



HEALTHY LIFESTYLES



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Doc Says.....

MORE OF THIS; LESS OF THAT

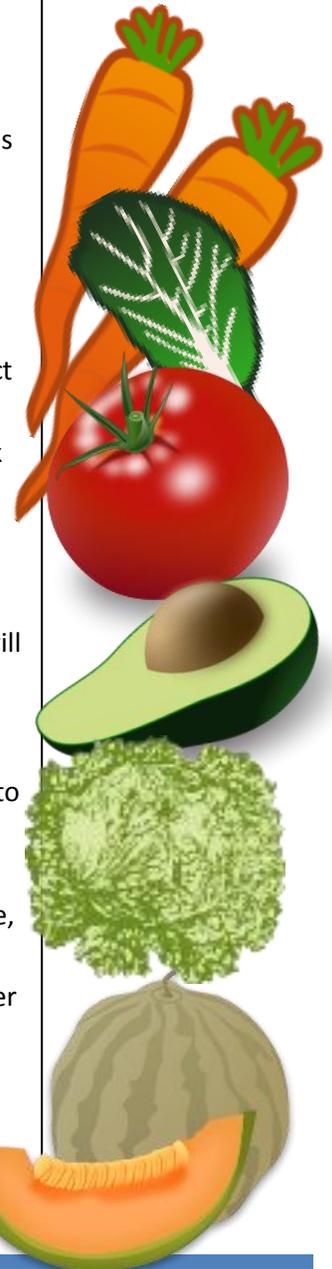
For years now, medical experts have been warning us to consume less salt. Still the sodium intake of Americans is very high. So what does that have to do with weight loss? Besides the well known “evils” of sodium, salt makes us retain water. No, that doesn’t mean you just need to drink less! Water needs to move through the body, taking with it all kinds of junk – including fat! When you retain water, you retain fat!

Though Americans are getting too much salt, recent studies show we are not getting enough Potassium. Potassium is essential for good nutrition and health, and can help counteract the ill effects of sodium. Potassium relaxes blood vessel walls, helps regulate the body’s fluid balance, and can reduce the risk of stroke.

Here’s the challenge – EAT MORE WHOLE FOODS; EAT LESS PROCESSED FOOD. While sodium is added to most highly processed foods, potassium is not. Eating more whole foods will naturally reduce sodium and increase potassium levels.

While bananas have a well deserved reputation as being the premier source of potassium, they are starchy carbs and need to be counted as carbs instead of fruit in your diet. Try some of these whole foods which are excellent sources of potassium without the high starch content: apricots, avocado, cantaloupe, dates, honeydew melon, nectarines, prunes, raisins, Greek yogurt, carrots, celery, dry beans, green leafy vegetables, winter squash, tomato, chicken, fish, turkey.

A simple, easy, and healthy way to weigh less and be healthier: Eat more fruits and vegetables and fewer processed foods.



Did you know? It is often better to choose low fat than fat free. Fat adds flavor to food, so when all of the fat is removed, simple sugars can be added for flavor. Remember to check the total calories when comparing low fat and fat free options.



Exercise Tip of the Month

Need resistance exercises without a gym membership? Try this old standby to tone up those legs and backside, as well as improve balance. Lunges are a great way to work your lower body when they are done correctly.

Keep your upper body straight, with your shoulders back and relaxed and chin up. Step forward with one leg, lowering your hips until both knees are bent at about a 90 degree angle. Make sure your front knee is directly above your ankle, and your other knee does not touch the floor. Keep your weight in your heels as you push back up into starting position. Repeat with the opposite leg forward. Lunges can put strain on your knees. If you feel pain, take smaller steps or try reverse lunges.



TOP 10 REASONS TO EAT MORE VEGETABLES

10. They ADD color, texture, and appeal to your plate.
9. Vegies are mostly fat free.
8. They taste good!
7. Vegies are full of fiber.
6. Convenient – fresh, frozen, canned or dried.
5. Variety – there are hundreds of different vegetables.
4. Low in calories
3. Rich in vitamins and minerals
2. Your mother told you to.
1. Your doctor told you to!

KEEP IT SIMPLE RECIPIES

In a rush to get to work in the morning, you know if you don't take something healthy for lunch, you'll give in to your coworkers' invitations to go out for burgers and fries. So, you slap together yet another sandwich. Sound familiar? Healthy does not have to be boring or difficult. You can save that morning stress by planning ahead. One idea to keep things quick and easy in the morning is to do a little advance preparation, say, on the weekend. Try grilling up several boneless, skinless, chicken breasts then using them throughout the week to make your lunch. This is good if you work outside the home and even if you don't. Try this favorite – it's healthy and tasty!

CA Lunch Special

Grilled boneless, skinless chicken breast Broccoli Florets Garlic Salt Apple Cider Vinegar
Cut up chicken and place in a microwaveable container, add broccoli florets (fresh or frozen). Sprinkle with garlic salt then a little apple cider vinegar. At lunch time, heat it in the microwave for 3 minutes and you have a tasty and very nutritious lunch.

For variety – do the same thing again tomorrow, except use green beans instead of broccoli. It just doesn't get much more simple than that – and healthy tastes great!