

Positive Pulse Wellness Newsletter



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"Promote and protect the wellness of our community through education, programs, and services".

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Special points of interest:

* March monthly challenges: Complete the 30 Day Health Challenge for the month of March 2016; Devote at least 30 minutes for "alone time" to yourself, at least 3X a week, for the month of March 2016.

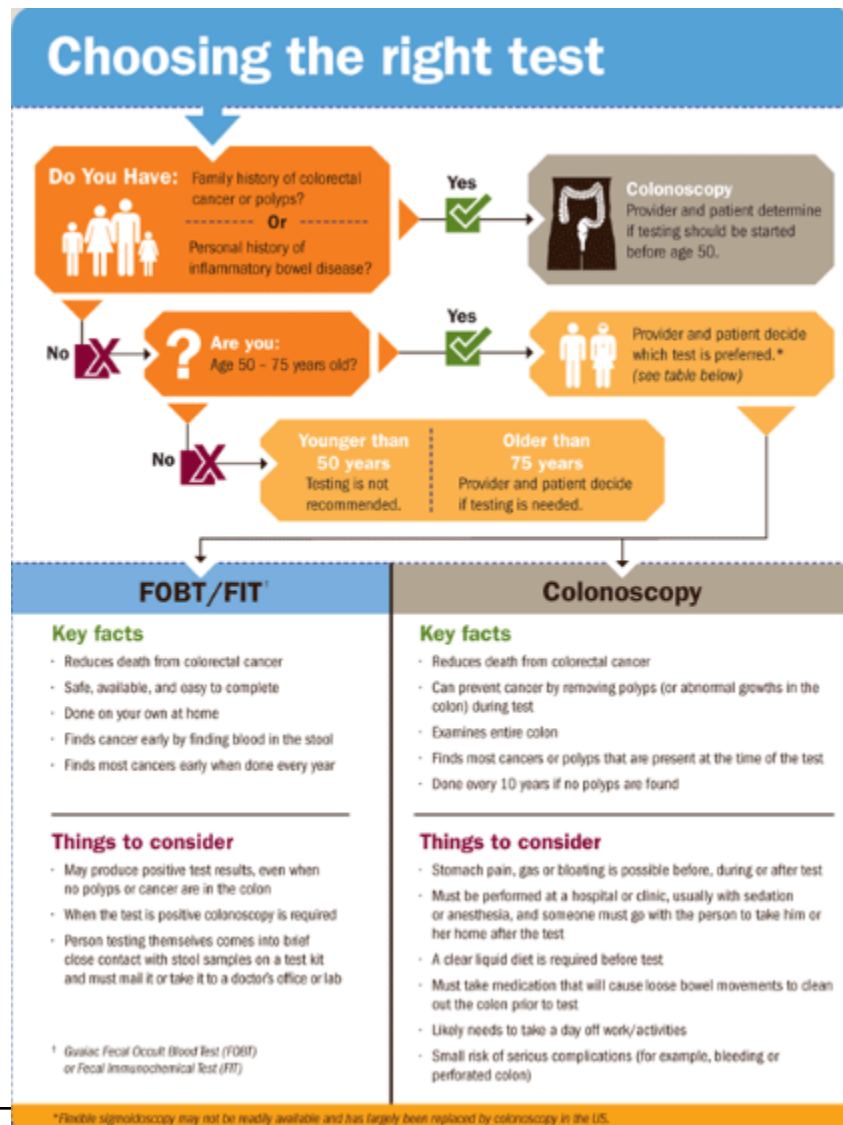
Colorectal Cancer Awareness

March is Colorectal Cancer Awareness Month. Colorectal cancer is the second leading cancer killer of men and women in the US, following lung cancer. With this sta-

tistic, only 1 in 3 adults between 50 and 75 years old are not getting tested as recommended. Testing saves lives but only if people

get tested. Studies show that people who are able to pick the test they prefer are more likely to actually get this test done. Please

check with your primary care physician to see what testing is right for you. Testing saves lives!!!



Diabetes—Healthy People 2020

Diabetes occurs when the body cannot produce or respond appropriately to insulin. Insulin is a hormone that the body needs to absorb and use glucose (sugar) as fuel for the body's cells. Without a properly functioning insulin signaling system, blood glucose levels become elevated and other metabolic abnormalities occur, leading to the development of serious, disabling complications.

Why is diabetes important?

Diabetes affects an estimated 23.6

million people in the United States and is the 7th leading cause of death.

Diabetes:

- Lowers life expectancy by up to 15 years
- Increases the risk of heart disease by 2 to 4 times
- Is the leading cause of kidney failure, lower limb amputations, and adult-onset blindness

In addition to these human costs, the estimated total financial cost of diabe-

tes in the United States in 2007 was \$174 billion, which includes the cost of medical care, disability, and premature death.

www.healthypeople.gov

What the Science Says About Yoga

Current research suggests that a carefully adapted set of yoga poses may reduce low back pain and improve function. Other studies also suggest that practicing yoga might improve quality of life; reduce stress; lower heart rate and blood pressure; help relieve anxiety, depression, and insomnia; and improve overall physical fitness, strength, and flexibility.



According to the 2007 National Health Interview Survey, yoga is the sixth most commonly used complementary health practice among adults. Many people who practice yoga do so to maintain their health and well-being, improve physical fitness, relieve stress, and enhance quality of life. In addition, they may be addressing specific health conditions.

Salmonella

Chicks, ducklings, and other live poultry can carry *Salmonella* germs and still appear healthy and clean. *Salmonella* germs are shed in their droppings and can easily contaminate their bodies and anything in areas where birds live and roam.

Protect Yourself and Your Family from Salmonella:

- Wash your hands thoroughly with soap and water right after touching live poultry or anything in the area where they live and roam.
- Adults should supervise hand washing for your children.
- If soap and water are not readily available, use hand sanitizer until you are able to wash your hands thoroughly with soap and water.
- Clean any equipment or materials associated with raising, or caring for live poultry outside the house, such as cages, feed, or water containers.



Brandi's "Clean Eating" Recipe of the Month

Cucumber Cups Stuffed with Spicy Crab

Ingredients:

- 3 long cucumbers
- 1/4 cup sour cream
- 1/4 cup cream cheese, softened
- 3/4 cup crab meat, excess water removed
- 1 tsp hot pepper sauce (Tobasco)
- 1 tsp brown mustard
- Salt and pepper to taste

- 1 tbs minced green onion
- Garnish with chili powder or paprika

Instructions:

1. Remove the peel from the cucumbers. Cut the cucumber into 2 inch slices. Using a small melon baller, scoop out most of the inside. You want to leave the walls and a thick portion of the bottom intact.
2. In a bowl, combine the sour cream and the cream cheese with a fork until well combined. Add the re-

maining ingredients and stir until combined. Fill each of the cucumber cups with the crab dip. Refrigerate until ready to serve. Serve within 2 hours of making.



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