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SWOSU BULLDOG WELLNESS

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SWOSU Bulldog Wellness Committee

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SWOSU

BULLDOG WELLNESS

March 2017



Graduation Party?

Do you need a meal for graduation (or any other big gathering)?

The Health and Wellness Committee will provide you with

a prepared meal. Hickory-smoked pork shoulder, baked beans, 36 rolls, and two cobbler for only \$100. It feeds between 18 and 24 folks with lots of leftovers! Order any time before April 23 for pick-up on May 4 & 5. Call or email Lynne Thurman or Leia Moore for questions or orders. (We'll be continuing this throughout this year.)

Reduce Your Risk of Colorectal Cancer!

Twenty-three percent reduction in colorectal cancer risk is linked to regular

use of glucosamine and chondroitin supplements, reports Elizabeth D. Kantor, PhD, MPH.

Glucosamine and chondroitin are thought to have anti-inflammatory properties, and this could explain why users of the supplements may have a lower risk for colorectal cancer.

Elizabeth D. Kantor, PhD, MPH, is an assistant attending epidemiologist at Memorial Sloan Kettering Cancer Center, New York City, and coleader of a study of colorectal cancer at Harvard T.H. Chan School of Public Health, Boston, published in *International Journal of Cancer*.



The Dangerous Truth about Calcium

The calcium supplements that millions of Americans take for bone health may cause serious damage to the heart. That's the conclusion of the latest study examining the long-term risks of these supplements. The research, published in *Journal of the American Heart Association*, found that people who supplement with calcium are more likely to develop arterial calcification than those who get their calcium from foods. Calcium that accumulates in the arteries can impair circulation and increase the risk for heart disease. Yet an estimated 43% of Americans continue to supplement with calcium. The calcium you get from food is different. It enters the body slowly and in small amounts. Also, food delivers a "package" that includes calcium along with dozens of other minerals and nutrients, including vitamins, proteins, fiber, amino acids and, in the case of plant foods, phytonutrients. It seems likely that our bodies benefit from nutritional complexity. You do not get this from single-ingredient supplements.

Headaches are linked to hypothyroidism,

we hear from Vincent Martin, MD. In hypothyroidism, the body does not

produce enough thyroid hormone. This can lead to mood swings, weight gain, fatigue and other symptoms. Recent finding: People with a history of headache had 21% greater risk for hypothyroidism



than people without a headache history... and people with migraines had 41 % greater risk. If you have headaches: Talk to your doctor about being screened for hypothyroidism.

Vincent Martin, MD, is professor of medicine and co-director of the Headache and Facial Pain Center, Gardner Neuroscience Institute, University of Cincinnati, and coauthor of a study of 8,400 people, published in *Headache: The Journal of Head and Face Pain*.



Holistic treatment for smelly feet:

Black tea. Soak bad-smelling feet in strongly brewed, cooled black tea for 30 minutes daily for seven to 10 days... then once a week for maintenance. The

tannic acid in the tea dries out the sweat glands responsible for foot odor in many people.

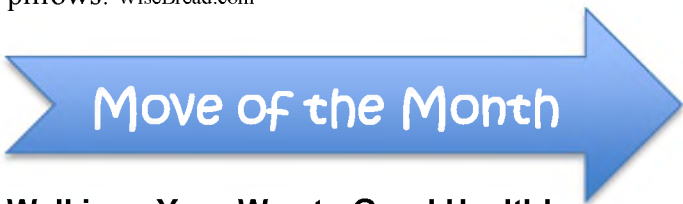
Jane E. Anderson, DPM, doctor of podiatric medicine, Chapel Hill, North Carolina, and spokesperson for the American Podiatric Medical Association, quoted in *The Wall Street Journal*.



Great ways to reuse plastic shopping bags.

Cover paint trays instead of paying \$1 or so each for paint tray liners. Protect plants

from frost during changes in season by wrapping bags around them overnight and removing the bags in the morning. Use bags as gloves when doing oily or greasy work or when cleaning toilets or drains. Use the bags as packing material - making a cocoon for a fragile item using the bags, and if the bags do not have holes in them, blow into them to create air pillows. WiseBread.com



Move of the Month

Walking...Your Way to Good Health!

Increase mobility

– Those who started with 10 minutes a day and worked up to 40 minutes a day within three months increased their physical functioning by 25 percent.

Improve mood

– Walking stimulates the production of brain chemicals like serotonin and endorphins.

Live longer

– Walkers live an average of 1.3 years longer than couch-potato peers do.

Reduce your risk of Type 2 diabetes

– Walking briskly most days of the week improves the ability of muscles to use insulin and absorb glucose. This puts less stress on insulin-making cells and has great cardiovascular benefits as well.

Reduce memory loss + boost brainpower

– Walk 40 minutes three times a week and help prevent a decline in brain function associated with aging. ArthritisToday.org

Recipe of the Month

Easy Chicken Enchiladas



Ingredients:

7-ounce can diced green chiles
16 ounces fat-free sour cream

1 can low-fat cream of chicken soup
3-4 cups cooked chicken (or turkey), shredded or cut into ½-inch chunks
10 flour (whole-wheat) tortillas
3 cups low-fat shredded jack or cheddar cheese (plus a little extra to sprinkle on top)

Optional garnishes: chopped tomatoes, shredded lettuce, cilantro, chopped green onions

Directions:

Mix together chiles, ¾ cup sour cream (save rest for garnish) and soup. Spread ¼ of this sauce mixture in bottom of greased baking pan. Combine another ¼ of sauce mixture with chicken. Fill a tortilla with a scoop of chicken mixture and a handful of cheese. Roll enchilada-style. Place enchilada in baking dish and repeat to fill remaining tortillas.

Cover enchiladas with remaining sauce and cover baking pan with foil. Bake at 350 degrees for 30-35 minutes. Remove foil, sprinkle with remaining cheese and bake another five minutes. Garnish with tomatoes, lettuce, sour cream, etc. if desired.

Healthyeating.org