



# Partners in Prevention

Taking Health & Safety to Higher Ground

June 2017

## YOUR GAMEPLAN TO LIVE

### Frankincense—The King of Essential Oils

*Frankincense oil* is known as the *King of Oils* – many say that if they *had* to choose *just one oil* it would be Frankincense. Historically it was used by the Babylonians, Assyrians and Egyptians in religious ceremonies. And of course, the three wise men brought frankincense to the baby Jesus as an offering. Today, the essential oil is widely used and holds great therapeutic value. The effects and benefits of frankincense oil can be acquired by applying it topically, inhaling it, or using it as a diffuser or vaporizer. Using a diffuser or inhaler works for treating colds and clearing up respiratory blockages and can also provide a calming effect. You can also sprinkle a few drops on a clean cloth and inhale the scent or add it to your bathwater for a rejuvenating soak.

#### Here is condensed list of Frankincense Oil benefits:

- **Helps health wounds from cuts, scrapes, and burns.**
- **Neurological support.**
- **Reduce and fade scars.** Combine 2-3 drops of frankincense oil with coconut oil, and apply to skin.
- **Reduce stress and anxious feelings.**
- **Reduce tension.**
- **Congestion.** Put up to six drops in a sink or bowl filled with very hot water then lean over sink with a towel draped over your head to inhale the steam. Breathe in the vapors adding more hot water as needed.
- **Relieve itching.** A single drop applied to the affected area will bring immediate relief.
- **Relieve joint pain and swelling.** Mix with coconut oil (or other carrier oil) and rub into aching joints at night before bed and throughout the day.
- **Clear up problem skin.** Dab one drop on stubborn spots.
- **Relaxation.**
- **Enhance vision.** Rub a few drops on temples.
- **Promotes sleep.** Diffuse before bedtime.



### Watermelon Summer Salad

#### Ingredients:

- 3/4 cup halved, thinly sliced red onion
- 1 tablespoon fresh lime juice
- 1 1/2 quarts seeded, cubed watermelon
- 3/4 cup crumbled feta cheese
- 1/2 cup pitted black olive halves
- 1 cup chopped fresh mint

#### Directions:

Place the onion slices in a small bowl with the lime juice. The acid of the lime will mellow the flavor of the raw onion. Let stand for 10 minutes. In a large bowl, combine the watermelon cubes, feta cheese, black olives, onions with the lime juice, and mint. Drizzle olive oil over it all, and toss to blend. Dig in and be prepared for a pleasant surprise!

Source: Allrecipes.com

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## JUNE IS NATIONAL SAFETY MONTH!

Observed annually in June, National Safety Month focuses on reducing leading causes of injury and death at work, on the road and in our homes and communities. The most popular safety topics include:

- Workplace Safety
- Distracted Driving
- Teen Driving
- Prescription Painkillers
- Safe Communities
- Fatigue

National Safety Council data shows that July and August typically record the highest number of preventable deaths, underscoring the need to use National Safety Month – observed each June – as a time to evaluate habits and resolve to reduce risks. A total of 117,041 people died from preventable injuries – commonly known as "accidents" – in July and August from 2011 to 2015, according to the National Safety Council's annual statistical publication.

### Here, in order, are the top causes of unintentional injury and death in homes and communities:

- Poisoning
- Motor Vehicle Crashes
- Falls
- Choking and Suffocation
- Drowning
- Fires and Burns
- Natural and Environmental Incidents

### Tips for reducing risk and preparing for general family safety:

- Understand and evaluate the specific risks facing you and your family members in your specific home/work/school environments and communities.
- Ask your doctor for alternatives to highly addictive opioid painkillers, which are not the most effective way to treat pain and often serve as gateway drugs to heroin.
- Store medications in a locking medicine cabinet, and keep all medicines up and away from children.
- Refrain from using a cell phone behind the wheel – even hands-free.
- Designate a sober, alcohol and drug-free driver.



## Summer Veggie Omelet

### Ingredients:

- Cooking spray
- 2/3 cup frozen whole-kernel corn, thawed
- 1/2 cup chopped zucchini
- 3 tablespoons chopped green onions
- 1/4 teaspoon salt, divided
- 2 tablespoons water
- 1/4 teaspoon black pepper
- 3 large egg whites
- 1 large egg
- 2 tablespoons shredded smoked Gouda cheese

### Directions:

Heat a small saucepan over medium-high heat. Coat pan with cooking spray. Add corn, zucchini, onions, and 1/8 teaspoon salt to pan; sauté 4 minutes or until vegetables are crisp-tender. Remove from heat.

Heat a 10-inch nonstick skillet over medium-high heat. Combine 1/8 teaspoon salt, water, pepper, egg whites, and egg, stirring well with a whisk. Coat pan with cooking spray. Pour egg mixture into pan; cook until edges begin to set (about 2 minutes). Gently lift the edges of omelet with a spatula, tilting pan to allow uncooked egg mixture to come in contact with pan. Spoon corn mixture onto half of omelet; sprinkle corn mixture with cheese. Loosen omelet with a spatula, and fold in half over corn mixture. Cook 2 minutes or until the cheese melts. Carefully slide omelet onto a plate.

Source: Cooking Light

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- Fall-proof your home by securing rugs, installing handrails on staircases and placing no-slip mats in the bathtub.
- Before heading to the pool or beach, make sure everyone knows how to swim and someone in the group has been trained in First Aid and CPR.
- To prevent children from choking, cut food into small pieces and avoid giving them hard candy.
- Develop an escape plan and practice a family drill in case of a house fire.

For more information visit:

<http://www.nsc.org/learn/safety-knowledge/Pages/safety-at-home.aspx>

## Occupational Athletic Trainer Tip of the Month

By Eric Price, ATC

### Water vs. Sports Drinks

During these hot spring and summer months it is very important to stay hydrated. It is also important to know the signs and symptoms of heat cramps, exhaustion, and stroke for protection of yourself along with your teammates.

Research has indicated that heat cramps are actually associated with a neurological deficit (communication broken between brain and muscle). Dehydration can be one factor. Dehydration can lead a muscle to fatigue quicker or work harder than needed, thus causing a muscle spasm or cramp. I usually ingest anywhere from 48-64 fl oz of water a day and this number can vary between each individual, but I know water is not enough. You have to replenish electrolytes lost from exertion, which is why sports drinks have helped individuals perform better during activity or recover quicker when we are sick.

Not only are you re-hydrating but also you are adding sodium, potassium, and other electrolytes back into your system. Sports drinks have even been great for performance - during *and* post-performance - because of the carbohydrates needed to restore muscle power.

Now, let's look at the negative side of using sports drinks as a replacement for water. High amounts of sugar can be harmful and unhealthy. You can experience headaches, trouble concentrating, blurred vision, fatigue and frequent urination from becoming hyperglycemic (high blood sugar). In addition, recent studies have indicated synthetic dyes (even when organic material is used) have decreased kidney function and cellular energy production (mitochondria are effected) in recent studies.



### Shrimp Boil Foil Packets

#### Ingredients:

- 1 1/2 pounds large shrimp, peeled and deveined
- 1 (12.8-ounce) package smoked andouille sausage, thinly sliced
- 2 ears corn, each cut crosswise into 4 pieces
- 1 pound baby red potatoes, halved
- 2 tablespoons olive oil
- 4 teaspoons Cajun seasoning
- Kosher salt and freshly ground black pepper, to taste
- 2 tablespoons chopped fresh parsley leaves

#### Directions:

Preheat a gas or charcoal grill over high heat. Cut four sheets of foil, about 12-inches long. Divide shrimp, sausage, corn and potatoes into 4 equal portions and add to the center of each foil in a single layer. Fold up all 4 sides of each foil packet. Add olive oil, Cajun seasoning, salt and pepper, to taste; gently toss to combine. Fold the sides of the foil over the shrimp, covering completely and sealing the packets closed. Place foil packets on the grill and cook until just cooked through, about 12-15 minutes.

Source: [www.damndelicious.net](http://www.damndelicious.net)

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The good news is I have two solutions for you:

- 1) Eat 3-4 servings of fruit and 5-7+ servings of veggies spread out throughout the day. These foods provide the vitamins and minerals needed to sustain muscle function and they are high in water content.
- 2) There are companies out there that have electrolyte replacements that do not use synthetic flavors or dyes. One company I particularly like to go through is Trace Mineral Research.

## One Move that Helps You Get a Strong Core – FAST!



This move hits your entire core from a functional AND visual perspective.

### Here's how to do it:

Start in pushup position; drop down so your elbows and forearms are supporting your upper body (standard plank position). Make sure your body forms a straight line from head to heels. Tighten



your abs, then lift your left foot about 2-3 inches off the ground – HOLD – then return to the starting position. Repeat on your right side.

Continue alternating legs until you've completed 10 repetitions per side. Do three sets total. Once you gain strength, you can increase reps/sets.

Maintaining good form is crucial to making this move effective. Be sure you are contracting your abdominal muscles before lifting your leg (which puts strain on your lower back). Also, when you lift your foot off the ground, don't allow your hips to rotate – the hips need to remain squared to the ground. Nothing should move except the leg.

Source: Women's Health

**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!**



## Grilled Halibut and Fresh Mango Salsa

### Ingredients:

- 2 cups plum tomatoes, seeded and diced
- 1 1/2 cups diced peeled ripe mango
- 1/2 cup diced onion
- 1/2 cup chopped fresh cilantro
- 2 tablespoons fresh lime juice
- 1 tablespoon cider vinegar
- 1 teaspoon sugar
- 1 teaspoon salt, divided
- 1 teaspoon black pepper, divided
- 2 cloves garlic, minced
- 4 (6-ounce) halibut fillets
- 1 tablespoon olive oil

### Directions:

Prepare grill. Combine first 7 ingredients. Stir in 1/2 teaspoon salt, 1/2 teaspoon pepper, and garlic. Rub halibut with oil; sprinkle with 1/2 teaspoon salt and 1/2 teaspoon pepper. Place fish on grill rack; grill 3 minutes on each side or until fish flakes easily when tested with a fork. Serve with mango salsa.

Source: Cooking Light



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