

# Power of I Wellness News

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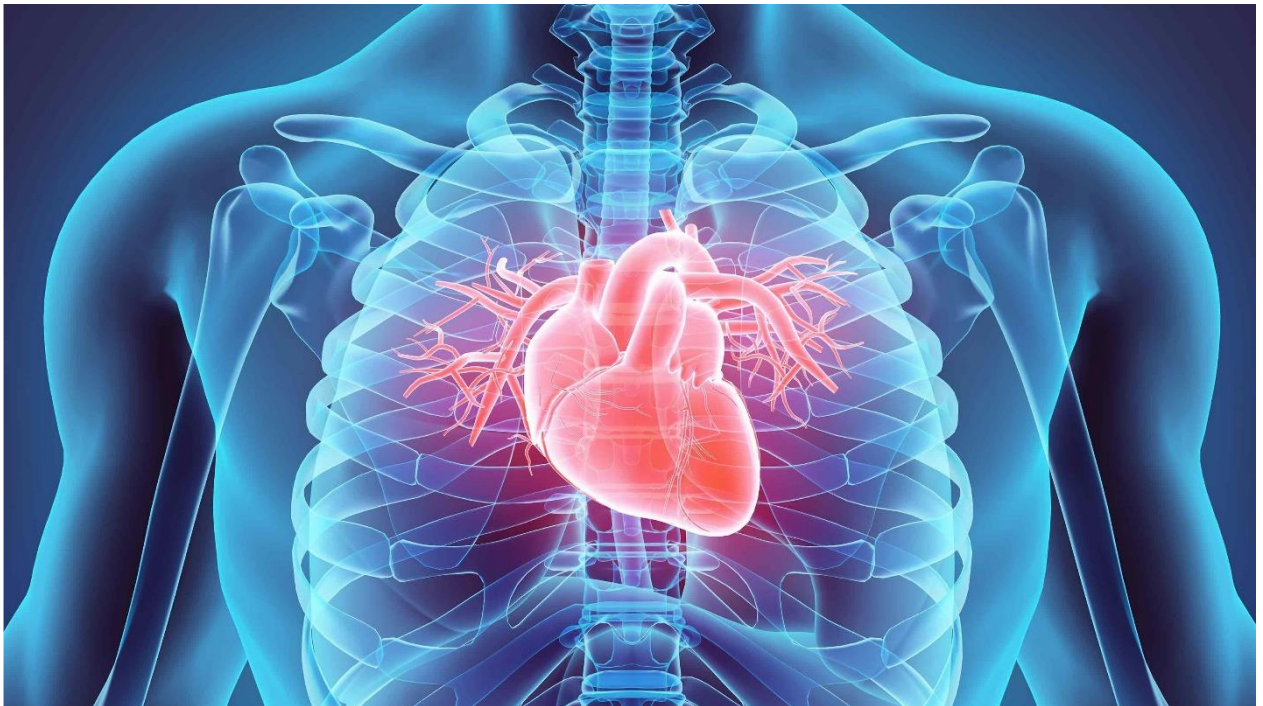
*Newsletter 2*



*February 01, 2020*

## **Wellness Word**

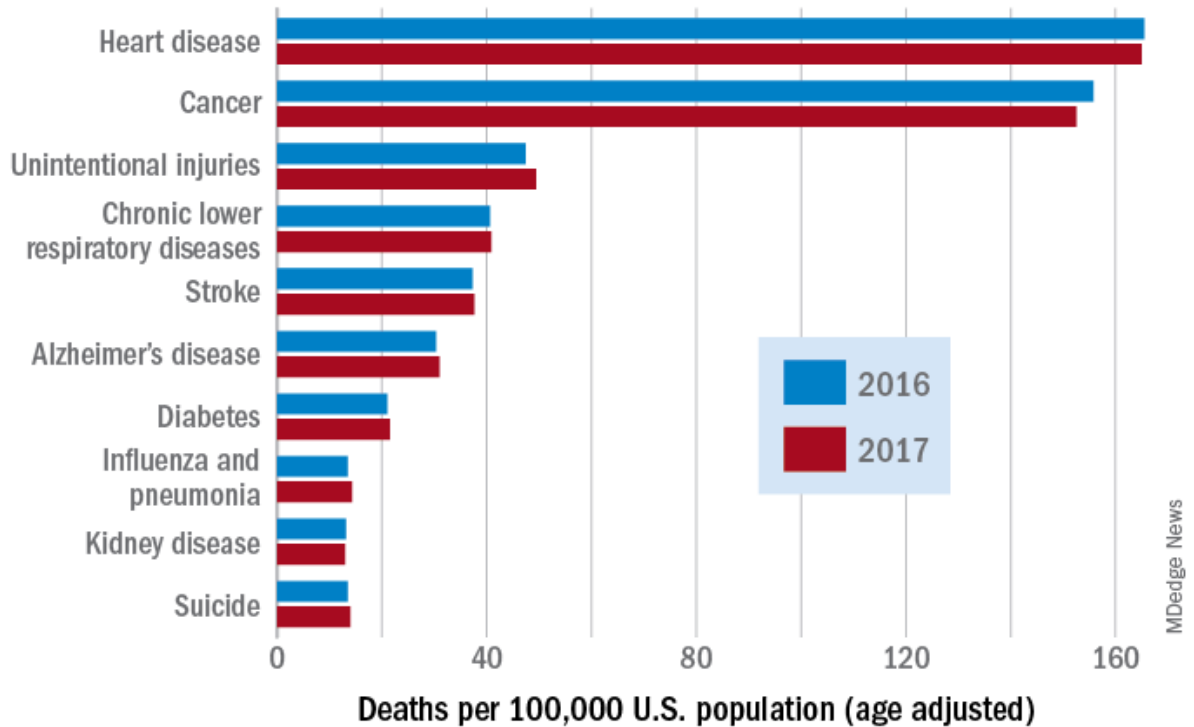
February is American Heart month. Our hearts are muscular organs that pump 100,000 times/day, with a total output of 2000 gallons of blood/day. Oxygen-rich blood circulates through 60,000 miles of blood vessels (enough to wrap around the earth's circumference 2-1/2 times!), providing essential oxygen and nutrients to the cells & tissues of our bodies as well as carrying away waste products like carbon dioxide to be expelled.



**Our well-being, vitality, health and overall quality of life are dependent on the efficiency of our cardiac function. Read on to see how we can give our hearts some love this month....**

Heart disease is the **#1 cause of death** for men, women & people of most racial & ethnic groups in the United States.

## Ten leading causes of death, 2016 and 2017



Note: Based on data from the National Vital Statistics System.

Source: National Center for Health Statistics

Heart disease is also the **#1 cause of death globally**, accounting for 31% of all deaths.

### 5 Factors that Damage Blood Vessels & Increase Risk for Heart Disease

1. High Blood Pressure
2. High Blood Cholesterol
3. Smoking
4. Diabetes
5. Lack of Physical Activity

The good news is that heart disease is often preventable through healthy lifestyle choices. For instance, the following list aids in lowering blood pressure, decreasing inflammation, controlling diabetes and minimizing obesity, all ways to show love and support our hearts:

### Prioritize 7-8 hours of sleep nightly.

Investigate sleep hygiene to provide positive tweaks to your usual bedtime routine. This will encourage restorative sleep to your brain & body only possible by successful passage through all essential sleep stages.

### Actively manage your stress.

Investigate MBIs (mind-body interventions) & other forms of release, peace & rejuvenation to discover how regularly tuning into our mental and physical states can assist in hormone regulation and improved systemic function.

### Engage in a healthy diet.

Investigate consumption hygiene and the benefits of a heavily stacked plant-based diet loaded with fruits & vegetables, cutting back on meat intake, while minimizing trans fat/hi saturated fat/refined sugars from processed “food-like” products (i.e., manufactured into boxes & bags), fast food, baked goods and sodas.

### Implement a smoking cessation plan.

Investigate cessation groups & opportunities in your area or speak with your medical provider regarding assistive tools to wean off nicotine. Quitting smoking will reduce the risks of a whole myriad of diseases, ranging from chronic obstructive pulmonary disease to a heart attack and stroke.

# A TIMELINE OF HOW YOUR BODY REPAIRS ITSELF AFTER QUITTING SMOKING



**20 Minutes**

Heart Rate Returns to Regular Levels

**12 Hours**

Blood Oxygen Levels Return to Normal & Carbon Monoxide Levels in the Body Lower

**48 Hours**

Your Sense of Smell and taste Begin to Return

**2-3 Weeks**

Improved Lung Function and Physical Abilities

**1 Year**

50% Lower Chance of Heart Disease

**10 Years**

Chances of Lung Cancer are Cut in 1/2



**2 Hours**

Cravings Begin and Blood Pressure Drops to Normal Levels

**24 Hours**

Your Risk of Heart Attack Decreases

**3 Days**

Excess Nicotine is Out of Your Body. Withdrawal Symptoms are at their Peak

**1-9 Months**

Cilia Fibers Begin to Repair Themselves, Improving Breathing

**5 Years**

Risk of Diabetes Returns to Normal for Women. Risk of Stroke Returns to Normal for Males & Females

**15 Years**

Risk of Heart Disease is that of a Non-smoker



#1stClassNoSmoking

## Maintain a healthy weight.

Investigate the benefits of introducing more activity throughout your daily routines through functional movements, stretching, moderate exercise, hobbies, anything that gets you up and moving out.


## **What's New?**


△ CHECK OUT THE UPCOMING SPRING MINI-SERIES delivered over the course of 4 weeks in February/March. We will be investigating how we can better support a healthy heart through topical workshops on The Harm of Sugar, The Harm of Sitting, The Power of Sleep and Managing Stress through MBIs (mind-body interventions).


△ WELLNESS FOCUS: THE METABOLIC NETWORK. This spring we will embark on a series to define the WHY behind all the directives we hear about “watching our diets” and “losing the weight.” The last segment of upcoming newsletters will be centered around the relationships and connections the organs in our bodies create that form a comprehensive systemic network. Through this network we will encounter the power that drives metabolisms, chronic diseases and quality of life.





## Wellness Bites: **BLACK BEANS**


 Classified as legumes. Known as turtle beans b/c of hard, shell-like appearance; black beans are, in fact, the edible seeds of the plant.

 Fiber, protein, calcium, iron, magnesium, phosphorus, potassium, zinc, folate, vitamin B6, vitamin K, selenium & phytonutrients/antioxidants

 Aids in maintenance of healthy bones, lowering blood pressure, managing blood sugar/diabetes, warding off heart disease, preventing cancer, healthy digestion, appetite suppression & weight loss.

 Contain oligosaccharides known as galactans—complex sugars that the body cannot digest b/c it lacks the necessary enzyme: alpha-galactosidase. Eating legumes, including black beans, is known to cause some people intestinal gas/discomfort, which can be alleviated by slowly introducing them into your diet, soaking dry beans longer, opting for sprouted beans or draining water used to soak dry legumes.

 Make a hearty black bean soup w/your favorite veggies, herbs & spices. Mix into salads for a southwestern kick. Up the nutrition ante in your favorite brownie recipe by replacing the eggs & oil with black beans. Blend cooked black beans w/garlic, onion, fresh cilantro & lime juice for a quick & easy bean dip.

 **INEXPENSIVE! NUTRIENT-DENSE! COMBINING BEANS & GRAINS IN A SINGLE MEAL HAS A RICH HISTORY IN ANCIENT CULINARY PRACTICES!** A major benefit of combining beans & grains is the amino acids they provide as both individually are incomplete proteins, meaning they lack some essential amino acids. Together, they complement one another, provide all the essential amino acids and can take the place of high-quality animal proteins.

## Wellness Focus

### The Metabolic Network

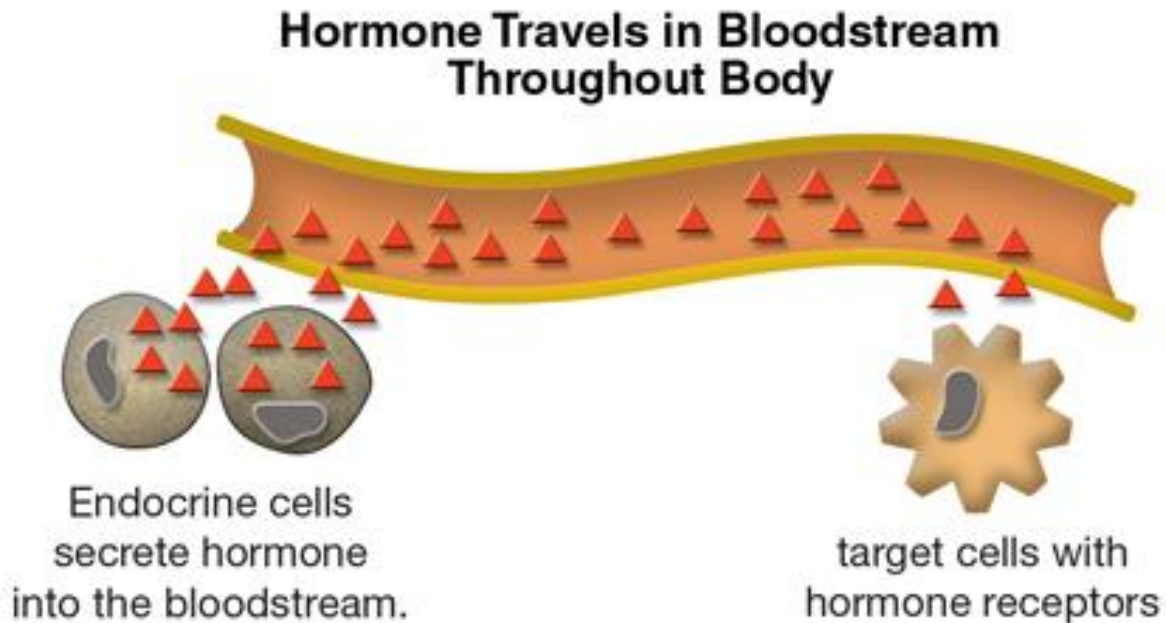
Between 1960 and 2002 American adults on average gained more than 24 pounds and only 1 inch in height. But since 1999/2000 men have gained more than 8 pounds and women about 7 pounds while average heights have remained level (CDC & Prevention's National Center for Health Statistics). The average American consumes 19.5 teaspoons of sugar daily, which equates to 66 pounds of sugar per year!!! Concurrent with ubiquitous added sugars, our characteristic diets consist of high amounts of trans fat, saturated fat and highly refined sugars that we ingest from fast food/eating out, sodas/juices, processed/manufactured foods and baked goods. Our expanding waistlines are part of a current global obesity pandemic which is the leading cause for the soaring rates of metabolic diseases, especially cardiovascular disease, diabetes, hypertension, liver disease, metabolic syndrome.

*So What's Fat Got to Do With It???* By latest estimates our bodies contain 200 different cell types and 30 trillion cells. The cells that function together form tissues; those tissues that function together form organs; and those organs that function together form organ systems. These interlinking elements form an expansive network, much like an old-school road map, and through these connections what affects 1 system will have ramifications throughout many others. Focusing specifically on our GI system, responsible for digestion & absorption of nutrients we consume, our fat cells function together to form adipose tissue.

In recent years research has revealed that *our adipose tissue functions as a vital organ itself*, with many regulating functions enacting by

adipocytokines → **adipo** = fat // **cyto** = cell // **kines** = movement.

Adipocytokines are proteins which are secreted by our fat cells and released into our bloodstream where they travel to key target organs and deliver “messages” to help maintain metabolic homeostasis (steady state), illustrated below (in this case, the adipocytokines are the hormone).



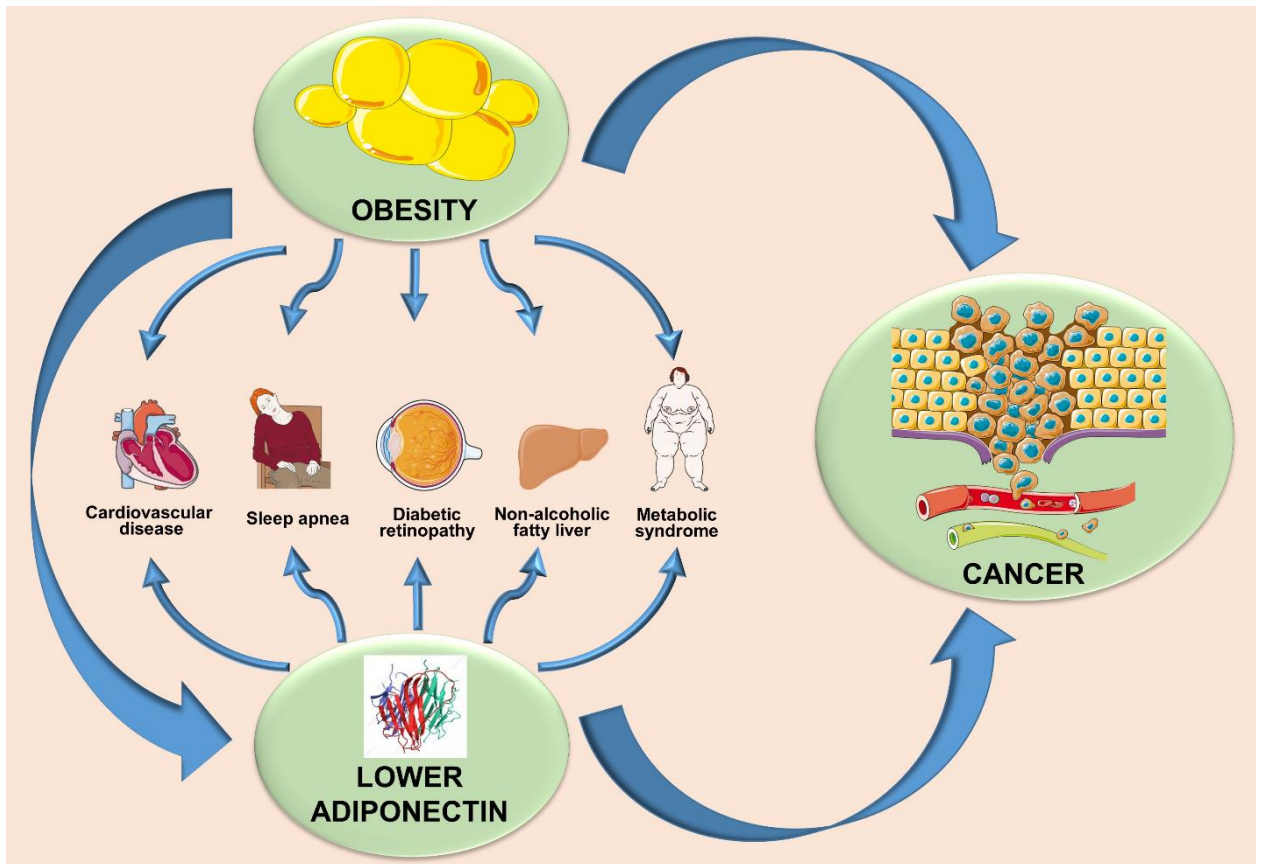
It has been demonstrated that adipose tissue secrets HUNDREDS of adipocytokines (hormones). Adipocytokines such as leptin, interleukin-6 (IL-6) and tumor necrosis factor-alpha (TNF- $\alpha$ ) are **PRO**-Inflammatory, negatively affecting our metabolic processes and contributing to the development of chronic diseases. Adipocytokines such as adiponectin are **ANTI**-Inflammatory and support normal metabolic processes and a healthy biome.

***The Determining Factor???*** The QUANTITY or AMOUNT of adipose tissue. Obesity induces production of **PRO**-inflammatory cytokines and infiltration of immune cells into adipose tissue, creating a state of chronic low-grade inflammation. This metabolic inflammation has been increasingly recognized as a unifying mechanism linking obesity to a broad spectrum of pathological conditions (i.e., airway disorders, cancer, degenerative brain disorders, diabetes, heart disease, liver disease,). Additionally, the activity of our fat secretion of adipocytokines will also negatively or positively affect activity of the key Target Organs as well:

**Brain, Heart, Liver, Muscle, Pancreas**



*By Illustration It Looks Like This :*

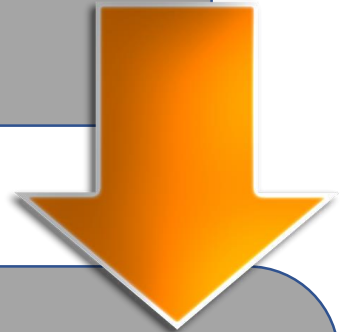


***Bottom Line:* EVERYTHING IS CONNECTED** and as such Adipose Tissue can be instrumental in EITHER maintaining wellness OR driving disease.....

- **Nutrient-Poor Diet**
- **Sedentary Lifestyle**
- **Poor-Quality Sleep**
- **Social Isolation**
- **Chronic Stress**



- **Proliferation of Adipose Tissue**
- **Increase in Pro-Inflammatory Adipocytokine Secretion**
- **Dysregulation of Key Target Organ Function**
- **Increase in Chronic Low-Grade Inflammation**



- **Obesity**
- **Diabetes/Insulin Resistance/Metabolic Syndrome**
- **Liver Disease: NAFLD/NASH**
- **Cancer**
- **Cardiovascular & Reactive Airway Disease**

*Upcoming Workshop February 22*



## *The Harm of Sugar*

### **Did you know ...**

- \* The average American consumes 19.5 teaspoons of sugar a day; nearly 66 pounds of added sugar per person, per year.
- \* Sugar causes changes in people's brains similar to those who are addicted to drugs, such as cocaine & alcohol : These changes are linked to a heightened craving for more sugar.

# Upcoming Events

2020

## February 22: The Harm of Sugar

Practicum: Reading a Nutrition Label/Ingredients List,  
Recognizing Names of Sugar, Good/Better/Best Choices

## February 29: The Harm of Sitting

Practicum: Identification/Correction of Postural Misalignment,  
Assistive Tools & Stretching

## March 7: The Power of Sleep

Practicum: Identifying Tools to Improve Sleep Hygiene &  
Minimize Insomnia

## March 21: Stress Recovery & MBIs (mind-body interventions)

Practicum: Practice of a Meditation Format (come in comfortable clothes)