



# Living Whole

Employee Wellness Program

SPRING NEWSLETTER 2013 | VOLUME 8; #1

## SPIRITUAL HEALTH

Imagine holding a perfect, tree-ripened peach. Can you see the color blended just right; a beautiful orange with a hint of pink splashed on the skin? Take a bite and taste the tangy, sweet flavor. Can you feel the juice dripping down your chin as you reach to catch it with your fingers? Now take in a deep breath and experience the tantalizing aroma.

What if you had never tasted a fresh peach before? Maybe you had only tried one straight from the can--a little rubbery and fairly bland. What if someone gave you a can of peach-scented air freshener and suggested that it was "just like the real thing." Do you think you would have an accurate picture of a peach, just by those incidents?

Scripture invites us, "Taste and see that the Lord is good." Psalm 34:8. But sometimes we go through life satisfied to hear someone talk about Him. We never fully experience Jesus our self.

Every day, we have opportunities to choose Jesus:

- Read a scripture and spend time figuring out what it means to you
- Keep a list of things for which you are thankful
- Talk to God about your concerns, your desires, your dreams

There is nothing like a first-hand experience. Taste and see!

*Kathy McMillan, MA*  
Director, Employee Spiritual Care

## EMOTIONAL HEALTH

John Gottman, the noted marital researcher in Seattle, WA, teaches conflicts are not bad. Conflicts are a part of most intimate relationships and resolving all of them may not be necessary for a successful, long-lasting marriage. Arguments are probably the most common form of conflict experienced by couples. How can couples argue without damaging their relationship and contributing to marital dissatisfaction?

First, let go of being right. The need to be right generates conflicts and creates distance with others, who are naturally going to resist being made wrong. Although being right may feel good, it seldom builds connections with others. One of the greatest gifts individuals can give themselves - and their relationships - is to give themselves permission to not be right. This may be easier said than done, but it can work wonders in relaxing a relationship.

Second, when arguing avoid telling stories or dredging up the past. It may be tempting to want to make a point and establish the truth - the rightness - of one's perspective and interpretation of events. But such a strategy seldom connects people. Practice staying in the present moment instead.

Third, listen. This may be the most difficult step in arguing constructively. It is difficult for many to attend to what is being said when nervous systems are aroused and heart rates increase. The

emotional system in the brain overwhelms the higher centers and people start to react. Listen rather than reacting.

Finally, validate your partner's feelings. Listening permits hearing what is under a partner's words. Listen for the feelings behind the words. Reflect back feelings using words that validate what your partner is feeling. Admitting to a partner, "You felt really hurt by what I said" is more likely to build connection.

Unfortunately, there are no guarantees in relationships. Relationships require hard work, but the returns are well worth it. Learning to argue constructively may ultimately do more to create a successful, long-lasting relationship than resolving all the possible conflicts which arise when two people live intimately.

*Randall Walker, MS, MFT*  
Director, CFS Clinic at the BHI

## PHYSICAL HEALTH

It is called by many names - ecotherapy, green therapy, or earth-centered therapy - but whatever you call it, the concept of nature therapy or spending time in nature to improve health is gaining more and more scientific credibility.

The concept of nature therapy took a large step forward in 2005 when Richard Louv wrote a book about it in children, and coined the term "Nature Deficit Disorder". Dr. Louv points out that at the same time our society is spending more and more time with technology and the media, science is creating a growing body of research that directly links positive mental, physical, and spiritual health to our associations with nature.

We have known intuitively for a long time that a brisk walk in fresh air and warm sunshine makes us feel better. But we are now finding that not only does this help with emotional issues such as anxiety and depression, it also helps with physical diseases such as hypertension, diabetes, obesity and other illnesses. Hospital patients who have a view of a natural landscape have shorter hospital stays and tend to consume less pain-killing medication.

In a 2010 Japanese study of "Shinrin-yoku" (defined as "taking in the forest atmosphere, or forest bathing"), researchers found that elements of the environment, such as the odor of wood, the sound of running stream water, and the scenery of the forest can provide relaxation and reduce stress. Those taking part in the study experienced lower levels of cortisol, a lower pulse rate, and lower blood pressure.

The beauty of nature therapy, when done at its' best, is the inclusion of multiple healing elements - fresh air, sunshine/light, and exercise - into one activity. Many activities like hiking, gardening, camping and horseback riding are fun ways to apply each healing element. Isn't it time to enjoy the healing influence of nature?

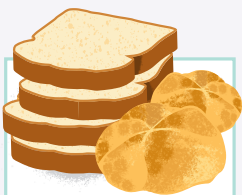
*Wayne Dysinger, MD, MPH*  
Chair, Preventive Medicine Dept.

# NUTRITIONAL HEALTH

Did you know that 1 in 3 adults in the US have high blood pressure? Interestingly, many individuals who have high blood pressure do not feel any symptoms even though heart, blood vessels, kidneys and other body parts are being damaged. One of the ways to improve blood pressure is to evaluate and reduce salt/sodium in your diet.

According to the Centers for Disease Control and Prevention about 90% of Americans eat more sodium than is recommended for a healthy diet. The majority of adults should aim to stay below 1,500 milligrams of sodium a day with being careful not to exceed 2,300 milligrams according to the Institute of Medicine and the current dietary guidelines for all Americans. To put this into perspective 1 teaspoon of salt contains 2,325 mg of sodium. Therefore, reading food labels and identifying foods that are high in sodium is important.

The American Heart Association has come up with "The Salty Six". These are popular high sodium foods that can sabotage your low sodium goals. (See figure) Using fresh foods and limiting/eliminating prepackaged items can make big differences in your sodium intake. In addition, making foods at home allows you to monitor how much salt is in your foods. *(cont. on next column)*



## BREADS & ROLLS

Some foods that you eat several times a day, such as bread, add up to a lot of sodium even though each serving may not seem high in sodium. Check the labels to find lower-sodium varieties.

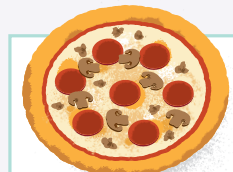
1



## COLD CUTS & CURED MEATS

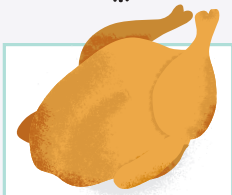
One 2 oz. serving, or 6 thin slices, of deli meat can contain as much as half of your daily recommended dietary sodium. Look for lower-sodium varieties of your favorite lunch meats.

2



A slice of pizza with several toppings can contain more than half of your daily recommended dietary sodium. Limit the cheese and add more veggies to your next slice.

3



## POULTRY

Sodium levels in poultry can vary based on preparation methods. You will find a wide range of sodium in poultry products, so it is important to choose wisely.

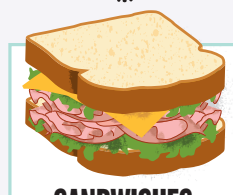
4



## SOUP

Sodium in one cup of canned soup can range from 100 to as much as 940 milligrams—more than half of your daily recommended intake. Check the labels to find lower sodium varieties.

5



## SANDWICHES

A sandwich or burger from a fast food restaurant can contain more than 100 percent of your daily suggested dietary sodium. Try half a sandwich with a side salad instead.

6

Source: American Heart Association, using data from the Centers for Disease Control and Prevention, Morbidity and Mortality Weekly Report Feb/2012

## Living Whole Announcements

- 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.
- Please visit "Wellness Way" located on the 2nd floor (between Radiology and the Pediatric Dialysis Unit) in the Loma Linda University Medical Center. The hallway displays our executive leadership and employees who have been awarded a Living Whole Honor.
- Please visit our VIP page to learn about Partners in Prayer.
- Are you ready to loose weight? Join the Living Whole Say NOW (No to Overweight) Program and let us help you reach your goals. This program is ultimately FREE for qualified employees. Call x14007 today!

Living Whole is a quarterly newsletter produced by the EMPLOYEE WELLNESS PROGRAM, part of the DEPARTMENT OF RISK MANAGEMENT, Loma Linda University Health. It serves as a communication tool for the EMPLOYEE WELLNESS PROGRAM office to provide information promoting a healthy lifestyle among the employees of Loma Linda University Health corporate entities, as well as publicize past and upcoming events and activities. ©2013 Loma Linda University Health. All rights reserved.

For more information on all Living Whole Employee Wellness Programs call (909) 651-4007 or email livingwhole@llu.edu

Editor: Olivia Moses, DRPH  
Employee wellness administrator, Risk Management

Layout/design: Kelley Herr-Roadruck  
Graphic Designer | Printing Services

At times we lose sight of the fact that what we eat everyday can have a profound impact on our health, longevity and quality of life. We must continue to realize that the seemingly small things we do everyday for our health really matter. Therefore, today let's make a decision that at our next meal we will improve our salt intake!

Olivia Moses, DRPH  
Administrator, Wellness Program

## HOMEMADE GRANOLA



### Nutrition Facts

Serving Size 1/2 cup (113g)  
Servings Per Container 6

Amount Per Serving

Calories 360    Calories from Fat 70

% Daily Value\*

Total Fat 8g    12%

Saturated Fat 0g    0%

Trans Fat 0g

Cholesterol 0mg    0%

Sodium 5mg    0%

Total Carbohydrate 62g    21%

Dietary Fiber 7g    28%

Sugars 28g

Protein 9g

Vitamin A 2%    •    Vitamin C 0%

Calcium 6%    •    Iron 15%

\*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:

- 3 cups old fashioned rolled oats
- 1/3 cup sliced almonds
- 1 1/4 cup dried cherries
- 1 1/2 tbsp canola oil
- 1/4 cup honey
- 1 1/2 tsp ground cinnamon
- 1/4 cup sweetened applesauce
- 1/4 cup 100% apple juice

### Directions:

1. Preheat oven to 400 degrees.
2. Toss all ingredients in a large bowl.
3. Lay flat on a baking sheet
4. Bake for 15 minutes or until slightly brown and crispy.

