



Here's to Your Health!

Kiddle me this!

Three men named John, Shawn, and Ron each bought a new car. One was a red car, one was blue, and one was black. One of the men bought a Dodge, one bought a Toyota, and one got a Nissan. Based on the following 3 clues, can you figure out who bought which car and also in what color?



- The black car, which was not a Nissan, was not Shawn's.
- One of the cars was a blue Toyota.
- Ron's car was larger than the Dodge but smaller than the red car.

Questions? Comments? Need More Info?

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Thanksgiving Belly-Saving Tips!

A common Thanksgiving meal with turkey, mashed potatoes, stuffing, gravy, potato salad, a dinner roll, pumpkin pie, and a can of soda can easily add up to 3,000 calories! And we all know that we don't stop at just one plateful. So if you're looking to drop pounds instead of add them, here are a few ways to help trim off those Thanksgiving calories:

- **Cut back on your portions.** If you just *have* to have a taste of everything, make it a small taste. Or even better, use a smaller plate so you're less likely to heap it on.
- **Say no to seconds.** Easier said than done, yes, but if you plan to do it beforehand you're more



- likely to resist the temptation.
- As much as it may be your favorite part of the turkey, **stay away from the skin.** Also, trim away any excess fat.
- **Stay away from "maybe" foods.** If you don't really have to have a certain food, then don't eat it. And don't worry about offending your Auntie by not eating her fried chicken.
- **Don't starve yourself!** A common practice on island is to not eat anything in anticipation of a big party, but this just makes you overeat when you get there.
- **Know your "trigger foods."** Some people can't stop at just one slice of latiya, so if you

know you'll end up eating more than you should, just don't eat it at all. Or if you're good at keeping your promises, allow yourself to have a "treat" once a day.



- **Lastly, don't make impossible goals.** You'll only set yourself up for failure. Telling yourself you're not going to eat any desert at all when you know your nana is making her famous pecan pie only leaves you feeling guilty after you've had it.

Since Thanksgiving only comes once a year, there is absolutely nothing wrong with enjoying such savory foods. Go ahead and enjoy it, but just make smart choices.

Complete a **Health Risk Assessment** and be entered to win **CASH** and other prizes!
Visit www.netcarelifeandhealth.com/wellness

How to FIGHT OFF the Flu!



Nothing is worse than spending your Thanksgiving holiday stuck in bed. Instead of hoping and wishing that the flu will skip you this year, why not arm yourself with the best defenses to make sure your holiday season isn't ruined by the flu season.

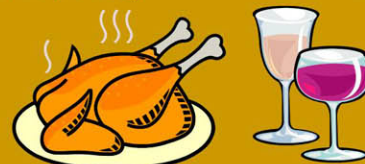
- Get enough rest. Holidays can leave you tired and worn out. If your body is fatigued, it becomes taxing on your immune system as well.
- Make sure you exercise, not only to keep you in tip-top shape but also to help pump up your immune system. The healthier your body and heart, the stronger your immunity.
- Eat your fruits and veggies! They contain loads of vitamins & minerals and important antioxidants to promote a strong immune system.
- Chicken soup *is* good for the soul! (Well, any liquid for that matter!) It's important to stay hydrated when you do get sick, and hot liquids (like chicken soup) help move viruses, germs, and mucus out of your system more quickly.
- Wash your hands! Sounds simple enough, but many people don't do this often enough. Besides being the main carriers of bacteria, viruses, and loads of other cooties we can't see, our hands are also responsible for transferring these germs to other objects and other people. This is the number one way to protect you and your loved ones this holiday (and flu) season.



Holiday Calories!

Try to match your favorite holiday foods with the calories you think they contain!

- | | |
|--|--------|
| 1. 1/2 Tbs. Cranberry Sauce | A. 120 |
| 2. 1 Slice Pecan Pie | B. 240 |
| 3. 2 Glasses of Wine | C. 210 |
| 4. 1 Dinner Roll with Butter | D. 350 |
| 5. 1 Slice Pumpkin Pie & Whipped Cream | E. 490 |
| 6. 6 oz. Turkey | F. 500 |
| 7. 1 Cup Mashed Potatoes | G. 375 |
| 8. 1 Cup Stuffing | H. 250 |
| 9. 3/4 Cup Gravy | I. 340 |



Smashed Spiced Sweet Potatoes

- 4 lbs. sweet potatoes (4-5 large)
- 2 Tbs. butter
- 2 Tbs. pure maple syrup
- 1 Tbs. chili powder
- 2 tsp. cumin seeds, toasted & ground (see below)
- 1 tsp. ground ginger
- 1 tsp. salt
- 1/2 tsp. freshly ground pepper

Toast cumin seeds in skillet over medium heat, stirring until fragrant, about 2 minutes. Transfer to plate to cool. Grind in blender into a fine powder.

Preheat oven to 350 degrees F. Pierce each sweet potato several times with fork. Place directly on oven rack and roast until soft, 45 minutes to 1 hour. Transfer to cutting board; cool for 10 minutes. Slip off skins and cut sweet potatoes into 1-inch slices; transfer to large bowl. Add butter. Smash sweet potatoes with potato masher or fork until fluffy but some lumps remain. Add maple syrup, chili powder, ground cumin, ginger, salt & pepper; stir to combine.



Nutrition Facts

Serving Size	1/2 cup
Recipe servings	12
Amount Per Serving	
Calories	113
Total Fat	2 g
Saturated Fat	1 g
Cholesterol	5 g
Sodium	243 mg
Protein	2 g
Carbohydrates	22 g
Fiber	3 g

November 20 The Great American Smokeout!

This year, challenge yourself to take part in the American Cancer Society's Great American Smoke-out by smoking less or quitting for the day. Here are some of the wonderful benefits of quitting:



- ▶ Your breath smells better
- ▶ Your stained teeth get whiter
- ▶ The odor in your clothes goes away
- ▶ The odor in your hair goes away
- ▶ Yellow fingers and nails disappear
- ▶ Food tastes better
- ▶ Sense of smell returns to normal
- ▶ You're no longer out of breath

Go to www.netcarelifeandhealth.com/wellness for more tools to help you quit smoking.

Call us at 472-3610 to find out how to get started in a smoking cessation program, or call the Quit Smoking Hotline at 1-800-QUIT-NOW.

- FREE - EXECUTIVE CHECK-UP ST. LUKE'S MEDICAL CENTER IN MANILA

Call 472-3610 for more information. Some restrictions apply. Hotel accommodations and airfare not included. - Offer ends November 24, 2008 -

Answer to "Riddle me this": John bought a Black Nissan, Shawn bought a Red Dodge, Ron bought a Blue Toyota

2008 JULALE CENTER

Join us for this exciting annual event. All proceeds raised from this event will benefit Erica's House, A Family Visitation Center. Call 477-8805.

Ginger Jar • Blessed Wholesale • Gloria's Collection • Barbara Perez • Pam Castro • Avon Kristal Collection • Helen Hussein • Mary Kay • Tess Pereda • Aurea Fisher • Citizen's Security Bank/ANZ • NetCare Life and Health Insurance • Kevin Wong • Yai Oudemon • Tupperware • United Methodist Church

Plus! FREE HEALTH FAIR!
Check your Blood Pressure, BMI, and Body Fat!



ARTS & CRAFTS RAFFLE PRIZES FUN FOR THE WHOLE FAMILY!

Did You Know?

- There were no turkeys, cranberry sauce, mashed potatoes, or pumpkin pie at the first Thanksgiving in 1621. They most likely ate geese & deer!
- It wasn't called "Thanksgiving" until more than 250 years later!
- The Native Americans did not wear elaborate feather headdresses and the pilgrims did not wear hats with buckles, but rather beaver-skin hats and deer-skin coats!



Think About It! 8 things you didn't know about your brain!

1. Dream lately? Scientists say the higher your IQ, the more you dream!
2. Although responsible for registering pain in your body, the brain itself has no pain receptors and feels no pain!
3. Genius! The human brain is estimated to hold more than 5 times as much information as the Encyclopedia Britannica!
4. The image of a light-bulb above your head when you have an idea is right on point! The brain operates on the same amount of power as a 10-watt light bulb!
5. Think Fast! The slowest speed at which information travels between neurons is 260 miles per hour!
6. More electrical impulses are generated in one day by a single human brain than by all the telephones in the world!
7. There are over 100,000 miles of blood vessels in the brain!



Stretched out, they would circle the Earth more than 4 times!

8. Got any ideas? The human brain is estimated to produce 70,000 different thoughts on an average day!



Happy Thanksgiving!