

June 2015

Asset HealthTalk

Keeping your health and wellbeing in the know



Happy Father's Day!

Peanut Butter & Jelly Overnight Oats

Makes 4 servings

Add **1 cup fresh or frozen strawberries** and **2 teaspoons chia seeds** to a small microwavable bowl and microwave for 1 minute. Mash with a fork then set aside. Mix **2 cups old fashioned or quick whole grain oats**, **2 cups unsweetened vanilla almond milk (or milk of your choice)**, **1/2 cup plain Greek yogurt**, **1/4 heaping cup all natural peanut butter (or nut butter of choice)**, **1 teaspoon pure vanilla extract** and **1/4 teaspoon sea salt** in a large bowl until the ingredients are well-combined. Add strawberry chia sauce and oatmeal mixture in alternate layers in four glasses, cover with plastic wrap, and refrigerate overnight. Remove plastic wrap and serve immediately.

(slimpickinskitchen.com)



SNACKING IS OK if You Do It the Right Way

Did you know that skipping a snack is like skipping a meal, which means it's more likely you'll overeat at the next meal? Snacking is a natural, healthy habit as long as you consider it one; otherwise it becomes problematic only when you start worrying about it.

A good question to ask yourself is, "Are you craving it or are you hungry?" Sometimes, it's both because you can be hungry and emotional at the same

time. If you have an intense craving for a specific food, make the decision to satisfy it consciously and openly because avoiding it or sneaking it only makes the craving stronger.

Research suggests that afternoon hunger is a natural part of our circadian rhythm. And what better way could there be to reach for a dopamine hit (a neurotransmitter that

helps control the brain's reward and pleasure centers) than to munch on sugary, starchy snacks? The University of Michigan Health Center suggests that many foods that are high in protein and carbohydrates can help boost dopamine levels.

"Why You Get Hungry in the Afternoon (and Why Snacking is Ok!)," Kelsey Miller, yahoo.com, April 29, 2015.

"Dopamine-Rich Foods," Emily Beach, livestrong.com, Jan. 10, 2014.

Not All Carbs Are Bad, Are They? If you thought all carbs are bad and lead to weight gain, you may want to reconsider because new research shows that

complex carbohydrates can actually be powerful weight-loss aids. One study found that people who choose whole grains over refined grains tend to have lower body fat. That's because whole grains have plenty of dietary fiber, which is actually a complex carbohydrate.

Here are **four** carb-containing foods that are actually great for weight loss:

1 QUINOA

Quinoa contains all nine essential amino acids and is full of disease-fighting antioxidants. Just 1 cup of quinoa has 5 grams of fiber and 8 grams of protein.

2 BEANS

Beans are a great source of fiber and lean protein, which is used by our bodies to build and maintain healthy muscle tissue. Just 1 cup of kidney beans contains 11 grams of fiber and 15 grams of protein.

3 AIR-POPPED POPCORN

Popcorn is a super-filling snack that has 3 grams of fiber. A large, 3-cup serving of air-popped popcorn has only 93 calories versus calorie-laden movie theatre popcorn.

4 OATMEAL

Research suggests that oatmeal is better at increasing feelings of fullness and reducing hunger pangs compared with ready-to-eat breakfast cereals.



"Five Carbs That Can Actually Help You Lose Weight," Rachel Grumman Bender, yahoo.com, April 30, 2015.

Could FACIAL HAIR Be Good for Men's Health?

June is Men's Health Month, and some argue that there are few male features that translate masculinity more than a face full covered in hair. And while many believe the beard-mustache trend has hit its fashion peak and we'll start to see more clean-shaven faces, there may be a health benefit tied to the extra scruff that might have men putting down their razors, at least during the summer months.

Researchers in Australia found that growing a beard may shield skin from harmful sun rays. Beard and mustache hair not only defends the skin covered by hair, but it particularly protects the upper lip area, a spot often neglected during sunscreen application.

In the 2011 study, facial hair reduced ultraviolet (UV) exposure to the covered skin to roughly one-third of what exposed skin generally experiences. Of course, the length and thickness of hair plays a role, and those with longer hair garnered a slightly higher sun protection factor. A recent 2015 study supports that hair in general provides a barrier against both UVA and UVB sun radiation and changes based on thickness, color, density and presence of melanin, which gives color to skin. Even though hair, albeit as a beard or atop the head, may provide some sun protection, experts reinforce the value of using sunscreen.

"Dosimetric Investigation of the Solar Erythral UV Radiation Protection Provided by Beards and Moustaches," Parisi, A.V. and several authors, Journal of Radiation Protection Dosimetry, oxfordjournals.org, Nov. 16, 2011.

"Human Hair as a Natural Sun Protection Agent: A Quantitative Study," Maria Victoria de Galvez and several authors, Journal of Photochemistry and Photobiology, pubmed.gov, March 12, 2015.



BELOW ARE A FEW SUNSCREEN BASICS TO KEEP IN MIND THIS SEASON.

- Everyone should wear sunscreen, regardless of skin tone.
- Make sure your sunscreen is broad spectrum to protect your skin against both UVA and UVB rays, which can both cause sunburn, skin cancer and premature aging.
- Apply 1 to 2 ounces (or the size of a ping pong ball) on your body, if you are wearing a swimsuit. In most other circumstances, a dollop (about the size of a quarter) should do.
- Reapply every two to three hours because elements, such as sweat or water, diminish your sunscreen's protection factor.
- There are other forms of SPF. Aside from applying healthy amounts of sunscreen, some helpful tips include wearing a hat, sunglasses and SPF clothing, as well as seeking shade.

"How Much Sunscreen Do You Need?" Kristin Booker, yahoo.com, May 4, 2015.

"How Can I Protect My Children from the Sun?" Centers for Disease Control and Prevention, cdc.gov, accessed on

4 TIMES Parents May Be MEDITATING and Didn't Know it



Parents sometimes need to get creative to find temporary reprieve from the steady demand of their round-the-clock role.

As with any occupation, finding a few moments to relax and even reflect can be instrumental in raising a happy and healthy family. These mini vacations during the day impact mental and emotional health, which are tied to physical health because they are similar to the practice of meditation. Meditation and mindfulness, or actively focusing on the present moment, can help you manage the symptoms of stress, asthma, depression, heart disease, sleep disorders and even cancer, among others.

Take some of these practical meditation moments, which you may already be doing, and hopefully feel happier and healthier.

Driving alone: When you're on your way to pick up your kids or if you just dropped them off, use this time to turn the radio to your favorite station (and as loud as you like) or enjoy the silence. See it as your time.

Showering: Some researchers believe showering has similar effects to meditation because it's a time when we are relaxed. Ever notice creative ideas are easier to come by when you're in the shower? That's because when we are in the shower, we are practicing mindfulness, says Jon Kabat-Zinn, founder of the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School.

The restroom: Your toddler may occasionally open the bathroom door without knocking, but generally, you can find the short visit to the restroom as a place for alone time.

When they nap: When your son or daughter is down for a nap (if they still nap), physicians recommend you should nap, too. The optimum nap is 90 minutes, which is the time needed for a full sleep cycle. Longer naps will leave you feeling sluggish, but a short power nap can be enough to reboot. Just like meditation, it's a time to stop thinking and doing and a time to just relax.



"Meditation: A Simple, Fast Way to Reduce Stress," Mayo Clinic Staff, mayoclinic.org, accessed on May 8, 2015.
 "Eight Ways Parents Take Mental Vacations from Life," Jon Helmkamp, huffingtonpost.com, April 3, 2015.
 "Mother Load," WebMD Magazine May/June 2015, webmd.com/magazine, May 11, 2015.