



Are You Fitter Than

You Think? What would happen if you stopped your strength and cardio workouts for a period of time? If you spent the summer lounging and relaxing by the pool would you lose all of your previous fitness gains? As it turns out you may be in better shape than you think. "In a study of beginners who exercised for two months, their strength increased by 46%, and when they stopped training for two months they lost 26%. So they were still ahead of where they had been if they had never trained before. In fact the more fit that you are the slower the rate of loss from not training. A triathlete on a break may only drop 5 to 10% of her fitness in a month or two. It is advised that when getting back to working out you go at 75% of the resistance you had been using, and increase as you feel comfortable. You will be back to where you were in probably half the time that you were before your break.

Halloween Tips For Parents



Be more lenient about candy on Halloween night. It helps to keep an attitude that candy is a special treat, not a daily routine.

Toss out the most brightly colored candy, more chemicals are in the dyes, kids are attracted to the bright colour.

Feed kids an early dinner before they go trick or treating, they are less likely to crave candies due to hunger.

Create the Halloween Pumpkin myth. When kids leave out their bag of candy it will be replaced with a toy. Just make sure to supply a toy.

Parents watch your candy consumption too, set an example for the kids.



EYE TWITCHING

If you have ever woke up in the morning to this strange condition then you will know just how annoying it can be. Two days ago my eye started to twitch at an alarming rate. I immediately looked up the condition to make sure that I wasn't seriously ill. As it turns out Blepharospasm is a common and usually non threatening condition brought on by stress, fatigue, caffeine, eye strain, dry eyes, alcohol, nutritional imbalances or allergies. If you experience the condition and it seems to persist for an extended period of time then try to get an extra half hour of sleep each night and limit caffeine. It should just disappear on its own. Now that's reassuring to know a little extra sleep may help my twitch!

Did you Know?

The eye of a human can distinguish 500 shades of grey.

Your brain sends messages at a rate of about 386 km/h.

The average human body contains enough iron to make a 10 inch nail.

The most common blood type in the world is type O and the rarest is A-H which has been found in less than a dozen people since discovered.

The largest human cell is the female reproductive cell, the Ovum. The smallest is the male sperm.

It takes about 20 seconds for a red blood cell to circle the whole body.

Recipes

Hollyhock Yeast Dressing

¾ cup Engevita flake yeast
1/3 cup water
1/3 cup tamari
1/3 cup apple cider vinegar
2 large cloves garlic
1 cup grape seed or sunflower oil

In a blender combine yeast, water, tamari, vinegar and garlic blend on high, remove the centre of the lid and slowly drizzle in the oil until all of the oil has been added. Keep in a sealed jar for up to two weeks.

Pour dressing over fresh greens, rice, quinoa or roasted vegetables. Delicious and loaded with B vitamins!

Curried Cauliflower

1 head
Cauliflower
in bite sized
florets
1 tsp Lemon
zest



1 tbsp Curry powder
1 tsp Garlic Powder
½ tsp Turmeric
¼ tsp Sumac
4 tbsp Olive Oil
Pinch of Salt
Pinch of Black Pepper
1 tbsp minced Fresh Parsley

Preheat oven to 400 degrees
In a large bowl combine the lemon zest, curry, turmeric, garlic powder, sumac and olive oil. Whisk together until combined. Pour all of the cauliflower and the remaining oil and spices onto a rimmed baking sheet pan. Roast in the oven for 30-40 minutes. Toss the cauliflower and rotate the pan to ensure even toasting. Once roasted; season with salt and black pepper to taste, sprinkle with chopped parsley and serve.



What is an Enabler?

When we speak of enabling we are usually referring to a negative term involving addiction. Often the enabler is a spouse or family member.

The enabler of an alcoholic, drug addict, physical abuser or gambler will take on the responsibilities of a spouse or partner so that the addict does not have to face the consequences of their actions. Examples of this behaviour are;

- Calling in sick(at work)for a spouse.
- Making excuses for a spouses behaviour.
- Cleaning up spouses mess after destructive behaviour.

Really the partner (enabler) is a co-dependent, unknowingly sabotaging the health of their addicted partner.



A healthy relationship allows people to face their own consequences and to succeed in areas of personal growth and independence. The enabler often feels threatened by the prospect of their partner becoming strong and healthy and moving on. The enabler lives in fear of being left alone because they are too co-dependent on their partner. The enabler usually suffers from a lack of self esteem and so it is in their best interest to keep the addicted partner needy.

Most enablers are unaware of their actions and think that they are helpful and loving to their partner. Love comes in many forms and sometimes can be destructive. Tough love in this situation may be best course of action.

To contribute ideas to the Wellness Newsletter please contact
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"Face it, you're a workaholic. If I gave you a raise, I'd only be enabling you."

AUTUMN TREASURES

Let's get positive about the Autumn! After all, this amazing season has its own treasures and beauty. Trees bathed in warm rich colours, steaming soup pots, fresh fruits and vegetables, reading books by a cozy fire. Norman Rockwell himself would tear up if he could see this picture.

Shorter days make some people feel lethargic, and so it's important to get enough rest and relaxation. Keep in mind though that the couch has an almost magnetic force and if we give in too quickly, we may not be able to resist its pull.

With these dark days it can feel as though we spend a lot of time preparing for work, travelling to work and recovering from work. Does this sound familiar? Try to engage in some after work activities, this helps us have a better work/life balance. Most people are happier and more productive at work when they achieve this symmetry.

Rejuvenate your energy level by walking or running outdoors. Register for a fitness program or learn a new skill.

Take advantage of Farmers Markets, Pumpkin Festivals, Theatre events, mountain hikes and beautiful forests. Check out the salmon in the rivers or learn how to forage for wild mushrooms. Embrace the season, it is now upon us!

The Benefits Of Apple Cider Vinegar



Organic Apple Cider Vinegar is a health giving super star. This vinegar is antiviral, antibacterial and antifungal.

Here is a list of its many uses;

- Mix in a glass of warm water with honey and cayenne pepper to soothe a sore throat.
- 1 tbsp in a glass of water to help aid digestion.
- Wash with diluted vinegar to clear up blemishes.
- Spray feet with diluted vinegar to eliminate foot odor.
- Combat warts by dabbing with vinegar.
- Is good to relieve sinus congestion.
- Use as a cleaner for kitchen counter tops or as a floor cleaner.
- Helps to aid weight loss by adding two tsp to 16oz of water and sipping.



WORK PLACE FUN

Here are a few fun ideas to brighten the work place

1. Start a jar of sprouts in the staff room
2. Try a fitness challenge with co-workers
3. Grow flowering bulbs on your desk
4. Surprise co-workers with a tray of vegetables and dip or a pot of homemade soup to share
5. Post a list of weekend events on the bulletin board
6. Start a fundraiser for a special cause that you and your co-workers can champion
7. Enter a team in the Spinathon or other events.