

MedwellNews

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Level 1

Level 2

Level 3

Total score: needs attention

23 ✓

Heart Health Test

Cholesterol 305
Triglycerides 192

305 ✗

You

240

High

200

Moderate

THE MORE YOU KNOW!

The Center for Disease Control explains that chronic diseases are responsible for 7 out of 10 deaths each year; and treating people with chronic diseases accounts for 86% of the nation's health care costs. It's time to **Know Your Numbers!** It could save your life!

Blood Glucose

High blood glucose levels put you at greater risk of developing insulin resistance, prediabetes and type 2 diabetes. Untreated diabetes can lead to many serious medical problems including heart disease and stroke.

Body Weight

Your waist circumference or body mass index (BMI) are measurements that may indicate if you're at a healthy body weight and composition. Being obese puts you at higher risk for health problems such as heart disease, stroke, high blood pressure, diabetes, and more.

Fasting Lipoprotein Profile

This is a blood test that measures total cholesterol, LDL (bad) cholesterol, HDL (good) cholesterol and triglycerides. You may need to be tested more frequently if your healthcare provider determines that you're at an increased risk for heart disease or stroke.

Blood Pressure

Blood pressure is one of the most important screenings because high blood pressure usually has no symptoms. High blood pressure greatly increases your risk of heart disease and stroke. High blood pressure can be controlled through lifestyle changes and medication when deemed necessary.

RECIPE ♀ THE MONTH



Lentils & Swiss Chard Soup

You'll Need

- 1 cup lentils
- 1 ½ quarts water (more if needed)
- 1 large potato, diced
- ½ bunch Swiss chard or kale
- 1 medium onion, coarsely chopped
- Salt and pepper to taste
- 3 tablespoons olive oil
- Lemon wedges or lemon juice

Directions:

- Wash lentils, add water, bring to a boil, then lower to simmer and cover and cook until almost tender (approximately 12 minutes).
- Add diced potato; boil for 10 minutes. Add more water as needed. Add Swiss chard or kale.
- Meanwhile sauté onions with salt and pepper in oil until golden brown.
- Add to lentil mixture and cook until all vegetables are done, no more than 10 minutes.
- Adjust seasonings.
- Serve with lemon wedges or add some lemon juice to your liking to the pot or to each bowl.

THE MAGICAL MIND OF MEDITATION

There is a bit of confusion around what meditation is. To clarify a bit, meditation is not a religion; it is a scientifically based practice available to everyone. It is an activity that can help calm the mind. Our minds are naturally jumpy and all over the place. The process of meditation helps us to experience a state of relaxation. It helps us to turn our attention away from distracting thoughts that in themselves pose stress in our bodies. [Here is a link to familiarize you with what meditation is and how to get started in a practice.](#)

A NEW YEAR, A NEW YOU!

This year, let's throw the concept of will power out the window. Will power is a concept we created and frankly it seems to stress us out. No one feels they have it and they always feel someone next door has more than them. However, something that does exist is the practice of discipline. Discipline requires a commitment on our part. The great thing is making a commitment is easier with support and this year we want you to count on us for support!

What is one area of health you want to improve upon this year? Please see a list of the topics below and email us at nutrition@willclower.com to request a guide that we created to support these various areas of health:

- Better Sleep
- Smoking Cessation
- Stress Management
- Pain Management
- Cholesterol Control
- Exercising in the Winter Months

PERSONALITIES ARE PRICELESS

Communication, time management, how we are driven, handling emotions, etc., these can all play a role on how we manage stress in our life. This personality test takes no more than 10 minutes to complete and can give you some good insight to the type of personality you embody.

Knowing more about yourself can be a tool to help you understand and handle stress in a better mindset. Take the short test and see what your results show. You may be pleasantly surprised to discover how learning more about yourself can help you to become a more effective communicator and time manager. [Visit this link to take the test.](#)

ASK WILL

With the New Year upon us I'm really trying to commit to health. I have a friend who is trying to sell me a bunch of supplements. Do you have any advice on supplement use?

First off, your doctor's word is the last word. There is a time and a place for their proper use. But what we are trying to caution people about is that vitamins and supplements in America is not a regulated industry. And many a taking a bunch of them as opposed to getting the nutrients they need from food.

If you are prescribed vitamins and minerals by your doctor you could always ask them if it would be ok if you took them every other day as you are changing your eating habits and are hoping to attain a lot of these nutrients from actual foods.

So we recommend getting your nutrients from whole foods first and only using supplements when it is an absolute necessity.



HAVE A QUESTION?

Email him:
askwill@willclower.com