

Healthy Perspectives

March "Your Source For A Happy and Healthy Lifestyle" DIGEST

SPRING BACK Into Shape

Your lower back is the anchor of the core support system for your entire body. Keeping it strong and stable provides support for everyday tasks and movements like standing, lifting and bending. There are many exercises to strengthen the lower back that help alleviate and prevent pain while strengthening the core, leg and arm muscles.

Try these exercises that also increase blood flow to the lower back area, which may also reduce stiffness.

Supermans can strengthen back extensors to maintain good posture.

- Lie face down on the ground and stretch both arms out in front of the body keeping legs stretched out and flat on the ground.
- Raise both the hands and feet, aiming to create a gap of about 6 inches between them and the floor. (If both arms and legs are too difficult, just lift arms off the ground with feet down.)
- Keep arms and legs outstretched and hold position for 2 seconds.
- Return to starting position and repeat 10 times.

"The more you care, the stronger you can be." Jim Rohn

Floor bridges can help strengthen the core, glutes, and hamstrings, while having minimal pressure on the low back.

- Lie on back with knees bent, feet flat on floor, hip width apart.
- Place your arms at your sides.
- Draw in your core and abdominals.
- Lift the hips off the floor until about inline with knees.
- Hold position for 5-10 seconds and return slowly to the floor.
- Repeat 10-12 times.

Knee-to-chest stretches can help to elongate the lower back, relieving tension and pain.

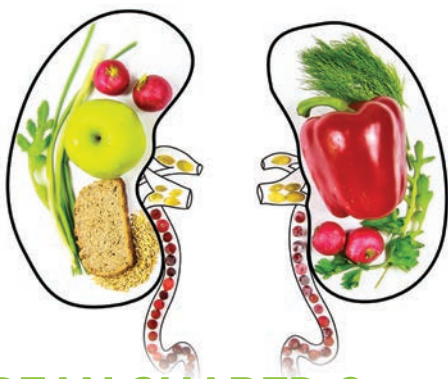
- Lie on the back on the floor.
- Bend the knees, keeping both feet on the floor.
- Use both hands to pull one knee in toward the chest.
- Hold for 5 seconds, keeping the abdominals tight and pressing the spine into the floor.
- Return to starting position and repeat with opposite leg.
- Repeat with each leg 2-3 times.

Exercises for the lower back are simple to do and may be modified depending on your fitness level. As with any exercise program, consult with your primary physician before starting.



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BEAN SHAPED Organs

Your kidneys are two bean-shaped organs that filter blood, and remove waste and extra fluid from the body. They also balance water, salts and minerals in the blood to allow nerves, muscles, and other tissues in your body to work normally. Some foods place stress on the kidneys, causing damage, and some foods may boost the performance of the kidneys.

The foods below generally support healthy kidneys, but not all of them are suitable for people who have kidney disease:

Water is the most important drink for the body. The cells use water to transport toxins into the bloodstream and filter the toxins out of the body through urine.

Salmon, tuna and other cold-water, fatty fish that are high in omega-3 fatty acids may reduce fat levels in the blood and slightly lower blood pressure.

Sweet potatoes may help balance the levels of sodium in the body and reduce its effect on the kidneys. Sweet potatoes are high in potassium so anyone who has kidney disease may wish to limit their intake of this vegetable.

Dark leafy greens, such as spinach, kale, and chard contain a wide variety of vitamins, fibers and minerals. These foods are also high in potassium, so may not be suitable for people on a restricted diet or on dialysis.

Berries are a great source of nutrients and antioxidants. Enjoy strawberries, blueberries and raspberries to satisfy sweet cravings.

Apples contain an important fiber called pectin, that may help reduce risk factors for kidney damage, such as high blood sugar and high cholesterol.

What Goes In, **MUST** COME OUT

The food we eat is fuel for the body. All fuel sources that produce energy, such as gas, oil, coal, and yes, food, also create emissions. The quality of the fuel impacts the discharge process. When food enters the body, vitamins and minerals are extracted in the small intestine. What's left of the food moves into the colon where it is broken down to prepare it to leave the body. Try incorporating these five foods that contain high amounts of fiber, calcium and vitamin D, into your daily diet to help to keep your digestive system working properly to move waste through the colon and out of the body.

Broccoli is known to improve gut health. Delicious in stir-fry, crunchy raw, or soft and steamed, it is healthy in a variety of ways.

Dark, leafy greens like spinach, kale and chard are loaded with magnesium and a great way to cleanse your colon. Incorporate these stellar greens daily as a simple salad, rolled into wraps, added to soups and stews, blended into smoothies, or pureed into sauces.

Milk does a colon good. Low-fat dairy products including cheese and yogurt provide calcium that helps to reduce irritation to the colon.

Raspberries' sweet delicate taste pales in comparison to its powerful antioxidants, anti-cancer, anti-neurodegenerative, and anti-inflammatory properties which have ability to prevent colon cancer. Enjoy a bowl for dessert, as garnish in a spritzer, topped on yogurt, blended into smoothies, or frozen in a popsicle.

Oatmeal is good for the entire digestive system because it is high in fiber, but oats also help to increase nutrient absorption. Old-fashioned or steel-cut oats provide the most fiber.



RECIPE OF THE MONTH



NOURISHING YOU

Lemon-Raspberry Muffins

1½ cups fresh raspberries	1 large egg	2 teaspoons baking powder
1 lemon	1 teaspoon vanilla extract	1 teaspoon baking soda
½ cup sugar	1 cup whole-wheat flour	¼ teaspoon salt
1 cup nonfat buttermilk	1 cup all-purpose flour	
⅓ cup canola oil		

Preheat oven to 400°F. Coat 12 muffin cups with cooking spray or line with paper liners. Use a vegetable peeler to remove zest from lemon in long strips. Combine the zest and sugar in a food processor. Add buttermilk, oil, egg and vanilla and pulse until blended. In a separate large bowl, combine flours, baking soda, baking powder and salt. Add the buttermilk mixture and fold until almost blended. Gently fold in raspberries. Divide the batter among the muffin cups. Bake 20-25 minutes or until the edges and tops are golden.

AVALANCHE of Anxiety

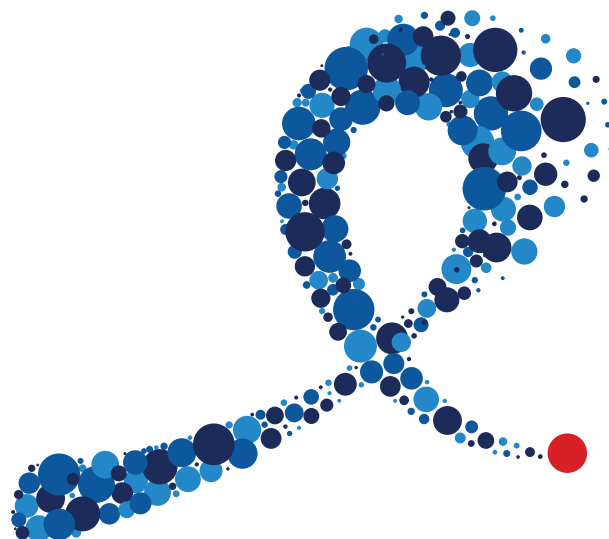
Life is full of emotional challenges, like the pressure to succeed, fear of missing out, and desire for good relationships. Society hasn't taught us to work through emotions, instead cultural norms to use alcohol, shop, numb out on screens, and many other tactics to avoid emotions are a widely adopted pattern. Mountains of emotions, just like snow, cannot indefinitely grow taller without tumbling down. Are you heaping resentments, excuses or regrets that have the potential to bury you before you address them? Honor your emotions by recognizing and experiencing them. Dealing with the difficult and messy emotions avoids building an avalanche of anxiety and depression.

Understand that emotions are not under our conscious control. We can't stop our emotions from being triggered, however, developing skills to tune into the body to recognize and separate out each emotion, name them, and tend to them one at a time plays an important role to feeling better mentally and physically.

It's okay to feel:	Resist avoiding or numbing behaviors like:	Release the emotion by:
Sadness	Compulsive shopping	Mourning the loss
Anger	Staying busy	Calming down
Humiliation	Drinking alcohol	Practicing self-compassion
Resentment	Mindlessly scrolling social media	Forgiving

People tend to avoid painful or conflicting emotions, because that's what we've been taught to do. Instead recognize that the suffering you are trying to dodge, may be the very thing needed to avoid the intensity and destruction that can be triggered by suppressing emotions.

"We cannot selectively numb emotions, when we numb the painful emotions, we also numb the positive emotions." *Brene Brown*



Can Colorectal Cancer BE PREVENTED?

Colorectal cancer screening is one of the most powerful tools for preventing cancer or pre-cancer in people that have no symptoms of the disease. There's no sure way to prevent it, however changing the risk factors you can control might help lower your risk.

Body weight, physical activity and diet - Controlling weight, exercising and eating lots of vegetables, fruits and whole grains, while avoiding red and processed meats may help to reduce risk.

Not smoking - Quitting smoking may help lower risk for colorectal cancer and many other types of cancers too.

Vitamins - Some studies suggest a daily multi-vitamin containing folic acid or folate, or Vitamin D may lower colon cancer risks.

Alcohol - It is best not to drink alcohol, but if you do, the American Cancer Society recommends no more than 2 drinks a day for men and 1 drink a day for women.

These diet, weight and exercise habits are strongly linked to colorectal cancer risk, but also lower the risk for many types of cancer, as well as other serious illnesses like heart disease and diabetes.

COLORECTAL CANCER SCREENING GUIDELINES

- If you are 45 to 75 years old, you should get screened for colorectal cancer.
- Adults age 76-85 should ask their doctor if they should be screened.
- Those under 45 may need to be tested earlier or more often if at increased risk.

*The US Preventive Task Force (USPSTF)



Being Good TO YOURSELF

Eating whatever you want, buying anything that catches your eye, or avoiding any activity that isn't fun and exciting isn't being good to yourself. The trouble with these behaviors is that there are negative consequences that are very uncomfortable. Being good to yourself by eating a healthy diet, budgeting, and fitting in eight hours of sleep is more challenging, but the benefits are wonderful!

VIEWED FROM THIS PERSPECTIVE:

- Enjoy wholesome food.
- Exercise in a way that you find fun.
- Handle money in a more conscientious way.

It's okay to enjoy spontaneous moments by making choices that let you feel good about yourself and that create results rather than consequences.

“Celebrate your growth.” *Unknown*



GOOD
DECISIONS

1. **Which of the following is NOT a good reason to keep strengthening the lower back?**
 - a. The back provides support for everyday tasks and movements like standing, lifting and bending.
 - b. A strong back can alleviate and prevent pain.
 - c. To gain a six pack.
2. **Which foods contain high amounts of fiber, calcium and Vitamin D which can help keep your digestive system working properly?**
 - a. Broccoli, dark leafy greens, milk, raspberries and oatmeal.
 - b. Potatoes, waffles and ice cream.
 - c. Celery, cauliflower and chocolate.
3. **Which statement about anxiety is most true?**
 - a. Avoiding emotions creates anxiety.
 - b. Experiencing emotions releases anxiety.
 - c. Emotional challenges fuel anxiety.
 - d. All of the above.

The information in this publication is meant to complement the advice of your health care providers, not replace it. Before making any major changes in your medications, diet or exercise, talk to your doctor.

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ANSWERS: 1. C 2. A 3. D