



SPIRITUAL HEALTH

Have you ever been traveling and come in contact with a person full of kindness? Did you find yourself thinking, "I wonder if they are a Christian?"

On the contrary, maybe you have been driving and seen a car with a fish sticker prominently displayed on the bumper. Someone cuts them off and you see the driver yelling and making all kinds of gestures.

Jesus said, "Just as you can identify a tree by its fruit, so you can identify people by their actions." (Matthew 7:20, NLT). Simply wearing a sign that says, "I'm a Christ-follower" does not make one a Christian.

Think about the person who is the biggest challenge in your life; someone who pushes your buttons, who creates conflict, and who is unkind to you. It's easy to feel hurt by their words and actions and to feel justified in retaliation. "If they are going to play hard-ball, I can too," is an attitude that sometimes rises up.

But Jesus calls us to a different standard. He calls us to love our enemies, to do good to those who are spiteful to us. Can that really be so? Does He truly expect us to be kind to the person who lied about us? To the one who took credit for the work that we did? To that "friend" who didn't stand up for us?

In a word, YES! That is exactly what it means to be a Christian. When talking to His disciples one day, Jesus said, "Your love for one another will prove to the world that you are my disciples." (John 13:35, NLT). That is how the world will know that we are Christians: we love each other--plain and simple.

Kathy McMillan, MA
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EMOTIONAL HEALTH

People learn how to relate to others as children in their families. This is a well established fact. Those early years set patterns and lay foundations for how they will deal with people throughout their lives. How they manage their own emotions, how they respond with empathy to the emotions of others, how they recognize and express love and caring, are all learned in those first, essential relationships.

People learn most of these important lessons about how to deal with others implicitly rather than explicitly. This means patterns are learned without consciously knowing (explicitly) they are being learned. These implicit lessons, however, become the source of stress and challenges when automatically acted out in adult relationships.

Triangles are an example of common, implicit patterns in many families. Triangles occur when two individuals experiencing conflict pull in a third person to reduce stress in their relationship. The third person acts as a buffer between the other two. The triangle establishes stability where it might not otherwise exist. As is often the case, however, what starts out as a solution eventually becomes a source of stress, especially for the person caught in the middle between two warring parties.

These implicit lessons are often carried into adult relationships without knowing it. They magically show up in marriages, relationships with children, and at work. Emotions similar to those experienced early on activate implicit lessons and old patterns unintentionally play themselves out creating all sorts of drama.

Solutions exist to prevent or reduce the likelihood of automatically playing out old patterns in adult relationships. Recognizing the role early experiences play in creating patterns, accepting that implicit lessons will be triggered whenever people relate, and accepting without blaming the emotions arising as a result can be effective tools. Intentionally choosing to avoid triangles can go a long way to establish a more intentional, adult way of relating to others.

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PHYSICAL HEALTH



It has become part of our thinking patterns to believe that death from four of the most common cancers – breast, cervical, colon and prostate – can be prevented by screening for early stages of these diseases. Recently the value of screening for prostate cancer has been brought into question when the United States Preventive Services Taskforce (USPSTF) recommended against using the Prostate Specific Antigen, or PSA blood test for population based screening. More specifically, the USPSTF stated that because elevated PSA results are frequently falsely positive – high because of non-cancer causes – and because high results can lead to a large amount of further testing that is expensive and has its' own risks, the average American male should not get a PSA screening test*. When this recommendation is added to the USPSTF recommendation a couple of years ago to reconsider whether mammogram screening for breast

cancer should be done in women between 40 and 50 years old, its' reasonable to ask: does cancer prevention work?

The answer to this question is not easy. According to the USPSTF there is strong evidence for the following:

| Who | What | Frequency | For |
|--------------|-------------|--------------|-----------------|
| Women 21-65 | Pap Smears | Every 3 yrs | Cervical Cancer |
| Women 50-75 | Mammograms | Every 2 yrs | Breast Cancer |
| Anyone 50-75 | Colonoscopy | Every 10 yrs | Colon Cancer |

Obtaining these cancer screening tests is definitely recommended. And there are certainly situations when men should get PSA screening, and women younger than 50 should get mammograms.

But it's important to remember that all these screening tests do is catch early disease... the cancer is already there, it just hasn't progressed very far. And cancer comes in many shapes and sizes. Some cancers progress fast, others progress slowly. Screening works best for those that progress slowly, it will likely miss those that progress fast – and those are the more dangerous ones.

So if we really want to prevent cancer, or at least decrease our risks as much as possible, we need to actually stop cancer from starting in the first place. How do we do that? The answer is very complicated, but it can be summarized fairly simply. Eat healthy (whole foods, plant based, not too much), exercise regularly (at least 2 hours/wk), sleep plenty (7-8 hrs/night), stay connected to others and to God, and process stress appropriately (talk, pray, etc.). A healthy lifestyle doesn't work perfectly, but it does work very well.

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*<http://www.uspreventiveservicestaskforce.org/prostatecancerscreening.htm>

NUTRITIONAL HEALTH

It is time for the Olympics! It is an inspiring time when athletes step onto the world's stage and show us what the human body and mind is capable of doing. The stories of sacrifice, dedication, injury, recovery, redemption and success can be extremely motivating to watch.

Every Olympic athlete knows that diet significantly influences athletic performance. Although genetics and training play extremely large roles in creating world-class athletes, poor nutrition can hinder an individual from reaching their full potential. Although most of us are not Olympians, there are still nutritional strategies that can help us reach our own potential. If you run marathons, enjoy long bike races, belong to a soccer league or are a serious but non-competitive athlete here are some tips just for you. (See table)

If you work out 3-5 days a week for 30-60 minutes your nutrition needs for exercise can be fairly simple. Stick to drinking water (before, during and after exercise) and eat a balanced diet full of complex carbohydrates, lean/plant-based proteins and fruits and vegetables. It is important to remember that sport supplements do not compensate for poor food choices even for the Olympian.

It is hard to watch the Olympics and not feel like you need to start exercising or going to the gym! Today is a great day to start training for something better than a gold medal – it is a great day to start training for a long healthy and agile life!

| Time of Exercise | Goals | Examples |
|--|--|--|
| Pre (3-4 hours prior to exercise) | Consume a carb-rich snack/meal to top off muscle stores. Include small amounts of protein to help build and repair muscle. | Peanut butter & honey on toast and instant breakfast drink Fruit and yogurt smoothie and low-fat granola |
| During (For long bouts of exercise) | Need proper mix and timing of fluids, carbs and electrolytes Adequate fluids Plan snacks according to your needs of nutrition and easy digestion | Carbohydrate and electrolyte sports drinks. Avoid ingredients that may slow digestion. Easy to digest carbs such as a banana, sport gel or gummy chews, bread with jam or honey. |
| Post or Recovery | Begin nutrition recovery with a snack or meal within 15-60 min. following practice or competition Restore fluid and electrolytes lost in sweat. Include carbs and protein in post exercise meal. If your appetite is low stick to liquid options such as smoothies. | Yogurt or tofu smoothie with frozen berries Sports drink or bar Meals can include stir fry with vegetables, brown rice and tofu, whole wheat pita sandwich with hummus and vegetables. |

*Adapted from Sports, Cardiovascular and Wellness Nutrition a dietetic practice group of the Academy of Nutrition and Dietetics

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PEACH-MANGO POPSICLES



Nutrition Facts

Serving Size 1 popsicle (70g)
Servings Per Container 8

| Amount Per Serving | | % Daily Value* | |
|-------------------------------|----------------------------|----------------|-----------|
| Calories 60 | Calories from Fat 0 | | |
| Total Fat 0g | | | 0% |
| Saturated Fat 0g | | | 0% |
| Trans Fat 0g | | | |
| Cholesterol 0mg | | | 0% |
| Sodium 10mg | | | 0% |
| Total Carbohydrate 17g | | | 6% |
| Dietary Fiber 0g | | | 0% |
| Sugars 14g | | | |
| Protein 0g | | | |
| Vitamin A 20% | Vitamin C 15% | | |
| Calcium 0% | Iron 0% | | |

*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 | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

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

Ingredients:

- 1 cup pureed mango (from peeled fruit)
- 1 cup pureed peaches (from peeled fruit)
- ¼ cup water
- 2 tbsp. sugar
- Lemon juice to taste
- 8 Popsicle sticks

Directions:

1. Combine fruit purees in a medium bowl. Heat water and sugar, stirring until sugar dissolves. Add purees with lemon juice to taste.
2. If you have popsicle molds, fill them, leaving some room at the top to allow for expansion, set the lids in place and insert the sticks through the holes.
3. If you don't have molds, fill small, empty & washed yogurt cups about ¾ full. Stretch plastic or foil across the top and make small slit to insert sticks.
4. Freeze until firmly set (3-4 hours). To remove pops, remove lid or wrap, then squeeze the sides of molds, twisting slightly.



For more information contact The Living Whole Employee Wellness Program at (909) 651-4007 or email livingwhole@llu.edu

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!

Living Whole is a quarterly newsletter produced by the EMPLOYEE WELLNESS PROGRAM, part of the DEPARTMENT OF RISK MANAGEMENT, Loma Linda University Health System. It serves as a communication tool for the EMPLOYEE WELLNESS PROGRAM office to provide information and advice promoting a healthy lifestyle among the employees of Loma Linda University Health System corporate entities, as well as publicize past and upcoming events and activities. ©2012 Loma Linda University Health System. All rights reserved.