

MedwellNews

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Be Positive, Be Productive

Extensive research is being conducted on positive thinking. The research suggests that positive thinking may help decrease depression and lower a person's risk of heart disease. Why is this the case? A theory is that when a person thinks positively, they're able to manage stress more effectively. Managing stress does decrease the risks for many chronic diseases.

If you're a person that always thinks it's going to rain, no worries! In the words of William James... "If you can change your mind, you can change your life." So, that means you can also become a positive thinker!

Positive thinking doesn't mean being unrealistic and avoiding difficult situations, but it does mean handling them with a more positive approach.

We can train ourselves to be positive thinkers. However, it's going to take practice.

When a situation is presented to you, take note of where your thoughts instantly go. Did you take the negative or positive route? If you took a negative direction, simply look at the scenario from all perspectives. This is a starting point to help you realize that your thoughts are only going one way. Once you have taken some time to look at the scenario from all points of view, find the positive in the situation. If there truly is none, then think about how you can add some positivity to the situation.

You are in control of your thoughts! Stephen Covey sums it up by saying... "Happiness, like unhappiness, is a proactive choice."

RECIPE ♀ THE MONTH



Smoked Salmon Broccoli Pasta

You'll Need

- 4 ounces smoked salmon, chopped
- 2 ½ cups broccoli, chopped (fresh or frozen)
- 8 ounces pasta noodles of choice
- 3 teaspoons lemon juice
- 3 Tablespoons butter
- Salt and pepper
- Pepper

Directions

- Cook pasta.
- Prior to pasta being done, add broccoli to pot with boiling pasta noodles to cook them (approximately 2 minutes in the boiling pasta water).
- Drain noodles and broccoli.
- Add butter to the empty pot that the noodles were cooked in. Then, add pasta and broccoli back to pot with butter. Mix well. The heat from pasta will melt the butter.
- Add salmon and lemon juice.
- Add salt and pepper to taste.

Mammograms and More

Mammograms are an important test to get done in the prevention of breast cancer but there are also some other things we should do.

- Limit foods that contain artificial ingredients as much as possible.
- Make veggies the base of your diet.
- Control portions consumed.
- If you smoke, quit.
- Breast feed if possible.
- Only have radiation exposure when necessary.
- Limit exposure to environmental chemicals.
- Manage stress.

Breathe in Health

Let's think about this for a second ... you could go a long time without food, about 40 days; you could go approximately 3 days without water; but, you could only go minutes without oxygen which makes breathing seem quite important.

Simply practicing deep breathing is a great tool to help us manage stress. Take a moment and try this breathing technique:

Breathe in through your nose, take the breath all the way to your stomach and feel your stomach expand. On the exhale, let the air out through your nose and feel your stomach muscles contract.

Practice this before bed, on the bus or driving to work. By practicing this on a regular basis, you will train yourself to breathe in this calming fashion more often. For a more detailed guide on this technique email, nutrition@willclower.com.

Stretch and Connect

Stretching has been shown to prevent injuries, burn calories, and relax us. It's like giving our bodies a personal massage.

Another great thing is that it can be done anywhere at any time.

Give this a try... pick an evening in which the family stretches together. If you live by yourself, try to do this with a friend. Invite them over for a stretching night. Stretching is the perfect exercise to allow us to connect with others as it can create a space for us to talk.

Or plan on calling a friend and as you both are chatting, stretch away.

Stretch when dinner is in the oven and on your morning break from work.

Fit it in when you can and slowly start to notice that the aches and pains become more managed and you feel a bit more energized.

ASK WILL

I struggle with gastric reflux and am wondering if there are things I can do before medication?

There are various reasons people experience gastric reflux. There is a time and place for medication and some people do need the medication. Some of these suggestions may benefit you:

- Manage stress.
- Keep a food record. This can help pinpoint certain foods that are troubling.
- Some foods that are reported to trigger gastric reflux are as follows: (keep in mind that it is different for every individual and that is why keeping a food record is helpful.)
 - Coffee and Alcohol
 - Spicy dishes
 - Carbonated beverages
 - Citrus fruits
- Slow down your eating pace.
- Focus on smaller meals.
- Do not lay down right after eating.
- Drinking water with fresh lemon juice can help rebalance the acid levels of the stomach.
- Increase the dark green leafy veggies in your diet.



HAVE A QUESTION?

Email him:
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