



# Partners in Prevention

Taking Health & Safety to Higher Ground

August 2018

## YOUR GAMEPLAN TO LIVE

### Excuses are a Waste of Time!



We ALL make excuses, and the truth is... it is a huge waste of time that prevents us from doing or getting what we truly want. We don't have to let excuses take over our lives and hold us back!

What is an excuse exactly? The definition (Macmillan Dictionary) of an excuse is: (1.) a reason that you give to explain why you have done something bad, or why you have not done something that you should have done – or – (2.)

a reason for doing something that you want to do. We are talking about definition (1.)

So what are some common excuses? "I don't have time." "I'm too tired." "I'm just not motivated." "I don't feel like it." "I've been doing it this way forever." And the all-encompassing "I can't because\_\_\_\_\_."

We know it is always easier said than done, but STOP MAKING EXCUSES! They are a bad habit that will keep you from reaching pretty much any goal that you are making an excuse about, i.e. your health, your financial or career success, good relationships, recreation and fun, you name it!

1. Start by being AWARE that you *are* making excuses. *Realize that you are giving up before you've even started.*
2. WHY are you making excuses? *Examples include the following... Are you afraid of failure? Do you feel that life is unfair and there's no hope for you? Are you a procrastinator? Are you lazy? Do you lack confidence? Do you really just not care? If you can find what holds you back, you can work on that so that you can move forward.*
3. Stop comparing yourself to other people. *Nobody is better than you or has a perfect life. Most people are not financially set. Everyone is busy. Comparing yourself to others makes it easy for you to come up with reasons for why something is impossible for you to do.*
4. Don't spend more time thinking about doing something than it would take to just do it. Say "YES" to yourself and find a way to make it happen. *If it doesn't work out, it doesn't work out. The thing is, it will probably work out, and if it doesn't you won't be living with regret that you didn't go for it. This can be as little as going to the gym! Listen to your excuse of, "I don't feel like it," and then wish you had gone, or just drag yourself in, and you can pretty much count on feeling better when you leave.*
5. You can do it! BELIEVE you can do it. *Think of all the things that you have already accomplished – both small and big. Have you overcome obstacles in your life? I don't know anyone who has not. You are capable of more than you probably give yourself credit for!*



### Triple Berry Summer Salad

By [lowagirleats.com](http://lowagirleats.com)

Serves 4

#### Ingredients:

- 9 oz. baby spinach
- 1 cup sliced strawberries
- 1 cup raspberries
- 1 cup blueberries
- 1/2 cup sliced almonds, toasted
- 1/3 cup chopped basil
- 1 avocado, chopped
- 4 oz. goat cheese

#### Directions:

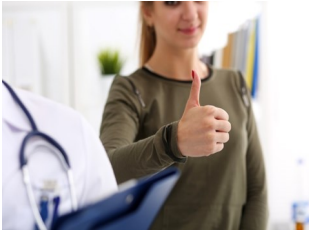
Divide baby spinach between plates then top with berries, almonds, basil and chopped avocado. Crumble goat cheese on top then dress with salad dressing. I recommend strawberry balsamic vinegar, but any olive-oil based vinaigrette would be fantastic.

<https://lowagirleats.com/2013/05/29/triple-berry-summer-salad/>

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## Optimize Your Health



We all know that optimal health is difficult to obtain if you are more than a moderate drinker or if you use tobacco. You also most assuredly know that getting 7-8 hours of quality sleep, staying hydrated and eating a healthy diet that includes lots of vegetables, fruits, and clean protein also are very important in maintaining optimal health. The following are healthy habits that you may not be aware of but should probably add.

**Optimize your vitamin D levels.** Being deficient in this vitamin can lead to bone loss, arthritis, abnormal cell growth, and cognitive decline. Are you deficient? It is thought that as many as 85% of Americans are. You can have your levels tested by your healthcare provider. Sensible sun exposure helps and is easier to accomplish during the summer months as well as if you live in a warm climate. Vitamin D supplementation is also effective.

**Optimize your magnesium levels.** Are you not a leafy green vegetable person? Low magnesium will negatively affect your health. At your next checkup, you might want to have your magnesium level checked along with your vitamin D level for optimal health.

**Sleep without electronic devices.** There are numerous studies out there that show exposure to EMFs (electromagnetic fields) can impede the production of melatonin and affect the body's circadian rhythm. EMF exposures in the bedroom can undermine sleep cycles and cause many ailments and symptoms such as: allergies, fatigue, heart palpitations, muscle pain, and a weakened immune system. EMF's are emitted from your cell phone, alarm clock, baby monitors, Wi-Fi router, cordless phone, laptop, and more. (Look for more on EMF's in September's newsletter.)

**Drink PURE CLEAN water.** Just because you drink bottled water, does not mean that it is healthful. Many aren't healthy at all. Tap water depends on your water supply. Best bet? Purify your own tap water. There are many water filtration systems out there including for your entire house, just at one faucet, and pitcher-style water filters. For information on what can be lurking in your water plus recommendations on water filters, check out <https://www.theenergyblueprint.com/best-water-filter/>.

**Eat uncontaminated foods.** The best way to do this is to grow your own plant food from organic seeds or organic young plants. You can also grow microgreens (a good lettuce alternative) right on your counter. Buying organic? Look for brands that you trust. Note – biodynamic is even better than organic.

**Salmon lover?** Switch to wild Alaska salmon from *very questionable* farmed salmon.

**Love your gut.** Gut health is important for your health as a whole. Eat enough fiber by focusing on vegetables, fruits, nuts and seeds. Eat fermented foods including naturally fermented vegetables including sauerkraut and kimchi, as well as kefir and apple cider vinegar with the "mother," and some yogurts (many contain far too much sugar or artificial ingredients and few probiotics).

**Avoid opioids.** More deaths are attributed to opioids than to breast cancer. Opioids are extremely addictive, and the risk of overdose is *very high* especially if you are also taking any benzo's such as Ativan or Xanax. Be aware that dental procedures such as wisdom teeth removal or sports injuries often include a prescription for an opiate (narcotic). Many younger people get hooked if they do not get off of these meds asap. If pain is an issue, try all other methods before resorting to narcotics.

**Your oral health is important to your overall health.** Tooth decay and gum disease caused by bacteria can enter your blood stream and cause chronic inflammation within your body. Inflammation is a hallmark of most chronic disease. Brush twice a day, floss at least daily, and add oil pulling with coconut oil. Refer to: <https://>



## Make-Ahead Mini Frittatas

### Ingredients:

- 2 tsp olive oil
- 2 small yellow potatoes, peeled and diced
- 3/4 cup chopped yellow onion
- 1/8 tsp sea salt
- 4 2-oz. links cooked organic Italian chicken sausage, thinly sliced
- 2 large cloves garlic, minced
- 1 1/2 cups grape tomatoes, halved
- 8 large eggs
- 1/2 cup plain yogurt (TRY: Traders Point Creamery Plain Whole Milk Yogurt)
- 1 cup shredded mozzarella cheese
- 1/4 cup chopped fresh basil leaves
- 1/4 tsp ground black pepper

### Directions:

Preheat oven to 400°F. Mist a 12-count muffin tin with cooking spray. In a medium skillet on medium-low, heat oil. Add potatoes, onion and salt—and sauté for about 10 minutes, stirring occasionally until vegetables are tender. Add sausage, garlic and tomatoes. Sauté 2 minutes more. Divide mixture among muffin tins and allow to cool 10 minutes. In a medium bowl, whisk together eggs and yogurt. Stir in cheese, basil and pepper. Divide evenly among muffin cups. Bake 20 minutes until puffed and set. Remove from oven and let cool 20 minutes. Slide a knife around each frittata and gently remove.

Place on a large rimmed baking sheet. Freeze until firm, about 2 hours, then transfer to a large zip-top freezer bag. Return to freezer until ready to serve. Keeps up to 1 month frozen. To serve, preheat oven to 400°F. Place frozen frittatas on a rimmed baking sheet misted with cooking spray and bake 20 minutes until heated through. A microwave may also be used. Frittatas can also be eaten cold; defrost overnight in the refrigerator.

Nutrition Information: Serving Size: 2 mini frittatas, 291 calories, 21g protein, 4g sugar, 15.5g fat, 15.5g carbs.

Adapted from: <https://www.cleaneatingmag.com/recipes/just-like-nonnas-frittatas>

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[www.healthline.com/nutrition/6-benefits-of-oil-pulling](http://www.healthline.com/nutrition/6-benefits-of-oil-pulling) to see benefits and how to do it. We swear by it here!

**Stress can wreak havoc on your health** leading to weight gain and various diseases. There are many ways you can reduce your stress. You can begin by learning to let go of the past and your worries for the future. (There are lots of videos, apps, and books regarding stress reduction out there in addition to professional help.)

**Choose whole, unprocessed foods over processed.** Processed is never the best choice.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3561068/>  
<https://www.nontoxiclivingtips.com/blog/8-tips-to-prevent-emf-sleep-disturbance> <https://www.health.harvard.edu/blog/fermented-foods-for-better-gut-health-2018051613841>  
<https://www.healthline.com/nutrition/5-simple-rules-for-amazing-health#section6>  
[https://www.huffingtonpost.com/elaine-r-ferguson-md/health-wellbeing\\_b\\_4325361.html](https://www.huffingtonpost.com/elaine-r-ferguson-md/health-wellbeing_b_4325361.html)  
<http://www.healthnationhk.com/newsletters/5-simple-steps-to-achieve-optimal-health-this-day-forward>

## RESTLESS LEGS SYNDROME



More than 12 million Americans are affected by Restless Legs Syndrome. Even if you're exhausted, and you feel as though every part of you could fall asleep in minutes, your legs — and your brain — may make it difficult for you. Restless Legs Syndrome is a neurological disorder that can make falling and staying asleep tough to do.

The classical description of restless legs is a "creepy-crawly" sensation. Some people say it's an electrical feeling. A great many people may not even have a description, just an uncontrollable urge to move their legs.

**Symptoms, according to the Restless Legs Syndrome Foundation, include:**

- **The urge to move their legs.** People with restless legs syndrome feel compelled to move their legs — often due to the strange sensations — which helps create the "restless" appearance of the condition. Once people with the condition start moving their legs, the symptoms usually go away or at least improve. When the patients stop moving, their symptoms return. Over time, movement may cease to relieve restless legs.
- **Increased problems at night.** People typically notice that their restless legs syndrome symptoms, like the odd sensations and the urge to move, grow worse in the evening or at night. They feel the sensations at rest. This is largely the reason why people who have this condition find it hard to fall asleep.

**What You Can Do**

- Avoid substances or foods that may be causing or worsening the problem. These include alcohol, nicotine, and caffeine. This can assist in relieving some of your symptoms.
- Consult with your doctor, and review all medications you are taking with your doctor. Certain drugs could be causing the problem.
- Underlying medical conditions including: diabetes, nutritional deficiencies, kidney disease, anemia, thyroid disease, varicose veins, or Parkinson's disease, should be treated. Dietary supplements to alleviate vitamin/mineral deficiencies could be recommended.
- Stretching can help.
- Exercise and relaxation techniques work for some.
- Hot or cold baths and whirlpool baths may help.
- Physical therapy including limb massage, electrical stimulation helps some people.

Some people with restless legs syndrome may only have occasional symptoms;



## Pesto Zucchini Noodles with Roasted Tomatoes and Grilled Chicken

**Ingredients:**

- 1 pint cherry tomatoes, cut in half
- 1 tablespoon oil
- Salt and pepper to taste
- 1 pound boneless, skinless chicken breasts
- 4 medium zucchini, sliced into noodles
- 1/2 cup pesto

**Directions:**

Toss tomatoes in the oil, salt and pepper, place on baking sheet in a single layer and roast in a preheated 400°F oven until they start to caramelize, about 10-15 minutes. Meanwhile, season the chicken with salt and pepper to taste, grill over medium-high heat, about 3-5 minutes per side, before setting aside to rest and slicing it.

Add zucchini noodles to the pan and cook until just tender, about 1-2 minutes, stirring. Toss the zucchini noodles, tomatoes and chicken in the pesto and enjoy!

- Option 1: Omit the chicken for vegan or substitute another protein.
- Option 2: Use fresh tomatoes instead of roasted tomatoes.

Adapted from: <https://www.closetcooking.com/pesto-zucchini-noodles-with-roasted/>



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however, others may have frequent symptoms that lead to lack of adequate sleep and daytime fatigue, according to the National Institutes of Health.

If your symptoms are mild or only occur occasionally, you probably don't need to seek medical care, but if your restless legs syndrome symptoms are interfering with your life, you should consult your doctor. There are medications available for Restless Legs Syndrome.

## MESSAGE YOUR WAY TO RELAXATION AND BETTER HEALTH



Massage is a wonderful way to relax, and as your muscles begin to relax, so does your mind, relieving stress and tension. The most common type of massage is Swedish massage, a soothing technique designed to relax and energize. Another common type of massage is Shiatsu (also known as acupressure). With Shiatsu, massage therapists use their fingers to manipulate the body's pressure points.

Of course, you can go to a spa or visit your favorite massage therapist, but you can also perform simple massage on yourself. The following are a few techniques to try.

**Scalp Massage:** Place your thumbs behind your ears while spreading your fingers on top of your head. Move your scalp back and forth slightly by making circles with your fingertips for 15-20 seconds.

**Sinus Pressure Massage:** Place your fingertips at the bridge of your nose. Slowly slide your fingers down your nose and across the top of your cheekbones to the outside of your eyes.

**Shoulder Massage:** Relieve shoulder tension by reaching one arm across the front of your body to your opposite shoulder. Using a circular motion, press firmly on the muscle above your shoulder blade. Repeat on the other side.

**Eye Massage:** Close your eyes and place your ring fingers directly under your eyebrows, near the bridge of your nose. Slowly increase the pressure for 5-10 seconds, then gently release. Repeat 2-3 times.

Although self-massage is good for stress relief, getting a massage from a professional massage therapist can be tremendously relaxing and more thorough than what you can do yourself. When booking a massage, try types like Swedish or Shiatsu, which promote overall relaxation. Deep tissue and sports massages are more aggressive. They often target specific areas and may leave you sore for a couple of days, making them less effective for relaxation and stress relief.

At Occupational Athletics, we know that the future of healthcare is in the *prevention* of illness and injuries.

It is our mission to provide preventative care utilizing sports medicine principles and lifestyle modification training to create an atmosphere of health, safety, and performance to allow employees to enjoy an enhanced quality of life and reach their retirement—and beyond—SUCCESSFULLY!



## Peach Caprese Salad

By: [lowagirleats.com](http://lowagirleats.com)

Serves 2

### Ingredients:

- 6 oz. ball fresh mozzarella cheese, sliced 1/2" thick
- 1 ripe peach, sliced 1/2" thick
- 1 vine-ripened tomato, sliced 1/2" thick
- 12 leaves fresh basil
- Extra virgin olive oil
- Good balsamic vinegar OR reduced balsamic vinegar
- Salt and pepper

### Directions:

Layer mozzarella cheese slices with peaches, tomatoes, and basil. Drizzle with extra virgin olive oil and balsamic vinegar. Sprinkle with salt and pepper, then serve.

<https://lowagirleats.com/2017/07/28/peach-caprese-salad/>



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