



The Benefit of Berries

Blueberries, strawberries, raspberries and blackberries are plentiful during the summer months. In addition to tasting good, they are also good for you. Berries are a good source of fiber, vitamins and minerals. They are low in fat and calories and they contain antioxidants. Antioxidants are powerful substances that may protect your cells from the affects of free radicals. Free radicals can damage cells and may play a role in heart disease, cancer and other diseases. Add berries to breakfast cereal, yogurt or salads, or eat them plain as a snack.

The following chart provides nutritional information on popular berries. They are in descending order of antioxidant content with blueberries containing the highest amount of antioxidants.

Berry	Calories per ½ cup	Fat (grams)	Fiber (grams)	Vitamin C % daily value	Vitamin A % daily value
Blueberries	42	<1	3.5	2	23
Blackberries	30	<1	7.6	50	6
Raspberries	32	<1	8	54	1
Strawberries	25	<1	3	149	0

You may have heard of the acai (ah-sigh-ee) berry, a newcomer to the American market. The acai berry grows on the acai palm tree in Central and South America. The seed of the berry makes up approximately 80% of it, leaving very little pulp to eat. Juices are the main source of the berry but you may see it blended into yogurt or other foods. It is best known for its nutritional value, containing amino acids, omega 6 and omega 9 fatty acids, vitamins A, C and E, iron and calcium. The berry contains the highest amount of antioxidants of any berry and is being marketed as a super food for weight loss, increased energy and colon cleansing. Studies on the health benefits of the acai berry are beginning to emerge, but be wary of the claims being made as they are often not backed up with scientific evidence.

FACTS YOU SHOULD KNOW ABOUT THE HUMAN BODY

- It takes your food seven seconds to get from your mouth to your stomach
- One human hair can support 3 kg (6.6lbs.)
- Human thighbones are stronger than concrete
- There are about one trillion bacteria on each of your feet
- Women blink twice as often as men
- The average person's skin weighs twice as much as the brain
- Your body uses 300 muscles to balance itself when you are standing still
- If saliva cannot dissolve something, you cannot taste it

Wellness and the Law of Personal Accountability

Most people think wellness is a matter of eating your fruits and vegetables, taking a daily walk and having good genes. In the long run, people figure their genes will determine their health and that their efforts are secondary. The Law of Personal Accountability states that we are responsible for our own wellness. There are two wellness conclusions that we know to be true:

1. Behaviors contribute to illness or wellness.

Our choices regarding food, alcohol, tobacco, exercise and drugs have profound effects on the development of disease and our potential to recover from it.

2. Responses, both emotional and spiritual, can lead to physical changes.

Studies have shown that physical problems have psychological roots.

Our physiological state is determined in large part by the way we react to circumstances of our lives. A calm response generates soothing biochemicals and an angry response generates toxic biochemicals. The Law of Personal Accountability states that we have the ability to choose both our behaviors and our responses. It's a personal choice! The law requires us to make these life choices courageously, even in the midst of uncertainty. We have the power to create the life and the health we want rather than just reacting to life's events. Do you believe you have the power?

-from "The 22 (Non-Negotiable) Laws of Wellness"



Laughing is Good for the Heart

Laughter is not only an effective stress-reliever, but can be heart-healthy. Two recent studies showed that watching a comedy rather than a documentary had positive effects on the vascular system that lasted for 24 hours. In one study, healthy adults who watched a comedy film benefited from improved arterial compliance, the amount of blood that moves through the arteries at a given time. Decreased arterial compliance is associated with high blood pressure and heart disease. In a separate study, the blood vessels of people who watched a comedy became more dilated compared to a group that watched a documentary. Not only did comedies improve vascular dilation, but watching a documentary about a depressing subject was actually harmful to the blood vessels. Constricted blood vessels often lead to high blood pressure.

B Vitamins May Lower Risk for Age-Related Macular Degeneration in Women

Daily supplementation with B vitamins may lower the odds of age-related macular degeneration (AMD) among women with elevated cardiovascular risk, according to an *Archives of Internal Medicine* study.

Some 5200 women with cardiovascular disease or at high risk for it were randomized to daily treatment with a combination of folic acid and vitamins B6 and B12, or placebo. During roughly 7 years' follow-up, women taking vitamins were significantly less likely to develop AMD than were those on placebo. Other AMD risk factors (for example, BMI, alcohol use, smoking) did not appear to modify the vitamins' benefit.

The authors suggest B vitamins' homocysteine-lowering and direct antioxidant effects may be two of the potential mechanisms of action. They conclude that their findings could have important clinical implications.

SAVE THE DATE

Principles of Exercise
Thursday, July 23rd at 10:00am
In Christ Chapel
Presented by Barbara Womer,
Wellness Director

This education presentation will review the basics of exercise for older adults. This presentation will be appropriate for those already enrolled in the wellness program and need a review, for those who are recently enrolled and desire further education, and those who have questions.

NO EXERCISE CLASSES

Friday, July 3rd
Due to the July 4th holiday
The Wellness Center will be
open for use