



Heart Healthy Valentines

Why on earth would you give your sweetheart the gift of poor health! Saturated fats, poor quality chocolate, cakes made with sweet grease, chemical laden candies and flowers sprayed with herbicides and pesticides are bad for our bodies. Not to mention the stress associated with getting and receiving the perfect gift. Oh my goodness, it can be such a difficult occasion!

Gifts should bring couples together to share and enjoy special moments. Here are some suggestions that may help you and your special date enjoy the day.

- find a cozy corner to snuggle up and share fruit and champagne.
- pack a special picnic lunch, include fresh bite sized ingredients such as fruit, tiny sandwiches, cheese and dark chocolate.
- go for a walk with your sweetheart at the beach, wrap up in a warm blanket and watch the waves roll in.
- take a cooking class together.
- go to a local winery for wine tasting.
- prepare a morning gift; a tender note with a special muffin or croissant.
- give a massage.....it's free.
- give a photo gift, transfer a picture onto a T shirt or boxers.

Move for Life

How many ways can we move?

1. Roller blade at the Airpark
2. Swim or Aqua size
3. Play Tennis or Pickle ball
4. Join a Slow Pitch team
5. Join a Dragon Boat team
6. Work in the garden
7. Run with a group
8. Ice skate
9. Skip
10. Kayak
11. Lift weights
12. Use cardio machines
13. Play Basketball or Volleyball
14. Try Yoga and Pilates
15. Rock climb
16. Play Squash or Racquetball
17. Park downtown and walk
18. Walk the dog
19. Play Frisbee golf
20. Zumba class
21. Dance
22. Windsurf
23. Cycle
24. Taekwondo
25. Karate
26. Climb stairs at Goose Spit
27. Boot camp
28. Jump rope
29. Triathlon
30. Tai chi
31. Fencing class
32. Play Dodge ball
33. Play Soccer
34. Hike Paradise Meadows
35. Play Badminton
36. Have a Bocce party
37. Parkour
38. Chop and stack wood
39. Put the clicker down and get off the couch



Recipe

Ceviche

Ceviche is made by adding lemon and lime juice to raw fish. The acid changes the protein structure which essentially cooks the fish without using heat.

2lbs of firm fish (snapper, halibut)
Fish can be mixed with prawns, shrimp or scallops, but all of the seafood should be small 1/2 inch pieces.

- 1/2 cup fresh squeezed lime juice
- 1/2 cup fresh squeezed lemon juice
- 1/2 red onion finely diced
- 1 cup of chopped fresh seeded tomatoes
- 1 Serrano chilli, seeded and finely diced
- 2 tsp of salt
- Dash of ground oregano
- Pinch of cayenne

In a Pyrex or ceramic bowl, lay fish and cover with the other ingredients.

Let sit covered in refrigerator for several hours.

Serve with chopped cilantro, avocado, and tortillas.



See the You Tube video called 'Let's Make Our Day Harder' check it out for a fresh new look at old ideas.

To contribute ideas to the Wellness Newsletter please contact
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Simple Acts of Kindness

Sprinkling your day with small acts of kindness can give you and those around you a healthy shot of vitamin H (H is for happy). To truly enjoy the feeling of giving we shouldn't expect to receive a reward from the recipient or even an acknowledgement of the act. Giving, speaking and acting with genuine integrity should be the goal here. You may already engage in charitable giving, the following list may provide more ideas;

make someone's day.



- * run an errand for someone
- * refrain from gossiping
- * invite a person who is alone to come for dinner
- * take a meal to an elderly person
- * plant a tree
- * donate to the food bank
- * take a shelter dog out for a walk
- * make time for people
- * write an appreciation letter
- * let someone ahead of you in line
- * help a person carry their groceries
- * tell your parent that you love them
- * pay for a strangers coffee
- * bring a plant or flower to a friend
- * hug a friend
- * help a single parent with child minding
- * shovel snow from your neighbours sidewalk
- * plant a vegetable bed just for sharing with neighbours
- * help a short person reach an item from a high shelf at the grocery store
- * bake cookies for your hair dresser
- * give a homeless person a sweater or blanket or a grocery card

Seedy Saturday March 1st



It's now time to start planning a nutrient rich vegetable garden for spring planting. The perfect place to buy your seeds or to get great gardening tips is at Seedy Saturday. Growing your own vegetables is the best way to make sure that you and your family are eating fresh chemical free food.

Borderline Personality Disorder



Thieves Oil

Thieves' oil dates back to the 15th century when a group of thieves used the recipe to protect themselves from the Black Plague. The thieves doused themselves with the oil before robbing the bodies of dead plague victims. Today the Thieves oil recipe is slightly different than the original but scientific tests have shown the following combination of essential oils to be highly effective at killing germs; Clove, Cinnamon, Eucalyptus, Rosemary and Lemon oils.

Uses for Thieves' oil

- Apply 1 -3 drops to cuts or open wounds to prevent infection and speed healing.
- Put a drop on your thumb and apply to the roof of your mouth for a headache
- Put a couple of drops directly on the soles of your feet to prevent colds and flu.
- Put a few drops on your scarf to breath when in flight
- Inhale for relief of allergy symptoms
- Add several drops to mop water for disinfecting floors
- Breathe in to relieve sinus congestion.

BORDERLINE PERSONALITY DISORDER

Borderline personality disorder (BPD) is a serious mental illness. It affects a person's mood, their relationships, and self-image and may cause behaviour to be unstable. This can hurt work and family life, long term planning and a person's sense of self identity. A person with BPD may experience intense anger, depression and anxiety that may last as briefly as an hour or it could last a day. The person may become aggressive or hurt herself or abuse drugs and alcohol. She/he may often change long term goals, career plans, jobs, friendships, gender identity and values. A person with this disorder may see themselves as being fundamentally bad, or unworthy, they may feel mistreated or misunderstood. Feelings of boredom, emptiness and loss of self identity may accompany the disorder. People with BPD are often impulsive, and spend too much money, they may binge eat and have risky sex. BPD often occurs together with other mental health illnesses, including bipolar disorder, depression, anxiety and substance abuse. Treatments for this disorder have greatly improved and if you or anyone that you know may be suffering from these symptoms treatments can be very affective.

EFAP is available as a family assistance program which offers short term counselling to all employees and their family members. Call 1-866-833-7690