

Healthy U @ Work

June 2018

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 **Franciscan**
WORKING Well

Summer Ideas for Those Out of School

It's summer! And for many families, that means a change of schedule. Perhaps you have children home from school or your job has an extended summer break. Whatever the reason, the change in schedule can provide great opportunities for some fun that is also good for you. Consider this:

- Enjoy the extended daylight by taking a walk or bike ride after dinner. Spending time with friends and family outdoors has significant health benefits, including reduced stress and increased sense of well-being. And the extra exercise is important for everyone.
- Check out deals at your local golf course. Many courses offer reduced rates for evening golf or off-peak tee times. Park district and community courses may have a summer league you can join. Many will also have classes for kids or times recommended to bring them to the course. Walk 9 holes - or 18 if you have time - and enjoy a fun summer sport.
- Camps and park district programs will be in full swing. Local schools often offer sports and arts camps, and park districts provide a variety of programs. If you have children home for the summer and you are not, see if your local park district has childcare and activities for your kids.
- Get everyone involved in yard work and gardening. Not only is it another opportunity to exercise and enjoy the outdoors, teaching your family about planting and gardening is good for reducing stress. Time outdoors in nature is proven to improve mood and mental focus.
- The community pool is usually a popular spot! Consider the benefits of swimming and water exercise. Most pools also offer swim lessons for anyone who is not a proficient swimmer.

Whatever activities you choose, be sure to apply sunscreen before heading outdoors and reapply every 2 hours. Protect children's skin as well and avoid exposure to the direct sunlight between the hours of 10 a.m. - 3 p.m. Young children have extra sensitive skin and will burn much more easily. Enjoy the longer days and warmer weather with some extra time together!



Breast Cancer Awareness

According to the Centers for Disease Control and Prevention, breast cancer is the second commonly diagnosed cancer in women (after skin cancer) and is the second leading cause of death for women.

- More than 200,000 women will be diagnosed with breast cancer this year.
- Most cases will be in women between ages 50 and older but 10% of new cases will be found in women under the age of 45.
- 1 in 8 women will be diagnosed with breast cancer at some point in their life.
- Men can develop breast cancer and may face greater stigma with the disease.

When the DNA of a breast tissue cell becomes damaged, mutated cells can be created. These cells may replicate quickly and create a tumor. Tumors may progress to become cancerous. Cancer typically develops around the milk ducts; however, it can also appear in other areas of the breast. Once in the lymph system, breast cancer can spread to other parts of the body.

While we know that breast cancer is caused by damage to DNA, we do not know exactly what causes it. Risk factors (including family history) do not mean that breast cancer is inevitable. Somewhere between 60 and 70% of breast cancer patients have no known risk factors.

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Produce of the Month Blueberries

Seeing the pints of purple-blue berries at your local farmer's market or grocery store is a sign of warmer weather ahead and the beginning of berry season. Blueberries are considered one of the healthiest fruits, high in vitamin C, fiber and manganese. Adding blueberries to cereal, smoothies, salads, unsweetened yogurt or enjoying as a snack or healthy dessert is a great way to add a punch of health to your day!

The Basics: Blueberries are considered in season from May through October. They grow in clusters on bushes and you can often pick them yourself at a local blueberry farm. Blueberries contain an antioxidant found in the purple-blue pigment of the berry. The antioxidant, anthocyanin, is considered to be good for heart health, eye health and vascular health. When buying blueberries, look for berries that are firm and have a rich color. They should be moisture-free and plump. Store blueberries unwashed in the refrigerator in a covered container. Use within 3-7 days. When ready to use, wash and dry gently. Blueberries are fragile, so care should be taken when handling them. Blueberries can be washed and frozen as well.

Try This: Blueberries are commonly used in sweets: muffins, pancakes, etc. Try using blueberries in a savory dish! Grilled chicken goes well with fruit, so a blueberry sauce may be just the thing. Combine olive oil (1-2 tablespoons), chopped and sautéed red onion, 1/2 cup of orange juice, red wine vinegar (1-2 tablespoons), garlic, brown sugar (1-2 tablespoons), Worcestershire sauce (1 teaspoon), spicy brown or Dijon mustard (1 teaspoon) and 2 cups of blueberries in a saucepan. Heat on medium until the blueberries soften and all ingredients combine. Serve warm or cool.

The Facts: A cup of blueberries is approximately 80 calories and is a good source of vitamin C, vitamin E, fiber and manganese.



What to Eat After Physical Activity

You may find you're hungry after working out, but what should you eat? Here are some ideas -

- Before you eat, make sure you drink! Replacing water lost during exercise is most important, and you may find you are not as hungry as you think.
- Unless allergic, some nuts may be the best choice. Almonds, cashews, walnuts, or peanuts all provide healthy fat, protein, and fiber.
- If you need something more or are close to a mealtime,
 - choose a sandwich or wrap made with whole grains, lean proteins, and plenty of veggies.
 - go with grilled chicken and roasted veggies or frozen veggies when you're in a pinch.
 - enjoy salmon and sweet potato.
 - snack on scrambled eggs with avocado toast or hard-boiled eggs if you are on-the-go.
 - try tuna with celery or whole grain crackers.
- Don't erase the good you did by reaching for something high in sugar or refined carbohydrates. Think of your choice as an opportunity to add nutrition. Eat a banana (potassium) or orange (vitamin C) for a sweet treat that is good for you.



Those who are diabetic should monitor blood sugars carefully. Moderate exercise can lower blood sugars. Those people who are at risk of low blood sugars should keep a juice box or other quick energy source in their gym bag.

Post-workout nutrition is key to helping you restore energy levels, build muscle, and maintain a healthy metabolism. Find some protein and healthy carbs in the form of fruit, vegetables, and whole grains to fuel your body and help you reach your fitness goals.

Breast Cancer Awareness

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Early detection is key. Self-exams should be done monthly for early detection. 40% of diagnosed breast cancer is by individuals who found it through a self-exam. A self-exam can be performed in the shower, in front of a mirror, or lying down. Gently move your fingers in a circular pattern around your breast and under your armpits, looking specifically for any lump, thickening, or hard knot. Look for dimpling of skin, redness, swelling, or any change in your nipples. For more information, visit cancer.org.

The American Cancer Society suggests women age 45 to 54 should get mammograms every year. Women 55 and older can be screened every other year unless otherwise indicated. Check with your insurance company to review what is covered. Screening should continue as long as a woman is in good health and is expected to live 10 more years or longer. All women should be familiar with the known benefits, limitations, and potential harms linked to breast cancer screening. Talk with a health care provider about your risk for breast cancer and the best screening plan for you.

Fitness Mindset: From ‘Losing Weight’ to Living Better

Weight loss can come off as a 4-letter word to some people and a desire to lose weight can sometimes turn into a desire to lose weight at any cost. Yo-yo dieting (a phenomenon of participating and quitting unsustainable diets, losing weight while on the diet and then gaining the weight back after quitting the diet) is incredibly damaging to the body and the mind.

For some, goals are unrealistic and too tied to a specific number or idealized image of beauty. When we fall short of these unrealistic goals, we may view ourselves as a failure or as lazy and we often punish ourselves with negative self-talk and sabotage our weight loss efforts and many times the end result is a weight increase.

It has been found that a shift in mindset from ‘losing weight’ to living better by adopting a healthy lifestyle can dramatically increase the likelihood of positive behaviors continuing and successful weight management. The following are strategies to help you shift your mindset from “losing weight” to living better:

Shift your goals: Instead of focusing on a weight number goal, focus on a particular healthy behavior such as eating more fruits and vegetables or adding one more fruit or vegetable at each meal. You could aim to drink more water or replace a snack break with a walking break. Take one small step at a time to create a sustainable change in your routine.

Shift your rewards system: Find a new, healthy reward system for completing your weekly workouts such as spending time with loved ones or picking up a new hobby. Remember numbers are only a part of the story; focus on all sorts of non-scale victories such as better stamina when playing with the kids, feeling stronger, sleeping better, or better skin. Instead of looking at food or exercise as punishment, consider self-care a basic necessity that you are worthy of.

Shift out of the black and white world: Eating a certain food does not make you “bad” or “good.” If you aren’t sticking 100% to a goal because you’re going through a difficult time is a time to practice grace for yourself, not self-loathing. Patience is key and goals aren’t earned and then effortlessly maintained. A healthy life is a daily choice and everyone experiences bumps in the road.



*Fitness is
not a
destination,
it's a way
of life.*

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What Your Blood Work Reveals: A Functional Medicine Approach

A message from your Healthy U @ Work Wellness Champion:
Pamela Johnson, BS, HHP-AADP, CFMP, RYT



If you have lab results from recent bloodwork and are only looking at typical lab values that determine health risk, you may be missing out on a wealth of information.

Many of us look for high numbers for Cholesterol, Glucose and Triglycerides, but if you have a Complete Blood Count (CBC) and a Complete Metabolic Profile (CMP) along with a Lipid panel, your blood work also reveals information regarding some nutrient deficiencies, toxicities and markers for adrenal and digestive health.

From a functional medicine perspective, we use “Optimal” reference ranges for some lab values, rather than standard reference ranges as the lens from which we see. There are many reasons for this.

- Optimal reference ranges can flag a disease process before it progresses by using a lower or higher range than standard. An example would be flagging an A1C for Diabetes before it falls into the 5.7 category.
- Using optimal reference ranges, we make associations with seemingly unrelated lab values.
 - For example, when cholesterol is high and sodium and potassium are low, this is an indication of adrenal insufficiency. Because adrenal hormones are needed for proper thyroid and reproductive hormone health, this is a valuable finding.
 - Another example can be found by looking at liver enzymes which can reveal digestive dysfunction. When digestion is impaired, the immune system is also compromised as well brain health since the gut is considered the second brain for all the functions that affect the brain.
- Optimal ranges can help determine some nutrient deficiencies.
 - For example, a liver enzyme can reveal a deficiency on Zinc or Vitamin C. A zinc deficiency can cause weight gain and other hypothyroid symptoms.
 - A red blood cell value can reveal a deficiency in B12, B6 and Folate. This group of vitamins is essential for detoxification, brain health and when low can increase the risk of stroke and heart attack.
 - A typical kidney marker can reveal a potential vitamin D deficiency. A low vitamin D adds to the risk of diabetes, heart disease and depression, it can contribute to muscle pain, irritable bowel syndrome and other digestive issues, infertility, chronic infections and more.
- Some optimal values are used to determine if there are specific toxins in the blood. We look to kidney markers such as BUN and Creatinine to determine if cellular waste products are being eliminated. This is standard. We also look to a red blood value to determine if there is a potential heavy metal toxicity. High glucose and cholesterol values can be the result of heavy metal toxicity (as well as high blood pressure).
- Optimal ranges will differ from standard in that we also look at values that are too low.
 - For example, if cholesterol is too low, it can cause lowered testosterone, Parkinson’s symptoms and other neurologic issues.
 - Triglycerides that are too low can reveal hyperthyroidism and a digestive issue where nutrients are not absorbed.

Blood work can give a wealth of information that helps functional medicine practitioners offer recommendations that create significant improvements in health.

To have your blood work analyzed by a Functional Medicine Practitioner or to join our July Functional medicine Lifestyle Intervention Program, contact the Franciscan Working Well Functional Medicine Clinic at 219-476-1083.

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Q: Hi Erin! I was wondering what your opinion was on the KETO Diet. I've been hearing a lot about it and the quick results some of my friends have gotten after doing it. I'm looking to lose about 35 pounds for summer and wanted to know if this was a good program to try to do to accomplish that goal. Any advice is appreciated.
Tom Q.

A: Well Tom, this is an interesting question and there is a lot of conflicting information regarding the diet. The KETO diet originated as a therapeutic diet used to starve cancerous cells in cancer patients and to help manage symptoms of epilepsy. However, there is limited research on the health effects of this diet for the general public and conflicting research on the how the KETO diet affects diabetes.

This is a very popular FAD right now and I say FAD because it's the hot and fast way to lose weight at the moment. Yes, many people are seeing quick results with this program but I have to tell you I'm not a huge proponent of the KETO Diet. The KETO Diet is simply a low carb, high fat program. Most KETO programs want you to consume 65-75% of your calories from fat, 20-30% of your calories from protein and only about 5-10% of your calories from carbohydrates. I believe this recommendation is way too extreme and is not the right way to go about losing weight healthfully. You may lose weight from doing the KETO diet but it's not a sustainable lifestyle program, you cannot eat like this forever. If you are looking to lose weight, try a more balanced approach to eating that you can sustain.

I had two particular people in my life do it and saw great results but after having their yearly physical and bloodwork done they got off of it right away. Their cholesterol and triglycerides were off the chart, so even though they lost weight they were doing damage to their bodies in other ways. Many individuals who try the KETO diet consume a lot of red meat, bacon, and cheese to meet their fat goal and decrease the amount of fruits and vegetables they consume to stay under their carb limit. Many of our body's organs are fueled by carbohydrates and need them to function properly. Of course, I am talking good carbohydrates like fruits, veggies and whole grains. The 5-10% carbs the KETO Diet wants you to consume is dangerous in my eyes. This is because we are sacrificing important nutrients that are abundant in fruit and vegetables.

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Ask the Trainer: KETO Diet

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My advice for you like I said earlier is to find a program with a better balance of your macronutrients (proteins, carbs and fats.) The biggest things to losing weight in my opinion are cutting out the processed foods that are high in sugar, artificial ingredients and bad fats. Increase your water intake, lots of veggies, good healthy proteins and fats, along with a few fruits and whole grains is a much better way to start. It may not have the quick and rapid weight loss we all want but it will allow you to lose weight and keep it off in a much healthier way!

Dedicated to your success,

Erin M Long, B.S., NSCA-CPT

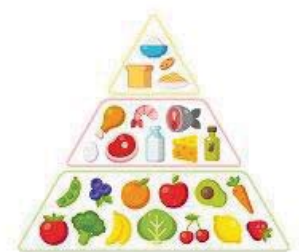
“Just workout,
eat clean,
and don’t
overeat.”

-Jillian
Michaels

FOOD PYRAMIDS



CLASSIC 1970S



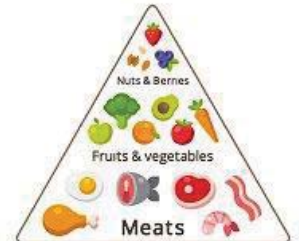
CONTEMPORARY



“MY PLATE”



KETO



PALEO

Want to Know More? Contact Working Well for more information on wellness programs and how they can help you reduce healthcare costs and improve employee wellness.



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