

ENERGY AND HEALTH

Energy and productivity are essential for a healthy, meaningful life. Everyday more and more people look for ways to improve their mental and physical focus. People have used simple stimulants like caffeine for centuries, and most Americans drink coffee on a daily basis. Many people are also turning to energy drinks and shots, which are newer preparations that usually include caffeine, additional stimulants, often large amounts of sugar, and other chemicals.

Just like any beverage or drug, energy drinks have risks, and these risks are multiplied in people who have existing medical problems. The most common side effects include sleep problems, weight gain, blood pressure elevation and jitteriness. Serious side effects include heart rhythm disturbances and the development of diabetes. A few European countries have even banned the sale of Red Bull and other energy drinks because of health concerns. Many countries limit sales to minors.



Americans consumed more than 29 billion gallons of energy drinks in 2016 — and the majority of the consumers are between the ages of 13 and 34.

Maximize Your Daily Energy

Energy is both a physical and mental resource. If you use caffeine or another energy product on a daily basis, take a moment to understand the potential health effects of your daily habit. Also understand that there are many positive strategies that can help you boost energy, productivity and concentration. These lifestyle habits also allow you to minimize the use of artificial stimulants and reduce the potential for harmful side effects if they are used. Here are a few of our favorites:

Be Physically Fit and Use Movement Through the Day

People who are physically fit report having better mood, concentration and energy. Everybody should focus on exercising every day — including cardio, strength and flexibility routines.

Injecting exercise into your workday — a five minute power-walk or 15 quick pushups can quickly boost your energy by increasing blood flow to the brain.

Make Healthy Food and Beverage Choices

At Be Well Solutions, our Registered Dietitians encourage people to make healthy choices targeting food in its natural form with a balance of carbohydrates, lean protein and healthy fat. We recommend drinking water throughout the day. Often, the first sign of subtle dehydration is fatigue, so remember to **hydrate before you caffeinate**.

When it comes to caffeine, dose matters. A typical cup of coffee contains about 160 mg of caffeine. Most people can safely consume up to 400 mg daily to boost energy, alertness and concentration.

Manage Stress and Build Relaxation into Your Day

Stress is part of everyone's life and poorly managed stress drains energy and disrupts concentration. Using stress management strategies and relaxation techniques allows you to focus your energy on productivity and enjoyment.

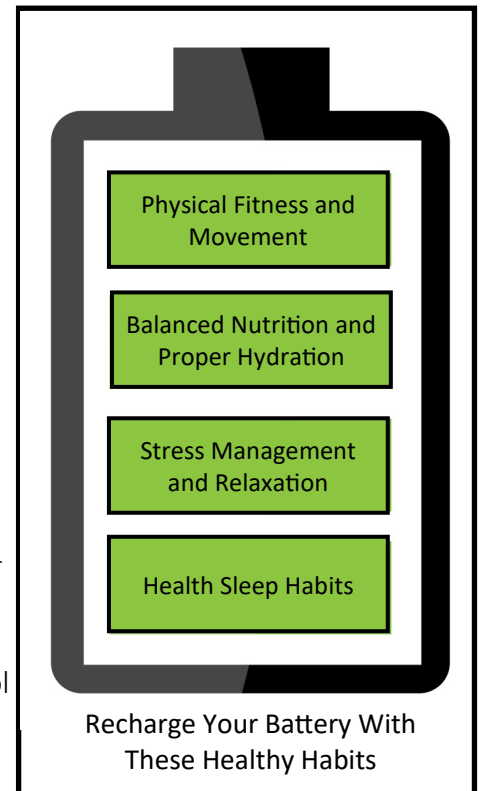
Part of proactive stress management includes time management, speaking up for yourself, and setting boundaries that provide you with structure and clarity. These will allow you to direct your energy toward things that matter.

Relaxation techniques, like deep breathing, meditation and visualization help improve energy, lower blood pressure and improve your mood and outlook. These techniques, combined with your own personal stress relievers, help maximize energy and productivity.

Take Time for Healthy Sleep

Sleep is essential for healthy energy levels. The most common symptom of poor or inadequate sleep is feeling tired or unproductive during the day. Healthy energy levels depend on sound and regular sleep. Aim for at least seven solid hours of sleep each night in a cool, comfortable, and quiet environment. Alcohol may also impair sleep quality and add to dehydration, so drink alcohol in moderation only.

Power naps are a great source of energy during the day. Generally naps should last between ten minutes and a half hour, should be in the afternoon and should be followed by regular activity.



Recipe of the Month - Fish Tacos with Mango Salsa

Recipe from <https://www.lemontreedwelling.com/2017/04/fish-tacos-with-mango-salsa.html>

Ingredients

Tacos

- 1 ½ lb. salmon, or other preferred fish
- 1 tbsp. olive oil
- 2 tsp. chili powder
- 2 tsp. cumin
- ½ tsp. kosher salt
- 12 small corn or whole grain tortillas
- ¾ cup shredded purple cabbage

Mango Salsa

- 2 mangoes, diced
- ¼ cup diced red onion
- 3 tbsp. minced fresh cilantro
- ½ jalapeno, seeded and minced (for a hotter salsa, leave the seeds in)
- 1 tbsp. lime juice

Directions

- Preheat oven to 400 °F.
- Line a rimmed baking pan with foil.
- Place fish on foil, skin side down.
- In a small bowl, combine olive oil, chili powder, cumin, and kosher salt. Drizzle over fish.
- Bake for 20 minutes or until fish flakes easily with a fork.
- While salmon is baking, prepare salsa by combining all ingredients in a separate bowl.
- Assemble tacos with salmon, salsa, and shredded purple cabbage.

Nutrition Facts

Total Servings - 6

Per 1 Serving

Calories: 370 / Total Fat: 6g / Saturated Fat: 1g / Sodium: 410mg / Carbs: 58g / Fiber: 6g / Protein: 26g

For more information, contact Be Well Solutions at (888) 935-7378 or info@bewellsolutions.com.



Your Appetite and Exercise

An exercise workout can leave you feeling hungry, or not. It depends on multiple factors, including your body fat percentage, fitness level and the length and intensity of your workout. Individual responses to exercise are variable and hard to predict. Here are some clues:

The role of appetite hormones: When you exercise, your hunger hormone, **ghrelin**, may decrease, while levels of the hunger-suppressing hormone, **leptin**, increase — more so when you exercise vigorously (running) than moderately (brisk walking). This effect is greater the longer you exercise. But once your body temperature returns to normal after exercise your hunger will likely kick in.

Fuel up before your workout. It can provide energy needed to exercise and may reduce your post-exercise hunger. What you eat depends on the intensity and length of your activity. Experts recommend eating a small balanced meal before long, strenuous exercise. For light exercise, such as walking, a snack of fruits or vegetables may suffice.

Nourish after vigorous exercise. To help your muscles recover and to replace their glycogen supply (energy), eat a meal or snack that contains both carbohydrates (e.g., fruits and vegetables) and lean protein. If you tend to feel famished after exercise, drink a glass of water before your meal and eat slowly — it may help suppress overeating.

What's Causing Your Backache?

Because the back bears most of your body weight, it's vulnerable to strain and injury. It's easy to hurt your back when you lift or overdo activities or sit too long, especially if the muscles supporting your back are weak.

The primary risk factors include a sedentary lifestyle, arthritis, obesity and smoking. Back pain may directly result from standing or sitting for long periods, ongoing strenuous labor, twisting, overstretching or overlifting.

The sources of low back (lumbar) pain can be the spinal discs between the vertebrae, the ligaments around the spine and the spinal cord and nerves, and the lower back muscles. Pain in the upper back is often due to spinal inflammation.

Chronic lower back pain, lasting more than 12 weeks, is the leading cause of disability. Fortunately, we're learning more about how to prevent and treat it.

The American College of Physicians (ACP) recently published guidelines for treating low back pain (not due to damaged spinal nerves). The ACP emphasizes replacing prescription drugs with therapies, including:

- Physical therapy.
- Muscle-strengthening exercise.
- Acupuncture.
- Stress reduction.
- Meditation.
- Tai chi and yoga.
- Progressive muscle relaxation and biofeedback.

These interventions have been shown to help patients shift their focus from pain and disability to being more functional despite residual pain. With practice, patients have found that mindfulness treatments such as meditation can produce a non-narcotic, pain-free effect.



Achievement is largely the product of steadily raising one's levels of **aspiration** and **expectation**. — Jack Nicklaus

Summer Cookout with Fruits and Vegetables

By Cara Rosenbloom, RD

Grilled steak and salmon are delicious, but don't forget that you can grill your side dishes, too. Vegetables, salads, fruit and even dessert benefit from the heat of the grill, and turn into something deliciously unexpected.

Vegetables work best when they are brushed with oil first, so they don't stick to the grill. Better yet, using a vegetable grilling basket that can easily be removed from the heat. The best vegetables to grill are:

- Eggplant
- Zucchini
- Corn
- Sweet potatoes
- Mushrooms
- Peppers
- Onion
- Potatoes
- Asparagus
- Broccoli

You can make amazing grilled salads, too.

Start with halved or quartered romaine lettuce and cabbage, and quickly grill over medium heat (about 5 minutes). Top with your favorite non-creamy dressing.



You can also grill flatbreads and add toppings. Try tomato bruschetta or tofu to replace meat.

Something sweet?

As a side dish or dessert, don't forget about grilling fruit. Something magical happens when juicy fruit meets heat and the sugar caramelizes! Try peaches, pineapple, banana, watermelon, pears or cantaloupe.



Health concerns? Grilling animal proteins such as beef, fish, pork and poultry has a downside: Heat mixed with them can create **heterocyclic amines (HCA)**, which are compounds that are mutagenic — they cause changes in DNA that may increase the risk of cancer. The good news is that HCAs are not found in significant amounts in vegetables, fruit, tofu or other foods. So get your grill on, but cook a variety of healthy options.

Pregnancy Protections

If you're pregnant, congratulations! If it's your first pregnancy, here are some key starting points:

Follow your health care provider's orders. First, find the right provider for your prenatal care and a preconception visit. Prepare well for each visit and take copious notes. Talk about suitable exercise and diet to help you gain weight at a healthy rate. The Institute of Medicine guidelines for weight gain say if you are:

- Underweight: gain 28 to 40 pounds
- Normal weight: gain 25 to 35 pounds
- Overweight: gain 15 to 25 pounds
- Obese: gain 11 to 20 pounds

Learn all you can. Educating yourself about pregnancy is vital for a healthy pregnancy. It may also help you see potential red flags. The CDC advises that you **call your health care provider promptly if you experience:** fainting, shortness of breath, rapid heartbeat, vaginal bleeding, painful urination, strong cramps, or decreased fetal activity beyond 24 hours.

Attend a childbirth class. It will teach you more about delivery and infant care and provide opportunities to ask specific questions and voice your concerns.



Finding a Doctor

When it comes to your health care, do your part when selecting a new health care provider and building a strong, effective relationship. You'll want to choose a provider you feel comfortable having thorough, honest discussions with, and who is expert in your particular health concerns.

Choosing a provider from inside your health insurance network will help lower your out-of-pocket costs. For guidelines, visit your health plan's website to review network provider profiles.

Primary health care providers typically specialize in family practice or general practice. They treat patients of all ages for a wide variety of health problems and do checkups, screenings and direct management of diabetes and other ongoing conditions.

Ask for referrals from people you know and have them describe their care provider experience. Or ask other health care professionals you've met or, if you're moving, ask your current provider for a referral for your new location.

Be prepared to talk about your medical history, any chronic conditions, or medicines (including supplements and over-the-counter medications) you take. List questions you have and take notes during your visit.



Reach your personal best with Smart Moves at www.personalbest.com/extras/18V7tools.

7.2018

TopHealth® is published to provide readers with the information and the motivation needed to achieve and maintain a healthier lifestyle. The content herein is in no way intended to serve as a substitute for professional advice. Executive Editor: Susan Cottman. Medical Editor: Zorba Paster, M.D. Sources available on request. © 2018 Ebix Inc. All rights reserved. Unauthorized reproduction in any form of any part of this publication is a violation of federal copyright law and is strictly prohibited. Personal Best® is a registered trademark of Ebix Inc. Two Perimeter Park South, Suite 160 East, Birmingham, AL 35243 • 800-871-9525 • fax 205-437-3084 • e-mail: PBeditor@ebix.com • website: www.personalbest.com.