



LOMA LINDA  
UNIVERSITY

ADVENTIST HEALTH  
SCIENCES CENTER

## W I N T E R 2 0 1 1

### SPIRITUAL HEALTH

It is another crazy, hectic day. You know the kind. You know them probably all too well. One of those days where your appointments and “to do’s” far exceed your minutes and hours to accomplish them. Sitting in front of your computer staring at your work week at a glance. For a brief instance, you quit focusing on the words and noticed all of the blue squares that contain appointments. And that’s when it hits you. All of the blue squares look like tile work. The white lines around the squares—the brief moments of free time—look like grout! No wonder you feel worn out and anxious! Does this story sound like something you have experienced? Probably so and most likely that is not what God had in mind for us. Jesus proclaimed: “I have come that they may have life, and that they may have it more abundantly.”

*John 10:11*

We are not machines. A life like the one described is not an abundant one. Okay. So what? We still have appointments and “to do’s”. We still need to perform if we want to keep our jobs. But there is a way to make our lives more abundant. To begin, we can make an oasis of time in our schedules. Ten to fifteen minutes where we squeeze in some “abundance”. We can walk outside, read a poem or close our eyes. We can read the Bible. We can pray. We can trust in “...Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us.” Ephesians 3:19-21

*Terry Swenson, PhD*

### MENTAL HEALTH

As the holiday season approaches, we are reminded of the important role family and friends play in our lives. Close relationships make essential contributions not only to our mental and emotional health, but also our physical health. Intimate relationships enrich and strengthen us throughout the course of our lifetime. Research has demonstrated what people have known for a long time: our relationships make a significant contribution to our overall happiness.

Yet we often take our important relationships for granted. All too often, those who have had significant impacts on our lives go unrecognized and regrettably unthanked. How does a lack of



gratitude contribute to unhappiness? Interestingly there is a suggested solution, which comes out of the positive psychology literature.

Apparently, happier people routinely negotiate and maintain meaningful, close relationships with significant others. Tal Ben-Shahar in his book, *Happier*, suggests routinely writing “letters of gratitude” or paying gratitude visits as a strategy for increasing one’s personal happiness. This exercise involves regularly writing or visiting someone who has had a positive impact on us and sharing our gratefulness

for their contributions to our lives. Such a discipline may not only increase our individual happiness, but may also build the relationship we have with this person. This newly enhanced relationship has the power to make positive contributions to our overall happiness.

As we move through the holiday season into the New Year, this could be our focus. By routinely practicing expressing our gratitude to those who have had significant impacts on our lives, whether they are close or not, we could increase our overall happiness during 2012. What an idea!

*Randall Walker, MS, MFT*

### NUTRITIONAL HEALTH

The holidays are here and when it comes to nutrition it seems like the conversation is focused around all the things we should NOT be eating. Many holiday memories are made because of family and friends but also because of all the wonderful foods that are brought out during this time of year. It may be surprising but there are many holiday foods that are actually good for you!

- (1) Sweet potatoes – rich in dietary fiber, beta carotene and vitamin C
- (2) Cranberries – contains fiber, vitamin C and Manganese
- (3) Pomegranates – good source of vitamin C, Potassium and Polyphenols
- (4) Pumpkin – good source of fiber vitamins A & C and Potassium
- (5) Pecans – good source of protein and good fats
- (6) Greens – good source of fiber, vitamins A, C, E and Calcium
- (7) Brussel Sprouts – good source of fiber, vitamins A & C and Potassium
- (8) Chestnuts – contains vitamin C and Manganese
- (9) Apples – good source of fiber and vitamin C
- (10) Figs – rich source of fiber, Calcium and Potassium

→ *Continued on back*

As you can see all of these foods have health benefits. For example, fiber helps maintain bowel health, lowers cholesterol levels and aids in weight loss. Vitamin C aids in the production of collagen, carnitine, and neurotransmitters and has antioxidant abilities. Vitamin A aids in vision, gene transcription and skin health.

So remember that not all holiday foods are unhealthy – when prepared in a conscientious way they can actually be good for you! This definitely makes it a happy holiday!

Olivia Moses, DrPH



## PHYSICAL HEALTH

It's a busy time of year. Extra stress unfortunately correlates with an increased likelihood of getting sick. The stress wears down our body's reserves, and before we know it we're fighting an illness.

What do you do if you get sick? Obviously if it's a significant illness, seeing your doctor makes the most sense. But what if it's a series of symptoms consistent with a cold or the flu...symptoms such as cough, runny nose and achiness?



Most of us start off with dealing with these kinds of symptoms by improving our self care. At a minimum this should include the following:

- 1) Increased rest. When we're sick we need to replenish ourselves and rebuild our reserves. Sleeping at least 8 hrs/night will build margin and help fight off the symptoms quicker.
- 2) Increased water. As our body fights the illness, it needs to stay well lubricated. At least 8 glasses of water/day will help flush our system of toxins and give us the fluids our body needs as it fights to keep us healthy.
- 3) Less sugar. When we're getting sick, we need to eliminate anything that suppresses our body's ability to fight disease. High sugar levels decrease our body's cellular response to harmful bacteria and viruses (which is why diabetics have a harder time with infections).
- 4) More whole veggies and fruits. Our bodies need a healthy mix of naturally occurring vitamins and minerals so they can fight illness. Those found in "as grown" whole vegetables and fruits are the best sources for what we need to maximize our immune responses.

What is the role of over the counter cold and flu medications? How about "natural remedies" such as Echinacea, zinc and other supplements? Despite numerous studies, very little has been shown to be helpful. Humidity helps, salt water gargling may help, but no medication or supplement has consistently been shown to decrease the frequency or length of cold and flu symptoms. So why spend the money and take on the risks that come from these medications? This is especially true for children under four – studies show that these types of medications can actually be harmful for that population.

We all will fight plenty of colds in our lifetimes. Our best tools in these battles are the lifestyle remedies like rest, water and healthy eating.

Wayne Dysinger, MD

## PUMPKIN CREAM OF WHEAT

### INGREDIENTS:

- ¼ cup pumpkin, canned
- ¼ tsp cinnamon, ground
- ½ tsp clove, ground
- ¾ cup boiling water
- 1 packet Cream of Wheat instant cereal
- 2 packets Stevia
- ½ tsp ginger, ground
- ¼ tsp of salt
- 1 tbsp granola

### DIRECTIONS:

In a microwaveable serving bowl, combine the pumpkin, Stevia, cinnamon, ginger, clove & salt. Stir to mix. Microwave on low power, checking every 15 seconds, for 30-45 seconds, or until warm. In a serving bowl, stir together the Cream of Wheat and boiling water. Stir in the pumpkin mixture. Sprinkle granola on top.

### NUTRITIONAL FACTS

Serving Size 9oz

Calories 170

Calories from fat 15

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 34g	11%
Dietary Fiber 5g	20%
Sugars 5g	
Protein 5g	

Vitamin A 180% · Vitamin C 0% · Calcium 30% · Iron 60%

\*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		300mg	375mg
Dietary Fiber		25mg	30mg

Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4

### WELLNESS BULLETIN

• If you would like to join the Living Whole "Paging My Health" program and receive short health messages (up to once a week) to your 2- way pager, please call extension 14007.

• **Would you like to stop smoking?** Call the Living Whole Employee Wellness Program at extension 14007 to find out about the BREATHE program. It is a confidential 4- week one-on-one tobacco dependency treatment program that is FREE to all benefit-eligible employees. Quitting may be one of the most important things you do for your health—and we would like to help!

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Editor

Olivia Moses, DrPH

Employee wellness administrator, risk management

Layout/design/editing

Monvyl Berto

Graphic Designer | Printing Services