

WELCOA* | JUNE 2019

WELL BALANCED^o

*The Healthy
Brain Issue*

**SAVORY
SESAME
SALAD
ON-THE-GO**

**10 TIPS TO
BOOST YOUR
BRAIN
HEALTH**

**RETHINK
YOUR DRINK:
THE VALUE
OF WATER**



In the Go

SESAME GINGER SPINACH SALAD

1 6 oz package of organic baby spinach
 2 plums, cut into bite size wedges
 1 English cucumber, diced
 1 large carrot, shredded
 2 scallions, green and white parts chopped
 1/3 cup chopped peanuts

DIRECTIONS

Pour sesame ginger dressing in the bottom of your jar. Layer carrots, cucumber, plums, and scallions (and other ingredients of your choosing) on top. Place baby spinach in last and sprinkle with peanuts. Refrigerate and shake before serving.

Delicious topped with grilled chicken or salmon for a main course salad.

SERVES: 4

Sesame Ginger Dressing

3 Tbsp toasted sesame oil
 2 Tbsp soy sauce
 1/4 cup seasoned rice vinegar
 (Nakano good brand)
 1/4 cup canola oil
 1 Tbsp fresh minced ginger root

SERVES: 10

Combine all ingredients in a jar and shake to combine. Alternatively, whisk together in a bowl. Can be stored in fridge for up to a week in an airtight container.

NUTRITION INFO (per serving)

Calories 143, Fat 7.4g, Carbs 13.6g,
 Protein 5.8g, Sodium 71.5mg

Bring a healthy lunch with you on-the-go. Whip up this exotic and nutritious salad by assembling in a mason jar or small container for a quick and easy meal.



Generous Ginger

Inflammation is a key driver of most chronic diseases and zesty ginger root is renowned for its potent **anti-inflammatory punch**. **Ginger's inflammation busters are compounds called gingerols**. These valuable agents also work horses for boosting immunity, fighting viral infections, and soothing gastrointestinal distress. Include ginger, powdered or fresh, in your diet regularly – daily is best. It really is one of the best all round spices for broad spectrum disease protection.



From the Kitchen of **DR. ANN** // With formal training in nutrition and medicine, plus hands-on experience as a mother of four and family physician, Dr. Ann is a unique nutrition expert for the real world. The whole food ingredients found in Dr. Ann's recipes are the right foods for health and vitality. Nutritional excellence naturally follows.



Boost BRAIN HEALTH

by MALLORY UBBELOHDE, MPH, RDN, CD

While no single food will improve brain function, memory, or prevent cognitive decline, there are certain nutrients that have been well-researched and may improve brain health when included as part of a healthy diet. Eating for brain health is ultimately about following an overall healthy dietary pattern—one that includes plenty of plants (fruits, vegetables, legumes, and whole grains) and protein from plant sources. General recommendations also include eating fish regularly and choosing heart-healthy fats (olive oil or canola), rather than saturated fats (butter or coconut oil).

OMEGA-3 FATTY ACIDS

Omega-3 fatty acids are unable to be made by the human body and therefore, must be consumed through food or supplements. Found in oily fish (such as salmon, mackerel, herring, anchovies, and sardines), nuts, leafy vegetables, and

vegetable oils, omega-3s have been found to have neuroprotective effects. To ensure you are getting enough omega-3s, cook primarily with vegetable oils, use walnuts as a garnish for your morning bowl of oats or sprinkle almonds on your salad at dinner time. Plan to eat seafood at least two times each week.

VITAMINS

Many micronutrients have been studied over the decades to understand what role they may play in brain health. Consumption of adequate vitamins has been found to be associated with lower risk of developing cognitive deficits. Research has specifically focused on the B vitamins, vitamins E, C, and D—especially some of their antioxidant powers. A variety of nutrients play key roles in maintaining normal brain function, so eating a varied plant-rich diet will help prevent deficiencies. Before

turning to a supplement, be sure to work with your physician and dietitian to have your levels tested. For a lot of these micronutrients, getting them through food is the preferred method and should be easily attained with a well-balanced diet.

POLYPHENOLS

Found in fruits, vegetables, tea, wine, juices, plants, and some herbs, polyphenols are plant compounds with antioxidant properties. Research has found that polyphenols and their antioxidant powers may have neuroprotective functions, are beneficial for brain health, and improve cognitive performance. The promising research on polyphenols further encourages us to aim for 4-5 servings of fruits and vegetables daily. Additionally, bulking up your spice cabinet can not only spice up your dinner routine but also tap into the brain-boosting benefits of polyphenols.



Omega-3 Fatty Acids

Omega-3 fatty acids are members of the polyunsaturated fats family. There are three main omega-3s known as EPA, DHA, and ALA. EPA and DHA come mainly from seafood whereas ALA is typically most commonly consumed as it can be found in vegetable oils, nuts, flax seeds, leafy vegetables, and some animal products such as grass-fed beef.



Polyphenols

Polyphenols give plants their colors and when you eat these plants, you are able to reap their healthful benefits! Examples of polyphenols include curcumin, found in turmeric, and resveratrol, found in the skin of grapes, blueberries, and raspberries.



About MALLORY UBBELOHDE, MPH, RDN, CD // Based in Salt Lake City, Utah, Mallory Ubbelohde is a registered dietitian nutritionist, nutrition communicator, recipe developer, food photographer, and home-cooked meal advocate. You can connect with Mallory on Instagram (@Mallory.RDN) where she shares daily meal inspiration.

THE VALUE OF WATER

by KAITLYN PAULY, MD, RD, LMNT



Think back to a time when indoor plumbing was a hope for the future. When communities had to walk to a well or stream to obtain drinking or bathing water. Have you ever worried whether you would get enough water to survive or whether that water would be drinkable? Today, drinkable water is readily available in most parts of the United States and despite our extreme dependence on water, it seems to be one of the resources we take for granted the most. Water plays an integral role in our health and wellbeing and most Americans do not consume enough water for optimal health and disease prevention.



CONSERVING WATER

Unfortunately overconsumption and lack of conservation of water in America is quickly contributing to water shortages. According to the Environmental Protection Agency there are at least 40 states in America anticipating water

shortages by the year 2024. There are simple steps that everyone can take to begin conserving more water right now. Here are some easy ways to begin:

- » When cooking, peel and clean vegetables in a large bowl of water instead of rinsing under running water.
- » Swap some animal proteins (meat, dairy, eggs) with plant proteins (beans, soy, lentils, and grains). Not only do plants take less water and land to raise, they also have more fiber, less cholesterol, and less saturated fat.
- » Turn off the water to brush teeth, shave, and soap up in the shower. Fill the sink to shave.
- » Ask your local nursery for tips about plants and grasses with low water demand.
- » Use a broom to clean walkways, driveways, decks, and porches, rather than hosing off these areas.



Love Your Landscape

You can make a difference in water conservation in your own backyard! When mowing your lawn, set the mower blades to 2-3 inches high. Longer grass shades the soil to improve moisture retention and has more leaf surface to take in sunlight, allowing it to grow thicker and develop a deeper root system. This helps grass survive drought, tolerate insect damage, and fend off disease.



THE POWER OF FLUID

The importance of water goes way beyond hydration. Your body is made up of about 80% water and it is an essential component to metabolism, energy, temperature regulation, cellular health, waste removal, and more. It is important to stay well hydrated so that your body, including your brain, can function properly. Despite having access to clean water, many Americans are still not getting enough to reap all of the amazing the benefits. So how much is enough for you? The Adequate Intake (AI) for water is 2.7 Liters/day (~91 oz.) for adult females and 3.7 Liters/day (~125 oz.) for adult males. Keep in mind that your body size, your activity level, and certain health conditions may impact your fluid requirements. Keep a water bottle with you and refill it several times throughout the day. Another way to stay hydrated is to eat your water! Consume fruits and vegetables that are full of water and fiber for increased hydration and satiety.



RE-THINK YOUR DRINK

Humans are meant to be able to survive off of water and food. From a health standpoint, water is the best beverage you can consume as an adult. There was a time when water was the only option. We didn't have access to soda, fruit juices, coffee drinks, sport drinks, flavored waters or fancy beers/liquors. Although it's nice to try other options with your beverages, many of the added sugars and calories from your beverages are unnecessary for your health and may actually be negatively impacting your weight, mental acuity, blood sugar, and your overall wellbeing. For a change of pace on regular water, try water infused with citrus fruits, cucumbers, mint leaves or berries.

Did You Know ?

Did you know that many people mistake thirst for hunger? If you think this is you, try drinking a glass of water before eating anything to determine if what you are feeling is thirst and not hunger.



Ask the Expert...

Do I really need to drink water?

Take a survey of what you are drinking throughout the day and answer these questions: Does it come from the earth? Was it made in a lab? Does it have added sugars, electrolytes, protein, alcohol, or calories? Look at the Center for Disease Control's rethink your drink article for tips on making better choices when it comes to fluid at www.cdc.gov/healthyweight/healthy_eating/drinks.html

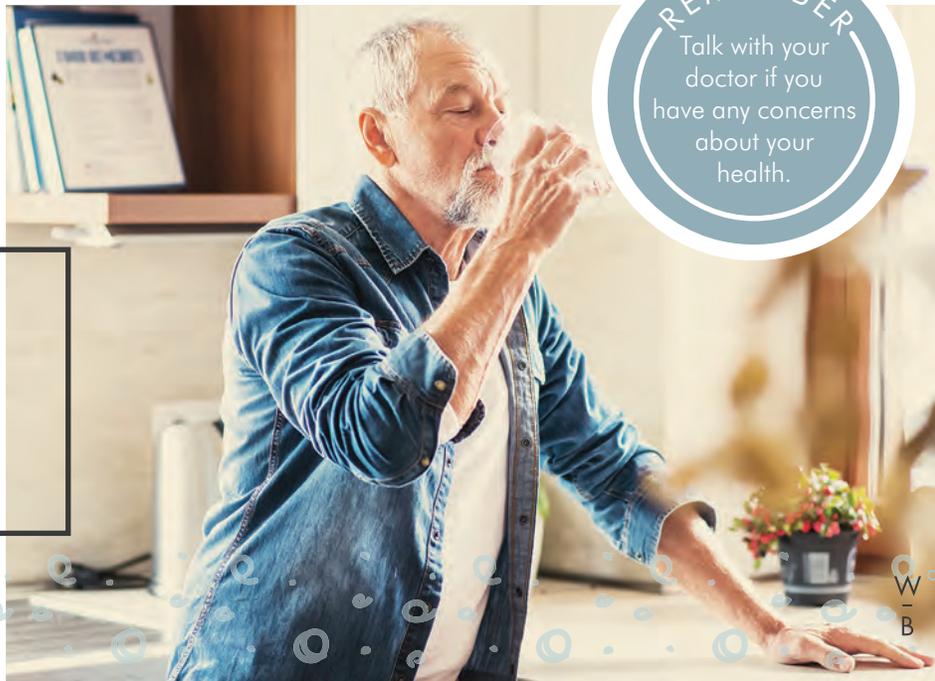


About KAITLYN PAULY, MS, RD, LMNT // Kaitlyn Pauly brings her experience as a Registered Dietitian Nutritionist to her role as the Associate Director of Membership and Education at the American College of Lifestyle Medicine (ACLM). She combines her clinical background in weight management and integrated nutrition, with her non-clinical experiences as a college Nutrition Instructor, a freelance writer, a food service dietitian and with WELCOA to bring a diverse perspective to the field of Lifestyle Medicine.

WELL BALANCED™ has an impeccable reputation for providing trustworthy information to improve your well-being and create healthier work cultures. Our network of physicians, dietitians, wellness professionals, and more are here to answer your crucial health questions.

Have a question? Ask our experts by going to www.welcoa.org/expert. If your question is selected we will contact you directly with your answer and it will be featured in an upcoming issue*.

*All questions are handled in confidence and will not, without prior consent, be disclosed or used by WELL BALANCED™ or its contributors.



REMEMBER
Talk with your doctor if you have any concerns about your health.



How to Have a Safe, Healthy, and Fun Summer!

by CARIE MAGUIRE

Warm, sunny weather begs for us to go outside and do something. Picnics, barbecues, nature hikes, bike rides, camping, and taking a swim in a pool or lake are just a few summer favorites. Indeed, there are so many ways to enjoy the great outdoors, and there are an equal number of ways to get hurt, sick, or worse if you don't take the right safety precautions.

Take note of these tips to avoid any "summer bummers."

PRACTICE SAFE BIKING.

A leisurely bike ride can turn disastrous if you take a spill on the concrete, or worse yet, you get hit by a car. In fact, fatal bicycle accidents on public roads have increased, and a key reason being that new bicyclists are less familiar with safe biking practices. Before you head out for

a bike ride, check on your local laws (an internet search for "bicycle laws in your town" should yield results).

Did you know?

Americans are increasingly bicycling to commute, for exercise, or just for fun. By law, bicycles on the roadway are vehicles with the same rights and responsibilities as motorized vehicles.



DON'T CHAR FOOD ON THE 'QUE.

Summer is a great time to fire up the grill. However, cooking your food on an open flame until a black char forms can be hazardous to your health. This char has been shown to be carcinogenic (cancer-causing). Grill your food on low or medium heat until cooked, but not charred.

BUG OFF.

Critters like mosquitos and ticks carry disease and can leave you very sick with one quick bite. You can protect yourself by using fragrance-free soaps and lotions, as the scented varieties attract mosquitoes and other biting insects. If you're going to be outdoors, use a bug spray with DEET (an effective chemical for warding off mosquitoes and ticks). Keep in mind that DEET can be harmful to infants who are less than two months old; don't use the spray on infants.



When should I go to the doctor for a mosquito bite?

If you notice a mosquito bite and feel any flu-like symptoms or a fever, seek medical treatment right away.

STOCK UP ON SUMMER STAPLES.

Bug spray, sunscreen (SPF 30 or higher), sunglasses, hats—these are just a few of the summer essentials you and your family need to stay healthy. Make sure you always have these items on hand.

If you are outside midday, make sure you have water with you and are properly protected from the elements (sunglasses, hat, sunscreen, etc). Bring your phone with you for any emergencies.

ALWAYS STAY WATER WISE.

A fun day in the water can turn fatal in mere seconds. Establish and enforce clear rules for your family. For example, you can make sure your child always swims with a buddy. If you have very young children or inexperienced swimmers make sure they wear life jackets in the water (but don't rely on life jackets alone). Don't allow your kids to have breath-holding contests underwater.

Tip: Exercise in the early morning or in the evening to avoid heat exhaustion.



About CARIE MAGUIRE

Carie Maguire is a health writer who has a long history with WELCOA. Having written and edited hundreds of articles and various pieces of health information, Carie is one of the most respected health writers in the U.S.

SIMPLE MOVES TO LOVE AND GROW YOUR Brain

by DR. DANIEL AMEN & TANA AMEN



Regardless of your age, if you do just a few of these moves, you can think and feel better in a very short period of time.

Listen to Music

Listening to Mozart and Strauss for just 25 minutes a day has been shown to lower blood pressure and stress. Both of these health issues are associated with brain atrophy, which means they make your brain smaller. Listening to ABBA has also been shown to lower stress hormones. Consider creating a *Brain Healthy* playlist to boost your mood and grow your brain!

Feed Your Brain

If you want to boost your brain and grow new neurons, high-quality nutrition is essential. Even though your brain makes up only 2 percent of your body's weight, it uses 20 to 30 percent of the calories you consume. Here are some of simple foods to strengthen your brain:

- » **Organic Green Tea:** Drink a cup at least once a day. It's one of the healthiest drinks on the planet and has been shown to boost energy, focus, and memory.
- » **Colorful Fruits and Vegetables:** Fill your plate with colorful, low-glycemic, high-fiber fruits and vegetables, loaded with compounds that supercharge your brain.



One Simple Thing

We had a patient from Oxford, England named Nancy. Before she started doing our program at home, Nancy was obese, depressed, isolated, and had arthritis. She found success in our program by doing one simple thing at a time.

- » **Drink More Water:** Your brain is made up of 80% water. Being properly hydrated increases your physical strength by 19%; but being dehydrated by just 2% can make you feel tired and unfocused.
- » **Eat Brain Healthy Nutrients:** Brain-healthy nutrients, such as a multivitamin, omega-3s, and extra vitamin D can help make a big difference in focus. Consult a physician to get a blood test and determine areas where you might be falling short.
- » **Move More and Eat Healthier:** In head-to-head studies, exercise has been found to be as effective as anti-depressant medication. You can start by walking, stretching, or just consciously moving more throughout your day. Change up your diet by eating good, whole foods first. This will leave less room for unhealthy options and eliminate the feeling of deprivation.
- » **Learn Something New:** Learn a new language or how to play an instrument. Read a book, take an online class, or

try "mental gymnastics" like crossword puzzles or sudoku. Try out something that challenges your creativity and your effort like drawing, painting, and other fun crafts.

- » **Start Each Day With Intention, Gratitude and Appreciation:** It only takes a minute, but can make a radical difference in your day. As soon as your feet hit the floor in the morning say, "Today is going to be a great day." Think about one thing you're grateful for, and think of one person you appreciate.



According to a Mayo Clinic study, people who eat a healthy fat-based diet have 42% less risk of getting Alzheimer's disease; while people who eat a high glycemic, low-fiber diet (think bread, pasta, potatoes, rice and sugar), have a 400% increased risk of Alzheimer's disease.



About DR. DANIEL AMEN & TANA AMEN

Through their brain imaging work at Amen Clinics with tens of thousands of patients, the Amens have seen that you can literally make your brain bigger, stronger, and even younger using some very simple strategies. Dr. Amen is one of America's leading psychiatrists and brain health experts. He has authored or coauthored 70 professional articles and more than 30 books and appeared on numerous television shows. To learn more about Dr. Daniel and Tana Amen visit mybrainfitlife.com.

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Share your well balanced moments by tagging us on social @WELCOA using *#wellbalanced* with a chance to be featured in an upcoming issue of WELL BALANCED™.



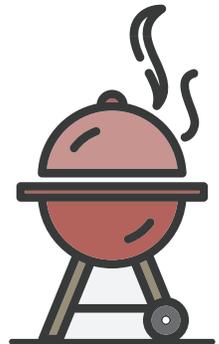
GREEN TEA

Drink a cup of green tea once a day. It's one of the healthiest drinks on the planet and has been shown to boost energy, focus, and memory.



TRACK FOODS

Start a journal to track foods that give you energy versus those that make you feel sick.



COOK WITH CARE

Grill your food on low or medium heat until cooked, but not charred, to avoid health risks.



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INFUSED WATER

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