



Grandparents Corner

February 2013

What we eat can sometimes fight colds and the flu. Even a mixture of some of the foods we can wear will soothe dry skin. Choosing and knowing the foods that maintain our body's balance is essential. Below is a list of foods, what is in the food, and why we need it.

Honey: Natural Antioxidants and Humectants

Why You Need It: Applying the sticky sweetener to your skin actually increases blood flow and keeps the skin soft. To reap honey's benefits, apply it straight to the skin, leave on for 10-20 minutes, and rinse. For a facial treatment, take a spoonful and apply a thin layer to a clean face, leave on for 30 minutes, and rinse.

Oatmeal: Serotonin

Why You Need It: Without enough sunlight, the body seems to have the blues. Whole grain carbohydrates, like oatmeal and other whole grain cereals, keep the levels of serotonin up, and also have a lot of fiber. Whole grains, unlike white bread and sweets, won't spike and crash your blood sugar.

Walnuts: Omega-3 Fatty Acids

Why You Need It: The cold air outside and the blast of heat indoors can easily dry out our skin. Moisturizing skin from the outside and the inside by adding omega-3 fatty acids into your diet strengthens the skin cell membranes, boosts moisture levels and gives skin a glow. Be careful though as walnuts are also high in calories, so stick to a 1.5 ounce portion size (about 20 walnut halves). You can also try flaxseed or olive oil.

Milk: Lactic Acid

Why You Need It: Bathing in milk does wonders for the skin. It manages to exfoliate skin naturally without drying it out. Just add about two to four cups to a warm bath, have a soak, and enjoy. Also, as a part of your diet, most milk is fortified with vitamin D which we lack in the winter months.

Water: H2O

Why You Need It: Most of us tend to drink more water in the warmer months, but it is very important to drink water in the colder months, too. The air outside becomes drier due to the lower temperature and increase in winds which means indoor air does also, increasing our chances for dehydration. You should drink at least one (1) liter of water per day!

Oily Fish: Vitamins A, B12 and D-Plus Omega-3 Fatty Acids

Why You Need It: Oily fish like tuna and salmon have healthy fat, a nutrient that protects all cells, including skin cells. This keeps your outer layer of skin soft. Oily fish is also an excellent source of protein, which prevents the risk of low blood sugar.

Garlic: Allicin

Why You Need It: Garlic contains a natural chemical, allicin, which in studies has been shown to stimulate white blood cell production, helping your body fight off infections and ward off colds and flu viruses. Garlic also contains selenium, a trace mineral that aids in antioxidant creation and may prevent certain cancers. Eat garlic raw as much as possible for maximum health benefits.

Source: www.grandparents.com

Quick Treat - Cupid Crunch

Easy and yummy! Mix up the recipe each month or holiday with a variety of choices!

- 1 (24 oz.) package vanilla almond bark
- 2 bags of lightly salted microwave popcorn, popped (approximately 16-20 cups popped popcorn)
- 1 1/2 cups Valentine candy corn
- 1 cup dry roasted, salted peanuts
- 1 1/2 cups M&Ms (Valentine colors)

Pop popcorn and place in a large bowl. Pour peanuts, candy corn, and M&Ms on top and mix all together.

Break up almond bark. Melt according to package directions. Pour over popcorn mixture. Stir until everything is well coated and then spread out onto waxed paper, parchment, or foil. Let mixture sit until completely dry and then break up into clumps.

Source: *Plain Chicken* - www.plainchicken.com

According to the CDC, in the U.S., the most common type of heart disease is coronary artery disease (CAD), which can lead to heart attack. People can greatly reduce their risk for CAD through lifestyle changes and, in some cases, medication. Read the issue and answer True or False to the questions below.

1. The best way to have a healthy heart is to reduce the risk factors. T F
2. The normal healthy heart is the body's engine. T F
3. Once a person knows they need to make changes to their lifestyle for good health, it is easy to do. T F
4. People 65 years and older have the highest rate of heart failure, and the risk of heart failure increases with age. T F
5. People with diabetes are more than twice as likely to develop heart failure as people without diabetes. T F
6. When a person consumes too much sodium (salt), extra fluid builds up in the body, which causes the heart to work harder. T F
7. It is important to prevent depression and to treat it if it develops because depression is associated with an increased risk of cardiovascular disease. T F
8. Snow shoveling places heavy demands on the cardiovascular system. T F
9. African Americans have higher rates of high blood pressure, diabetes and obesity.
T F
10. When taking blood thinners such as COUMADIN®, a person can eat whatever vegetables they want. T F

KEY: 1. T 2. T 3. F 4. T 5. T 6. T 7. T 8. T 9. T 10. F