

Did You Know?

Yoga, from the Sanskrit work *yuj* meaning “to control or unite,” originated in India as far back as 3300 BC! Although first developed as a meditative practice amongst Hindus and Buddhists to achieve spiritual enlightenment, yoga is now practiced in our Western world mainly as a form of exercise. Someone who practices yoga or follows the yoga philosophy is known as a “Yogi!”



September is National Whole Grains Month!

This September is National Whole Grains Month, and also the perfect time to start upping your whole grain intake if you haven't been already. The great thing about eating healthy is that it's never an “all-or-nothing” choice. Every single step towards improvement, regardless of how small it is, helps to bring you and your body one step closer to better health.



Research has shown that eating whole grains (as opposed to refined/whitened grains) helps to lower the risk of many chronic diseases. The recommended intake is 3 or more servings daily in order to reap the most benefits, but even as little as one serving each day helps to reduce such risks. Here are some of those benefits:

- Stroke risk reduced 30-36%
- Diabetes risk reduced 21-30%
- Heart disease risk reduced 25-28%
- Better weight maintenance
- Other benefits:
 - Reduced risk of asthma
 - Healthier carotid arteries
 - Reduced risk of colorectal cancer
 - Healthier BP levels
 - Less gum disease and tooth loss

During National Whole Grains Month, make a pledge towards living a healthier lifestyle by adopting small changes in your diet. Try these suggestions or come up with your own! No matter what, just remember that every whole grain in your diet goes a long way!

- I'll buy whole-grain bread instead of white
- I'll serve brown rice one night a week
- I'll look for the Whole Grain Stamp every time I shop
- I'll buy a new breakfast cereal with at least 16 grams of whole grains per serving
- I'll visit a health food store
- I'll try a new whole-grain recipe and share it
- I'll eat a bowl of oatmeal for breakfast at least twice a week
- I'll make our favorite cookies with whole wheat flour instead of white
- I'll use whole grain pasta for the next spaghetti night



Good luck with your

The Many COLORS of Health!

Fruits and vegetables come in many terrific colors and flavors, but their real beauty lies within. Fruits and veggies are loaded with tons of nutrients and are great sources of many vitamins, minerals, antioxidants, and other natural substances that



may help protect you from chronic diseases.

There are tons of these nutrients in fruits and vegetables, but not all of them contain the same kinds or the same amounts. In order to get a healthy variety, think COLOR! Eating fruits and veggies of different colors gives your body a wide range of these valuable



nutrients like fiber, folate, potassium, and vitamins A and C.

Great examples of colorful fruits and veggies include green spinach, orange sweet potatoes, black beans, yellow corn, purple plums, red cherries, and white onions! Remember, the more color there is on your plate, the healthier it is for you!



What You Need to Know About Ovarian Cancer

While the presence of one or more risk factors may increase a woman's chance of getting ovarian cancer, it does not necessarily mean that she will get the disease. A woman with one or more risk factors should be extra vigilant in watching for early symptoms.

Risk factors include:

- Genetic predisposition
- Personal or family history of breast, ovarian, or colon cancer
- Increasing age
- Undesired infertility

Facts:

- All women are at risk
- Symptoms exist—they can be vague but increase over time
- Early detection increases survival rate
- A pap test DOES NOT detect ovarian cancer

Ovarian cancer is diffi-

cult to detect, especially in the early stages, mostly because the organs are deep within the abdominal cavity. These are some of the potential signs and symptoms of ovarian cancer:

- Bloating
- Pelvic or abdominal pain
- Trouble eating or feeling full quickly
- Feeling the need to urinate urgently or often
- Fatigue
- Upset stomach or heartburn
- Back pain
- Pain during sex
- Constipation
- Menstrual changes

At present, there is no known method to prevent ovarian cancer, but some things appear to reduce a woman's risk of developing the disease. They include:

- Use of oral contraception (birth

control pills)

- Having one or more children
- Breastfeeding
- Tubal ligation
- Hysterectomy
- Removal of one or both ovaries

According to the American Cancer Society, eating right, being active, and maintaining a healthy weight are important ways to reduce your risk of cancer as well as other diseases.



Corn & Sun-Dried Tomato Quesadilla



Yield: 1 Serving (4 wedges)

- 1/4 tsp. Olive oil
- 2 (6-inch) corn tortillas
- Cooking spray
- 1/3 cup corn kernels
- 1 Tbs. chopped red onion
- 1 1/2 tsp. sun-dried tomato sprinkles
- 1/8 tsp. salt
- 1/8 tsp. black pepper
- 1/4 cup shredded smoked mozzarella cheese

Pour oil onto one side of tortilla. Place second tortilla over oiled side of first and rub together to spread oil evenly.

Heat large non-stick skillet over medium-high heat. Coat pan with cooking spray. Add corn; cook 4 minutes or until lightly browned, stirring occasionally. Place corn in bowl. Add onion, sun-dried tomato, salt, and pepper to pan; sauté 1 minute. Add to the corn mixture. Wipe pan with paper towels; recoat with cooking spray.



Heat pan over medium-high heat. Place one tortilla, oiled side down in pan. Sprinkle 2 tablespoons cheese over tortilla. Top with corn mixture. Sprinkle remaining cheese; top with remaining tortilla, oiled side up. Cook 2 minutes on each side or until cheese melts and tortilla is crisp. Cut into 4 wedges.

Nutritional Information

Calories: 257
 Fat: 9.2g
 Cholesterol: 22mg
 Sodium: 525mg
 Carbohydrate: 36.6g
 Fiber: 4.6g
 Protein: 10.4g



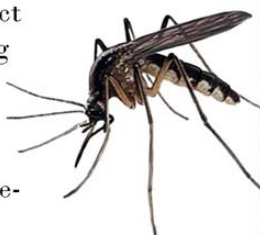
Did You Know?

Our mouths contain more bacteria than the entire world's population! In fact, our mouths house more bacteria, fungi, and viruses than there are cells in our bodies! A total of 75-100 different types of germs inhabit your mouth at any given time, causing tooth decay and halitosis! The solution? Brush and floss regularly!



Did You Know?

Mosquito comes from the Spanish word meaning "little fly." The 3,500 species of mosquitoes found throughout the world are known carriers of deadly diseases such as yellow fever, dengue fever, and malaria. Protect yourself by wearing clothes that cover your entire body and by using safe insect-sprays and repellants.



Questions? Comments?

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