

# BE HEALTHY

LCIC Health and Wellness Newsletter

March 2020



*Food has the power to heal us. It is the most potent tool we have to help prevent and treat many of our chronic diseases.*

**-Dr. Mark Hyman**

Have you ever felt like there is too much information on nutrition out there to even comprehend what it all means? For someone like me in the field, just keeping up with the latest fads, dietary advice and general nutrition can be exhausting, let alone for the average “Joe or Jane.” So I can imagine how many of you feel about all of this information or misinformation. What one article or health “guru” states you can find another one disputing that exact information. WHAT??? So this newsletter is going to be dedicated to information from top experts in their field. What I hope is that you take the information and do what is right for you. Remember we are all different and what works for you may not work for someone else. Having said that, the best way to have good nutrition is to eat real food, such as fruits, vegetables, seeds, nuts, grains in their natural form and lean proteins. What I have seen from most of the research is that it boils down to a few simple facts:

1. Eating real whole food is best
2. A mostly plant based diet offers the most health benefits of any diet
3. Drinking plenty of water keeps your body hydrated and your cells working properly

So turn the page and find nutritional information that helps you decide what is best for you!

## In This Issue

- BeHIP Update 2019-20
- Rescreening dates
- LCIC Health Courses
- WW reimagined
- Grocery list
- Gut Health
- Mediterranean Diet
- Intermittent Fasting



## News and Notes for BeHIP:

Just a quick reminder:

1. When you send forms for me to report to health advocate, those are reported once per month usually anywhere from the 20th-27th of a month. So if you send me paperwork after the 20th, then most likely it won't get reported until the next month.
2. For Incentive money-This also happens once a month. I receive a report from Health advocate on the first Friday of every month and I turn the incentive report into the LCIC and the schools within 10 days of that. If you reach your incentive the day after I receive that report you will be waiting until the next month to be reported. I only use the reports by HA for points, so no need to turn anything in saying you have reached your goal. Incentive money is usually in your paycheck at the end of that month or the first pay period of the next month. I do not keep track of pay periods for each district, so just watch your paychecks for that extra money.
3. If you are in the Platinum level, please make sure you are getting all your requirements in. So if you need a rescreening to show improvement in your benchmarks, listed below are the dates for those rescreens.

### Rescreenings:

**Saturday, March 28th, Williamsport YMCA**

<https://docs.google.com/spreadsheets/d/1OheSMJG---nMlepAm1sP78DPhJfKoww3sMgXcFjiWjk/edit?usp=sharing>

**Saturday, April 18th , Muncy Hospital**

[https://docs.google.com/spreadsheets/d/1m9\\_EWzLEnXhAriEaKZwVCG8li8OX2DhaoCoNgWE\\_Hgg/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1m9_EWzLEnXhAriEaKZwVCG8li8OX2DhaoCoNgWE_Hgg/edit?usp=sharing)

**Saturday, May 2nd, BLaST IU 17**

[https://docs.google.com/spreadsheets/d/1MsS99R\\_L81sLaZWd4JetsK-6ljWXLi6NYkftk2mG6Ek/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1MsS99R_L81sLaZWd4JetsK-6ljWXLi6NYkftk2mG6Ek/edit?usp=sharing)

**NEW CONFIDENTIAL FAX LINE IS 570-320-1348**

# LCIC Health Courses

For more information on the wellness programs, LCIC Health courses go to [health.iu17.org](http://health.iu17.org)

1. Mindfulness Training
2. Balance/Fall prevention and Exercise
3. There will be cooking classes coming up in March, April and May (go to website to look for more details soon.)

## **Mindfulness Training**

“Finding it difficult to manage stress and worry? Do you want to begin to learn how to increase joy and contentment? Join Dr. Lindsay Sauers, clinical psychologist for a brief mindfulness class to begin your journey to a different level of wellness. This hour-long class will introduce the core principles and benefits of mindfulness, while also providing attendees with a short, experiential primer of formal and informal mindfulness practices.”

Where: **Jersey Shore School District High School**

When: **Tuesday, March 3rd**

When: **6-7:15pm**

To register click here: <https://www.elnr.org/Register.aspx?ScheduleID=4511>

## **Balance/Fall prevention and Exercise w/ Dr. Solley**

Did you know that the second leading cause of death in the United States for people over the age of 60 years old is death related to fall? Think about that...more daunting than diabetes, Alzheimer's disease, and even cancer! Did you also know that it is largely preventable? The key is to learn the simple techniques for prevention before you become at risk (that means get going now before you get into your 60s). In this hour-long talk, Dr. Dan Solley will give you simple hacks in changing your health fortunes. Come join us for what could be a life-changing discussion on how to put your Health First. Topics include the importance of core stability, breathing, great toe strength, along with simple activities and exercises that will make you stronger and allow you to live a more “balanced” life.

Where: **BLaST IU 17 office, 2400 Reach Rd, Williamsport**

When: **Tuesday, March 10th**

When: **6-7:15pm**

Click here to register: <https://www.elnr.org/Register.aspx?ScheduleID=4540>

Where: **Pennsylvania College of Technology Professional Development Center**

When: **Tuesday, May 12th,**

When: **6-7:15pm**

Click here to register: <https://www.elnr.org/Register.aspx?ScheduleID=4548>

# Weight Watchers Session!



## WW works for me.

Join WW (Weight Watchers® Reimagined) and lose weight backed by solid nutritional science, not with crazy restrictions. Our easy-to-use app has the tools you need, including food and activity tracking, thousands of recipes, even 24/7 Chat with a WW Coach and so much more. WW works for millions—and it can work for **you!**

### **Start building healthy habits. Join us today!**

We are proud to partner with WW to bring employees WW Workshops in the workplace.\* To sign up or learn more about WW Workshops, contact Carmen Terry at **570-323-8561** or **[cterry@iu17.org](mailto:cterry@iu17.org)**.

**BLaST IU 17, 2400 Reach Rd, Williamsport, PA**

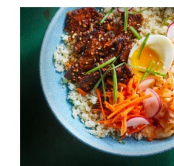
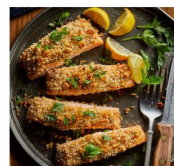
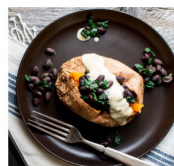
**Wednesdays, 4:15-4:45pm**

**Wellness that Works.™**

# Helpful grocery list

ANTI-INFLAMMATORY DIET MEAL PLAN SHOPPING LIST: 1,200 CALORIES

## SHOPPING LIST



### PANTRY STAPLES

CHECK YOUR PANTRY FOR THESE ITEMS BEFORE SHOPPING.

- Extra-virgin olive oil
- Olive oil cooking spray
- Salt & Kosher Salt
- Ground black pepper
- 3 bags green tea
- 7 tsp. maple syrup
- 3 Tbsp. red-wine vinegar
- 4 Tbsp. toasted sesame oil
- ¼ cup rice vinegar
- 3½ tsp. honey
- 2 Tbsp. natural peanut butter
- 3 Tbsp. panko breadcrumbs
- 1 tsp. unsweetened cocoa powder
- ½ tsp. vanilla extract
- 1/3 cup quinoa
- 2 tsp. reduced-sodium soy sauce

### CANNED, BOTTLED & DRY GOODS

- 1 (18-oz.) container old-fashioned oats
- 1 (16-oz.) jar tahini
- 1 (15-oz.) can no-salt-added black beans
- 2 (15-oz.) cans garbanzo beans (chickpeas)
- 1 (5-oz.) can unsalted albacore tuna, in water
- 1 (8-oz.) pouch microwavable quinoa
- 1 (750-mL) bottle red wine
- 1 (7.5-oz.) jar Dijon mustard
- 1 (3.5-oz.) dark chocolate bar
- 1 (8-oz.) jar mayonnaise
- 1 (12-oz.) package flaxmeal
- 1 (10-oz.) bag walnut halves and pieces
- 1 (8-oz.) package sliced almonds
- 1 (8-oz.) package unsalted whole almonds
- 1 (5-oz.) bag dried cherries
- 1 (7-oz.) bag toasted pepitas (pumpkin seeds)
- 1 (7.25-oz.) container unsalted toasted sunflower seeds
- 1 (12-oz.) package chia seeds
- 1 (11.5-oz.) jar gochujang (Korean chile paste)

### DRIED HERBS & SPICES

- 1 (2.2-oz.) jar toasted sesame seeds
- 1 Tbsp. curry powder
- 2 tsp. ground turmeric
- ¼ tsp. crushed red pepper
- ¾ tsp. ground cinnamon
- ½ tsp. ground allspice
- ½ tsp. ground coriander
- 1 tsp. ground cumin
- ½ tsp. paprika

**TIP:** PURCHASE SPICES YOU DON'T THINK YOU WILL USE OFTEN IN THE BULK SECTION OF MOST GROCERY STORES. IT SAVES MONEY AND CABINET SPACE. YOU CAN ALSO PURCHASE NUTS AND SEEDS IN MOST BULK SECTIONS.

### DAIRY ITEMS

- 1 (4-oz.) container crumbled reduced-fat feta cheese
- 1 (5-oz.) container grated Parmesan cheese
- 1 (32-oz.) bottle low-fat plain kefir
- 1 (32-oz.) tub low-fat plain Greek yogurt
- 1 (8-oz.) container nonfat plain yogurt

### REFRIGERATOR & FREEZER ITEMS

- 2 (10-oz.) containers hummus
- 2 large eggs
- 1 (1-qt.) container unsweetened coconut milk beverage (use in overnight oats, turmeric latte and chia seed pudding)
- 1 (15-oz.) jar kimchi
- 1 (10-oz.) bag frozen shelled edamame
- 1 (12-oz.) bag frozen raspberries
- 2 (12-oz.) packages riced cauliflower

### MEAT, POULTRY & FISH

- 2 lbs. salmon, preferably wild
- 1 lb. sirloin steak
- 4 (6-oz.) boneless, skinless chicken breasts
- 1 lb. shrimp (21-30 count), peeled and deveined
- 2 cups cooked chicken breast, or about 10 oz. raw

### PRODUCE

- 2 bananas
- 1 pint blueberries
- 1 pint blackberries
- 1 pint raspberries
- 2 medium apples
- 5 lemons
- 2 plum tomatoes
- 2 avocados
- 2 heads garlic
- 1 ginger root
- 1 (4.5-oz.) package mixed salad greens
- 1 (16-oz.) package spinach
- 1 (5-oz.) package baby kale
- 1 (5-oz.) package red-leaf lettuce
- 1 (16-oz.) package kale
- 1 (12-oz.) package romaine lettuce
- 1 red onion
- 1 medium beet
- 1 (8-oz.) package cooked whole baby beets
- 1 (2-lb.) bag carrots
- 1 medium acorn squash
- 2 medium cucumbers
- 1 large sweet potato
- 1 small head cauliflower
- 2 heads broccoli, or 1 (12-oz.) bag florets
- 1 head red cabbage, or 1 (10-oz.) bag shredded red cabbage
- 1 bunch scallions
- 1 bunch Italian (flat-leaf) parsley
- 1 fresh turmeric root
- 1 (0.75-oz.) package cilantro
- 1 (0.75-oz.) package chives
- 1 (0.75-oz.) package mint
- 1 (0.75-oz.) package basil
- 1 (0.75-oz.) package fresh rosemary

# Gut Microbiome and Nutrition

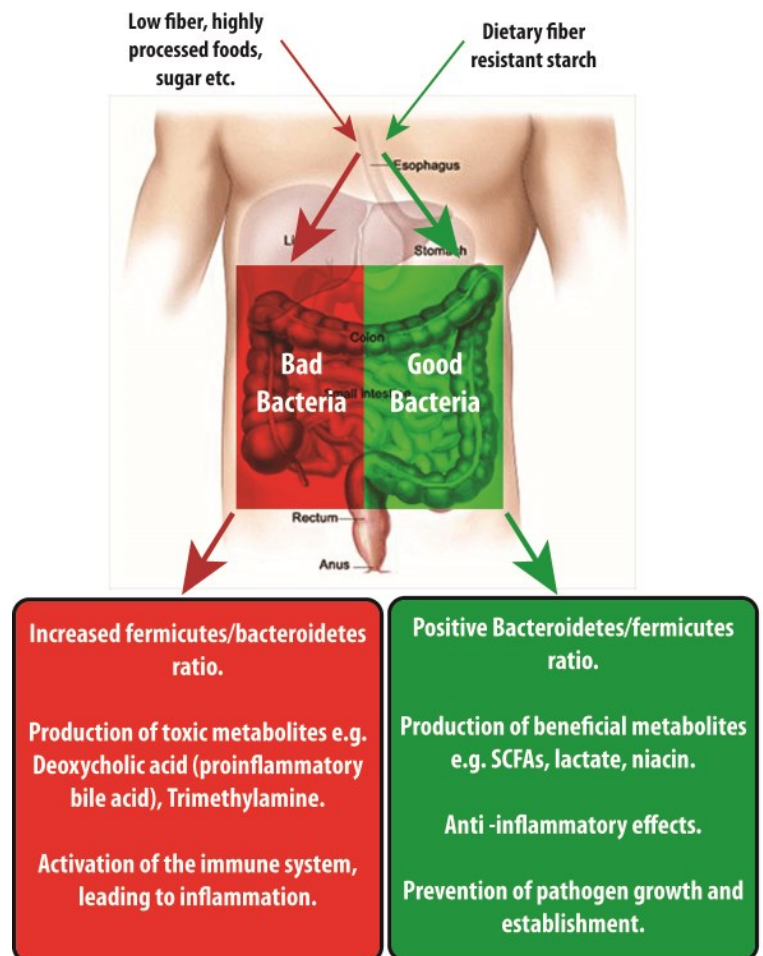
Did you know that we are actually made up of more bacteria in our body than human cells? That may sound gross but in reality, this bacteria helps us to function on a daily basis. Specifically the gut microbiome is made up of bacteria, fungi, viruses and eukaryotic microbes. All of these contribute to a healthy or unhealthy gut and making our lives better or worse depending on how many good microbes we have. This microbiota contributes to our healthy function as a human by impacting our metabolic processes, aiding our immune system and altering our physiologic functions. The more diverse your healthy gut bacteria are, the better you feel. There are over 1000 species of bacteria in our gut. There are more studies coming out every day linking illness and disease to dysbiosis in our gut. (If you have more bad bacteria than good bacteria, it creates dysbiosis and your body cannot function properly.)

So what leads to dysbiosis? The biggest culprit are the foods we eat. When our diet consists of an abundance of sugar, fat and processed foods (chemicals), it creates an overgrowth of bad bacteria, which then pushes out the good bacteria in our gut. This is called competitive exclusion. Just one example of this is the infection known as CDIF (Clostridium difficile infection). This happens with a radical change in the gut microbiota that proliferates CDIF. Treatment therapies include Microbiota based therapies, not antibiotics. Antibiotics are another reason that can create microbiome dysbiosis. Antibiotics kill bacteria, good and bad. Typically if you are prescribed an antibiotic it should be taken with a probiotic to help restore that good bacteria in your gut.

There are more and more scientific studies coming out linking many different illness/chronic diseases to our gut microbiome. In fact they are doing studies on Crohn's disease, ulcerative colitis, Diabetes, arteriosclerosis and so much more.

This is a very simple picture of how low fiber, highly processed foods and sugars affect our health in our gut and lead to inflammation vs eating the right types of foods.

So what can you do? See the next page for help with restoring your gut health!



# Restoring Your Gut Health

## 10 Tips for restoring Gut Health<sup>1</sup>

1. Fill up on fiber-high fiber foods feed the healthy bacteria that improve immune function, reduce inflammation and chronic disease and regulate mood
2. Eat Prebiotic rich foods-leeks, onions, garlic, asparagus, whole wheat, spinach, beans, bananas, oats and soybeans
3. Try Probiotic foods-live bacteria/yeasts found in fermented foods that help proliferate good bacteria in the gut-sauerkraut, miso, tempeh, kimchi and water kefir.
4. Avoid Animal products-red meat, high fat dairy products and fried foods reduce the growth of healthy bacteria and enhance the growth of bad bacteria linked to chronic disease
5. Limit fats-sauté foods with cooking spray or broth instead of oil
6. Avoid unnecessary antibiotics and non essential medications-overuse of antibiotics can kill healthy bacteria and antacids can interfere with microbes
7. Practice a healthy lifestyle-exercise, getting enough sleep and managing stress all have a positive impact on your gut health.
8. Choose food and drinks with high levels of polyphenols (antioxidants that fuel microbes), nuts, seeds, berries, olive oil, coffee and tea
9. Steer clear of artificial sweeteners, like aspartame, sucralose and saccharine-they disrupt the metabolism of microbes and reduce gut diversity
10. Don't be hygiene obsessed-fastidious washing and overuse of antibacterial sprays and soaps may not be good for your gut

For more information on taking probiotic in pill form, check out these sites:

<https://nccih.nih.gov/health/probiotics/introduction.htm>

<https://www.medicalnewstoday.com/articles/327389>



1. Information used from Physicians Committee for Responsible Medicine, <https://www.pcrm.org/health-topics/gut-bacteria> and Science Focus Magazine, <https://www.sciencefocus.com/the-human-body/how-to-boost-your-microbiome/>

# Mediterranean Diet

Another popular method for eating is known as the Mediterranean diet. This type of diet offers a whole host of health benefits from weight loss, heart and brain health, as well as prevention of diabetes and many other chronic diseases. The key to this diet is first and foremost an active lifestyle along with weight control and nutritional choices that are low in red meat, sugar and saturated fat. The great thing about eating this way is there is no counting calories or macronutrients. So here are the basics for this eating plan:

1. Eat vegetables, fruits, nuts, seeds, legumes, potatoes, whole grains, breads, herbs, spices, fish, seafood and extra virgin olive oil
2. Eat in moderation: poultry, eggs, cheese and yogurt
3. Eat only rarely: red meat
4. Don't eat: sugar-sweetened beverages, added sugars, processed meat, refined grains, refined oils and other highly processed foods

<https://www.healthline.com/nutrition/mediterranean-diet-meal-plan#sample-menu>

## UNDERSTANDING THE PYRAMID

The Mediterranean Diet Pyramid depicts the traditional foods and drinks that make up the healthy, balanced Mediterranean Diet. It contains many of the foods you will find in other dietary pyramids. The principal difference is in the frequency that some foods are eaten. Almost all foods can be part of a balanced and healthy diet – but your overall health and well-being can be greatly affected by how often you eat different foods, and the portion size you choose.



### WINE AND WATER -

Wine can be consumed regularly but moderately: up to one glass per day for women, two for men. Water is essential for proper hydration, and contributes to health, well-being, and energy.



### MEATS AND SWEETS

These are “sometimes” foods to eat less often. If you eat meat, choose small portions of lean cuts, such as round, shoulder, tenderloin, strip, T-bone, and flank. Enjoy sweets at a celebration or as a treat.

**YOGURT, CHEESE, POULTRY, AND EGGS** form a central part of the Mediterranean Diet and are eaten in moderate portion sizes several times a week. Cheese, for example, is eaten regularly but in small amounts.

**FISH AND SEAFOOD** occupy their own section, since they are important sources of protein. Fish such as tuna, herring, salmon, and sardines are rich in heart-healthy omega-3 fatty acids, and shellfish including mussels, oysters, shrimp, and clams have similar benefits. Enjoy at least twice a week.

**WHOLE GRAINS, FRUITS, VEGETABLES, BEANS, HERBS AND HEALTHY FATS, SUCH AS THOSE FOUND IN OLIVE OIL** represent the core of the diet. Base every meal on fruits, vegetables, whole grains, legumes, and herbs and spices. Olive oil, the main source of dietary fat, is used for almost all cooking and baking, and for dressing salads and vegetables.

**DAILY PHYSICAL ACTIVITY**, which is important for overall good health, includes strenuous exercise such as running and aerobics, more leisurely activities such as walking and house-or-yard work, and simple changes, such as taking the stairs instead of the elevator. Add physical activity to each day.

Illustration by George Middleton © 2009 Oldways Preservation and Exchange Trust • [www.oldwayspt.org](http://www.oldwayspt.org)





## Flattened Chicken with Almond and Paprika Vinaigrette

---

Hands-on Time

Total Time

18 Mins

28 Mins

Yield

Serves 4 (serving size: 1 chicken breast half and about 1 tablespoon almond mixture)

---

By MAUREEN CALLAHAN January 2016

COOKING LIGHT

While pounding the chicken breast thin and searing is a French technique, the flavor profile here is decidedly Spanish.

### Ingredients

4 (6-ounce) skinless, boneless chicken breast halves

---

3/8 teaspoon kosher salt, divided

---

1/4 teaspoon black pepper

---

3 tablespoons olive oil, divided

---

1/4 cup unsalted chicken stock (such as Swanson)

---

1 garlic clove, minced

---

2 tablespoons unsalted roasted almonds, finely chopped

---

1 tablespoon water

---

1/4 teaspoon finely grated lemon rind

---

1 tablespoon lemon juice

---

1/4 teaspoon smoked paprika

---

1/4 teaspoon Dijon mustard

---

2 tablespoons chopped fresh flat-leaf parsley

---

1 ounce green olives, chopped

### How to Make It

**Step 1** Place each chicken breast half between 2 sheets of plastic wrap; pound to 1/4-inch thickness using a meat mallet or small heavy skillet. Sprinkle evenly with 1/4 teaspoon salt and pepper.

**Step 2** Heat a large nonstick skillet over medium-high heat. Add 1 1/2 teaspoons oil; swirl. Add 2 chicken breast halves; cook 3 minutes on each side or until done. Remove from pan. Repeat procedure with 1 1/2 teaspoons oil and remaining 2 chicken breast halves.

**Step 3** Reduce heat to medium. Add stock, scraping pan to loosen browned bits. Stir in remaining 2 tablespoons oil. Add garlic; sauté 1 minute. Add remaining 1/8 teaspoon salt, almonds, and next 5 ingredients (through Dijon); cook 1 minute or until heated, stirring occasionally. Spoon almond mixture over chicken. Sprinkle with parsley and olives.

# Intermittent Fasting

I have been asked many times this year my thoughts on intermittent fasting. I am not a nutritionist or registered dietician, so I figured I would give you the facts of what it is and the science behind it and then you can decide for yourself whether you think it is worth trying. (And just for the record, by the time you read this, I have been doing this since 2/17/2020 just to try it myself-eating from 9am-6:30pm)

What is intermittent fasting: (IF for short)

Periods of time designated for fasting and eating. There are several ways to do IF.

1. Set a period of time that you are eating during your awake times, so you can eat in an 8-12 hour window. So if you eat breakfast at 7am then stop eating at 7pm and you end up with 12 hours of fasting. You could also do a 10am-6pm window of eating and fast for 16 hours. The ideal time depends on you. Experts recommend between 12-16 hours of fasting periods. This is also the easiest method.
2. Another method to use is the 5:2 method where you “fast” for two non-consecutive days, eating only one meal on a “fasting” day (500-600kcal) and then eating normally the other 5 days.

What is the science behind IF:

Your liver stores glucose (sugar) and when you are fasting for 10-12 hours, the body uses the liver's energy stores as its first fuel. When those stores are depleted the body needs another source of energy. So when we eat food, it is broken down by enzymes and ends up in our bloodstream, sugar molecules from carbohydrates are then sent to the cells for energy. If our cells do not need it all, we store those molecules as fat. Sugar can only enter the body's cell by using insulin, which helps store sugar in fat cells. When our insulin levels go down by fasting, our fat cells can release stored sugar to be used as energy. When insulin levels keep dropping, we start to burn more fat as the body needs that sugar to move, think and work. This is called metabolic switching.

What are the benefits of IF:

1. Stabilizes blood sugar levels, increase resistance to stress and suppress inflammation
2. Decrease blood pressure and cholesterol levels and improve resting heart rate
3. Improve brain health and memory by cellular repair-Autophagy where cells digest and remove old and dysfunctional proteins that build up inside cells
4. Studies have shown changes in gene expression related to longevity and protection against disease.

# Intermittent Fasting

“Much scientific research about IF also shows how simple fasting improves metabolism, lowers blood sugar, lessens inflammation and clears out toxins and damaged cells.”<sup>1</sup> The other benefit of intermittent fasting is that it can help with weight loss.

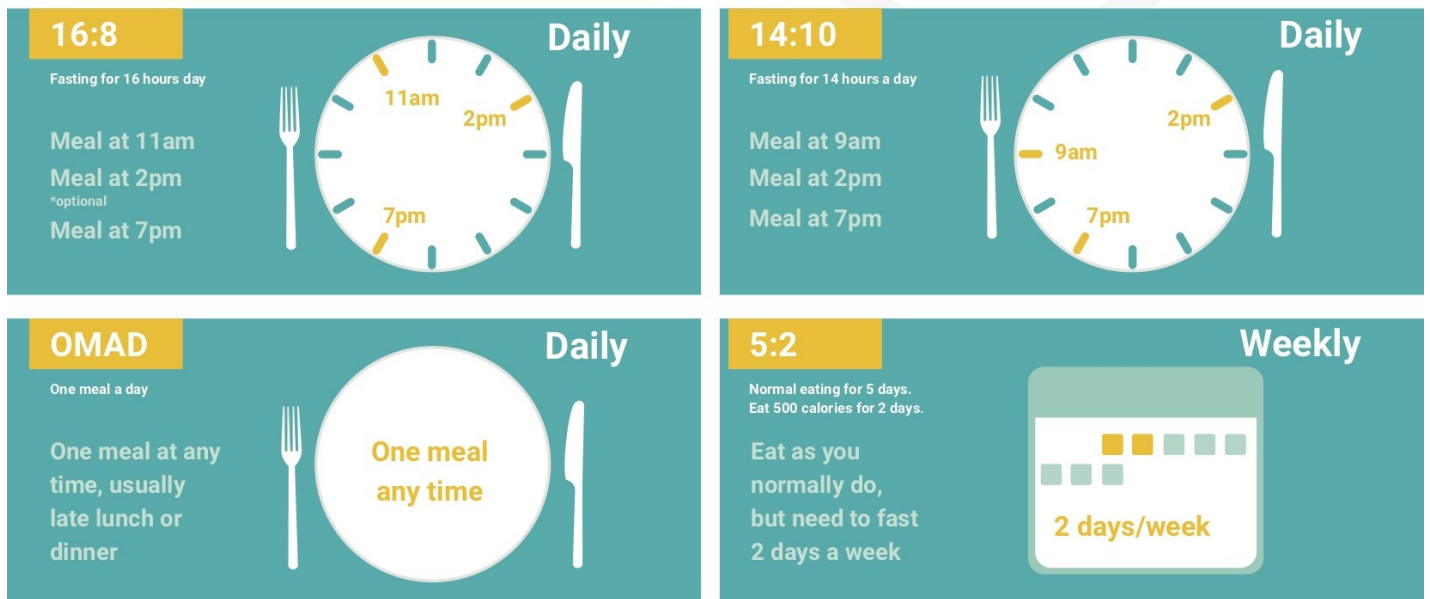
When you have feeding times, it is important however to make sure you are eating plenty of whole grains, fruits/vegetables and lean proteins. The key is not to overeat during the times of nourishment. If you are taking in too many calories, you will not be able to lose weight or reap the benefits of this intermittent fasting. So my two cents, try it a couple days and see how you feel and try different methods to see what is right for you. But remember, eat healthy foods during the time that you are eating so you aren't malnourished.

## Fasting

### How to Intermittent Fast

Here are some of the more popular intermittent fasting methods/schedules.

 **Stay hydrated!** *Black tea, coffee, and water are allowed*



ketoXmojo keto-mojo.com #ketomojo #whatsyourmojo

1. Effects of Intermittent Fasting on Health, Aging, and Disease, Rafael de Cabo, PH.D., and Mark P Mattson, Ph.D; New England Journal of Medicine, 12-26-2019; 381: 2541-2551, DOI; 10.1056/NEJMra1905136