



A Path to Wellness

Pinkerton Academy, Derry, NH

Lose Weight by Eating Breakfast!?

A study out of the University of Texas analyzed 900 men and women's food journals, and found that calories consumed early in the day are more satiating than those consumed later. For example, eat 300 calories at breakfast such as coffee and ½ bagel with cream cheese, and you are likely to eat 2000 more calories that day. Eat a 400-500 calories breakfast such as cereal with fruit and a hard-boiled egg or a yogurt, and you may eat only 1800 calories by day's end. Wow!



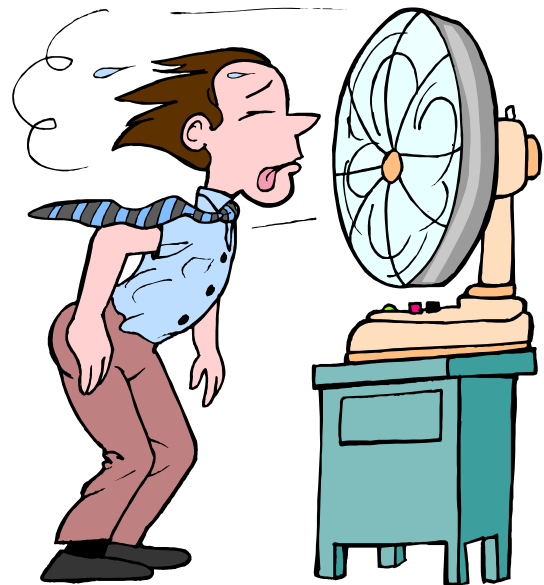
Researcher Dr. de Castro explains these findings by associating this need for calories early in the day with diurnal rhythms. It may be our mechanism for feeling satiated is fully on in the morning but shuts off as the day wears on. What this means for you is that eating breakfast may help you not eat as much food late in the day. Dr. de Castro indicated that because we stay up so late at night we have more chances to try to fill our need to feel satiated, which puts on the pounds as we eat more and more after dinner.

(Taken from Tufts Health and Nutrition Letter)

Feeling HOT, HOT, HOT!

If you are not up for HRT, what other options to do you have for the uncomfortable side effects of perimenopause? These are simple changes that you can try to alleviate your hot flashes without HRT.

1. Keep the house at a cooler temperature. This seems to reduce the incidents of hot flashes.
2. Get regular exercise. Moderate to low intensity exercise can reduce hot flashes by 50 %.
3. Lose some excess weight.
4. Stop smoking.
5. Practice a relaxation technique called paced respiration (slow, controlled diaphragmatic breathing) Do it at the onset of hot flashes to minimize the intensity.



Other over the counter options include:

1. **Soy isoflavones-** these are plant estrogens from soy and their efficacy in clinical trials has been mixed. You may want to give a few soy FOOD based products a try. At this time supplements are not recommended.
2. **Black Cohosh-** This has not received the best press, but the North American Menopause Society says it won't cause any harm if taken for fewer than 6 months and may provide relief of mild hot flashes.

*The following products are **not** recommended for hot flashes:*

1. Topical progesterone
2. Dong quai
3. Evening primrose oil
4. Ginseng
5. Licorice
6. Chinese herb mixtures
7. Acupuncture
8. Magnet therapy

Smartsteps is up and Walking!

We have over 50 people stepping away in the Wellness Committee sponsored Smartsteps program. The program involves wearing a pedometer daily to measure how many steps you take. The goal of the program and for maintaining a healthy level of fitness is to take 10,000 steps per day. Great job to all the Smartsteppers. Look for another Smartsteps in the fall and a Smartsteps 2!

Linguine Florentine Recipe

Ingredients:

- 2 lbs fresh spinach
- 2 C cooked linguine pasta
- 2 tsp olive oil
- ½ C grated cheese (Romano or parmesan)
- ¼ tsp black pepper

1. Wash spinach well and discard stems
2. Place spinach without water in a large dutch oven
3. Cover and cook on medium heat for 4 minutes until wilted
4. Drain spinach and squeeze out liquid between paper towels
5. Chop spinach
6. In large bowl, toss linguine with olive oil
7. Add spinach, cheese, and pepper and toss gently

Cholesterol 7 mg
2-veggie exchange
1 grain
1 fat

(Taken from walkingabout.com)



*Newsletter is brought to you by:
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