMATHERAPY, WHICH IS THE USE OF OILS EXTRACTED FROM PLANTS TO INFLUENCE PHYSICAL AND PSYCHOLOGICAL HEALTH. BUT FOR THOSE NEW TO THIS “SMELL TO FEEL WELL” THING, IT’S CONFUSING TO KNOW WHAT’S TRUE AND WHAT’S NOT, AND WHICH SCENTS ACTUALLY HAVE VALUE.

First of all, this is not a new trend. The Chinese have been burning incense for millennia, and Romans used plant-based compounds for scents in their baths.

As the business of essential oils, as they are called, has grown, some amazing claims are being made. Some purported effects of inhaling aromas:

- **Sandalwood:** Relaxes and sedates, good for treating anxiety, depression and insomnia.
- **Rosemary:** Clears the mind, stimulates memory.
- **Lavender:** Uplifting, good for reducing stress and anxiety.
- **Sweet marjoram:** Calming and sedating, helpful for anxiety and irritability.
- **Clary sage:** Uplifting and relaxing, helpful in relieving depression and anxiety.

Good Smells Are Good For You

Other research published in the journal *Pain* suggests that any smell you find pleasant can be of assistance. In one study, subjects were exposed to painful levels of heat along with certain odors. Pleasant odors improved mood and decreased pain levels, while unpleasant odors did the opposite. In another study, it was found that when people in a shopping center were exposed to pleasant smells, they were more likely to help a stranger.

Notice a common theme?

Reduction in anxiety is the most often cited benefit of aromatherapy. But do these claims actually carry any weight? Rachel Herz, an expert on the psychology of smell at Brown University, sorted through hundreds of research articles related to scent, aroma and fragrance, trying to find the scientific backing for the claims related to aromatherapy and wellbeing. Here are some of the things she found.

Note: Bear in mind that these oils have other benefits when applied topically, and some have benefits when ingested. This list only includes effects as an aroma.



AROMATHERAPY EFFECTS SUPPORTED BY SCIENCE

LAVENDER



Increased speed in math computations, increased relaxation, decreased anxiety.

-International Journal of Neuroscience

Decreased negative mood during a stressful situation.

-Perceptual and Motor Skills

Study participants who used lavender aromatherapy increased slow-wave sleep and reported higher vigor upon awakening.

-Chronobiology International

Aromatherapy using a blend of lavender (main ingredient), roman chamomile and neroli was used on intensive care patients, and these patients experienced reduced anxiety and better sleep quality compared to those who didn't receive aromatherapy.

-Evidence-Based Complementary and Alternative Medicine

ROSEMARY



Increased speed in math computations, increased relaxation, decreased anxiety.

-International Journal of Neuroscience

Enhances memory performance, and may increase alertness. (Same study showed that lavender might actually decrease working memory and impair reaction time.)

-International Journal of Neuroscience

OIL OF ORANGE

Women undergoing a stressful procedure while exposed to this aroma experienced decreased anxiety, improved mood, increased calmness.

-Physiology & Behavior

PEPPERMINT



Male and female athletic college students put peppermint on their upper lips, and experienced enhanced physical performance, including a faster 400m dash, and generating more push-ups.

-Journal of Sport & Exercise Psychology

Peppermint was shown to improve performance on difficult cognitive tasks.

-Neuroscience Letters

Peppermint odor reduced perceived workload and effort, and increased self-evaluated energy levels.

-International Sports Journal

EUCALYPTUS OIL



Eucalyptus oil is often cineole-based, and cineole has various medicinal qualities. Cineole odor has been associated with increased reaction time.

-Chemical Senses

This oil has been the subject of much study for inhalation, to combat sinus issues and bacterial infections in the upper respiratory tract. It is accepted by many as a reliable decongestant.

-University of Maryland Medical Center

GINGER



Hundreds of patients with postoperative nausea were given aromatherapy with ginger, and they experienced significantly reduced nausea compared to those who did not receive aromatherapy.

-Anesthesia & Analgesia

Be Wary About Claims

Much aromatherapy research contradicts other studies—the science is still young. Researchers still aren't sure if the aromas are actually interacting with the body in a pharmacological way, or if the effects are just psychological. In many of the studies, the effects were seen immediately, which means that the mechanism didn't happen through the bloodstream, because it takes about 20 minutes for chemical circulation and the crossing of the blood-brain barrier.

But other avenues besides the blood stream may come in to play. In other studies, participants were exposed to different odors that they could not smell (preventing a psychological effect), and yet physiological changes occurred anyway.

Research suggests that what someone expects to happen from exposure to an odor or fragrance influences what actually happens, which supports the idea that aromatherapy's benefits are psychological. Our associations with certain odors play a large role in how that odor affects us.

In the end, what we smell does affect our mood and even our actions, so surround yourself with pleasant odors.



10 Ways Your Outlook Can Enrich Your Life

Written By Victor M. Parachin

From time to time all of us could enhance the quality of our living by considering ways to nurture ourselves. Here are ten ways to enrich your life.

“A bit of fragrance always clings to the hand that gives roses.”

—Chinese Proverb

WRITER JOSEPH GOLDSTEIN TELLS OF AN EXPERIMENT HE DID THAT HELPED HIM BETTER UNDERSTAND THE POWER OF OUR SPEECH TO IMPACT THE MIND. HE DECIDED THAT FOR A PERIOD OF THREE MONTHS HE WOULD NOT SPEAK ABOUT ANY THIRD PERSON. "THAT IS, I WOULDN'T SPEAK TO SOMEONE ABOUT SOMEONE ELSE." HERE IS WHAT CAME TO LIGHT FOR HIM DURING THAT THREE-MONTH EXPERIMENT WHEN HE ERADICATED GOSSIP FROM HIS LIFE: "FIRST, MY MIND BECAME MUCH LESS JUDGMENTAL, BECAUSE I WASN'T GIVING VOICE TO THE VARIOUS JUDGMENTS IN MY MIND.... AND AS I JUDGED OTHERS LESS, I FOUND THAT I JUDGED MYSELF LESS AS WELL. SECOND, I DISCOVERED IN THIS EXPERIMENT THAT ABOUT 90 PERCENT OF MY SPEECH WAS ELIMINATED. THIS SILENCE LED TO A LOT MORE PEACE IN MY MIND. **IT WAS ASTONISHING TO SEE SO CLEARLY HOW MUCH OF THE TIME OUR TALK IS ABOUT OTHER PEOPLE.**"

THE SIMPLE EXPERIMENT GOLDSTEIN DID PROVED to be emotionally expansive, spiritually enlightening, and soul nourishing for him. From time to time all of us could enhance the quality of our living by considering ways to nurture ourselves. Here are ten ways to enrich your life.

1 | See the good in every person

The story is told of a man who worked for a large corporation at their head office skyscraper. His only duty was to operate an elevator. Although there were three elevators servicing his side of the building, most people favored his elevator because he greeted everyone who entered through his doors with kindness and joy. One executive of the corporation frequently described the elevator operator by saying: "This is our million-dollar employee. He is just as important as the top executives in our company, because all our customers love him." When asked the secret of his popularity and influence, the elevator operator replied: "I look for God in everyone, and it gives me such joy."

2 | Forgive yourself

Author D. Patrick Miller, in *A Little Book of Forgiveness*, offers this soul-nourishing wisdom: "Never forget that to forgive yourself is to release trapped energy that could be doing good work in the world. Thus, to judge and condemn yourself is a form of selfishness. Self-prosecution is never noble; it does no one a service." Just as you forgive others for their slights, misstatements, and errors of judgment, forgive yourself. Then move on.

3 | Learn to bend in order not to break

A favored proverb among seasoned mariners advises: "We cannot direct the wind, but we can adjust the sails." By that they mean we ought to adjust and adapt ourselves to circumstances over which we have no control. Resisting such events is not only counterproductive, but can create even more problems. Go with the flow, and learn to bend in order not to break.

Consider the lesson learned by one man who was "downsized" by his employer. His disappointment quickly turned into major depression when, after several months, he was unable to find a similar position with comparable salary. Then he decided to roll with the reality rather than remain depressed, anxious, and feeling helpless. He decided to volunteer at his local school and church.

"They were thrilled to have someone with my experience," he said. The man also saw a doctor, who prescribed an antidepressant. He began to help out at home and "fell in love with [his] wife all over again." Deciding that money was no longer his main priority, he found a job at a lower salary. "The loss of my job gave me back my life," he said. "I sent my former employer a thank-you note for firing me and giving me a new life."

4 | Maintain a spirit of goodwill

When dealing with other people, believe the best about them, see the best in them, hope for their best, and work for the best possible outcomes in your relationships with them.

5 | Give up revenge

"A man who studies revenge keeps his own wounds green," observed philosopher Francis Bacon. There is great wisdom in Bacon's observation. Harboring ill will toward another and cultivating dreams of retaliation only keep inner anxiety and agitation alive. By giving up revenge you avoid compromising your own goodness and losing your moral advantage. Be guided by the insight of this Asian proverb: "He who seeks revenge digs two graves."

6 | Create your own inspirational book

Of course, you can visit a bookstore and select from any number of fine inspirational books. But why not create your own personal and meaningful inspirational book? Buy a simple blank spiral notebook. Then whenever you come across an uplifting quotation, write it in your book. When you read a prayer that moves you, transcribe it into your book. Or write out Bible verses that you find to be especially encouraging. You can even illustrate your book by cutting out of other magazines peaceful scenes from nature—forests, lakes, rivers, majestic mountains, etc. Just leafing through your personal inspirational book will restore calmness to an anxious spirit and will brighten a moment with joy and pleasure.

7 | Be a Person of Integrity

Say what you mean and mean what you say. Keep your life free of deception and duplicity. "Humans have a need to be moral. Living by time-honored values—honesty, generosity, kindness, respect—is good for our emotional and physical health," says Hal Urban, Ph.D., author of *Life's Greatest Lessons*. "Dishonesty—even the 'everyone's doing it' kind—sucks up energy. ... Integrity, on the other hand, brings us peace of mind ... increases our self-respect ... and cements important relationships. When we form the habit of choosing integrity—action by small action—we become the people we were meant to be," he adds.

8 | Lavish Others with Kindness

Find creative ways to spontaneously and generously lavish other people with kindness. When it comes to acts of kindness, go the extra mile and double someone's pleasure when you act. One day a woman entered a New York City soup kitchen and donated a beautiful diamond ring. The director, Dorothy Day, received it graciously. The mission workers wondered what Day would do with it. Would she take it to a diamond merchant and sell it? That act would certainly have been understandable, since the ring would easily bring a sizable cash gift to the mission. >>>

That afternoon Day gave the diamond ring to an old woman who lived alone and often came to the mission for her meals. "That ring would have paid her rent for the better part of a year," someone said critically to Day. However, Day replied that the woman could sell it if she liked and spend the money for rent, a trip to the Bahamas, or keep the ring to admire. "Do you suppose God created diamonds only for the rich?" she asked her critic.

9 | Seek Out Beauty Daily

"Walk in the park. Listen to music. Buy yourself flowers. Connecting with the beauty of the world around you is deeply healing," writes Mike Riley, coauthor with Howard Bronson of the book *The Good Bye Book: How to Heal a Broken Heart in 30 Days*.

10 | Practice Citizenship

Writer Howard Fast once observed: "Patriotism ... applies to true love of one's country and a code of conduct that echoes such love." Show pride in your country by working to make the lives of every citizen better. Your own spirit will be elevated, knowing that you had a hand in improving the lot of another person.

Consider the example of Rose Espinoza, who recently moved back to her childhood community of La Habra, California. When she was growing up, it was a close-knit community where people cared about each other. It was a great place to raise a

“Do you suppose God created diamonds only for the rich?”

-Dorothy Day

family, she and her husband, Alex, believed. "To my shock, La Habra had turned into a town where gangs of kids roamed the streets making trouble," she discovered shortly after returning. Her husband was equally dismayed and observed: "Looks like those kids don't have anywhere to go when school's out." His observation was enough to send Rose into action. With a folding table and a few chairs, she and her husband converted their garage into a makeshift classroom. Then they passed flyers out around the neighborhood offering to tutor for a few hours every day after school. When the garage door opened in September 1991, kids came in droves both to learn and to hangout in a safe place. Whenever a new student wanted to join, Rose asked their parents to help by tutoring kids in subjects such as English, math, and writing. Other parents were persuaded to help by providing snacks or setting up. Older students tutored younger ones, and when there was no room in the garage, kids spread out across the lawn to do their homework. Today there are three additional tutoring sites with books, desks, and computers.

"Things in La Habra have really changed. Crime has gone down, student performance has risen dramatically, and my town is a lot more like the community I remember from my girlhood. How did it happen? I think a lot of citizens decided that we had to band together to help," Rose says proudly.

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ATHLETES FOOT STUDY

DO YOU HAVE ATHLETES FOOT IN BETWEEN YOUR TOES?

DR. LEONARD J. SWINYER OF THE DERMATOLOGY RESEARCH CENTER IS LOOKING FOR INDIVIDUALS WHO:

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- Are in good general health
- Females must not be nursing or pregnant

This study is testing an investigational topical cream applied to the feet twice a day.

This is a 29 day study, plus a possible screening visit. Study cream, and study procedures are at no cost to you.

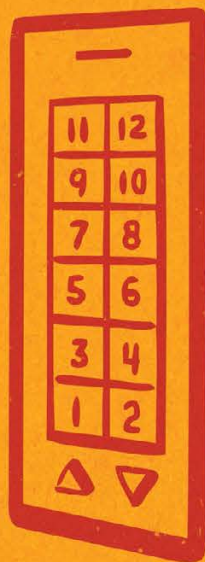
Compensation may be given to qualified participants.

For more information , call the Dermatology Research Center at

801-269-0135



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Jimmy waits
patiently for
someone to press
the number for his
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At our office we want to make sure we give our patients treatments that don't have harmful side effects. In recent years, it has been found that things like mercury fillings, and other common dental techniques, may not be healthy.

We are wary about putting metal your mouth, as the mouth can be a gateway for the health of the entire body. Traditionally, dental implants are made out of titanium, which is thought to be biocompatible. Still, some patients' bodies reject titanium implants, as titanium allergies are on the rise. Also, the metal can impede electrical currents through the area that may affect organs or other body parts.

A METAL-FREE OPTION

Dr. Chandler uses special metal-free implants that are made out of a high-performance ceramic. Research shows that this kind of implant is extremely biocompatible, meaning your body accepts the material well. The gums heal well around the implant after the procedure. We also like these ceramic implants because they are naturally white and have great

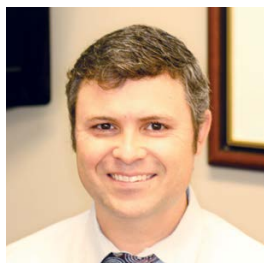
appearance. Traditional implants can look good, but sometimes a gray ring appears at the bottom of the new tooth, which can be unsightly. These ceramic implants also discourage plaque and tartar buildup.

These implants and the associated procedure are very safe, as shown in clinical trials. They are approved by the FDA.

And it isn't just the implant material that is metal-free. We can even use ceramic drills and

instruments, making the whole procedure metal-free. This is vital for those people who are not compatible with conventional titanium implants, or who may be allergic to various metals.

We believe that it's important to take a holistic approach to dental care, as dental problems are connected to health issues in the rest of the body. Metal-free options are an important way to keep you and your family healthy.



Dr. Scott Chandler, DMD

Silver Creek Dental
675 South 100 West, Ste. 1, Payson, UT 84651
801-853-8803
paysondentist.com

Dr. Chandler, father of ten, was trained at the University of Kentucky's dental school. As a trustworthy professional and a perfectionist at his work, he is Payson's elite dentist.

Complete Allergy & Asthma Care

Allergies and asthma have turned into a nationwide epidemic. Millions of Americans are suffering from itchy, watery eyes, nasal congestion, and sneezing. Further, they may also be experiencing symptoms of wheezing, coughing, or shortness of breath. This doesn't include those who are dealing with life-threatening food allergies or allergies to venomous insects such as honeybees, wasps, hornets, or yellow jackets. There are also patients who have lived with undiagnosed immune deficiencies where they are chronically sick and on constant antibiotics. There are also less common disorders that cause chronic hives or recurrent and episodic swelling (that is often misdiagnosed as allergies or food allergies). With so many Americans struggling with these common ailments, it is always a topic of conversation! Everyone, and I mean everyone, has an opinion

of what is causing your rash or your stomach aches. If you ask 10 people what they think the cause is, you will get 12 answers.

Oh, you get a rash or experience frequent stomachaches and bloating? You may get answers about how that is likely milk or gluten allergy and you need to do avoidance diets and take over-priced supplements. You may be told it is yeast over-growth. You may be told you have "leaky gut." You will then likely be told to do a cleansing diet to clear out the toxins. You may be told to try essential oils because they cure all ailments...and they are natural so it can't be bad, right? Depending on the type of doctor or healer you are seeing, you may be subjected to a series of expensive tests that insurance doesn't cover, and, oh by the way, have no credible evidence to back up their usage because the results are actually meaningless. How

are you to know this? How do you decipher between what is legitimate and what may be a waste of money? You can find anything on the internet to support any position. How do you know what to believe? After all, 85 percent of statistics are spontaneously made up!

I would encourage you to research your options. Don't be coaxed into fads or satisfied with anecdotal successes. Do your homework and have a high standard for your health. Find a place with real credentials and unprecedented patient results! Find a place that will provide you with solid evidence-based recommendations that will

provide real solutions for you. You don't have to just live with allergies and asthma. You can live without them. You deserve to breathe easier without limits.

Rocky Mountain Allergy, Asthma, and Immunology was founded almost seven years ago and has a strong track record of providing a comprehensive approach to your allergy, asthma, and immunology problems and achieving unprecedented results with our patients. Visit our website RockyMountainAllergy.com and also "Like" us on Facebook or follow us on Twitter @RockyMtnAllergy. We would love for you to join the Rocky



WRITTEN BY DR. DOUGLAS JONES

Dr Jones is the medical editor for Healthy Magazine for Allergy, Asthma & Immunology. He attended school at Penn State University College of Medicine. He can be reached at: 801-773-4865
<http://rockymountainallergy.com/>, Twitter: @RockyMtnAllergy



AN INEXPENSIVE WAY TO A REJUVENATED SMILE

Many avoid dentists because they don't feel comfortable with someone working on their teeth, which is natural. Others avoid the dentist because they don't like the cost.

For those on a tighter budget, teeth whitening is one of the best options for improving a smile. Teeth get discolored over time, and it can be such a gradual process that a person's smile is totally dull before they notice a problem.

Advances in whitening technology provide quick, safe options that lighten teeth multiple shades. Whiter teeth really can give a person a reason to smile, which makes life a lot better.

ZOOM! WHITENING SYSTEM

Our favorite in-office whitening system is ZOOM!. In about an hour, most patients will see their smiles brighten by eight shades, which is incredible. The procedure is very customizable, with high, medium and low settings for those with varying sensitivities. Before the procedure begins, we determine the best shade for your smile, and create a plan for achieving your goals.

The procedure is safe and non-invasive. Careful precaution is taken to protect the lips, face, gums and tongue. There are three 15-minute cycles in a visit.

WILL IT LAST?

Yes, and you'll be happy with the results. We also have custom trays that can be worn on your own time to brighten your smile. Dental impressions are taken to create the perfect whitening trays for your mouth. We also have whitening strips that can be applied at home.

Consult with Dr. Gleave about ways you can make sure the whitening process is the most effective. He may recommend you avoid certain foods or smoking. Ideally it's best to have a tooth cleaning a couple weeks before, so the whitening process has the best effect.

Visit our Murray/South Salt Lake office to learn more about the best options for you!



Rod Gleave, DMD

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Our unique dental practice is dedicated to bringing you and your family the best possible dental care in a friendly and professional atmosphere. Our experienced team is the finest available and our facility is state-of-the-art. Together we will discover your needs and design a treatment plan to achieve and maintain your optimal level of oral health and beauty. Dr. Gleave has extensive training in cosmetic dentistry, along with over 20 years of experience.

Have you noticed your **HEARTBURN** is still there?

GASTROESOPHAGEAL REFLUX DISEASE OR G.E.R.D

As many as 4 out of 10 Americans have symptoms of gastroesophageal reflux disease or G.E.R.D as its called. The third most common prescription medications in the United States are proton pump inhibitors (PPIs). They turn off about 90% of this stomach acid which is helpful if people have stomach contents coming back up into the esophagus damaging the lining, and giving a burning sensation. Your swallowing tube sits behind the heart and commonly G.E.R.D can cause you to feel like your heart on fire, hence the term "heartburn." This terrible sensation can be made worse by several factors such as overeating, obesity, spicy food, peppermint, chocolate, smoking, some medications, and eating large amounts at night then laying down. Avoiding some of these factors as much as possible will reduce heartburn symptoms.

Having a hiatal hernia creates an increased risk for heartburn. That condition is where the diaphragm opening around your esophagus as it enters your abdomen has too much space around it. That opening can then allow your stomach to slide up in your chest and weaken your body's own defense valve against G.E.R.D. Yikes!

So what if you still have symptoms? Then what?

The next weapon of defense is trying to turn off the acid. This can be done by "antacids" such as Tums, baking soda, or other neutralizing agents to acid. If an increased defense is needed prescription medicine such as PPIs are often prescribed. They do work well for a lot of people. There can be a significant rebound effect when you stop them. That means the acid level may be higher than it was before you start medication, at least temporarily, which will cause you to feel like your heartburn is actually worse than it was before you started the medication. That's not good.

Many don't know that there can be significant side effects especially for long-term use of PPI's. Studies have shown an

increased risk of pneumonia due to lack of neutralizing acid in the stomach. There's an increase incidence of colon infections because of the same mechanism. Your body requires acid to liquefy calcium and other minerals to be absorbed into your body effectively. Turning off the acid may decrease your absorption of calcium and may lead to increased bone fractures with long-term use. The most recent concerning study showed some evidence about risk of dementia such as Alzheimer's with long-term PPI use especially in the elderly. Other studies have shown that PPIs failed to eliminate acid reflux in 30 to 50% of patients and they don't reduce non-acid reflux which is called regurgitation. When regurgitation is severe people can bend over after eating and have lunch come back to have you try again.

So what else is there? Many people don't know there are surgical options that are very effective. It significantly reduces the likelihood of food or acid coming back up into the esophagus. Surgery is commonly reserved for people who have breakthrough symptoms despite other attempts to resolve their symptoms, those who have regurgitation or if there is concern about long term medical treatment. In our program most patients have the procedure as an outpatient, and return to work for most in 7-10 days, because we use a minimally invasive technique. There are risks to having surgery. Those should be discussed with your surgeon if you are considering that treatment as an option.



Darrin F. Hansen, MD, FACS

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Dr. Hansen is a Center of Excellence surgeon for the LAP-BAND procedure. This credential is given to surgeons who maintain the highest standards for bariatric patient care. With over ten years of weight loss surgery experience in Utah and over 1000 LAP-BAND procedures combined with ongoing advanced training and techniques, patients have the best chance for excellent results.

2017

THE YEAR YOU FIGHT BACK AGAINST TOOTH DECAY

With the beginning of a new year comes the opportunity for personal change and growth for yourself and your family. Every January millions of Americans make resolutions to live a healthier lifestyle. For some, this means watching what you eat and visiting the gym more frequently. But many people underestimate the effect your oral health can have on your overall health. With more than 90% of the adult population having cavities, and 26% of adults having untreated tooth decay, let 2017 be the year to improve your oral health.

4 SIMPLE WAYS TO IMPROVE YOUR DENTAL HEALTH

1. Brushing your teeth at least twice a day is the most important step you can take in maintaining your oral health and preventing more serious issues from occurring. Consider purchasing a better toothbrush if your toothbrush is old, worn out, or has too stiff of bristles.
2. Consider adding fluoride toothpaste, floss, and antibacterial mouthwash to your daily routine. While brushing your teeth twice daily is a great foundation, there are bacteria in your mouth that are hard to reach with a toothbrush alone. Flossing and mouthwash are great at improving your bad breath, removing food from those tight spaces between your teeth, and preventing your chances of gingivitis. Fluoride has been shown to have a noticeable influence on lowering your chances of tooth decay and can be found in a variety of different toothpastes.
3. Eating a nutritious diet is beneficial for more than just your waistline. Making small changes in your daily diet such as replacing soda for a glass of water are an easy way to limit excessive sugars and acidity that can damage your teeth and encourage harmful bacteria. Firm, fibrous foods such as spinach, apples, and lettuce stimulate the flow of saliva in your mouth, which helps to fight germs and protect your tooth enamel.
4. Visiting your family dentist for your twice-annual regular check-ups is a great way to stay on top of your oral health. Your dentist will be able to give you specific advice on ways to improve or alter your dental care based on what you are experiencing. Tooth stains and hard to reach plaque are easily remedied by your dentist and will ensure that these simple issues do not develop into more costly problems.

Making improvements in your overall health doesn't have to be hard. Set yourself up for success this year with simple and consistent steps to improve and maintain your dental health. Remember, with the New Year comes the new start to your dental insurance plan. Your bi-annual cleaning and check-up typically have to be separated by six months, so make sure to get your first visit in early in the year to leave plenty of time for the second. Taking care of your teeth can be easy, why not start today!



Joseph S. Maio D.D.S.
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Dr. Maio grew up in Riverton, Utah. He received his undergraduate education in Denver, Colorado at the prestigious private institute, Regis University, where he graduated Magna Cum Laude. Dr. Maio is the CEO and a practicing dentist at Apex Dental, with 7 office locations across Salt Lake, Utah, and Tooele counties.

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The EDELWEISS clinical research study is evaluating the safety and effectiveness of an investigational drug for moderate to severe endometriosis pain.

The study may last up to about 15 months and involve about 12 study visits.

You may be able to join the study if you:

- Are 18 to 45 years old and have not gone through menopause
- Have been surgically diagnosed with endometriosis in the past 7 years and have pain symptoms during your period and at other times in your menstrual cycle
- Do not have a history of osteoporosis or another bone disease
- Are not pregnant or breastfeeding or planning to get pregnant within the next 10 months

There are other requirements to be in the study that the study doctor will discuss with you to determine if you are eligible to participate.

Study participation is voluntary. You will receive investigational study medications and study-related tests and procedures at no cost.

TO LEARN MORE OR SEE IF YOU MAY QUALIFY FOR THE STUDY, CALL:

Samantha, 385-695-2300

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A photograph of a smiling family of three in winter gear. A woman with blonde hair and a white knit hat is in the top left, a man with a blue and white striped beanie is in the bottom left, and a baby in an orange and green striped beanie is in the top right. They are all wearing winter jackets and scarves. The text "HEALTH INSURANCE" is overlaid in large white letters, and "for a better you" is in a smaller, white, cursive font below it.

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