



Do you practice headache hygiene?

Headaches happen to almost everyone at one time or another. If you're lucky, you only get an occasional headache, but 45 million Americans wrestle with frequent, chronic headaches each year.

You may be able to curb headaches with "headache hygiene" — taking care of your body in ways that may reduce the risk, frequency, intensity, and severity of headaches.

- **Keep a regular sleep schedule.** Go to sleep and wake up at the same time every day, including your days off when you're tempted to "sleep in."
- **Eat regular meals.** Don't skip meals, especially breakfast. Low blood sugar, which can result from not eating, may trigger a headache. Avoid too much sugar.
- **Reduce stress.** Avoid conflicts and calmly resolve problems. Take a daily "stress break."
- **Exercise regularly.** Shoot for at least 30 minutes, three times a week.
- **Limit caffeine and alcohol** to one or two drinks per day.
- **Drink plenty of water throughout your day.** Make sure you're getting the equivalent of at least six 8-ounce glasses of water per day.

Sources: American Headache Society; World Health Organization; National Headache Foundation; American Academy of Family Physicians

Quick-Read!

Watery foods keep you hydrated

Did you know that you get some of your daily water needs from the foods you eat? Find out which foods are the best. Pg. 2

Rise and shine, it's time to exercise

This simple, six-step strategy helps you get active early in the a.m. Pg. 3

The sun isn't the only source of summer burns

Don't neglect safety around other heat hazards. Pg. 4

How to be productive when you're feeling lazy

Overcoming a do-nothing attitude when you have a ton to do. Pg. 5

Investing for the greater good

Doing what's right for society — and benefiting your pocketbook — don't have to be mutually exclusive goals. Pg. 6

Shedding light on UV myths and truths

Be sure to slather on sunscreen and don a hat whenever you're outside, even when the sun isn't at its highest position in the sky. Pg. 7

Putting an end to impulsive eating

Come up with non-food distractions until urges pass. Pg. 8

"I have to exercise in the morning before my brain figures out what I'm doing."

— Marsha Doble

OuterAisleFresh:

Watery foods keep you hydrated



If guzzling water isn't your thing, you can get some of your daily water needs from the foods you eat. Here are a few water-rich options to beat the heat:



- **Crisp lettuce:** At 96% water, crisp lettuce tops the watery foods list. It's also a source of folate, potassium, and antioxidants, as well as smaller amounts of vitamins C and K.

- **Watermelon:** This tasty summer staple is about 91% water. As an added benefit, watermelon is also a good source of vitamins A and C, and contains fiber, lycopene, and potassium.

- **Grapefruit:** This tropical fruit is about 90% water. Grapefruit is also a good source of vitamin C and phytonutrients (*which may help prevent certain diseases and keep your body working properly*).

Pink and red varieties also provide lycopene and vitamin A.



- **Broccoli:** This cruciferous vegetable comes in at about 89% water. It also includes iron, fiber, calcium, and vitamin C, as well as beta carotene (*which is converted into vitamin A by the body*).



If you're making cookies and realize you don't have an egg, you can use half of a banana instead.

Wanna go for some 'fro-yo'?

Frozen yogurt (*or as fanatics call it, "fro-yo"*) can be a healthful alternative to its cousin, ice cream.

Here's why fro-yo can be better for you:

- The cold, creamy dairy dessert has a base of yogurt, instead of milk or cream.
- Yogurt contains probiotics (*live active cultures*), which may aid in everything from allergies to digestion.
- Calorie-wise, fro-yo enjoys a slight edge over ice cream, coming in at right around 100 calories per ½-cup serving, compared to 150 – 200 calories for the same amount of ice cream.

If you can, opt for fat-free fro-yo, made using nonfat yogurt. To keep your dessert as healthful as possible, pass on sugary toppings, such as sprinkles, gummy candy, and cookie-dough bits. Stick to granola, fresh fruits, and nuts for a treat that's high in protein but low in calories and sugar. Also, read the nutritional label to make sure your selection is low in sugar, fat, and calories.

Source: Academy of Nutrition and Dietetics

Grilled Watermelon

- 1½ (5 lbs.) seedless watermelon • ¼ cup balsamic vinegar • 1 Tbsp. extra virgin olive oil • ½ cup goat cheese, crumbled • Fresh, finely cracked black pepper

Directions: Slice watermelon into 8 squares, roughly 3 by 3 inches and 1-inch thick, removing the rind. Pour balsamic vinegar into a small saucepan, and simmer over medium-high heat. Cook until reduced to a thick syrup. Heat grill to medium-high.

Brush watermelon slices with olive oil, and grill each side for about 2 minutes.

Sprinkle watermelon slices with goat cheese and pepper, and drizzle with balsamic vinegar. **Serves 8.** Per serving: 176 calories, 8 g fat (4 g saturated fat), 15 mg cholesterol, 57 mg sodium, 22 g carbohydrates, 6 g protein



GetMoving:

Rise and shine, it's time to exercise

If you've ever been envious of exercisers who can get up for crack-of-dawn workouts, here is a six-step strategy to help you get active early in the a.m.

1. Lay out your workout clothes the night before — or even sleep in them, if they are comfortable enough.

2. Put your alarm clock (or phone, if you use its alarm to wake up) out of arm's reach from your bed. This way, you must get out of bed to turn off the alarm.

3. Set a bottle of water by your alarm clock or phone. Take several sips when you turn off your alarm. Adding a little lemon juice to the water may help to wake you.

4. Do not hit the snooze button on your alarm. If this is a real problem for you, set the alarm for the latest time possible, so you trick yourself into thinking you're in a hurry.

5. Put on your shoes and workout attire when you first get out of bed.

6. Put on headphones and start listening to some energizing music while you eat a light breakfast, such as whole-grain toast with peanut butter.



Using the 3-D method to teach kids about sports

If you want children to embrace exercise early and make it a lifelong habit, try the 3-D method.

Demonstrate: Be an active role model. Your kids will learn from watching you. Would you rather have your kids see you lace up your sneakers and head out for an after-dinner walk, or see you pull out the remote and plop down on the couch?

Dedicate your time and money: Make sure kids have plenty of space, opportunity, and equipment to be active. Give them room to run (either in the backyard or a neighborhood park), and provide them with bikes to ride, ropes to jump, and balls to bounce or throw.

Develop creative activities: Come up with fun ways to get your kids moving — the key word being “fun.” Kids may be more eager to exercise if they find it entertaining.

“Doing nothing is very hard to do...you never know when you're finished.”

— Leslie Nielsen

I think I'm injured — now what?

Never try to “work through” the pain of a sports injury. Call a doctor when:

- You can't put any weight on the area
- An old injury hurts, aches, or swells
- The injury causes severe pain, swelling, or numbness
- A joint feels unstable or abnormal

If you don't have any of these signs, it may be OK to treat the injury yourself. Use the RICE (*Rest, Ice, Compression, and Elevation*) techniques right after the injury happens and continue for at least 48 hours.



For more on the RICE method, and activity-specific tips for injury prevention, go to Jul.HopeHealth.com

Source: National Institute of Arthritis and Musculoskeletal and Skin Diseases



The Whole You Physical Health:

The sun isn't the only source of summer burns

Don't forget to protect yourself and others around burn hazards.

- **Fire pits** — whether the backyard variety or campfire version: They're a hazard for all ages, particularly children. Don't assume children are aware of fire dangers. Talk to kids about safety.
- **Fireworks** — even backyard fireworks, such as sparklers, are dangerous. Leave fireworks displays to the professionals.
- **Barbecue grills** — both charcoal and gas: Don't take the lid off a hot charcoal grill and set the lid on the ground. Also, always make sure charcoals are put out properly when grilling is done. When lighting gas grills, open the lid and wait a minute before lighting the grill to allow lingering gas to scatter, and reduce the risk of explosion.
- **Hot surfaces** — you may not want to walk barefoot on sand, wooden boardwalks, concrete, or asphalt. Another potential hot surface: playground equipment. Test the equipment temperature before letting children use it.

Source: HealthFinder.gov



When you have the urge 'to go'

If you've ever leaked a little urine when coughing or sneezing, or had a strong, uncontrollable need to urinate, you're not alone. This common condition, called urinary incontinence, affects millions of people.

Urinary incontinence is most common in people older than age 50, especially women. But it can also affect younger people, such as women who have recently given birth.

Treatment depends on the cause and type of incontinence. Be sure to discuss your incontinence with your healthcare provider.



For urinary incontinence questions to ask your doctor, go to Jul.HopeHealth.com

Source: FamilyDoctor.org (American Academy of Family Physicians)

"I think dogs are the most amazing creatures; they give unconditional love. For me they are the role model for being alive."

— Gilda Radner

Teaching kids to avoid dog bites

If you want kids to get along with dogs, teach youngsters what they should and shouldn't do.



What to tell children about dogs:

- Don't go near dogs you don't know.
- Don't tease a dog.
- Don't bother a dog when it's eating, sleeping, or caring for puppies.
- Tell an adult about any dogs you see wandering around that don't belong there.
- Make sure an adult is with you when you play with a dog.
- Don't try to pet a dog before letting it smell you.

Source: "Prevention and Treatment of Dog Bites," by R. John Presutti, DO, American Family Physician, Vol. 63, No. 8, pgs. 1567-73

What to tell children to do when a dog comes near them:

- Don't run or scream.
- Stand as still as you can. Pretend you're a tree, with your hands up at your chest.
- Don't look directly at a dog's eyes, as dogs may take that as a threat.
- If you fall or are knocked down, pretend you're a log on the ground and stay still.
- When the dog understands you're not going to hurt it, it will probably walk away.
- If a dog bites you or someone you know, tell an adult right away.

TheWholeYou

EmotionalHealth:

Co-worker etiquette

Getting along with co-workers not only makes your job more enjoyable, it may also help further your career.

- **Be a team player.** Help out when you see a need. If someone is struggling with a task, lend a hand if you can.
- **Give credit when and where credit is due.** If a fellow co-worker did a great job, acknowledge it. And, don't let others think an accomplishment was yours when it wasn't.
- **Don't just skip out.** If you're planning a vacation or simply leaving early for the day, be sure to let others know, so they don't waste time looking for you.
- **Chill.** Even if you're swamped with work, don't snap at others on the phone, in meetings, or when someone stops by your workstation. Speak calmly and respectfully. If you're really busy, explain politely that you'd like to talk, but have something you need to finish first.
- **Remember to use your "inside" voice.** Keep your conversations at a low volume so that you don't distract others. This is especially important in an open office with cubicles.
- **Just say "no" to office gossip.** Don't start the gossip chain, and don't let others share juicy tidbits about others with you.
- **Smile and say hello.** Being friendly can go a long way, and a simple acknowledgement only takes a second or two.

How to be productive when you're feeling lazy

Have a ton to do and a do-nothing attitude?

- **Turn on the lights.** The brighter your work space, the more energized you may feel.
- **Set a timer.** If you're dreading a task, give yourself permission to stop after five or 10 minutes. Then, get started. You may find that once you get going, the to-do isn't that terrible.
- **Challenge yourself.** If a task seems boring, such as filing paperwork, try playing a numbers game: Set a goal, such as filing 50 pieces of paperwork in five minutes. Earn a "point" for every piece of paperwork you file.
- **Take it easy, but don't be idle.** Start work on a task that's really easy to complete. Sometimes all you need to become more productive is to check off that first item on your to-do list.

Summer boredom comebacks for parents

When the kids whine about not having anything to do, here are a few fun responses:

- **Water-balloon volleyball:** Partners share a towel and try tossing water balloons over the net with the towel. Players on the receiving team try to catch the balloon in their towels. Score like regular volleyball when a balloon pops on the ground.
- **Penny walk:** Start at your driveway. Flip a penny. If it lands "heads" up, turn right. If it lands "tails" up, turn left. Flip the penny at each intersection on your walk. See how long it takes to get home.
- **A sidewalk chalk-art contest:** Give each drawing an award — most creative, most colorful, most realistic, etc.

FiscalFitness:

Investing for the greater good

Doing what's right for society (or promoting your own personal beliefs) and padding your pocket-book don't have to be mutually exclusive goals.

Socially responsible investing allows you to build your own wealth while still contributing to the greater good.

Socially responsible investing involves evaluating investments on more than just the financial benefits. Investors and/or financial planners may also look at an investment's social, environmental, and even corporate leadership practices.

When you consider socially responsible investing, be realistic about your social and financial expectations, and make your goals clear to your financial advisor. "The public good" may be defined differently by every investor. What's more, the definition of what is "socially responsible investing" varies with each mutual fund. Also, while many socially responsible funds achieve solid financial returns, others may not.

Source: 360FinancialLiteracy.org (American Institute of CPAs)

Are you out of your debt comfort zone?

Determine your debt-to-income ratio. You need to figure out just how big of a burden your debt is.

Your debt-to-income ratio shows you the amount of money you owe compared to the amount you make.

Aim to keep your debt-to-income ratio below 15%. A ratio of 20% or higher is considered a "danger zone" and an indicator that you have too much outstanding debt.

 To figure out how to calculate your debt-to-income ratio, go to Jul.HopeHealth.com

Source: Practical Money Skills for Life (Visa)



Homeowner insurance checklist

For many people, a home is the biggest investment.

Make sure you've thought through your homeowners insurance, so that you have the coverage you need without spending too much.

- **Shop around.** Whether you're just buying a home or you've lived in your current house for several years, take time to get price quotes. The time you invest researching your options could save you real money — often hundreds of dollars a year. Make sure the insurance company is sound, though. You can check the financial stability of companies with credit-rating groups, such as A.M. Best (AMBest.com) and Standard & Poor's (StandardandPoors.com).

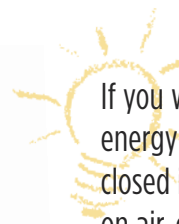
- **Raise your deductible.** The higher your deductible, the more money you tend to save on premiums. You may want to have the amount of the higher deductible saved up in case you need it.

- **Improve your home security.** Insurers typically offer discounts of at least 5% if you add a smoke detector, a burglar alarm, or deadbolt locks. Some companies will reduce your premium by as much as 15 – 20% for a sophisticated sprinkler system and a fire and burglar alarm that alerts the police, fire department, or other monitoring stations.



For more on homeowners insurance, go to Jul.HopeHealth.com

Source: Insurance Information Institute



If you want to cut down your energy bill, keep doors and vents closed in rooms not in use to save on air-conditioning cooling costs.





Shedding light on UV myths and truths

With summer in full swing, hopefully you're in the habit of slathering on sunscreen and donning a hat...

whenever you go outside, even when the sun isn't at its highest position in the sky. To increase your understanding of the sun's harmful ultraviolet (UV) rays, here are some common myths and truths:

Myth: Only UV-B rays cause skin cancer.

Truth: Both UVA and UV-B rays are known to cause cancer. There are no "safe" UV rays.

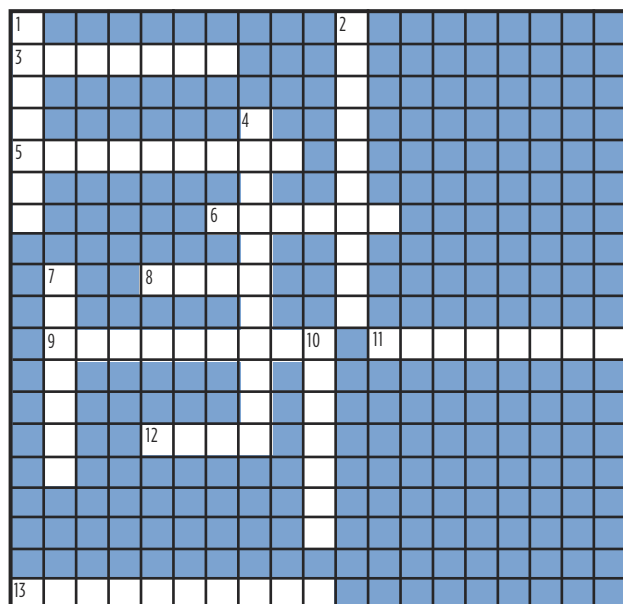
Myth: Skin cancer is the only risk from prolonged and unprotected UV ray exposure.

Truth: UV rays can also cause wrinkles, cataracts, and weaken immune systems.

Myth: Using a tanning bed is much safer than tanning in the sun.

Truth: Tanning beds give off high amounts of UVA and UV-B rays, which are the main culprits in skin cancers. The safest ways to tan are to use spray tans and lotions.

Source: American Cancer Society



DOWN

1. To reduce the risk of headaches, limit this
2. Raise this to decrease homeowners insurance premiums
4. To get children to embrace exercise, do this
7. Aim to keep your debt-to-income ratio below this percent (number, spelled out)
10. Do this to distract yourself when you're vulnerable to impulsive eating

Crossword — Workout

Find out how well you know the health topics covered in this issue of the newsletter.

ACROSS

3. The food with the highest water content
5. 45 million Americans wrestle with these
6. To get along with co-workers, don't do this
8. Don't look directly at these on a dog
9. A source of summer burns
11. UV rays can cause these
12. Acronym for treating a sports injury
13. Yogurt contains these, which aid in digestion



For the crossword puzzle answer key, go to Jul.HopeHealth.com



Tool Box Your Source for Cool Tools & Resources

Go to Jul.HopeHealth.com to find:

- More information on the RICE method for injury recovery, urinary incontinence, homeowners insurance, and how to calculate your debt-to-income ratio
- Activity-specific tip sheets for injury prevention — Learn what you need to do to keep from being sidelined.
- The crossword puzzle answer key — just in case you can't figure out the clues or want to double-check your answers.

If you have a question or comment on a story, or a suggestion for topics you'd like to see covered in a future issue of the newsletter, leave a comment on our Facebook page.

Scan the Quick-Response Code with your smartphone.



[Facebook.com/HopeHealthToolbox](https://www.facebook.com/HopeHealthToolbox)

The information in this publication is meant to complement the advice of your healthcare providers, not to replace it. Before making any major changes in your medications, diet, or exercise, talk to your doctor.

© 2014 by the Hope Heart Institute, Seattle, WA
Institute Founder: Lester R. Sauvage, MD

Material may not be used without permission. To view or make comments on this publication, visit HopeHealth.com/comments.asp

For subscription information, or reprint permission, contact:
Hope Health, 350 E. Michigan Ave., Suite 225
Kalamazoo, MI 49007-3853

Phone: 269-343-0770 • E-mail: info@HopeHealth.com
Website: HopeHealth.com

♻️ Printed with soybean ink. Please recycle.

Medical Editor: William Mayer, MD, MPH

Managing Editor: Jennifer Cronin

Medical Advisory Board: Victor J. Barry, DDS • Renee Belfor, RD

• Patricia C. Buchsel, RN, MSN, FAAN • Kenneth Holtyn, MS

• Reed Humphrey, PhD • Gary B. Kushner, SPHR, CBP

• Patrick J.M. Murphy, PhD • Barbara O'Neill, CFP

• Lester R. Sauvage, MD • Wallace Wilkins, PhD

"After a visit to the beach, it's hard to believe that we live in a material world."

— Pam Shaw

HOPEHealthLetter

Weight Control:

Putting an end to impulsive eating

Do you sometimes turn to food, not because you're hungry, but because something else triggered your need to feed? It happens.

Maybe it's the smell of baked cookies, the mouth-watering image of a juicy hamburger on TV, the stress of trying to finish that work project, or just hanging out with friends who are mowing down a bag of chips. You just can't resist... or can you?

Impulses are thoughts that inspire behavior. Impulsive eating is when you think you need or want food, and then act on that need or want even though you physically don't need food. This type of eating can make weight control challenging.

The good news is that you can overcome such impulses. Most urges last 10 to 15 minutes, at most, and will go away by themselves, even if you don't satisfy them. Keep yourself busy until you no longer feel the need to eat. You might try:

- Gardening • Stretching • Taking a bath
- Playing with your pet • Calling a friend
- Going for a short walk around the block

"Remember, people will judge you by your actions, not your intentions. You may have a heart of gold — but so does a hard-boiled egg."

— Attributed to Maya Angelou

"The cure for boredom is curiosity. There is no cure for curiosity."

— Dorothy Parker

"Someday is not a day of the week."

— Author Unknown

"Someone's sitting in the shade today because someone planted a tree a long time ago."

— Warren Buffett

