

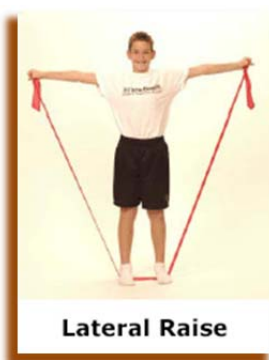
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## PAIN FREE IN TWO MINUTES A DAY

If you've ever felt neck or shoulder pain, you know it can have an effect on your job and your life. Pain relievers may temporarily help you manage the discomfort, but those drugs aren't a long-term fix. However, in a recent study, researchers found that as little as two minutes of exercise a day can make a long-term difference in pain relief.

In the study, one group of office workers with neck and shoulder pain performed two minutes of exercise, five days a week for 10 weeks. Another group with neck and shoulder pain did not exercise. A third group performed the exercises for 12 minutes five days a week during the study. All of those who exercised reported less neck and shoulder pain than those who did not. In addition, the 12-minute exercisers reported greater improvements in pain reduction than the 2-minute exercisers.

Participants performed an exercise called "lateral arm raises" using resistance bands. Physical therapists and personal trainers commonly use this exercise to help people improve mobility and muscle strength.



If you suffer from neck and shoulder pain, only a few minutes a day of exercise can help. Talk with your doctor first if you have severe neck and shoulder pain. To see how to perform the exercise, go to the University of Illinois NCPAD website: [Lateral Arm Raises](#).

Also, see the enclosed worksheet "Sitting Time" for tips on sitting less and being more active throughout the day.

## SWITCHING SALT COULD ADD YEARS TO YOUR LIFE

Substituting traditional table salt for Lite Salt™ or potassium-enriched salt could add years to your life.



In a 2006 study published in the American Journal of Clinical Nutrition, participants who used potassium-enriched salt instead of table salt decreased their risk for early death by 41 percent during a three-year study.

Researchers got the idea for the study after learning about several short-term trials that showed how potassium-enriched salt (similar to Morton® Lite Salt™ which has half the sodium and more potassium than regular table salt) helped lower blood pressure. Researchers wanted to know what long-term effects potassium-enriched salt might have on cardiovascular health and mortality.

In the study, about 2,000 elderly people at a veteran retirement home agreed to participate. One group received regular table salt to season their food. A second group received potassium-enriched salt during the 31-month study.

The group that used potassium-enriched salt showed a 41-percent decrease in early death, compared to the group that used regular salt. The potassium-enriched salt group also showed improvements in cardiovascular health and spent about \$426 less per person on medical costs, compared to the table-salt group. The findings suggest that increasing potassium levels and decreasing sodium levels could play an important role in treating high blood pressure and lowering the risk of early death.



## PROTECTIVE FOODS LINKED TO LOWERING CHOLESTEROL LEVELS



What's the best way to lower blood cholesterol levels and your risk of cardiovascular disease? The traditional answer is a low saturated fat diet. That means cutting back on red meat, whole milk, cheese, butter, solid fats, and fast foods high in saturated fat. Yes, that's a good start.

But new research shows that this is just part of the picture. It's not only what you cut out. It's also what foods you add that can make your cholesterol-lowering diet more effective.

In a new Canadian study, researchers wanted to see what approach was most effective in lowering blood cholesterol levels. They started with 345 people who all had high blood cholesterol levels. The participants had an average LDL cholesterol level of 170 mg/dL. (A healthy level is less than 130 mg/dL. Ideal is less than 100 mg/dL).

One group of participants followed a standard low-saturated fat and cholesterol diet. Another group ate a low-saturated fat and cholesterol diet, but also added foods that are helpful in lowering cholesterol levels. These additional foods included soy protein, foods high in viscous fiber (oats, barley, etc.), legumes, nuts, and plant sterols (found in special margarine spreads), and vegetable oil (olive and Canola oils) in place of any solid fats.

After six months, participants on the diet that included the additional protective foods lowered their cholesterol levels by an average of 14 percent. Those on the standard low-cholesterol diet only saw a 3 percent drop in cholesterol levels. In other words, cutting saturated fat levels is important. But to get really good changes, you also need to add these additional protective foods to your diet:

- Soy protein (soy burgers, edamame, tofu, soy milk)
- Nuts (walnuts, almonds, pistachios, hazelnuts, peanuts, almond butter, etc.)
- Legumes (lentils, garbanzos, beans, peas, hummus, etc.)
- Viscous fiber (oats, oat bran, barley, flax meal, psyllium husk, apples, oranges, pears, blueberries, strawberries, carrots, etc.)

- Plant sterols and stanols – found in certain margarine spreads (Benecol® and Smart Balance®), some orange juice brands, and salad dressings – designed to lower cholesterol

The amount of saturated fat was similar in both groups (7 percent of calories) as was cholesterol. Participants in the experimental group (those who ate more of the protective foods) actually had a higher total fat intake (32 percent vs. 26 percent) than the control group. The kind of fat the experimental group ate, however, was higher in polyunsaturated fat, which is very protective and effective in lowering LDL cholesterol. The experimental group also got more of their protein from plant rather than animal sources.

While both groups ate a low saturated fat diet, those who added the protective foods had significantly better reductions in their LDL cholesterol levels.

If you want good results in lowering your LDL cholesterol level, be sure to add these protective foods to a low saturated fat and cholesterol diet.

## 15 MINUTES OF EXERCISE INCREASES LONGEVITY

You've waited at least 15 minutes in rush hour traffic. You've watched the minutes tick by in the waiting room at the doctor's office. You've probably waited at least 15 minutes for a co-worker running late or a good seat at your favorite restaurant. How much time do you spend watching TV, surfing the Internet, or sleeping in? When you've got 15 minutes to spare, what do you do with it?



At a time when more people claim to be too busy, tired, stressed out, or out of shape, a recent study suggests that just 15 minutes of exercise a day can make a big difference in a person's health.

### Lack of Exercise Linked to Obesity

For most, exercise isn't high on the to-do list when free time presents itself. An estimated 80% of the adult population gets little to no exercise. It's no wonder about 70% of inactive adults are overweight

or obese. It's a vicious cycle. When you're tired, overweight, and out of shape, you don't feel like exercising. And when you don't exercise, the pounds slowly start stacking up and your overall health starts going down.

### Fit in 15 Minutes a Day

But it doesn't have to be that way, even for the most dedicated couch potato. Researchers followed 400,000 people for 12 years and tracked their level of weekly exercise. The group that logged just 15 minutes a day of moderate-intensity exercise showed increased health benefits compared with the inactive group. Fifteen minutes of exercise per day reduced the risk of early death by 14%, reduced the risk of dying from cancer by 10%, and increased life expectancy by three years. Every additional 15 minutes of exercise per day further reduced risk factors and increased life expectancy.

Even just 15 minutes a day of moderate-intensity exercise can make a difference. Walking, swimming, or bicycling can reduce the risk of heart disease, diabetes, and cancer. Instead of waiting around or watching hours of TV, look for 15 minutes of time in your schedule to exercise. You'll feel better and live longer.

### 8 WAYS TO PREVENT BREAST CANCER

Breast cancer is the most common cancer for women. More than 230,480 women in the United States are expected to be diagnosed with breast cancer this year. One in 8 women will get breast cancer during her lifetime. Yet, many breast cancers can be prevented.

A few women inherit genes with mutations that make development of breast cancer more likely. But for most women it is what happens during their lifetime that is the major cause of breast cancer (see list below).

A new report from the Institutes of Medicine outlines the steps women can take to prevent breast cancer:

1. Don't take estrogen-progestin hormones.
2. Avoid alcohol.
3. Increase physical activity.
4. Maintain a healthy weight.
5. Minimize exposure to radiation during CT scans and x-rays throughout life.

6. Don't smoke. Avoid secondhand smoke.
7. Avoid exposure to the chemicals benzene, ethylene oxide, or 1,3 butadiene. These are present in some work places, in auto exhaust, and in fumes that escape when pumping gas.
8. Avoid nighttime shift work if possible.

The Institutes of Medicine reports no connection between breast cancer and the use of microwave ovens or cell phones. Regarding radiation from CT scans, however, the report states, "Just two or three abdominal CT scans deliver about the same amount of radiation exposure that the survivors of the atomic bombing of Hiroshima, Japan, received."

Regarding alcohol, the report states that even one drink of wine or beer a day raises the risk of breast cancer.

### BALANCING SODIUM AND POTASSIUM IN YOUR DIET

In a recent study published in the Journal of American Medical Association, researchers found an important link between sodium and potassium. In the seven-year study of 28,800 participants, researchers also found that those who ate less than the average daily sodium intake and those who ate more than the average daily potassium intake decreased their risk for cardiovascular problems such as heart attacks and strokes.

The findings validate previous research that shows high-sodium intake contributes to cardiovascular disease and early death. Researchers also learned that too little potassium in the diet can increase a person's health risk.

Moderate sodium and potassium levels are ideal for optimal health. The recommended daily sodium intake is 1,500 to 2,300 milligrams per day (2300 mg. = 1 teaspoon), according to the National Institutes of Health. The lower amount is for those with elevated blood pressure or those over 50. The average person consumes about twice this much sodium. The recommended amount of potassium per day is 4,700 milligrams. Most people get half that much.

If you want to cut some sodium from your diet, eat less processed food and more whole foods like fresh

fruits and vegetables, nuts, and legumes. These foods are naturally low in sodium and naturally high in potassium. Or switch from regular table salt to Lite Salt™ which cuts sodium in half and increases potassium.

## Book Recommendation



**“Give Them Something Better”**

by

**Sarah Frain and Stephanie Howard**

A plant-based cookbook focusing on health and disease prevention. This 174-page vegan cookbook was created by real-life wives and mothers, who wrote the book as a means of giving families healthy alternatives to traditional comfort recipes.

The cookbook provides recipes for vegan versions of American classics from breakfast to dessert, from biscuits and gravy to mint fudge and cupcakes. In addition, readers are provided with practical bonuses not usually found in cookbooks.

Families and mothers will appreciate the chapter on menu planning, grocery shopping and even sample meal plans.

**Bonus:** It's backed by the nation's leading nutrition experts and medical professionals, with a foreword written by Neal Barnard, MD, the President of the Physicians Committee for Responsible Medicine.

## Chef's Corner



### Pasta with Spring Vegetables

2 T	oil
½	cup red onion, diced
2	cloves garlic, minced
4	stalks celery, diced
1	cup carrot, diced
1 lb	fresh asparagus, green beans, or broccoli, cut into 1-inch pieces, or 1 cup leafy greens
1	medium zucchini, diced
2 t	salt
2 cups	vegetable broth
½ T	cornstarch
1 Pkg	(14 ounce) whole grain angel hair pasta, cooked according to package directions
2 cups	tomatoes, diced or grape tomatoes
1 t	dried basil or 6 – 10 fresh basil leaves
½ t	dried oregano
Dash	cayenne pepper, to taste (optional)

1. At medium temperature, heat oil in a large skillet. Add onion, garlic, celery, and carrots; cook until softened, stirring occasionally, about 8 minutes.
2. Add asparagus, zucchini, and salt to skillet; cook until vegetables are just softened, about 4 minutes.
3. Meanwhile, whisk broth and cornstarch together in a small bowl.
4. Add broth and remaining ingredients to skillet; bring to a boil over high heat and cook until slightly thickened.

Makes 8 servings