



Enjoy Life! It's Good for Your Heart

If your life is fun and rewarding, you may be at decreased risk of heart attack or stroke. Over a 12-year period, Japanese researchers studied thousands of people to see if there was a relationship between enjoying

life and the risk of heart attack and stroke. They discovered that people who didn't have much fun were nearly twice as likely to die from a heart attack as those who enjoyed life the most. Stroke levels were also significantly higher (75% higher, in fact) for the people who didn't enjoy life than for the people who did enjoy life.

Do you enjoy your life? For heart health, take time to have some fun. Don't always worry about the problems in life. Relax. Take time to enjoy good friends, good-for-you food, good music, and good experiences. Walk in the park. Laugh. Play social games. Go dancing. You will not only enjoy life more, but you will also be healthier and live longer.

Circulation. 2009.

The Four Habits of Highly Healthy People

Researchers at the Centers for Disease Control and Prevention (CDC) and other health institutions found that these 4 lifestyle factors are strong predictors for avoiding chronic disease:

1. Never smoke.
2. Maintain a healthy body weight (BMI less than 30).
3. Get regular physical activity – 30 minutes a day at least 5 days a week.
4. Eat healthier meals that include a lot of whole grains, fruits, and vegetables, and limit red meat and other foods high in saturated fats.

In an 8-year study, people who had all 4 of these healthy behaviors were one-fifth as likely to develop diabetes or cancer or to have a heart attack or stroke as were those with none of these healthy habits. Following any 2 of the lifestyle factors still cut the risk of a serious illness. For example, exercising regularly and eating healthy meals reduces the risk by two-thirds.

Choose to live healthfully. Add one positive health habit at a time. Start today!

Archives of Internal Medicine. 2009.

Say "No" to Late-Night Dining

When people are trying to lose weight, they are often told to not eat anything after 6 or 7 p.m. Researchers at Northwestern University did an experiment to test that theory. They fed two groups of mice an identical high-fat diet – but they fed them at different times. (Mice are better volunteers than people.) The control group was fed during the active part of their day. The experimental group was fed shortly before they went to sleep for the day. At the end of 6 weeks, both groups had eaten about the same number of calories and had the same activity level. (Each mouse spent the same amount of time running on a wheel – which is how mice exercise.) The control mice gained 20% of their body weight, but the experimental group that simulated late-night eating showed a 48% increase in body weight.

The lead researcher pointed out that while this study needs to be repeated with human volunteers, it still suggests that late-night eating can contribute to weight gain when compared to eating during normal wakeful and active hours. He also pointed out that in our society today

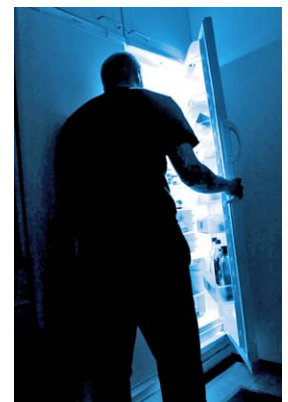
most people eat the majority of their calories after sunset. This could explain why more than 60% of all adults are overweight!

Other research shows that if you go to bed with a full stomach, the body stores extra fat most of the night. When sleeping with an empty stomach, your body burns almost pure fat during the night (mobilizing energy from fat stores). You'll sleep better too!

To maintain a healthy weight:

- ✓ Eat most of your calories earlier in the day while you are active.
- ✓ Keep your evening meal light, and don't eat after 6 or 7 p.m.
- ✓ Be physically active for 30-60 minutes daily.
- ✓ Choose healthy, unrefined foods.

Obesity. Oct 2009.



Keep Your Holiday Foods Safe

Every year, approximately 40,000 cases of salmonellosis are reported in the United States. Because many milder cases are not diagnosed or reported, the actual number of infections could be 30 times greater.

To lessen the risk of infection with the Salmonella bacteria, thoroughly wash all produce. Cook poultry and meat, including hamburgers, well-done – not pink in the middle. If you are served undercooked meat, poultry, or eggs in a restaurant, don't hesitate to send it back to the kitchen for further cooking.

You should also avoid foods containing raw eggs or unpasteurized milk. This includes most homemade ice cream, cookie dough, salad dressings, and frostings. You can still enjoy freshly baked holiday treats – but avoid licking the spoon

Learn more about food safety from www.foodsafety.gov

or the mixing bowl if the batter contains uncooked eggs, where bacteria could be lurking. If any of your holiday recipes call for uncooked or lightly-cooked eggs, make it safe by heating the eggs in one of the recipe's other liquid ingredients over low heat, stirring constantly, until the mixture reaches 160 °F. Then, combine it with the other ingredients and complete the recipe.

Tips for Buying and Storing Eggs:

- ✓ Buy eggs only if they are sold from a refrigerator or refrigerated case.
- ✓ Open the carton and make sure that the eggs are clean and the shells are not cracked.
- ✓ Refrigerate the eggs promptly after purchase.
- ✓ Cook eggs until yolks are firm, and cook foods containing eggs thoroughly.



When Your Recipe Calls for Uncooked Eggs...

Many holiday treats call for raw or lightly cooked eggs, such as eggnog, cream pies, chocolate mousse, ice cream, and meringue. You can either substitute pasteurized eggs that come in a carton for fresh, raw eggs. Or you can cook the eggs according to the following U.S. Department of Health and Human Services instructions:

1. Heat the liquid (e.g., milk, lemon, chocolate) in a heavy saucepan until hot (do not boil or scald). While liquid is heating, beat together eggs and salt/sugar (if used).
2. Gradually add the hot liquid mixture to the egg mixture while continually stirring.
3. Transfer the mixture back to the large saucepan and cook on medium-low heat. Stir constantly with a whisk until the mixture thickens and just coats a spoon. The food thermometer should register 160° F.

Meringue-topped pies should be safe if baked at 350 °F for about 15 minutes.

U.S. Department of Health and Human Services. 2009.

Fresh Cranberry Relish

This bold and refreshing cranberry relish is easy to make – and can be made a day ahead and stored in the refrigerator until you're ready to serve Thanksgiving dinner.



- 1 package of cranberries (3-4 cups)
- 1 red apple, unpeeled, scrubbed, cored and cut into slices
- ½ lime, unpeeled, scrubbed, seeded, cut in chunks (optional)
- 1 Tbs orange zest, freshly grated from the orange before you peel it
- 1 orange, peeled, sectioned and seeded
- 2-3 Tbs frozen orange concentrate
- ¼ cup sugar (more or less to your taste)
- ½ cup nuts, halved (walnuts or pecans)

1 serving (½ cup) is about 70 calories

- Combine 1 cup cranberries, 2-3 apple slices, 2-3 orange sections, and 1 lime chunk (optional) in a food processor. • Pulse until evenly chopped. Stop before it gets too fine. Having little pieces that are still chewy gives the relish a better texture. • Pour contents into a bowl. Repeat this process until the apple, orange, and cranberries are whizzed up.
- Then add orange zest and frozen orange juice concentrate. Mix. • Add sugar to taste (¼ cup gives a fresh, tart taste, rather than overly sweetened). • When all mixed, put it in a pretty dish. Garnish with nuts. • Place in the refrigerator to chill. Serve fresh.

ASK THE WELLNESS DOCTOR

Q: I'm pretty sure that all of my traditional holiday foods are unhealthy. But I'm afraid that the holiday meals won't feel the same without them. Should I serve them anyway?

A: Go to www.wellsourc.info/wn/ask-holiday-recipes.pdf to read the answer from Don Hall, DrPH, CHES.

To ask your question, email: well@wellsourc.com, subject line: Ask the Wellness Doctor. Emails with any other subject line will be directed to the spam folder.