



Spiritual health

Finding shoes that fit is difficult. As a result, I'm always trying to find ways to extend the wear of my shoes.

This means, on a regular basis, I find myself in the local shoe repair shop here in Loma Linda.

Every time I go, the quiet man behind the counter seems to find humor in the large shoes I lay on his counter. But he does his work well and in a couple of days, I return to find my shoes re-soled, with new heels, mended and polished.

It's such a satisfying feeling to be able to walk away with shoes that look like new once again.

Do you ever wish life could be repaired in similar ways?

Sometimes, just getting through the day scuffs us up a bit.

We wear thin from the stress that we feel coming from all directions. We lose our patience, our efficiency, and our joy. We feel worn out.

The good news is that we don't have to remain that way!

God promises, "I am making everything new" (Revelation 21:5). Through the power of His Spirit, we can re-tool, renew, and reclaim our lives. In this new year, may you know His power for a changed life.

Kathy McMillan, MA, director

Employee spiritual care & wholeness, LLUMC

Mental health

Imagine for a moment that it is December 31, 2010. It is the final minutes of the year and you are counting down the arrival of a New Year with family and friends.

What will you be doing with these people on New Year's Eve 2010? What will stand out as you think back on 2010? What will be the personal successes and



accomplishments you recall that evening? What will tell you the year has gone well for you and you met your goals?

Such an exercise may seem strange at first, but is actually very useful.

It may be necessary when traveling toward a destination to start first with the end in mind. Where am I going seems like a fairly basic question when journeying from point A to point B.

Often it may also be necessary to determine how I will know when I have arrived.

This past summer, my wife and I got lost in San Francisco looking for the original Spanish mission. We had a vague idea about where the mission was located, but without either of us ever having visited there before, we actually walked right past it without recognizing it.

What we lacked was a clear vision of where we were headed.

What will tell me 2010 has been a good year as I celebrate its conclusion with family and friends?

The picture we come up with about what life will look like at the end of the year—on the next New Year's Eve—can serve as a vision to strive toward, guiding and motivating us throughout this current year.

This vision will direct our activities,

our choices, and our priorities.

What will I need to do differently this year if I want to reach New Year's Eve celebrating specific achievements?

As we start another year, I encourage all of us to take time to sit and reflect upon what we want for 2010, and then live the year reaching for it.

Trusting all the best for you and those you love in 2010.

Randall Walker, MS, MFT, director

LLU Marriage & Family Therapy Clinic

Physical health

Hearburn, acid reflux, and indigestion—otherwise known as gastroesophageal reflux disease (GERD)—are words we don't like to hear, but symptoms too many of us struggle with. Why, and what can be done about them?

After food is swallowed and makes its way into the stomach, a muscle called the esophageal sphincter will tighten, keeping the food in the stomach while it's being digested.

Sometimes this muscle doesn't work perfectly. The resulting GERD is usually experienced as burning through the chest area, nausea, and difficulty swallowing.

This can eventually lead to cough and hoarseness. In some instances, there are asthma and dental problems, and in the worst cases even cancer.

Reflux can occur in children as well as adults, and it is one of the most commonly experienced disease symptoms, effecting more than 15 million adults.

Here are some lifestyle changes that can reduce GERD ...

- ◆ Eat slow, chew food well;
- ◆ Eat smaller meals;
- ◆ Eat regularly and not less than three hours before bedtime;
- ◆ Decrease dietary fat;

Continued on back

- ◆ Stop smoking;
- ◆ Decrease caffeine and alcohol use;
- ◆ Decrease carbonated drinks; and/or
- ◆ Lose weight.

At the first sign of GERD, many people go straight to the drug store for one of the more common over-the-counter medications available for these symptoms.

Although these drugs do work, it's actually best to start with simple lifestyle changes, such as those listed above.

Elevating the head of the bed and sleeping on the left side can also help.

If medications are used, it's usually best to start with inexpensive over-the-counter (OTC) antacids such as Maalox, Mylanta, Roloids, or Tums.

Acid or H2 blockers, such as famotidine (Pepcid) or ranitidine (Zantac), are a good second choice.

The final OTC drug options are the more expensive proton pump inhibitors, such as omeprazole (Prilosec) and lansoprazole (Prevacid).

If your symptoms don't improve over two to six weeks, you should see your doctor for further evaluation and/or treatment.

Wayne Dysinger, MD, chair
LLUSM department of preventive medicine

Nutritional health

Many people begin the New Year with thoughts of improving their health. With this idea in mind there are thousands of Americans that begin taking supplements.

Supplements have become very popular and are being sold in most stores. However, their popularity and their seemingly "danger-free" reputation have led to many individuals throwing caution to the wind and placing themselves in possible danger.

It is important to keep in mind that federal regulations for dietary supplements are very different when compared to over-the-counter/prescription drugs.

Therefore, it is extremely important that you receive information from reliable sources.

Featured recipe: lentil soup with lemon

Calories 195; total fat 1.0 g; sodium 111 mg (low sodium); cholesterol 0 mg; serves 6

- Vegetable oil spray
- 1 tsp olive oil
- 1 onion, medium, chopped
- 2 garlic, medium, minced
- 2 quarts vegetable broth, low sodium
- 2 cups lentils, dried, cleaned
- 1 potato, medium, diced
- ½ tsp oregano, dried
- ¼ tsp salt

3 tbs fresh lemon juice
add pepper to taste

- Heat a stockpot over medium-high heat;
- Lightly spray with vegetable spray;
- Add the oil, swirling to coat the bottom;
- Cook the onion and garlic for 2–3 minutes, or until onion is soft;
- Stir in broth, lentils, potato, oregano, and salt;
- Reduce heat and simmer, covered for 45 minutes or until lentils are soft;
- Stir in lemon juice and pepper.

There are many supplements on the market today that can be helpful, however, talk to your physician instead of trying to decipher between fact and fiction on your own.

It is important to talk to your physician when ...

- ◆ You are thinking about replacing your regular medication(s) with one or more dietary supplements;
- ◆ You are planning to have surgery. There are some supplements that may increase your risk of bleeding or affect your response to anesthesia;
- ◆ You are taking any kind of medication, because supplements have the potential of interacting with these medications;
- ◆ You are pregnant, breastfeeding, or thinking about giving supplements to your child. Many studies done on dietary supplements are not done on these populations—which means the effects are uncertain.

It is important to read labels and instructions carefully. Keep in mind that the term "natural" does not always mean "harmless" or "safe." The manufacturer does not have to prove safety or effectiveness before products are marketed.

The National Center for Complementary and Alternative Medicine and the NIH Office of Dietary Supplements, as well as other federal agencies, have free publications, clearinghouses, and information on their websites.

Be extra vigilant when reading information and always make sure your physician knows your supplementing plans.

Health is important to all of us, and it would be a great tragedy if we threatened our health in our attempts to improve it.

Olivia Moses, DrPH, administrator
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Wellness calendar

January

Thyroid Awareness Month

February

- American Heart Month
- 5 National Wear Red Day
- 7–13 Burn Awareness Week
- 14 National Donor Day

March

- National Colorectal Cancer Awareness Month
- National Nutrition Month
- 7–13 National Sleep Awareness Week
- 23 American Diabetes Alert Day



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