



Living Whole

Employee Wellness Program

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SPIRITUAL HEALTH

"How are you doing today?" In times gone by, that question would elicit a response such as "Fine." or "Not so well". Nowadays, every time I ask that question I always get the same response. It is a response that crosses all gender, generational line, race, ethnicity or socio-economic status—"I'm so busy!" Wait a minute! That answer is not one that describes my being. It does not share what I am experiencing or my feelings. It describes my doing. And it describes the ache of our bodies and souls. We are all BUSY! We all seem to be going faster and faster. We all are multi-tasking. And now not even that is fast enough! We never seem to get ahead. We never seem to catch up! We are in a constant state of stress and anxiety. Sometimes I think that we are going so fast in our lives that we lap ourselves and don't even know it? So—now that I have stated the unfortunate obvious—what now? Well, the results of our busyness has manifested itself in increased susceptibility to disease, chronic sleep deprivation, spikes in instances of depression and anxiety, and the list goes on and on. How do we stop being chronically busy? How do we get off of the treadmill of timelessness? Psalm 46:10 states, "Be still and know that I am God." To know God in a deeply relational way, we need to be still and be in relationship with Him. To know each other, we need to be still and be in relationship with each other. How can we? We do it by starting a "mini-revolution" in our lives. We do it with baby steps. When someone asks how we are doing we can refuse to say "Busy" and take a moment and share something of life importance. We can walk a half pace slower to wherever we are going. We could schedule in a "lunch meeting" with ourselves for some decadent wholeness like a massage or laying on a blanket looking up into the sky and tracing cloud animals. Or even—dare I suggest it?—call someone we care about on the phone just to let them know how special they are to us. How about it? Are you ready to join the "mini-revolution" with me?

*Terry Swenson, PhD
University Chaplain*

EMOTIONAL HEALTH

Yes can be one of the most creative words; like a key opening up possibilities and opportunities. Equally important, but often less enjoyable to say is the word, "no". *No*, however, can be just as important and in some cases more important than the word, *yes*.

Some people love to say yes and hate to say no. They think saying yes makes others happy, lives up to others' expectations, and makes them good people. Saying yes when *no* is really what should be said is an all too common mistake for such people. They avoid conflict by saying yes when they mean to say no. They think it is easier to say *yes* than saying *no*, which they associate with unpleasant consequences. They may confuse saying *no* with being impolite, negative, and disagreeable.

However, continually saying *yes* and refusing to say *no* provides inaccurate feedback, creates unrealistic expectations, and ultimately leads to resentments. Failing to use an appropriate *no* can lead to being overextended, being unfocused, and unable to meet deadlines.

The truth is - there are times when *no* needs to be said. A proper *no* can establish clear boundaries and provide more accurate feedback in relationships. A timely, positive *no* can establish priorities, direct efforts, set limits, and conserve valuable energy.

For those who have trouble saying *no*, it may be helpful to practice. If being too agreeable is a problem and *no* is seldom employed, consider experimenting by replying to requests initially with an appropriate *no*. *No*'s can always be turned into *yeses* later. When one habitually responds first with *yes* and later regrets it, it might be time to try *no* as the first response. A variation on this experiment is to hold off saying *yes* or *no* to a request. Delaying briefly may provide enough time to truly determine what one really wants to say.

Giving oneself permission to say *no* is not license to be rude or difficult at work or in relationships. But making *yeses* and *no*'s equally possible may create healthier relationships both at home and the workplace.

Randall Walker, MS, MFT
Director, Counseling & Family Sciences Clinic
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PHYSICAL HEALTH

Have you been worried about your energy level? Do you feel you're not operating quite up to your normal capabilities? Have you noticed subtle changes in your skin, or your hair, or your bowel movements? Each of these symptoms can be caused by multiple factors, but one relatively common cause of these types of symptoms is hypothyroid...a poorly functioning thyroid gland.

Currently 4.6% of all individuals over the age of 12 in the US are hypothyroid. Women and individuals over 60 are more likely to deal with this diagnosis. Hypothyroidism occurs when the thyroid gland, located in the neck, does not make enough thyroid hormone. Thyroid hormone regulates metabolism – the way the body uses energy. Without enough thyroid hormone, many of the body's functions slow down.

Hypothyroidism is most often caused by Hashimoto's disease, which is an inflammation of the thyroid gland. Hashimoto's is an autoimmune disease, which means that the body inappropriately attacks the thyroid gland--as if it was foreign tissue. The underlying cause of the autoimmune process still is unknown, so there is no known way to prevent this type of hypothyroid disease.

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What we do know, however, is that food and nutrients do affect the thyroid gland. Before iodine was added into salt on a regular basis, thyroid goiter due to iodine deficiency was quite common. And recent studies have indicated a 20-40% decrease in thyroid antibodies from treatment with selenium. Although selenium can be taken as a supplement, it is best used by the body if it is ingested in food such as Brazil nuts. Eating an anti-inflammatory diet may also decrease the auto-immune reactions that are the basis of Hashimoto's thyroiditis.

Doctors diagnose Hashimoto's by testing for thyroid antibodies. If your thyroid antibodies are high, you are usually better served by also starting on a thyroid medication. There are numerous thyroid medications available, so ask your doctor which may be best for you. Hypothyroid is a very treatable disease, and one that appears to do best when it is diagnosed and treated early and as naturally as possible.

Wayne Dysinger, MD
Chair, Preventive Medicine Department

NUTRITIONAL HEALTH

Being mindful of what you eat sounds easy, but it's not. If distracted during mealtime, most people eat more than when they pay attention to the plate of food in front of them. If an endless bowl of soup is provided (refilled by a secret tube under the bowl), people keep eating, and eating, and eating. When dining with another person, eating patterns are mimicked. Our surroundings have an influence on what and how much we eat, and many of us are unaware of its impact.

Brian Wansink, PhD, a researcher in nutrition science and consumer behavior, set out to test some of his observations. Through a series of cleverly designed experiments, he was able to collect information and determine that grocery store marketing, lighting in a room, packaging styles, and setting of the table all have an influence on what and how much we eat. In his book *Mindless Eating: Why We Eat More Than We Think* (2007), these studies are described with the conclusion being that our environment "biases our eating habits and taste preferences."

Some everyday observations have been quantified. Some of them include:

- Moving from a 12-inch to a 10-inch dinner plate leads people to serve and eat 22% less.
- A person will eat an average of 92% of any food they serve themselves.
- The average person makes an excess of 250 decisions about food each day.
- Low-fat labels lead people to eat 16-23% more total calories.
- The Nutritional Gatekeeper of a home influences an estimated 72% of all of the food their family eats.

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- Because of visual illusions, people pour 28% more into short wide glasses than tall ones.
- 50% of the snack food bought in bulk (such as at a warehouse club store) is eaten within six days of purchase.

Being aware of the cues that cause excessive intake is the first step. By making small changes in our surroundings and paying more attention to our true feelings of hunger and satiety, we can better control what we eat. Perhaps small plates, small serving spoons and small bites can lead to more healthy bodies.

Cindy Kosch, MS, RD
Chair, Nutrition and Dietetics
LLU School of Allied Health Professions

AVOCADO & WHITE BEAN WRAP



Ingredients:

- 1 ½ tsp. cider vinegar
- ¼ tsp. extra virgin olive oil
- 1 tsp. chipotle in adobo, diced
- ½ cup red cabbage
- ¼ cup carrot
- 1 tbsp. cilantro, chopped
- 3 ½ ounce white beans
- ¼ avocado
- ¼ tsp. garlic powder
- 1 whole wheat tortilla

Directions:

1. Wash and shred cabbage. Chop cilantro leaves.
2. Prepare a red cabbage-carrot slaw: Whisk vinegar, oil, chipotle chile and salt in a medium bowl. Add cabbage, shredded carrot and cilantro; toss to combine.
3. Rinse and drain canned white beans. Mash beans and avocado in another medium bowl with a potato masher or fork. Stir in garlic powder, and onion powder if desired.
4. To assemble the wrap, spread the bean-avocado mixture onto a tortilla and top with the cabbage-carrot slaw. Roll up. Cut the wrap in half on a diagonal to serve.
5. Serve with Living Whole salsa.

Nutrition Facts

Serving Size 1 wrap (232g)
Servings Per Container 1

Amount Per Serving

Calories 280 Calories from Fat 60

% Daily Value*

Total Fat 7g 11%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 200mg 8%

Total Carbohydrate 49g 16%

Dietary Fiber 10g 40%

Sugars 3g

Protein 12g

Vitamin A 60% • Vitamin C 40%

Calcium 10% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



Living Whole Announcements

- If you would like to join the Living Whole "Paging My Health" program and receive short health messages (up to once a week) to your 2-way pager, please call extension 14007.
- Are you ready to loose weight? Join the Living Whole Say NOW (No to Overweight) Program and let us help you reach your goals. This program is ultimately FREE for qualified employees. Call x14007 today!

Living Whole is a quarterly newsletter produced by the EMPLOYEE WELLNESS PROGRAM, part of the DEPARTMENT OF RISK MANAGEMENT, Loma Linda University Health. It serves as a communication tool for the EMPLOYEE WELLNESS PROGRAM office to provide information promoting a healthy lifestyle among the employees of Loma Linda University Health corporate entities, as well as publicize past and upcoming events and activities. ©2013 Loma Linda University Health. All rights reserved.

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