

TRUEliving

a wellness center magazine

13 Ways to
Stay Healthy for 2013

BODYBUILDING

WITH PLANT PROTEIN

IS NOT AN
OXYMORON

Go Nuts!
It's time to
crack that
shell

Recipes
for a
better
YOU



MIND • BODY • SOUL

Now you can add some wellness tips to your list of dietary recommendations and your daily lifestyle practice, with True Living. The primary goals of the magazine are to educate, inspire, and encourage readers to develop a healthful lifestyle and to have you share the information with others.

This magazine is available bi-monthly throughout the year. To subscribe, email us at wellness@guamsda.com.

Information in True Living is not intended to diagnose or treat any ailment. For wellness consultation or to enroll in the wellness programs, stop by our clinic, email, or call us.

To obtain additional information on the advertisement, you can reach us through email or call us at the Seventh-day Adventist Guam Clinic during work hours.

Brought to you by Seventh-day Adventist Guam Clinic, Wellness Center.

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“YOUR HEALTH IS OUR MISSION”

13

ways to stay healthy for 2013

by Candy Sim, MPH, RD

Are you looking to stick to that New Year's Resolution for real this time? Follow these simple steps and you can't go wrong.

WATER

Drink one 8-ounce glass of water each hour between meals. Start with two 8-ounce glasses upon waking up and going to bed.



MOVE

Exercise while you are working in front of the computer. Spend 5 minutes to stretch your back, neck, arms, and legs. While sitting down, lift both legs 90 degrees and repeat the lifting 30 times. Stretch out your arms 180 degrees horizontally and swing forward 30 times and backward 30 times. Close your eyes for 2 minutes at your desk to relax your eyes; then open your eyes and look at the furthest distance from you are sitting.



MINDFUL EATING

While chomping and enjoying your meals, spend time chewing before swallowing, feel the texture, taste, temperature and aroma of the food. Within 20 minutes or less, ask yourself if you are still hungry. If you do not feel hungry, stop eating even if there is a bite left.



REST

Go to bed early whenever possible. Aim to go to bed by 10pm at the latest. Stretch and yawn like a baby to relax all your muscles while lying on the bed. Close your eyes and begin to let go all of your work and stressful thoughts, focusing on the beauty of nature and the blessings in your life.



“Sleep, nature’s sweet restorer, invigorates the tired body and prepares it for the next day’s duties.”

DARK ROOM

Pull the blinds or curtains each night before going to bed. A dark environment promotes adequate melatonin levels while sleeping.



SUNSHINE

Spend a couple of days per week out in the sun to improve Vitamin D and brain serotonin levels to boost your memory and immune system.

PLANT FOOD

Be sure to have at least 50% of your plate filled with vegetables for at least two meals a day. Eat fresh fruit as snack or as a meal replacement.



SHARE

Connect with your family, friends, and coworkers on your journey to healthy living so you can get support.



PLAN

Spend at least 30 minutes each evening to prepare breakfast and lunch for the next day.

GROCERY

Go grocery shopping at least once a week to keep your fridge packed with fresh produce. Do not spend too much on groceries, but buy enough for the next 4 to 5 days.



“The Lord intends to bring His people back to live upon simple fruits, vegetables, and whole grains.”

SWEETS

Avoid buying sweet drinks, pastries, desserts, sweet breads, candies and juices - eat these unhealthy foods only on special occasions (ie: birthday and anniversary)



QUIT

Quit any substances that are additives such as cigarettes, betel nuts, tobacco, soda, caffeinated drinks and sweets.

GOAL

Set a health goal that you'd like to reach by the end of each month. Goals are important, for they allow you to envision the prize that awaits you.



“Worldly attractions will be presented to draw attentions from the Saviour, but he is to press on toward the goal, showing to the world, to angels, and to men that the hope of seeing the face of God is worth all the effort and sacrifice that the attainment of this hope demands.”

Small changes can go a long way

Follow these steps to a healthier you

- Give your refrigerator and pantry a makeover by cleaning out the junk and replacing it with healthier options like fruits, vegetables, and nuts
- Drink a glass of room temperature water in the morning to wake yourself up
- Fill at least half of your plate with vegetables for lunch and dinner
- Use smaller sized plates for portion control
- Avoid sugary drinks and soda
- Eat slowly and chew your food before swallowing
- Eat more whole grains and avoid refined grains
- Avoid foods high in bad fat, sugar, and sodium
- Take a walk along the beach (barefoot) in the morning
- Prepare a grocery list so you don't buy things you don't need
- Read food labels, especially the ingredients list
- Take the stairs instead of the elevator or escalator
- Avoid eating out and cook more at home more
- Clean, chop up, and store your veggies when you get home from the market so they are ready to be used anytime
- Meditate or take deep breaths when you're feeling stressed
- Go meatless for one day out of the week - Increase the days if you can
- Eat until you're no longer hungry, not until you're full
- Get at least 30 minutes of physical activity each day
- Rest if you're feeling tired, take a catnap
- Avoid fast food and junk food - These are high in calories, fat, sugar, and salt
- Eliminate caffeine - Drink a glass of water or get some fresh air if you're feeling tired
- Stay away from alcohol
- Take a walk after dinner
- Wash your hands well before you prepare food
- Share a dessert rather than ordering your own when you eat out
- Don't be afraid to laugh out loud
- Find a workout buddy to stay motivated
- Have a positive attitude
- Try growing your own herbs in your backyard or in your balcony
- Give thanks to God for all your blessings
- If you get discouraged don't give up, change takes time

Bodybuilding

with plant protein
is not an

Oxymoron

by Candy Sim, MPH, RD

Whey protein has been advertised in the health industry for muscle building. Whey protein is noted for causing bloating and indigestion. Many who have taken whey powder for body building would know that the muscles built do not maintain and in fact will disappear quickly when they stopped taking whey powder.

There are many plant foods that are not only high in protein but are high in good omega 3 fatty acids, minerals, chlorophyll and vitamins.

PLANT SOURCE	PROTEIN, G	ANIMAL SOURCE	PROTEIN, G
Hemp, 1 tbsp	15	Whey powder, 1 tbsp	8
Chlorella, 2 tsp	10	Chicken breast, 3oz	26
Soy beans, 1 cup	29	Fish (tuna, salmon, halibut), 3 oz	22
Lentils, ¼ cup	50	Lean beef, 3oz	31
Beans, ½ cup	8	Cheese, 1 oz slice	9
Almonds, ¼ cup	8	Eggs, 1 large	6
Sesame seed, 1 tbsp	9		
Pistachios, ¼ cup	7		
Sunflower seed, ¼ cup	7		
Brown rice, 1 cup	5		
Tofu, 3oz	6		
Chia seed, 2 tbsp	4		
Spirulina, 1 tbsp	4		

SO HOW MUCH PROTEIN DO YOU NEED PER DAY?

Average protein need for women is 40 to 46 grams and for men is 50 to 56 grams per day.





Almonds

Known to lower the LDL-cholesterol ("bad" cholesterol), almond can protect against cardiovascular diseases. Almonds provide good sources of manganese and copper, which are cofactors for superoxide dismutase, an enzyme that disarms free radicals.



Walnuts

Rich in omega 3 fatty acid, walnuts improve blood circulation, brain function, and skin. Walnuts can also boost the immune system, balance hormonal levels, and decrease cholesterol levels and inflammation by reducing C-reactive protein (CRP) and tumor necrosis factor alphas (TNF-a).

Go Nuts!

It's time to crack that shell

by Candy Sim, MPH, RD



Pecans

Richly flavored, pecans give a delicious buttery taste. Pecans are rich in many antioxidants including ellagic acid, vitamin E, beta-carotene, lutein and zeaxanthin, all of which are protective against infections, cancers, and chronic diseases.



Pistachios

Rich in potassium, pistachios help to regulate the body's fluid balance. Pistachios can also help promote weight loss because of its thiamine which promotes normal appetite.



Cashews

Kidney shaped with creamy texture, cashews are a good source of copper, manganese, tryptophan and magnesium. Because of its monounsaturated fat, cashews can help to reduce triglycerides (blood fats).

Brazil Nuts

Rich in selenium, Brazil nuts enhance the immune system and improves thyroid function. However, Brazil nuts should be eaten in moderation to prevent toxic levels of selenium in the body's tissues.



Macadamias

Shown to reduce cardiovascular disease risks, macadamia nuts reduce total cholesterol, LDL-cholesterol and triglycerides. They can relieve constipation and also balance the intestinal bacteria.



Hazelnuts

Also known as filberts, hazelnuts are rich in folate and iron which are important for reducing the risk of megaloblastic anemia and iron deficiency. Hazelnuts are a good source of B vitamins and minerals such as potassium, magnesium and calcium.



RECIPES FOR A BETTER YOU

by Candy Sim, MPH, RD

“Foods should be chosen that best supply the elements needed for building up the body. In this choice, appetite is not a safe guide. Often, it demands food that impairs health and causes weakness instead of strength. We cannot safely be guided by the customs of society. The diseases and suffering that prevail everywhere are largely due to popular errors in regard to diet.”

Homemade Trail Mix

- | | |
|------------------|----------------------|
| ½ cup pistachios | 10 dates, chopped |
| ¼ cup cashews | 2 tbsp pumpkin seeds |
| 1 cup walnuts | 1 tbsp carob chips |
| 1-cup almonds | 1 tbsp goji berries |
| ¼ cup raisins | |



Makes 4 servings

Mix all ingredients. Enjoy as snacks or replace dinner with 1 serving of Homemade Trail Mix.

Nut Burger

- | | |
|--------------------------------------|------------------------------------|
| ½ cup pumpkin seeds | 2 tsp garlic powder |
| ¼ cup cashews, soaked | 1 tbsp onion powder |
| ½ cup walnuts, soaked | ½ tsp Celtic sea salt |
| 1 cup cooked black beans | 2 tbsp cold-pressed coconut oil |
| 1 large yam or sweet potato, chopped | ¼ cup shredded unsweetened coconut |
| ¼ cup diced celery | 1 small onion, chopped |
| 2 tbsp chopped parsley or cilantro | 1 tbsp soy sauce |

Makes 8 servings.

Process nuts and seeds in a food processor and mix remaining ingredients. Shape mixture into burgers. Lightly oil pan with coconut oil and pan-fry burger until brown. Store in glass container and freeze for up to 1 month.



Nut Protein Shake

2 bananas, peeled and frozen
½ cup walnuts, soaked
½ cup almonds, soaked
2 tbsp fortiflax or ground flax seeds

1 tbsp black sesame seeds
4 pitted dates
1 cup water
ice as needed

Makes 2 servings

Blend all ingredients until smooth.



For more healthy recipes, please browse through
the Seventh-day Adventist Guam Clinic website:
www.adventistclinic.com

**“In order to
maintain health,
a sufficient
supply of good,
nourishing food
is needed.”**



MIND
BODY
SOUL

TRUE living

Here at the Seventh-day Adventist Guam Clinic, we long to see the island of Guam and the surrounding islands of Micronesia experience a healthier mind, body and soul. We offer many Wellness classes, programs, and resources to help you reverse lifestyle diseases, enhance your health, or even just expand your education.



The Better Living Guide is designed to help you choose nutritious food in the restaurants of Guam. There is a rating system of foods with three categories in this guide which show symbols of 3 stars, 2 stars, or 1 star. This will help you to choose the best options for your dining experience.

The
**BETTER LIVING
GUIDE**

Are you looking for a better, healthier, guiltless lifestyle? Join **NEWSTART** today to help you reverse Diabetes, High Blood Pressure, High Cholesterol, and more.

NEWSTART
Lifestyle Program

Next program
MAR 4th
Register by
FEB 27th

The program presents the effects of smoking and the tools individuals need to stop. The program's four strategies for success include physical recovery, diet power, behavior change, and social support. Each session contains a voluntary spiritual power segment. Next program begins April 9th. Register by March 27th.

Breathe Free
The Stop Smoking Plan

Next program
APR 9th
Register by
MAR 27th