



## March is National Nutrition Month

### CELEBRATE WITH A 20% DISCOUNT

Always eating on the go? Here's a tip: tuck portable, nonperishable foods in your purse, tote, or briefcase for an on-the-run meal. Try peanut butter and crackers, fresh fruit, trail mix, or rice cakes. You could also make a smoothie with fruit, low-fat milk, peanut butter, or yogurt for a light lunch or snack, and place it in a thermos to go! We have some amazing recipes to share with you using our Arbonne® protein shakes. This month our members get a 20% discount on the vanilla or chocolate container. (These products are lactose and gluten free and contain 20 grams of protein per serving.)



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# Stress Relief: MAKING THE CONNECTION TO *self* AND *spirit*

## ANNOUNCING A NEW WORKSHOP

We are excited to announce a 7-week workshop that brings a holistic approach to your health by focusing on the connection of mind, body, and spirit as necessary components of well-being. What is currently in your tool box that helps you to maintain balance in these stressful times? Are you taking quality time, not busy time, for yourself? Do you feel you are living purposefully? We'll address this and more. We will explore, learn, laugh, experience, and discuss a variety of topics.

- Understanding the underlying causes of stress
- Using mindful meditation to empower you
- Reduce negative thinking
- Why its so important to take quality time for you
- Experience personal growth
- Understand the mind body spirit connection for well-being
- Using the breath for releasing stress
- Using your creativity in a simple yet powerful way

Join facilitator, **Gigi Jantos**, for this small group experience. Give yourself this gift...*you* are worth it! This is open to members and non-members, so bring a friend and learn together.

### WORKSHOP DATES:

Thursdays, March 19 – April 30, 2009  
6:30 p.m. to 8:30 p.m.

### LOCATION:

Burick Center for Health and Wellness

Deadline to confirm your attendance is March 12, 2009. The cost is \$350 for 7 weeks (Includes a printed program resource guide). Call today, as space is limited.

## AN ASPIRIN A DAY MIGHT REALLY KEEP THE DOCTOR AWAY

In our last newsletter, we told you about the cardiovascular benefits of aspirin therapy. In February a review of several studies published regarding regular use of aspirin showed that it can also reduce the risk for colorectal cancer. These studies suggest that using an aspirin daily can reduce the risk of developing colorectal adenomas which are the precursors to colon cancer. Not only did prolonged use of aspirin reduce the risk of developing the adenomas, but there was not a decrease in the efficacy of using the aspirin long term. In addition, there is no “rebound effect” when stopping the aspirin, and your risk for development of the adenomas does not escalate with discontinuation. Note: as with all drugs, the risk versus benefit profile should be discussed with your doctor prior to use.

## KEEP COLDS AT BAY

With it being cold and flu season, we wanted to remind to get plenty of rest and good nutrition. A study published in the January 12 issue of the *Archives of Internal Medicine*, confirmed that poorer sleep efficiency and shorter sleep duration in the weeks before exposure to a rhinovirus are linked to greater susceptibility to the common cold. Sleep quality is an important predictor of immunity and in turn susceptibility to the common cold. In addition we stress the need to eat well, exercise and use good hand washing to decrease your susceptibility to infection.

## MEMBER BENEFIT: *Medical Fitness Consultation*

Medical Fitness is perfect for people with medical issues who should exercise but are unsure of what to do because of their conditions. Medical Fitness includes a broad spectrum of benefits in a setting offering professional expertise and guidance essential to safely and effectively implementing exercise and lifestyle management programs. The Medical Fitness program differs from traditional exercise programs in that it begins with a comprehensive assessment by a licensed physical therapist. Working with your physician’s input, this assessment forms the framework for designing an individual fitness program.



Medical Fitness programs are particularly valuable for those with prior or ongoing health risks, such as cardiovascular disease or musculoskeletal compromise and for individuals who are not comfortable with the traditional “gym” environment. Medical Fitness programs also offer healthy lifestyle promotion, disease management programs, health screenings, and an overall atmosphere encouraging whole-body wellness. As a member, you can receive a free initial consultation to determine if Medical Fitness is right for you. Call Mindee today to set up your appointment.

## *Irish Stew*

### INGREDIENTS

2 lbs. Beef, cut into 1" cubes  
3 Tbs. Vegetable Oil  
14 oz. Beef Broth, canned  
1 C. Water  
2 Tbs. Parsley, chopped  
1½ tsp. Salt  
¼ tsp. White Pepper  
1 Bay Leaf  
6 Medium Carrots, cut into thirds  
6 Medium Onions, cut into thirds  
10-12 Red Potatoes, peeled and halved  
½ C. Frozen Peas, thawed  
Parmesan Cheese

- Brown beef in oil. Add beef broth, water, parsley, salt, and bay leaf. Cover and simmer 1 hour, stirring occasionally. Add carrots, onions, and red potatoes. Simmer 30 minutes additional or until beef is tender.
- Place stew on serving dish. Sprinkle with peas and parmesan to taste.

*Makes 8 servings*