

## Information for Healthy Living

A quarterly newsletter to keep you healthy and informed.

December, 2016

### Recipe Corner

*Omega 3 Fatty Acids help to reduce inflammation and can be beneficial to everyone, especially if you are experiencing arthritis symptoms.*

*Fish is a great source of Omega 3s.*

#### Ratatouille with Red Snapper

- 3 Tbsp. olive oil
- 1 large eggplant, trimmed and diced
- 1 medium onion, diced small
- 2 cloves minced garlic
- 2 medium zucchini, trimmed and diced
- 1 (14.5-oz) can no-salt-added diced tomatoes
- 1 tsp. herbs de Provence  
(or ½ tsp. dried thyme and ¼ tsp. each dried rosemary and marjoram)
- ¾ tsp. salt
- ½ tsp. freshly ground black pepper
- ¼ C. chopped fresh basil leaves,
- 4 5-oz. fillets red snapper, skin on
- 2 tsp. lemon juice

1. In a large nonstick skillet, heat 1 Tbsp. of oil over medium-high heat, add eggplant and stir until softened slightly, about 5 minutes. Remove eggplant from skillet.
2. In the same skillet, heat onions in another Tbsp. of oil until translucent-about 5 minutes. Add the garlic and zucchini to the pan, stirring occasionally until the zucchini is soft- about 6 to 7 minutes.
3. Return eggplant to pan and add tomatoes, herbs de Provence, ½ tsp. salt and ¼ tsp. pepper. Simmer approximately 10 minutes. Season with additional salt, to taste. Stir in basil and remove from heat.
4. Sprinkle fillets with ¼ tsp. salt and ¼ tsp. pepper. Combine the remaining tablespoon olive oil with the lemon juice and brush on fillets. Broil until fish is cooked and firm- about 7 minutes.
5. Mound 1 C. ratatouille on 4 plates; top each mound with 1 fish fillet and drizzle with ½ tsp. herb infused oil, if using. Garnish. Serve.

### Taking Control of Your Health

#### Manage Your Health, Lower Your Health Risk

#### Managing Rheumatoid Arthritis Symptoms During the Winter

Rheumatoid arthritis (RA) is an autoimmune disease in which the body's immune system – which normally protects you by attacking foreign substances like bacteria and viruses – mistakenly attacks the joints. This creates inflammation resulting in swelling and pain in and around the joints.

RA sufferers number 1.5 million in the US, a large percentage of whom are women. The winter months are particularly challenging for RA sufferers as cold temperatures trigger flares and increase the pain, fatigue and depression brought on by RA. While every person with RA is different, it is important to find out what brings relief to you and incorporate it into your winter routine. Here are some recommendations for RA sufferers:

**Stay Warm.** Being warm keeps your body from tensing up, which can aggravate your pain levels. The key to being warm in the winter is to dress in several layers because heat gets trapped between each layer. Keep a blanket in every room, reduce drafts, add a down comforter or even an electric blanket and/or mattress pad to your bed.

**Get Moving.** Exercise wards off stiffness and keeps you from gaining weight, which puts added stress on your joints. Moving around also gives you a rush of feel-good chemicals called endorphins, which can help block pain. Look for indoor opportunities to get your exercise such as at a gym, home or mall.

**Take your pain meds.** Staying ahead of the pain is never more important than in the winter. Take your pain meds on a regular schedule, even if you aren't in a lot of pain. Having pain medication in your body all the time will make it less likely that you have intense bouts of pain.

**Let Warm Water Comfort You.** Swimming in a heated pool is both great exercise and soothing to joints. You can also get relief from warm baths, a hot tub or jacuzzi. The warm water is good for blood flow and massages the joints.

**Get a Massage.** Try regular massages to manage your pain. RA pain emanates from both the joint and from the muscles surrounding the joint, which might respond well to massage therapy.

**Dealing with depression.** Winter is not just about increased levels of pain; it can also be a challenging time emotionally. Think about what you can do to increase or maintain your energy levels, get plenty of rest, eat well, exercise and seek distractions such as social contacts, books, television and movies.

**If you have been diagnosed with or have questions about how best to deal with RA symptoms, reach out to your TLC and your physician to develop a plan that works for you.**

### Stay Healthy this Winter!

When temperatures drop and windows and doors stay shut, viruses can thrive indoors. If your immune system isn't up to the task, you're likely to catch the latest bug to hit town. That's why it's essential to ward off the very real threat of colds, flu, and other scary winter germs lurking on every doorknob and on every grab-rail. Here are 7 ways to cruise through winter without getting sick.

#### Get a flu shot.

According to the CDC, a flu shot can reduce your risk of getting the flu by up to 60% and can decrease the severity and side effects if you do get sick. So roll up your sleeve and take advantage of this immunity game-changer.

#### Wash your hands ... often!

Disease-carrying microbes can spread from person to person or via contaminated surfaces. Simply put, hand washing is the single most effective way to prevent the spread of both viral and bacterial infections. Wash your hands vigorously throughout the day. Carry and use hand sanitizer when washing is not convenient.

#### Boost your vitamin C.

Research has shown vitamin C to be one of the most powerful immune boosting vitamins available. This water-soluble vitamin can be found in oranges, orange juice, broccoli and in other fruits and vegetables as well as in high quality multi-vitamins.

#### Get Moving!

Exercise increases the flow of blood throughout your body and circulates the components of your immune system, enabling it to find illnesses before they spread. At least 30 minutes of moderate exercise three times per week will help boost your immune system, decrease stress and keep your weight down.

#### Recharge your batteries.

The more rested your body, the better able it is to take advantage of the above measures against colds and flu. 6 – 8 hours of sleep per night should be your goal.

### Winterize Your Workout!

Don't let the winter season be an excuse to stray from your health resolutions and lose your workout mojo. We've rounded up our favorite calorie-busting workouts that can be done indoors to keep you active through the winter.

- ◊ Mall Walking
- ◊ Swimming
- ◊ Spin class
- ◊ Yoga or Pilates
- ◊ Dance class
- ◊ Martial Arts
- ◊ Ice Skating
- ◊ Weight training
- ◊ Bowling
- ◊ Climbing Wall
- ◊ Trampoline
- ◊ Class
- ◊ Dodgeball
- ◊ Volleyball
- ◊ Jump Rope

Try to enjoy the Outdoors during the winter months too. Here are some great calorie-burning activities:

- ◊ Skiing
- ◊ Snowshoeing
- ◊ Sledding
- ◊ Jogging
- ◊ Walking
- ◊ Shovel Snow

Your Total Lifestyle Counselor (TLC) is your 'health advocate' – a GPS to help you navigate the complex healthcare map. Contact your TLC at (800) 386-5475 for personalized tools and resources to help you maintain your good health.