



"I try to eat healthy, I never sprinkle salt on ice cream, I only eat decaffeinated pizza and my beer"

Top 10 Foods

Highest in Potassium

Potassium is an essential nutrient used to maintain fluid and electrolyte balance in the body. A deficiency in potassium causes fatigue, irritability, and hypertension (increased blood pressure). High potassium foods from natural food sources are best for safe absorption.

- 1) Sweet Potatoes
- 2) Tomato Paste
- 3) Beet Greens
- 4) White Beans
- 5) Yogurt
- 6) Prunes
- 7) Carrot Juice
- 8) Black Strap Molasses
- 9) Fish
- 10) Soya Beans

Other good sources are dark leafy greens, sweet squash, avocados, mushrooms, potatoes and bananas. Potassium levels affect the fluid balance in the body by regulating the actions of the kidneys as they filter the blood and by promoting the movement of fluids both in and out of the cells. It plays an essential role in brain and nerve function and heart activity. Our bodies also need it for muscle contraction and various metabolic and enzymatic pathways. Potassium is truly essential to our overall good health.

Water



How much water do we need each day? That is a hard question to answer because our water needs vary depending on exercise, climate and health conditions.

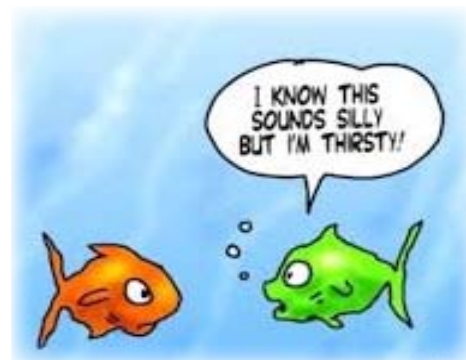
It depends on your size and weight, and also on your activity level. In general, you should try to drink between half an ounce and an ounce of water for each pound you weigh, every day." For example, if you weigh 150 pounds, that would be 75 to 150 ounces of water a day.

When you exercise you will need an extra 2 cups per day just to replenish what you sweat out.

During long bouts of intense exercise your drink should contain sodium to avoid the dangerous effects of electrolyte loss.

It's also very difficult for the body to tell the difference between hunger and thirst. So if you're walking around feeling a gnawing sense of hunger, you might just be dehydrated. Try drinking a glass of water instead of grabbing a snack. Water allows your kidneys to function properly and filter everything which allows us to eliminate effectively.

The single biggest cause of painful kidney stones is chronic dehydration. When you don't get enough water, calcium and other minerals build up in your urine and are harder for your body to filter out. They can form the crystals that make up kidney and urinary stones.



Recipe

Healthy

Hydrating Drinks

Moroccan Mint Tea

8 cups boiling water

1/3 cup honey

3 tbsp Green tea

1 bunch mint leaves

Boil water and let it sit for

1 minute, then add tea. Steep for 2

minutes and then add honey and

mint. Drink warm or cool to room

temperature and then refrigerate and

serve as iced tea.



Natural Sports Drink

1 quart herbal tea, coconut water or plain water

1/4 tsp sea salt

1/2 tsp calcium magnesium powder (crush a pill)

1/4 cup apple or grape juice

1 tsp honey

If using herbal tea, steep hot tea and

add honey, after a few minutes add

remaining ingredients and re-

frigerate. Pour into water bottle

when going for a workout.

Green Detox Smoothie

1 apple diced

2 kiwi peeled and diced

juice from 1 lime

1 handful spinach

1 stalk celery

1 tsp honey

ice

blend all ingredients

Tropical Greens Delight

1 cup frozen mango chunks

1 cup frozen pineapple

chunks

11/2 cups coconut water

1 cup leafy greens

1/4 cup lime juice

1/4 tsp cayenne pepper

blend all ingredients



DO YOU SUFFER FROM LOWER BACK PAIN?



There are different types of lower back pain. The most common affects the sciatic nerve which is the largest nerve in the

body. Sciatic pain can radiate from the lower back and behind the thigh and down below the knee. Most therapists agree that exercise is usually better for relieving sciatic than bed rest. During a flare up a day of rest may be necessary but generally movement helps to speed recovery. It is important to strengthen core muscles to support the back. Stretching also helps to bring blood flow to the area to speed recovery. Certain yoga moves are beneficial to the sciatic nerve. Taking a class is a



good idea so that the instructor can modify your poses to ensure that you are moving safely. Some medical problems (e.g., gallbladder disease, stomach problems) cause back pain. When pain is felt at a place in the body different from the injured or diseased part where the pain is expected to be, it is called "referred pain."

When the pain is ongoing a check up with your doctor will help to determine the necessary treatment.

To contribute ideas to the Wellness Newsletter please contact Sue Tompkins
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Water Facts



Taking a five-minute shower uses

more water than the average person in a developing country uses for an entire day.

- Roughly 70 percent of an adult's body is made up of water.
- Nearly 2 in 10 Canadians admit to flushing harmful substances (i.e. medication and drugs) down the toilet.
- Health problems related to water pollution in general are estimated to cost Canadians \$300 million per year.
- Many bottled water companies have been found to sell tap water instead of their advertised spring or glacier water.
- In developing countries, 70 percent of industrial wastes are dumped untreated into waters, polluting the usable water

The Brooklyn Creek Watershed

area collects and drains water into Brooklyn Creek. The Watershed is dependent on rainfall and drainage to feed the creek and support the habitat surrounding it. The creek has spawning populations of coho and chum as well as a resident population of cutthroat trout. The watershed is an important green space in the community that provides significant habitat in the areas surrounding the creek for a variety of birds, native plants and small animals including otters and beaver.

Our Valley has many precious watershed areas. Let's be careful about what we put on our lawns and down the drain.



COLLECTORS PLANT



HIGHLIGHTS THE BEAUTIFUL GARDENS AT COMOX REC

Recently the Parks Department planted a beautiful new shrub at the rear entrance to the Community Centre. Edgeworthia Chrysantha also known as Paper Bush is a collector's plant. Edgeworthia is in the same family as Daphne and has even occasionally been called yellow Daphne. It is deciduous and fragrant and has large and distinctive leaves. When in leaf the shrub is lush and tropical in appearance which really stands out in the garden. In winter the bare stems hold buds which are exquisite creating a striking architectural habit.

WATER THERAPY

Warm water is great for your joints, aching muscles, Fibromyalgia and lower back pain. Bath water should be warm not hot, 92 to 100 degrees. Epsom salts added to the bath water increases magnesium levels. Soak for 20 minutes and drink water to stay hydrated. Foot baths soothe tired aching feet, but did you know that a foot bath can also relieve a headache, pelvic cramps and chest congestion? Drinking hot water can be helpful for cleansing toxins from the body. Try drinking 2 glasses of hot water when you wake up.



Warm Up To An

Onion It Just May Be Your New Best Friend

Onions originated in Asia and the Middle East and have been cultivated for over 4 thousand years. They were revered by Egyptians and even placed in the tombs of kings to be carried with them to the after life.

The health benefits of onions are many, they are loaded with vitamin C, sulphuric compounds, flavonoids and phytochemicals. Phytochemicals are naturally occurring compounds in fruits and vegetables that trigger healthy reactions in the body. Quercetin is a flavonoid that may help to prevent some cancers.

Onions have been linked to promoting prostate health, reducing symptoms of bladder infections and lowering blood pressure. Onions also contain chromium which aids in blood sugar control.

Onions can be used topically for quick relief from a bee sting by rubbing raw onion on the spot.

To reduce salt intake, cook with onions for more flavour.

