BRING THAT BEET BACK!

Can Foods Help Control Blood Pressure?

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CHANGE YOUR WORDS, CHANGE YOUR LIFE

RECIPE OF THE MONTH: BEET SALAD WITH GOAT CHEESE

WHEN MULTITASKING BACKFIRES

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“Your Source For A Happy and Healthy Lifestyle.”
While you’re waiting for summer produce, why not revisit a tasty winter staple — beets! Roasted, tossed in a salad, pickled, or juiced, colorful beets are a tasty treasure. More than just appetizing, beets also have health benefits that may surprise you:

- Nitrates help to increase circulation and boost athletic endurance.
- Betaine helps to detoxify your bloodstream and reduce cholesterol.
- Antioxidants in beets may help battle heart disease, obesity, and possibly cancer.
- Fiber is an effective digestive aid — one cup of beets provides four grams.
- Don’t forget the greens, a great source of Vitamins K, A, and C!

See this month’s recipe for a fresh, springtime take on beet salad!

**Source:** Health.com

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**Recipe of the Month:**

**Beet Salad with Goat Cheese**

**Salad Ingredients:**
- 3-4 medium-sized beets
- 2 ounces goat cheese, crumbled
- 10 ounces spring mix or lettuce of choice
- ½ cup walnuts, crushed

**Vinaigrette:**
- 2 tablespoons honey
- 1 tablespoon Dijon mustard
- 3 tablespoons red wine vinegar
- 1 tablespoon minced shallots
- 3 tablespoons olive oil

**Instructions:**

Preheat oven to 375 degrees. Wash beets and coat them lightly with olive oil, wrap in aluminum foil, and place them in a baking sheet. Roast in the oven approximately 45-60 minutes. Remove from oven, let cool, then peel and slice into ¼-inch thick slices.

In a small bowl, whisk together the honey, Dijon mustard, red wine vinegar, and shallots. Slowly add the oil. Place greens in a large bowl and toss to combine with the vinaigrette. Plate the greens, top with the beets, walnuts, and goat cheese.
Can Foods Help Control Blood Pressure?

While exercise is an important part of a healthy lifestyle, eating the right diet and reducing salt (sodium) can also play a major role in controlling high blood pressure. Here is a list of foods that have been found to help reduce the risk of hypertension:

- **Low-fat dairy** — particularly yogurt and milk
- **Flaxseed** — remember to grind before eating
- **Dark chocolate** — in moderation, of course
- **Olive oil** — drizzle over pastas and salads
- **Pistachios** — low- or no-salt varieties
- **Fatty fish** — such as salmon or sardines
- **Whole grains** — such as whole wheat and oats

*Source: BerkeleyWellness.com*

Manage Your Energy

If you've ever felt too tired to exercise, you may have wondered exactly what fuels and depletes energy. Here’s one way to think of it: Energy can be physical, as in having the power to lift weights or add an extra mile to a jog. Or it can be mental, as in feeling burned out after a long work week.

Sometimes our lifestyles can leave us feeling drained. Here are some tips to help you power back up:

- **Take breaks.**
  Our brains need a break every 90-120 minutes. Allowing ourselves to take periodic breaks can help restore energy.

- **Don’t power through.**
  When you start dragging, stop and rest for ten minutes to allow recovery.

- **Have hope.**
  Negative thoughts and emotions can drain energy.

- **Practice positivity.**
  Act with enthusiasm, a sense of purpose, and enjoyment to raise your spirits.
When Multitasking Backfires

Multitasking is often good, but how much is too much? In our current high-tech world, we now juggle social media, text messages, phone calls, and emails from multiple accounts — all on the same device! It’s come to a point where, for some, our effectiveness is suffering. The human mind cannot jump around from one subject to another without increased mistakes and confusion.

If you ever feel overwhelmed, take a pause, take a deep breath, and try these five steps to improve your productivity:

1. Create a prioritized to-do list.
2. Choose one task at a time and give it your full attention.
3. Resist the urge to multi-task!
4. Complete one item before moving on to the next.
5. Observe the positive effects on your emotional well-being.

Change Your Words, Change Your Life

Our thoughts are formed by words, and these words affect our moods and emotions. Likewise, the words we choose to express our feelings can affect our emotions and quality of life. By this logic, if we use more positive words in our thoughts and speech, we may have more positive experiences.

Try these words to decrease negativity:

- Did someone make you angry? Think of it as a disagreement, not a fight.
- Disagree with someone? Say, “These are my thoughts on the subject” instead of “You’re wrong.”
- Frustrated? Think of the situation as challenging rather than difficult.

Words to Enhance Experiences

Is your workout good or invigorating?
Is that healthy meal fine or fresh and tasty?
Is a moment to yourself quiet or peaceful?
Questions When Considering Surgery

When surgery is recommended, it's important to understand as much as you can about the procedure. Asking your doctor the right questions can help you make the most informed decisions.

Here is a basic list of questions to ask your doctor when considering a surgery:

- Why should I have this procedure?
- Is the procedure necessary?
- Are there alternatives to this procedure?
- What are the benefits of this procedure?
- How long will the benefits last?
- What are the risks of this procedure?
- How long is the recovery?
- How much will the procedure cost?

If you still are unsure if the surgery will be beneficial or necessary, seek a second opinion.

Source: hopkinsmedicine.org

Monthly Quiz:

1. What should you do if you are too tired to exercise?
   a. Try taking a break to allow your body to restore energy.
   b. Go to sleep.
   c. Have an energy drink.

2. Which foods may help to control blood pressure?
   a. Salad dressing made with extra-virgin olive oil.
   b. A few dark-chocolate-covered pistachios.
   c. Whole grain oatmeal topped with ground flaxseeds.
   d. All of the above.

3. If your doctor suggests surgery, what is the best thing to do?
   a. Get it scheduled as soon as possible.
   b. Be careful not to ask too many questions, as you don’t want to insult the doctor.
   c. Ask lots of questions to make the most informed decision.