Personal Health newsletter

PRACTICAL INFORMATION FOR A HEALTHFUL LIFESTYLE

Volume 20, Number 2 | Canada Post Publications Mail #40040712 | April-May-June 2014

Helping you make your own decisions about your personal health . . .

Nutrition for injury . . .

Injury recovery can be faster and more effective if you eat wisely.

Inflammation is the first step in the process of clearing away damaged cells in both soft tissue and bone injuries. After that, recovery involves rebuilding connective tissue and/or bone. The food you eat provides the nutrients to facilitate this crucial rebuilding process.

For your "injury healing" diet, eat nutritiously to ensure the sufficient vitamins and minerals your body needs for repair. And get enough food (calories). You need to eat enough — when training *and* when recovering — because less food means less nutrients available for your body. You'll need plenty of nutrients to assist with repair and recovery, whether you are a competitive athlete or a recreational exerciser.

Of course, you won't be eating as much as when you were exercising. If you need some direction to figure this out, visit a Registered Dietician or surf for calorie counters on the internet. They can provide a rough idea of how much food (measured as calories) you need during activity and inactivity.

Protein is also important for repair. A general diet recommendation during *inactivity* is 0.8 grams of protein/kg of bodyweight per day. Other recommendations include getting sufficient omega-3 fat to help keep inflammation under control (fish and fish oils are the richest sources); get some (but not an excess of) starchy, high-fibre carbohydrates; and eat lots of vegetables. Have up to three servings of fruit as well. Try to avoid the sugary, processed foods – or junk foods – as you body heals. These nutrient-deficient foods won't contribute quality nutrition to your body for healing; in fact, for the body to digest them, nutrients will be wasted.

Inflammation is a critical step in the injury recovery process. Besides resting, icing, and elevating the injured area, anti-inflammatory foods and supplements in your diet can also control and reduce swelling. Curcumin (derived from the spice turmeric), bromelain, fish or fish oil (omega 3) are some examples you can take in supplement form. Or choose to eat more fish and add turmeric spice to your foods. Talk to a credible source for more ideas.

Anti-oxidant supplements (like vitamins A and C, and the minerals copper and zinc), or foods rich in these nutrients, will also help boost the immune system and assist your body during recovery.

Inside this issue . . .

Prevent running injuries . . .

Beginner and veteran runners can both suffer overuse injuries. Injuries most often occur because of an increase in distance, speed, or frequency of running. For every mile you run, your feet absorb about 100 tons of force. You can lower your risk of injury by training sensibly.

Avoid increasing the distance you run by more than 10% each week.

It's not necessary to run more than 45 miles per week. Studies show running more than that did not significantly improve performance. But it did show an increase in the risk for injury.

Alternate intense running days with light running days, to give your body a rest.

Avoid running on slanted or uneven surfaces. Run on soft, flat terrain.

Never run if you feel pain. Pain is a signal that something is wrong.

If you do feel pain when you run, ice the area and rest for 2-3 days or until the pain stops. If the pain still persists after a few days rest, visit your physician.

Replace your running footwear every 500 miles. Your feet absorb three to four times your body weight each time they hit the ground. If you run often, your shoes quickly lose the ability to absorb shock.

If you feel you've been training sensibly, yet you still suffer from recurring injuries, have a knowledgeable source analyze your running style for poor technique. You may also need orthotics in your shoes if you have poor body alignment.

Nutty alternates . . .

At snack time, chickpeas (garbanzo beans) make a nutty-tasting, low-fat substitute for high-fat nuts. Use pre-soaked or canned (rinse well) chickpeas. Place in a single layer on a baking sheet. If you like, sprinkle the beans with your favourite herbs and spices. Bake at 125 C for about 30 minutes. Serve warm or cold.

Chestnuts are another low-fat, nutty-like treat with a starchy consistency similar to potatoes. You can buy the shelled versions in the fall season and roast them in their shells or you can buy them unshelled in foil packages. These can be found in the "international food" aisles of larger food stores or in Asian markets. Serve instead of potatoes or rice. They also make a handy snack right out of the bag, when you're on the go.

Water chestnuts are the underground stem of an aquatic plant which originates in Southeast Asia. They have a crunchy texture, are practically fat-free, and offer several nutrients such as calcium, zinc, iron, potassium, and the B vitamin folate. For convenience, buy the canned chestnuts and rinse well before using. Eat them alone (cold or heated), add them to soups, toss them in a salad, or mix into rice.

HEALTH TIP

Easy egg whites

Here's a fast and easy way to separate the egg yolk from the white; Crack the egg into a bowl. Gently squeeze an empty 500 mL water bottle and hold the mouth of it against the yellow yolk of the egg. Unsqueeze the bottle and only the yolk will be sucked into the bottle! You can expel the yolk simply by squeezing it out of the bottle and into another bowl. The yolk won't even break!

PERSONAL HEALTH NEWSLETTER
is published four times yearly by Effective Visual Enterprises EVE Available by e-mail only.
EDITOR/PUBLISHER — EVE LEES.
Mailing address: #25 - 1725 Southmere Crescent, Surrey BC V4A 7A7, Canada.
Phone 604-531-8643. E-mail evelees@telus.net or eve@artnews-healthnews.com Web site: www.artnews-healthnews.com
Subscriptions: $15.00 per year, $26.00 two years. GST is not charged.
The goal of Personal Health is to provide useful tools to educate and to enhance the quality of life. The information in Personal Health Newsletter is not intended to replace therapeutic, nutritional or medical advice: Consult an appropriate professional.

Can you get rid of flabby arms?

A common exercise myth is the belief in "spot reducing." However, you can't lose fat in an area of the body by exercising that specific body part. "Spot reducing" and "spot toning" don't work, because we can't control where our bodies shed fat. Doing exercises for the triceps won't affect the fat you may have on the backs of your upper arms any more than doing crunches will reduce the fat on your stomach.

Doing any exercise that lowers your body fat percentage can help you lose fat on your arms, just as it helps you lose fat anywhere else on your body. And keep in mind, as we age, skin becomes less elastic and therefore less toned looking so it appears to sag. But there are ways to slow this aging process.

"Flabby arms" or poor skin tone can be affected by diet. Nutrients that help the skin maintain its collagen and elastin (which keep the skin looking toned) include vitamin C and other antioxidants, omega 3 fatty acids, and many others. Visit a Naturopath or a Registered Dietician for more information about the right food choices to keep your diet high in nutrients.

There are several other factors that can affect skin health: too much sun exposure destroys collagen and elastin, so does too much mental and physical stress, environmental pollution, and internal pollution (smoking, alcohol and junk food). Find ways to change these poor lifestyle habits.

Factors affecting muscle development . . .

The ability to build bigger muscles (hypertrophy) depends on three factors: genetics, gender and training intensity.

Muscle fibre type is a genetic factor. Those with more fast-twitch fibers can build larger muscles more easily than people with more slow-twitch fibers.

When it comes to gender, males have a muscle-building advantage over females, because males have more testosterone and other sex hormones that affect protein metabolism.

Training intensity is the only factor you can control. If you use heavier weights and fewer repetitions for each set, you're more likely to build larger muscles. In contrast, keeping your muscle development less obvious requires using lighter weights and higher repetitions within each set. However, there can be slight growth at first in muscle size for anyone who is just beginning a weight training program, until the body becomes used to the new overload on the muscles. For more specific details, talk with a certified fitness instructor.

Wise words . . .

The best vitamin for making friends: B1.

Did you know . . .

Freezing foods won't kill harmful microorganisms. It just halts their growth.

Here's an easy headache remedy that may work for you – drink water daily! The brain is mostly water and not drinking enough has been linked with head pain.

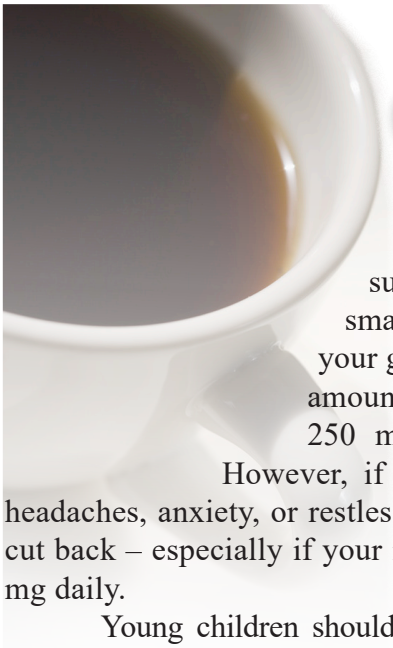
Just six months of regular exercise sessions can bring a 50-year-old back to the fitness level they had at 20.

Rx Laughter

I bought some powdered water, but I didn't know what to add. *Steven Wright*

If high heels were so wonderful, men would still be wearing them. *Sue Grafton*

To err is human but to really foul things up requires a computer. *Anonymous (in Farmer's Almanac 1978)*



Counting caffeine

For most adults, caffeine is a daily consumption. Studies show small amounts won't affect your good health. A moderate amount of caffeine is around 250 milligrams (mg) a day. However, if you are have frequent headaches, anxiety, or restlessness, you may want to cut back – especially if your intake is more than 500 mg daily.

Young children shouldn't consume caffeinated beverages regularly and adolescents should have no more than 100 mg daily. Knowing how much is in common beverages is important in rationing your intake.

The caffeine in a cup of coffee can vary due to factors like brewing time and whether it is roasted or ground. Same for tea – the caffeine content is affected by the type of tea leaves and how long it is steeped or brewed. The following, therefore, is merely a general guide to help you monitor your own consumption:

Espresso (1 oz) 40-75 mg; decaf espresso 0-15 mg.
Coffee (8oz) brewed 95-200 mg; decaf brewed 2-12 mg.
Coffee (8oz) instant 27-173 mg; decaf instant 2-12 mg.
McDonald's brewed coffee (16oz) 100mg
Starbucks Pike Place brewed (16oz) 330 mg.
Starbucks Pike Place brewed decaf (16oz) 25 mg.
Black tea (8 oz) 14-61; decaf black tea 0-12 mg.
Green tea (8 oz) 10-40 mg.
Hot chocolate (8 oz) 5-7 mg.
Iced tea (Generic) unsweetened (8 oz) 26 mg.
Lipton Brisk Lemon Iced Tea (8 oz) 5-7 mg.
7UP, Sprite and A&W Root Beer (12 oz) 0 mg caffeine.
Barq's Root Beer (12 oz) 18 mg
Coca-Cola Classic (12 oz) 30-35 mg.
Coca-Cola Zero (12 oz) 35 mg.
Diet Coke (12 oz) 38-74 mg.
Pepsi (12 oz) 32-39 mg.
Diet Pepsi (12 oz) 27-37 mg.
Dr Pepper (12 oz) 36 mg.
Mountain Dew (12 oz) 46-55 mg.
5-Hour Energy drink (2 oz) 207 mg caffeine.
Red Bull (8.4 oz) 76-80 mg.
Chocolate chips (semi sweet 1 cup) 104 mg.
Dark chocolate bar (1.5 oz) 20-40 mg.
Milk chocolate bar (1.5 oz) 10 mg approximate.
White chocolate 0 mg.
Hershey's Kisses, 1 mg caffeine in each piece.
Excedrin, Extra Strength (2 tablets) 130 mg caffeine.
NoDoz, Max strength (1 tablet) 200 mg.

Depending on the plant, herbal teas contain little, if any, caffeine.

The daily recommendation of 250 milligrams is an estimate. Each of us will vary in our caffeine tolerance. If you have a medical condition like ulcers, osteoporosis, high blood pressure, or if you are pregnant or lactating, you may want to limit or avoid caffeine. In addition, certain prescription and over-the-counter drugs may interact with caffeine, changing the drug's function. Check with your doctor or pharmacist before combining your medication with caffeine.

Rest those muscles after exertion

Your muscles should rest for about 24 to 48 hours after they've been stressed by weight training exercises. Muscles need time to remove waste matter and receive the repairing nourishment from your diet. If you don't allow this period of repairing and rebuilding to occur, you'll risk damage or loss of muscle tissue.