Brain Health

Provided by: Debbie Cavender, RD

Research published in The Journal of American Medical Association (JAMA) Psychiatry in 2015 found that neuro-inflammation can cause depressive symptoms, including sadness and “low mood”. Inflammation is an essential natural response to injury and infection, and is key to maintain immunity.

But chronic, body wide inflammation can be damaging and have an adverse rather than a protective function. Treatment strategies might include anti-inflammatory recommendations such as omega-3 fatty acids and curcumin. Lifestyle changes – including eating whole foods and avoiding gluten and processed foods may get more emphasis in this new generation of treatments.

A study published in JAMA Neurology in September 2015 discussed those older adults with low Vitamin D levels may lose their memories and thinking abilities faster than those with normal levels, especially when it comes to memory loss related to Alzheimer’s disease and dementia. It is difficult to get adequate levels of this very important vitamin because it depends on the skin being exposed to the sun. It’s still winter here in Michigan, so don’t expect to make much or any Vitamin D. Discuss testing and supplementation with your healthcare provider.

Upgrade Your Brain

Wellness Warriors Educational Event presented by Debbie Cavender

March 31, 2016
12:00 PM—1:00 PM UGL, Bernath AUD
2:00 PM—3:00 PM Scott Hall, Margherio AUD

What you feed your Body; you also feed your Brain. Brain scientists in recent years have discovered a number of surprising ways on how the brain influences our over-all health. And also, how nutrition and lifestyle influence the health of our brain. Understand how to care for and nourish your gray matter for a more balanced mood, clearer thinking and a more fulfilling life.

To sign up for this event, log into your Academica Account and then click here.
The Real Reason Why Your New Year’s Resolution to Loss Weight Is NOT going As Well as You Wanted:

Here’s the scary truth. Maybe you did all of those things, but the weight loss just stopped. For many, it’s not the big behavior changes that kept them from achieving their goals. In fact, many people make significant changes on January 1st that impact their weight and their health, like adding more vegetables to their diet and cutting down on snacking and eating out. But it’s the little (and what many people think insignificant) actions that actually make all the difference.

There’s still hope! After all, it’s only March, and recognizing these little, yet very impactful habits, could get you back on track with your “healthy by summer” initiative.

March is Colorectal Awareness—Increase Your Awareness

Screening should be discussed with your doctors to determine your personal risks. Colorectal screening are highly recommended in general for Ages 50 and older. Regular screening, beginning at age 50, is the key to preventing colorectal cancer. The U.S. Preventive Services Task Force (USPSTF) recommends screening for colorectal cancer using high-sensitivity fecal occult blood testing, sigmoidoscopy, or colonoscopy beginning at age 50 years and continuing until age 75 years.

People at higher risk of developing colorectal cancer should begin screening at a younger age, and may need to be tested more frequently. The decision to be screened after age 75 should be made on an individual basis. If you are older than 75, ask your doctor if you should be screened. For more information, read the current colorectal cancer screening guidelines from the USPSTF.

Colorectal cancer is cancer that occurs in the colon or rectum. Sometimes it is called colon cancer, for short. As the drawing shows, the colon is the large intestine or large bowel. The rectum is the passageway that connects the colon to the anus.

Sometimes abnormal growths, called polyps, form in the colon or rectum. Over time, some polyps may turn into cancer. Screening tests can find polyps so they can be removed before turning into cancer. Screening also helps find colorectal cancer at an early stage, when treatment often leads to a cure. Source: cdc.gov
Do You Know How Much Sugar Is In Your Starbucks Drink?

It should come as no surprise that Starbucks’ sweet frappes and lattes contain sugar. But when you learn exactly how much added sugar is in your daily pick-me-up, you may feel the urge to put it down.

Starbucks’ flavored beverages can contain up to 25 teaspoons of sugar per serving, points out a new report by an advocacy group called Action on Sugar. While the assessment was done on drinks in the United Kingdom, many of the numbers are pretty similar here in the states.

In nutritional label terms, 25 teaspoons is 125 grams of sugar. To put that in perspective, a 12-ounce can of Coca-Cola has 33 grams of sugar. Put yet another way, 125 grams is about 12 and a half Krispy Kreme donuts.

The American Heart Association recommends the average man limit added sugar to 9 teaspoons (45 grams) a day and the average woman limit it to 6 teaspoons (30 grams). A diet too rich in sugar can contribute to a host of health conditions, including obesity, diabetes and some cancers.

Think of Starbucks drinks such as this as a “treat” just as you would ice cream, cookies, or any other dessert. Next time go for the smaller size or stick with the plain old coffee. Your pockets and jeans will thank you later!

Resources:

http://www.huffingtonpost.com/entry/starbucks-drinks-sugar-content_us_56cb2d5fe4b0ec6725e331eb

http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Sugar-101_UCM_306024_Article.jsp#.VtRqKU32bcs

Stay Connected with us wherever you go!

While at home or out of town maintain your efforts in becoming your best self by seeking wellness information and tips through our social media sites

Facebook
Twitter
Blog

Healthy Starbucks Choices!

Vivanno Smoothies - Better Choices

Orange Mango with Nonfat Milk
260 cal, 0g sat fat, 1g total fat, 110mg sodium, 5g fiber, 34g sugar, 15g protein, no caffeine

Chocolate with Nonfat Milk
250 cal, 0.5g sat fat, 2g total fat, 140mg sodium, 6g fiber, 30g sugar, 18g protein, 15g caffeine

Source: https://eatingrules.com/starbucks-drinks-healthy-options/

Frappuccino Blended Beverages - Better Choices

Coffee Frappuccino Light Blended Beverage
130cal, 0.5g total fat, 230mg sodium, 16g sugar, 5g protein, 95mg caffeine

Cinnamon Dolce Frappuccino Light Blended Beverage
140cal, 0.5g total fat, 230mg sodium, 21g sugar, 5g protein, 95mg caffeine

Mocha Light Frappuccino Blended Beverage
140cal, 1g total fat, 230mg sodium, 19g sugar, 6g protein, 95mg caffeine

Source: https://eatingrules.com/starbucks-drinks-healthy-options/

7 Must-Do Foam-Roller Moves

Sometimes stretching just isn’t enough to help loosen those tight muscles. Try these foam techniques to help improve your form and posture to maximize each workout session. Your body will thank you!

Click this link for the moves!

http://www.popular.com/fitness/Foam-Rolling-Exercises-Runners-29493356?ref=40036095#photo-29493356
Five stress-busting yoga poses

*Featured in Ulliance’s Wellness Wednesdays*

*Original Source: Huffingtonpost.com*

It’s hard to get away from work. It follows us everywhere. Forty-plus work weeks are the new normal. Most of us eat lunch at our desks, increasing the number of hours we put in day to day. Working so much, it’s normal that most of us experience that mid-afternoon slump when our blood sugar drops and a nap would come in handy. Too many of us head to the vending machine or to Starbucks, when a little yoga would instead stave off those sugary cravings and boost energy levels. These five stress-busting yoga poses, which you can do at your desk, are the perfect remedy to shake off those mid-day blues: [Click Here](http://www.onlineyogaguide.com/wp-content/uploads/2013/05/Yoga-Poses-for-Anywhere-and-Anytime.jpg)


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**Defeat the Seat**

**Upcoming Wellness Warriors Educational Event**

**Friday, March 25th 12 - 1 PM at the UGL, Community Rm**

Presented by a Detroit Yoga Lab instructor. By attending this workshop/yoga class you will learn ways to help overcome workplace stagnation from sitting and being pretty immobile throughout the day. Find out more about the risks from sitting too long, and some simple exercises that you can do anytime at your seat. Yoga attire not required, you may exercise in work attire.

To sign up log into your [Academica account](http://www.academica.com) and then [click here](http://www.prevention.com/sites/prevention.com/files/styles/article_main_image_2200px/public/yoga-meditate-PV0811-410x290.jpg?)

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**The Perfect Chaturanga**

*Maintain strong plank position: Back is not arched, butt does not stick out*

*Keep elbows close to your body, don’t let them stick out to the side*

*Weight is forward on the toes, heels do not press back*

*Hands are placed midway down the torso, fingers spread wide*