

Here's to Your Health!



Did You Know?

The white part of an egg, or the egg-white, is known as the "glair" and makes up over two-thirds of the egg's total weight! Unlike the yolk, the glair contains almost no fat at all! Allergic reactions to eggs, however, are more commonly

caused by the glair than by the yolk!



Questions? Comments?

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Reaping the Many Benefits of Red Wine!

Is a glass of red wine your only solace after a hard day's work? You're in luck! Some health experts now agree an occasional red-wine habit may not be the worst thing in the world!

Research done on red wine has reported that drinking one glass every day, such as the Francis Coppola Claret, may have certain health benefits, including protection against cancer and heart disease, and positive effects on cholesterol levels and blood pressure. The health benefits from wine are sometimes so noticeable that researchers have termed the coin "French Paradox." In certain regions of eastern France, doctors have noticed that despite high fat diets, people in that part of the country who consume moderate amounts of red wine have lower risks of heart disease, cancer, stroke, and kidney disease. This, however, does not mean you should go

on a high-fat splurge.

The key compounds that make this crimson-colored liquid so valuable are known as polyphenols. This antioxidant is comprised of the vitamins, minerals, and enzymes found in foods (such as wine grapes in this case) that protect the cells in your body from "free radical" damage caused by metabolism and other normal body processes.

The main polyphenol in red wine is known as resveratrol. This comes mainly from the dark skin and seeds of the red/purple grapes used to make wine and grape juices, and can also be found in peanuts, blueberries, and cranberries. Resveratrol has a blood-thinning property, which helps limit the formation of blood clots, and also works to lower LDL cholesterol (bad cholesterol), therefore preventing the buildup of plaque in arteries. Additionally, this antioxidant helps relax the muscles of the heart, allowing blood to flow

smoothly, and has been shown to cause the destruction and disintegration of cancer cells in the breast, skin, colon, and prostate.

Moderate consumption is crucial when it comes to reaping the health benefits of red wine. One glass a day for women and up to two glasses a day for men are the limits, and any more than that can actually do more harm than good. Excess drinking works in exact opposite, increasing your risk of high blood pressure, high cholesterol and cancer, and also leads to obesity, liver damage and heart failure. If you aren't already drinking alcohol moderately, don't start – opt for good 'ol grape juice instead. When it comes to red wine just remember that more is not necessarily better.

"Nothing more excellent or valuable than wine was ever gifted to man." – Plato

Coppola wines are distributed on Guam by Seven Seas Distributor's, Inc.
www.ssdguam.com



Protecting Your Back While at Work!

Back pain is one of the most common medical ailments and is mostly caused by poor posture and body mechanics at work. Here are some tips to give your back a break while on the job:

- Exercise - Not only will you be strengthening your core and back muscles, but a healthy weight reduces stress on your spine.
- Pay Attention to Posture - When sitting, choose a



chair that supports your back or get a small pillow for support. Sit with you feet flat on the floor and take out any bulky objects from your back pockets. Get up and stretch or walk around every hour.

- Lift Properly - Place your feet shoulder width apart and bend at your knees. Grip objects with your whole hand and not just your fingertips. Lift gradually using the muscles of your

legs and abdomen, and keep your back straight. Avoid any twisting at the waist.

Other healthy practices will also work in your favor. Stretch occasionally to avoid painful sprains and strains. Rest your back every so often, especially when you start to feel some tightness. Lastly, when you're at home, sleep on a firm mattress that will support and cradle your back.



August 1st - 7th

World Breastfeeding Week

Reasons to Breastfeed:

- Human milk is easier for babies to digest than other milks!
- Factors in breast milk not found in formulas protect infants from a variety of illnesses, such as gastrointestinal disease, pneumonia, diarrhea, botulism, asthma, eczema, allergies, multiple sclerosis, & many infections!
- Breastfed children are less likely to be obese later in life!
- For moms, breastfeeding reduces the risk of breast and ovarian cancer, and osteoporosis!
- Mothers who breastfeed lose more

- weight than those that do not!
- Breastfeeding helps the uterus shrink to its pre-pregnancy state
- Lack of breastfeeding is a risk factor for sudden infant death syndrome
- Breast milk is FREE! You do not have to pay for formula, which has increased in price by 150% since the 1980's!



Stir-Fried Ginger Shrimp!

Yield: 4 servings (1 cup each)

- 1 pound medium shrimp, peeled and deveined
- 1 tsp. chopped peeled ginger
- 1/2 tsp. salt
- Dash of pepper
- 1/2 cup water
- 1 Tbs. mirin (sweet rice wine)
- 2 tsp. low-sodium soy sauce
- 1 tsp. sugar
- 1 tsp. dark sesame oil
- 1/2 tsp. chile paste with garlic
- 1 Tbs. canola oil, divided
- 1 cup thinly sliced onion
- 4 cloves garlic, minced
- 1 cup sliced celery



Place shrimp in bowl; sprinkle with ginger, salt, pepper and toss well. Let stand 5 minutes. Combine 1/2 cup water and next 6 ingredients in small bowl and whisk.

Heat 1 tsp. oil in large skillet over medium-high heat. Add shrimp mixture to pan. Stir-fry 2 minutes. Remove shrimp mix and set aside. Wipe pan dry with paper towel. Heat remaining 2 tsp. canola oil in pan

Nutrition Facts	
Servings per recipe	4
Calories	192
Fat	6.7g
Saturated	0.8g
Cholesterol	172mg
Sodium	594mg
Carbohydrate	7.2g
Fiber	0.8g

over medium-high heat. Add onion & garlic; stir-fry 1 minute. Add celery; stir-fry 1 minute. Return shrimp mix to pan; stir-fry 1 minute or until shrimp are done.

Add water mixture to pan. Bring to boil; cook 1 minute or until thick, stirring constantly with a whisk. Serve immediately.

Did You Know?

Increasing the font size on your computer screen helps prevent eye-strain. The contrast between the color of the text and the background also play key factors — try to stick to darker texts with lighter backgrounds, like black on white, or navy blue on white.

Any glare reflected on the screen obstructs vision, and darker screens tend to make your eyes strain more. One last thing that plays a big factor, at the risk of stating the obvious, is how good your vision is!



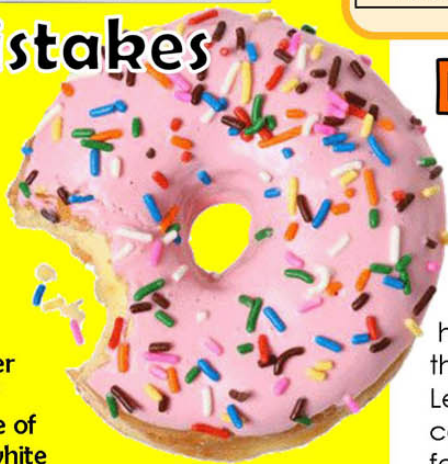
Common Diet Mistakes

Diet Mistake # 4: Losing Track of Your Snacks!

Sure, you can be good at watching what you eat at every meal and buying up tons of the latest high-fiber bars, but what about all those bites you've been sneaking in between meals?

There's that bag of chips in your desk drawer you've been munching on, plus that little slice of cake you had during an office party, the nibble of your child's French fries, and the after-dinner white chocolate latte and biscotti. All this mindless munching adds up to hundreds, maybe even thousands, of calories and can sabotage even a well planned diet.

If you're serious about sticking to a diet, cut out these sneaky snacks, or just replace them with healthier options like bite-size veggies, whole grain muffins, fruits, nuts, smoothies, some low-fat yogurt, or pretzels!



Did You Know?

Each of your feet can produce up to a pint of sweat a day! Yikes!

Keep your feet healthy (and odor free!) by washing them before you go to bed at night. Leaving dirt on the skin's surface can cause it to become irritated and infected, so wash your feet with soap and warm water every evening.

