LIVING WHOLE
Wellness Program
NEWSLETTER

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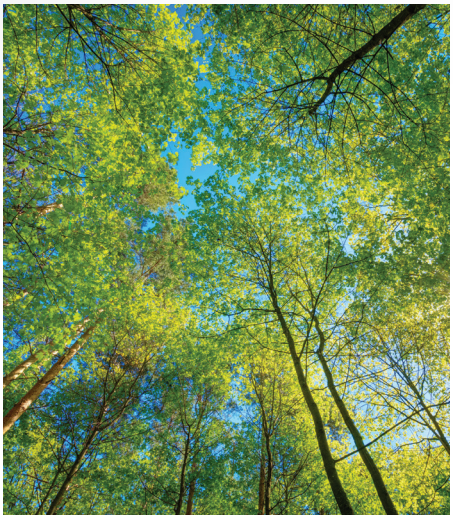
SPIRITUAL HEALTH

For everything there is a season, and a time for every matter under heaven.



Seasons are important to the life cycle of the fauna and flora that surrounds us. The changing position of the Earth's tilt is the reason for the differences in temperature and length of daylight that distinguish the seasons. We may find ourselves in a prolonged dry spell and wonder when will there be rain. There are other times when we experience the stillness and loneliness that winter brings and we wonder what could thaw the coldness or break up the hard covering of our souls.

May I suggest that you, tilt toward the Son. He knows exactly what we need to pull us through all the spiritual periods we encounter. Just as the planet needs the seasons, we will discover that the changes we experience provides us a means to measure our progress and can tell us how we are growing and improving. The seasons of death, sickness, disillusionment, doubt, despair, sadness, frustration, anger, fear, worry, self-doubt come our way so that we can grow. There will be rains that bring new growth and melt the hard ground. There will be sunshine to warm the soul and make it ready for the new life that will spring from it. We simply need to trust the Son that He truly knows what's happening in our lives and will not abandon us. "Be strong and courageous … He will not leave you or forsake you."

Just as the earth rotates around and tilts towards the sun, we too can endure our challenges as we lean towards the Son. Make some time to think about which season you are experiencing right now – are you tilting towards or away from Jesus? Are you taking the time to nurture your soul and your relationship with Him? How can you alter your position? Take courage, the seasons will change.

Dilys Brooks, MDiv

EMOTIONAL HEALTH

Wellness and our state of mind are connected.

This is an idea known as the mind body connection, and it plays an important role in our health. Take for example the following patient, whom in order to undergo a necessary heart surgery was asked to lose 50 pounds. Despite being enrolled in a weight loss program where she was able to receive support with this goal and being fully aware of the seriousness of her condition she was unable to lose those 50 pounds. In fact, she couldn't even finish the program.

This may seem like negligence, disregard or laziness until you learn this patient was also being treated for depression and was going through a divorce. Suddenly you can understand all too well why this woman could not lose this weight. That is because emotions are powerful, more powerful than logic at times. The state our minds are in as we attempt to make important health changes is just as important as having proper education about health issues and having a support system for making health changes.

> People who are more prone to anxiety for instance, tend to utilize avoidance as a coping skill.

This is because people under stress make poorer decisions. This is often due to the fact that they lack proper coping skills to manage the stress in their lives. People who are more prone to anxiety for instance, tend to utilize avoidance as a coping skill. If told they have a serious health issue that requires immediate action on their part we might think the obvious response is to start making life changes, but for this person they use avoidance because that is what they know. So they don't show up for appointments, don't talk to friends or family about their health problems, and don't monitor their health.

If you or someone you know is struggling to make a change that could drastically improve health, stop and consider the role of stress and whether a stress management intervention is needed.

Adam Arechiga, PsyD, DrPH

Nicole Miller, PhD Candidate

LOMA LINDA UNIVERSITY HEALTH

NUTRITIONAL HEALTH

Added Sugar in the Diet

We tend to think that added sugar is mainly found in desserts like cookies and cakes, but it is also found in foods that are not considered sweets, such as bread and pasta sauce. Added sugars do not include the sugars that occur naturally in fruit and milk. Added sugars are sugars and syrups that are added to foods or beverages during preparation or processing, or added at the table. Your body doesn't need to get any carbohydrate from added sugar.

The average American consumes 22 teaspoons of added sugar a day. While we sometimes add sugar to food ourselves, most added sugar comes from processed and prepared foods. Sugar-sweetened beverages are by far the biggest sources of added sugar in the American diet.

The American Heart Association (AHA) recommends consuming less than 24 grams (6 teaspoons) of added sugar for women and 36 grams (9 teaspoons) for men per day.

Tips for Limiting Added Sugars

- ***Read food labels.*** Check the ingredients list for sugar, syrup, honey, or ingredients that end in the letters "ose," such as sucrose, dextrose and maltose. Four grams of sugar = one teaspoon.
- ***Drink water.*** Avoid sugar-sweetened beverages. You can add a squeeze of a wedge of lemon, lime or orange for a fresh citrus flavor.
- ***Have fruit instead.*** Fruit juice is not a better option. Even though it has more nutrients, it contains as much sugar (naturally occurring fruit sugar rather than added sugar) and calories as soft drinks.

Esmerelda Guerrero, MS, RD

VEGGIE SALAD IN A POCKET

Nutrition Facts

Serving Size 1/2 pita pocket (329g)
Servings Per Container 4

Amount Per Serving	
Calories 230	Calories from Fat 25
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 410mg	17%
Total Carbohydrate 43g	14%
Dietary Fiber 9g	36%
Sugars 5g	
Protein 11g	
Vitamin A 15% •	Vitamin C 60%
Calcium 8% •	Iron 20%

*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

*VEGAN *GLUTEN-FREE

DIRECTIONS

1. In medium bowl, combine squash, broccoli, tomatoes, olives and parsley.
2. Toss with 1 tablespoon salad dressing. Cover and chill for 24 hours.
3. For hummus: In a food processor, combine cannellini beans, the remaining tablespoon salad dressing and mustard. Cover and process until smooth and spreadable.
4. Cut pita bread rounds in half crosswise; open pita halves to make pockets. Spread hummus inside each pita pocket. Spoon chilled vegetable mixture into pita pockets.

INGREDIENTS

1 cup chopped yellow summer squash
¾ cup chopped broccoli
2 plum tomatoes, seeded and chopped
2 tbsp. kalamata olives, chopped
2 tbsp. snipped flat-leaf parsley
¼ cup bottled fat free Italian salad dressing
¾ cup cannellini beans, drained and rinsed
1 ½ spicy brown mustard
2 (6 inch) whole wheat pita bread rounds

PHYSICAL HEALTH

Heartburn, a burning pain in your chest behind the breastbone, particularly after you eat or lie down, can be bothersome and even worrisome! Do you feel heartburn occasionally, a couple times per week or month or even daily?

Occasional heartburn is common and likely no cause for alarm. However, please seek immediate medical attention if heartburn is felt as severe chest pain or pressure as this may be a symptom of heart pain or a heart attack. Additional reasons to seek physician advice include heartburn more than twice per week, symptoms that persist after use of over the counter medications or changes in lifestyle, difficulty swallowing, persistent nausea or vomiting, weight loss from a poor appetite or difficulty eating.

Risk Factors for Heartburn

1. **Food:** fatty or fried foods, large meals, spicy foods, chocolate, peppermint, tomato products, citrus and/or onions
2. **Drinks:** alcohol, carbonated beverages, coffee or other caffeinated beverages
3. **Weight**: overweight or obesity, usually the higher the weight, the worse the symptoms
4. **Pregnancy:** more problematic as the pregnancy progresses
5. **Smoking**

Lifestyle treatments

Several excellent lifestyle change options are available to help control heartburn symptoms.

1. **Avoid trigger foods and drinks**. You may want to experiment with your response to specific foods and drinks in order to understand which ones are triggers for you.
2. **Avoid eating late** in the evening and lying down after a meal (at least two - three hours).
3. **Maintain a healthy weight** as excess weight puts pressure on the stomach causing contents to be pushed up into the esophagus and throat.
4. **Elevate the head of your bed** if you routinely have heartburn symptoms at night or when lying down.
5. **Avoid smoking.** Smoking allows stomach contents to more readily move into the esophagus and throat.
6. **Reduce stress and anxiety** since they can worsen heartburn symptoms. This can be done through a variety of means including prayer, low to moderate physical activity, massage and relaxation techniques.

Brenda Rea, MD, DrPH, MPT, RD

Please visit our **NEW** website at:
livingwhole.llu.edu

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 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.

For more information on all Living Whole Wellness Programs, call 909-651-4007 or email livingwhole@llu.edu

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