

# The Catalyst

JANUARY 2006

## Surprising ways to get more energy

If you feel tired and weak during the day, the editors of Prevention have these suggestions for keeping energy high.

- Eat your heaviest meal for breakfast. A good breakfast will help you to feel energetic and alert throughout the day. Then eat a moderate lunch, and a light supper. Kristine Clark at Pennsylvania State University says if you have your biggest meal at night, you'll be digesting it when you should be feeling sleepy. You'll make your body work when it should be shutting down.
- Check your iron levels. If you don't get enough iron-rich foods, your red blood cells can't carry enough oxygen. You won't be at your best

physically or mentally, says Clark.

- Drink water. You need eight 8-oz. glasses, especially if you don't get enough sleep. Even mild dehydration, losing as little as a half cup of body water, affects physical and mental performance. Don't get enough water over time, and you could develop low-grade chronic fatigue.
- Take a walk. If you get moving, you'll have more energy. Physical activity stimulates the release of hormones that affect your brain and make you feel energized. You'll sleep better and you'll feel better tomorrow.
- Get rid of the clutter. Clutter is one of the top five energy robbers in most people's lives. The National Association for Professional Organizers in Austin, Texas recom-



mends asking yourself what the worst possible thing is that could happen if you throw something out. If you can stand the consequences, get rid of it.

Put color into your life. Leatrice Eiseman, author of Colors for Your Every Mood (Capital Books) says red is the most energizing color. Orange and purple have a similar energizing effect.

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## Tasty apricots boost energy, protect the eyes and heart

If you were to check with NASA, they would tell you that apricots have been on the menu for astronauts in flight on many occasions including Apollo 15's trip to the moon. They are included in puddings and snack bars as quick sources of energy.

In ages past, Chinese brides ate apricots to increase fertility. They didn't know why it did, but we now know that apricots are high in a mineral needed for the production of sex hormones.

Many of apricots' health bene-

fits come from their high levels of carotenoids, including alpha-carotene and beta-carotene. The body converts beta-carotene to Vitamin A, which has many healing qualities. It's a powerful antioxidant that protects the eyes from macular degeneration





## Tasty Apricots continued from page 1

and greatly reduces the risk of getting cataracts.

Apricots protect your heart. Whether you eat this velvety fruit by hand or include it in recipes, you'll get plenty of lycopene, an important heart protector that fights formation of cholesterol, the bad kind. Researchers at the U.S. Department of Agriculture say lycopene is one of the strongest antioxidants.

Tasty apricots are high in fiber. That means eating them can help you lose weight, control high blood sugar, and lower cholesterol levels. Fiber

is essential for keeping digestion regular.

To get the most from apricots, buy them when they are still slightly firm. Once they are soft, healthful compounds begin to break down. Avoid those with green spots, because apricots don't ripen after they leave the tree. Pick yellow or orange fruits.



### *Apricot Breakfast Treat*

Spread 3/4 cup of low-fat granola without raisins into a glass serving bowl. Top with 1 cup nonfat plain or lightly sweetened vanilla yogurt mixed with 1-2 tablespoons Vanilla Nutritional Essentials.

Pit and thinly slice eight apricots and spread over the yogurt mixture. Sprinkle lightly with cinnamon. Then top by sprinkling with 1/4 cup of granola.

*Studies show that those who eat whole grains are less likely to develop colorectal, stomach, and endometrial cancers and heart disease.*



## Whole grains give you the living power you need

When the armies of Alexander the Great went into battle, they subsisted on crude wheat cakes. Ancient Chinese emperors fed their troops a ball of brown rice each day. Centuries later, John Wayne and his group ate "corn dodgers" on the trail in "True Grit".

History holds many stories of whole grains sustaining people when they didn't have time to cook. Whole grains can still do the job. Fortunately, they are now available in more tasty forms.

Edible grains include wheat, barley, corn, millet, oats, rice, rye and many others. Nature constructs them alike. Each particle in an outer bran layer contains nearly all the fiber. The germ layer is richest in nutrients.

Today, we know that whole grains give us much more than fiber for sustained energy. The American Cancer Society is urging us to return to an era when the staff of life was more likely to be brown than white.

Studies show that those who eat whole grains are less likely to develop colorectal, stomach, and endometrial cancers and heart disease. The plant chemicals they contain include lignans, flavonoids, and many healthful acids.

Whole grains are good sources of Vitamin E, an important antioxidant, and all grains are well endowed with minerals including zinc, selenium, copper, iron, manganese, and magnesium. These minerals are thought to protect cells against oxidation damage.



### *Whole-Wheat Pancakes*

Combine 1 1/4 cup whole-wheat flour with 1/4 cup wheat germ, 1 1/2 teaspoon baking powder, 1/2 teaspoon cinnamon, and 1/8 teaspoon salt. Add 1 1/2 cup skim milk, 1/4 cup fat-free egg substitute, and 1 tablespoon unsalted butter, melted.

Warm a skillet to medium-high heat and drop 1/4 cup of batter for each pancake. Don't crowd them. Cook for 2 minutes, flip and cook for 1 more.

## Get your kids off the couch

By high school graduation, most children will have spent more time watching television than they have in the classroom. Television can entertain, inform, and keep children company when they are alone. But it can also influence them in undesirable ways.



The American Council on Exercise says kids can be lured away from TV and computer games by making activity fun.

- Play sports or ride bikes with them. Include kids in vigorous tasks like gardening or washing the car. Make it fun.
- Plan active outings such as to a zoo, a museum, theme park, or picnic.

- Television plays a role in 12.5 percent of kids being obese. They are at a higher risk for diabetes, heart disease, high blood pressure, and cancer, says U.S. Surgeon General David Satcher.
- TV is linked to violence. Some 2,000 studies illustrate that fact.
- Ten or more hours per week can reduce the kids' rate of success in school.
- Half of 4- to 6-year-olds prefer TV over hanging out with their fathers.

- Enroll them in classes that include games, sports, and exercise programs.
- In sports, emphasize participation, health, teamwork, and self-esteem. \* Include their friends in your plan.

Physical activity helps build bones and muscles. It helps control weight and reduce body fat. And being physically active can reduce feelings of depression or anxiety. It improves the child's self-image and promotes well-being.



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## Kids need snacks, but skip calorie-loaded foods that can make them fat

Children need a lot of energy. But because they have small stomachs and can't eat much at a sitting, they have to eat between-meal nourishment: snacks.



Now, the Centers for Disease Control has reported that kids are getting the wrong foods for snacking. It's the main reason, they say, why 13 percent of children ages 6 to 11 are overweight, up from 4 percent in the 1960s. Researchers from the University of North Carolina conclude that children now get a quarter of their calories each day be-

tween meals, compared with 18 percent in the 1970s. The largest increase came after 1989 and reflects the rapid increase in childhood obesity.

U.N.C.'s School of Public Health says snacks have a greater concentration of calories than ever before. Even if kids aren't eating more, they're getting more calories. A chocolate chip cookie, for example, may contain ten times as many calories per gram as an apple.

The shift away from milk and toward soft drinks, the increased consumption of proc-

essed snacks, and a jump in salty snacks and "high-energy" bars are bad snacking habits. The energy bars deliver vitamins, but also deliver a high dose of calories.

The doctors recommend shifting to low-fat milk rather than soft drinks or juice drinks. Snacks should be attractive and fun so kids don't decide they really don't like fruits and vegetables. Have a bunch of bananas hanging in view, or freeze grapes so they are more like a treat. Make celery and carrot sticks available with salsa or peanut butter for dip.

Do what you can to make your children physically active so they have a higher metabolism. Set a good example by avoiding salty snacks and high-fat baked goods.

For a quick, simple, energy loaded snack combine 1 cup orange juice and 2 tablespoons Vanilla Nutritional Essentials!



**Nutritional Essentials**  
(Chocolate, Regular and Vanilla) \$25.00 each

## Energize Your Mind!



Nutritional Essentials recipe sent to us from Helen B.

Mix 3 ounces coconut oil with 3 heaping T. Vanilla Nutritional Essentials, 1 heaping T. raw carob powder and optional additional flavorings such as 1 drop of peppermint oil, orange oil or almond extract. Stir to mix completely and pour into ice cube trays. Put in frig for a soft, melt-in-your mouth treat or in the freezer for more of a candy texture.



## Very easy Sudoku

Sudoku is gaining popularity all across Europe. Only logic and patience are required. No math is involved. Simply make sure that each 3x3 square region has a number 1 through 9 and that the number only occurs once. Each column and row of the large grid must have only one instance of the numbers 1 through 9.

We'll call the 3x3 squares "regions."

**Here are tips for solving this puzzle.**

You can easily find the position for the 3 in the upper left hand region by scanning the columns and rows to see where the 3 CAN'T go.

Now look at the upper right hand region. Find where the 9 has to go by scanning across rows.

					5		6	2
		9			8			3
		7	3	9		1		
	3							1
8			7		9			6
2							5	
		3		8	1	4		
9			5			3		
4	1		9					

## January Special 2006

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Answers to Sudoku puzzle

5	8	9	7	3	2	9	3	7	6	8	5
4	1	2	8	5	4	1	2	8	5	9	6
7	6	8	5	2	4	3	1	7	3	1	7
9	5	7	3	6	8	1	4	2	9	5	7
2	9	6	8	1	3	7	5	4	2	9	6
8	4	1	7	5	2	6	3	6	8	4	1
7	3	5	2	4	6	8	9	1	7	3	5
6	5	7	3	9	2	1	4	8	6	5	7
1	2	9	4	6	8	5	7	3	1	2	9
3	8	4	1	7	5	9	6	2	3	8	4