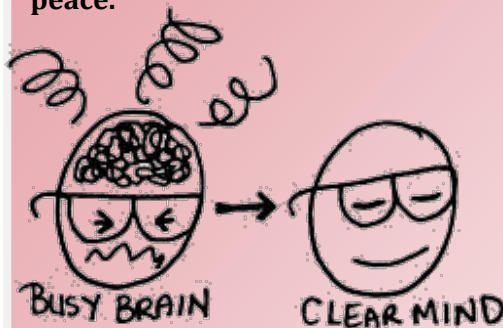




Are we healthy yet?

A typical health check list includes nutritional eating, regular physical exercise, fresh air, good friendships, hygiene and habits. Even when all of the boxes have been checked our health can be compromised due to mental illness.

To maintain good mental health we need to keep a check on our daily feelings. When we sweep our feelings under the carpet and don't acknowledge the things that are making us unhappy, the brain begins to take on extra stress. The stress of coping with unresolved feelings can make the brain feel very noisy and busy. There is a difference between brains that are doing intelligent work and tasks and brains that are so busy and conflicted that it becomes difficult to think clearly. Meditation can help to quiet the brain allowing annoying messages to drift away. A quiet brain feels relaxed and this allows us to feel happier and more at peace.



Basic Meditation

Turn off music, phone and TV and find a comfortable place to sit. Be mindful of your breath, when your mind begins to wander gently bring it back to breath awareness. Your mind will want to chatter, this is when we need to forgive ourselves for the distractions and find a peaceful place through mindfulness.

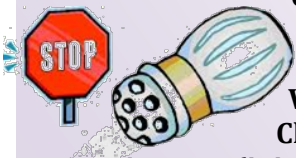
Feel the breath going in and out; notice how relaxed you feel after each breath. Is the air hot or cold, can you feel your body expand upon each inhale and deflate at exhale? Try 15 or 20 minutes to start, you can lengthen the time as meditation becomes a regular part of daily life. Meditate while waiting for an appointment, on a coffee break or any time that you can squeeze in a few minutes of quiet time.

How Much Salt Is In Your Food?

It may be surprising to learn that many of our favourite foods are loaded with extra salt. Processed foods are the biggest problem, when we prepare food at home we can limit the amount of salt being added.

Salty Foods to limit

- Salad dressings and sauces
- Cottage cheese
- Bagels
- Canned soups
- Veggie burgers
- Chicken breasts (injected with salt)
- Lunch meats



Earth Day April 22



Earth Day is an opportunity to celebrate our relationship with nature

and to take an active role by being stewards of our planet's health.

This year the Comox Valley will be hosting programs all week long. For more information on activities go to transitiontown.cv.org

Recipe

Baked Apples

- 2 cored apples
- 4 tsp dried fruit such as cranberries, raisins or dates
- 4 tsp toasted nuts such as pecans, walnuts or almonds
- 1 tsp honey
- Pinch of cinnamon
- 1/2 cup apple cider
- 1/4 cup plain yogurt
- Pre Heat oven to 350F
- Combine fruit, nuts, honey and cinnamon; spoon into the apples.
- Put the apples in a baking dish and pour apple cider around them.
- Cover with foil, bake until tender about 45 minutes. Serve topped with yogurt.



Fresh Chai

- 2 inch piece of fresh ginger cut into 2 inch rounds
- 2 cinnamon sticks
- 2 tsp black peppercorns
- 10 whole cloves
- 6 cardamom pods
- 6 cups cold water
- 6 bags of black tea
- 2 cups whole milk
- 1/2 cup brown sugar
- Combine first 5 ingredients in a sauce pan. Crush spices, add 6 cups of water and bring to a boil over high heat. Reduce heat to medium low and simmer for 10 minutes. Add tea bags, steep for 5 minutes and then remove bags. Add milk and sugar, bring tea to simmer over high heat, whisking until sugar dissolves. Strain and serve hot.

To contribute ideas to the Wellness Newsletter please contact Sue Tompkins stompkins@comox.ca



First Aid Courses



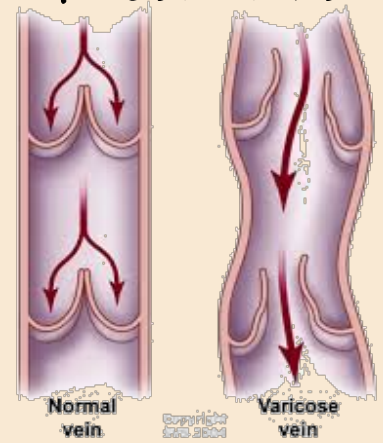
Helping people in times of need can be good for everyone. The recipient of First Aid treatment may have a much better chance of survival and recovery. The First Aider connects with his/her community by being a valuable contributor.

Many of us would prefer to not see blood or injury, but it is a part of life and at some time we will be faced with a traumatic situation. It would be tragic to experience a loved one in need and not know what to do or how to help. It would be distressing to watch any injured person suffer while we stand about with hands in pocket.

Preventing shock is one of the most important aspects of First Aid care. Even the act of covering a trauma victim with a blanket and reassuring them can reduce shock tremendously in many cases. Of course some background in CPR, AED, bleeding, fractures, neck and spine injury procedures is extremely important.

Next time your work place offers a First Aid Course...Be Brave and Sign up, we may need your help.

VARICOSE VEINS



Varicose veins are visible protruding veins that appear just under the skin. Most of these veins appear on the legs where the blood flow has been constricted. Varicose veins affect mostly women and they tend to be more prevalent in older adults.

Veins bring blood to the heart and when valves which control the flow of blood through the restricted area stop working and the blood begins to flow in reverse.

Other factors that can make varicose veins appear are;

- Pregnancy
- Standing for long periods of time
- Being overweight
- heavy lifting
- crossing legs for long periods

Natural prevention includes;

- Regular exercise and weight control
- Eating flavonoid-rich foods with strong colour such as cherries and plums
- Flax seeds
- Raw vegetables
- Ginkgo, Hawthorn, Rutin, Coenzyme Q 10

Zinc boosts the immune system, helping to prevent colds, hair loss and even cancer. Best sources include meat, mushrooms, oysters, eggs, whole grains, offal and brewer's yeast.

ADULTS NEED
150 MINUTES
OF HEART PUMPING
PHYSICAL ACTIVITY PER WEEK.



Research shows that even short,
10 minute bouts of physical activity
are associated with increased fitness.

Source: Canadian Society for Exercise Physiology: Canadian Physical Activity Guidelines for Adults



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