

HEALTHY, WEALTHY, AND WISE

Practical Knowledge for Everyday Living



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Agent's Corner

When I stepped out my front door the other morning on my way to work, I was met by what could only be described as an impermeable wall of humidity. My first instinct was to gripe about how hot and sticky it was. But upon further reflection, I chose to bite my tongue and just be thankful that at least it wasn't snowing.

It could always be worse. Besides, isn't the warm weather the reason most of us live here anyway?

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The Wordsmith

Rutilant: (adj.) having a reddish glow

Example: After falling off the stage at the awards banquet, Bobby buried his face in his hands in an effort to hide his *rutilant* face.

Simply Florida: A Taste of Flavors from the Sunshine State

Looking for a great gift idea for that gourmet cook in your life? The new *Simply Florida* cookbook created by Family & Consumer Sciences agents throughout Florida is the perfect choice! Order your copy today by calling Samantha at (941) 722-4524 or by visiting <http://www.simplyflorida.org>.

Consumer Alert: Herbal Supplements

There are tons of them out there—gingko biloba, St. John's wort, Echinacea. The list goes on and on. Many herbal supplements on the market today tout their abilities to help people burn fat and lose weight while allowing them to eat whatever they want and exercise as little as possible. They can help improve your memory—or was that help you stay alert?

Many over-the-counter products contain herbal or "botanical" ingredients that are marketed as "all natural." But don't be fooled. Just because something is natural, doesn't make it safe. Water hemlock is all natural, too, but I wouldn't recommend

you eat it since it is extremely poisonous.

Herbal products are not stringently controlled by the Food and Drug Administration. In fact, the companies that produce these supplements are not required to list the ingredients or even offer evidence to prove their claims of certain health benefits. Therefore, the product may not actually do anything but make the company money.

Be wary of herbal supplements. If losing 5 pounds a week just by swallowing a pill sounds too good to be true, it is. That pill may be doing more harm than good.



SECTION A: THE GOOD LIFE



Give Your Breakfast a Boost

“Breakfast is the most important meal of the day.” We’ve heard this adage time and again and some of us actually heed this advice, making an effort to eat a good meal before we start our day.

Here are a few tips to help make your breakfast even better:

Eat mindfully. Take a few minutes to actually sit and enjoy your meal. Don’t rush, trying to squeeze in a meal between getting dressed and putting on your makeup. Savoring your meal will be a more pleasant experience and will aid in digestion.

Include lean protein. Protein is digested at a slower rate than carbohydrates and can lead you to feel satisfied longer. Good choices include skim milk, low-fat yogurt, lowfat cheese, or eggs.

Fill up with fiber. Choose foods that have at least 4 grams of fiber per serving. Boost your fiber intake by including fruit in your meal. Insoluble fiber is indigestible and help you feel full longer. Soluble fiber binds to cholesterol and takes it away, lowering your total.

Load up on nutrients. Eating breakfast gives you an added opportunity to meet your daily requirements of required nutrients. Start the day off right by stocking up on vitamins, minerals, protein, and fiber.

Savor your favorite treats. If you have a hankering for that leftover pizza in the fridge, go ahead and eat it. Satisfy that sweet tooth with fruit preserves and a little almond butter. Eating something is better than eating nothing at all.

Be Kind to Your Feet

Your feet are the only ones you will ever have. If you’ve ever broken your foot, ankle, or leg, you know first-hand just how difficult it is to get around with only one functional foot.

Something as small as a corn or blister can also hinder your ability to walk comfortably. Ill-fitting shoes and socks, moisture, and walking barefoot can lead to foot problems that can make waking a painful chore.

Here are a few ways you can keep your tootsies healthy and happy:

- Apply cornstarch to the bottom of your feet and between your toes or spray your feet with antiperspirant to keep them dry.
- To reduce friction on those blister-prone spots such as toes, backs of heels, and balls of feet, dab on a little petroleum jelly.
- Wear two-layered seamless socks made from special “stay dry” material to keep sweat at bay.



Got Back Pain?

If you suffer from painful back spasms, try this suggestion from Dr. David Lehrman. He suggests lying on your back on a bed, then gently bending your knees and bringing them toward your chest. (You may hold your legs in place by putting your hands under your knees.) Hold this position for 30 seconds. This will help relax the muscles, which aids the healing process.

"You can fool some of the people all the time, and all of the people some of the time, but you cannot fool all of the people all the time."

~Abraham Lincoln~

Helping Men Stay Healthy

A recent study found that men visit their doctor 30% less often than women. Men generally see the doctor to get treatment for a specific malady. But men need regular checkups as well as a preventative measure against more serious ailments. Some of the things that men should discuss regularly with their doctor are:

Blood pressure. Consistently high readings may be indicative of serious heart conditions.

Skin cancer screenings. Men are less likely to use sunscreen or notice the signs of sun damage.

Diabetes and cholesterol levels. Simple blood tests can reveal cholesterol and blood glucose levels.

Prostate protection. Discuss any pain or discomfort and get regular prostate and colon exams.

SECTION B: HOME ON THE RANGE



Flavor of the Month

In honor of spring and National Egg Month, here is a light and delicious breakfast treat that's also rich in vitamins and minerals. Enjoy!

Spinach and Feta Omelet

4 c. chopped fresh spinach
6 large eggs
1 Tbsp. butter
1/2 c. (2 oz.) crumbled feta cheese

In a covered medium saucepan cook spinach in a small amount of boiling, salted water for 3 to 4 minutes or until tender. Drain spinach thoroughly.

In a medium bowl beat eggs well. Add drained spinach; continue beating until thoroughly mixed.

Heat half the butter in a 7 or 8 inch omelet pan or skillet with flared sides over medium-high heat until a drop of water sizzles. Pour half the egg mixture into pan. As eggs set, run a spatula around the edge of the skillet, lifting eggs and letting uncooked portion flow underneath. Cook until top of omelet is set, but still shiny. Turn omelet; sprinkle with half of the cheese. Cook 2 minutes.

Transfer omelet to a warm serving plate; roll up the omelet. Cover and keep the omelet warm in a 300°F oven while you're repeating step 3 to make a second omelet.

Makes 2 servings.

Oil Those Aches and Pains

Many of us are familiar with the delicious taste of olive oil. In fact, many of us use olive oil regularly when we prepare meals. It's healthier than vegetable oil and can add that extra tang to pasta dishes.

However, olive oil has also been shown to have mild medicinal properties. Olive oil contains small quantities of **olecanthal**, which has been shown to relieve pain and inflammation.

How does it work? Like chemical pain relievers such as ibuprofen, oleocanthal eases aches and pains by counteracting the inflammation process.

The extra virgin olive oils

contain the most pain-relieving oleocanthal. Tuscan oils have the highest concentration, with Sicilian and California oils also rating highly.

But don't go reaching for that bottle of olive oil just yet to relieve that mid-afternoon headache. To get the same immediate effect as ibuprofen, you'd have to drink 6-12 ounces of oil.

Experts believe that it's the cumulative effect of regular olive oil consumption that offers protection against minor pain and inflammation.

So drizzle a little on your favorite salad or crusty bread and enjoy!

"If you can solve your problem, then what is the need of worrying? If you cannot solve it, then what is the use of worrying?"

~Shantideva~

Filling Up on Fiber: Taking the Bloat Out of Eating Healthy

We all know that increasing our fiber intake is one of the keys to a healthy diet. Fiber keeps us regular, lowers our cholesterol, and helps reduce our risk of certain types of cancer.

However, too much fiber—especially all at once—may not be such a great thing. The typical American gets less than half the recommended dietary allowance of fiber a day. Suddenly

doubling or even tripling our fiber intake can lead to painful gas and bloating.

The key to comfortable consumption lies in the gradual incorporation of fiber into the diet. If you're only getting 10-12 grams of fiber a day (the RDA is 25-35g), try increasing to 12-15 grams. As your digestive system allows, gradually increase your intake

by 3-5 grams until you are at the optimum level.

Beans, cabbage, apples, broccoli, onions, and many other fruits and vegetables are high in fiber that may cause gas. However, you don't have to avoid them. They contain many nutrients (including fiber) that you need to stay healthy. Just proceed with caution before stocking up!

SECTION G: ODDS & ENDS

ATTENTION ALL READERS

We appreciate your continued support and interest in our programs. In an effort to lower production expense we are polling our readers to see how many would be interested in receiving their monthly newsletters via email. We will continue to mail out to the readers who do not have internet access. However with budget cuts pending we are exploring different avenues to conserve.

If you have internet access and would like to take advantage of email service please send an email to Sharon at shaylee@ufl.edu.

Please forward your email information by **May 21** so we may start utilizing internet distribution with the June newsletter. If you have any questions or concerns regarding this matter please feel free to contact the office. Once again we appreciate your time, efforts, and support.

May Birthdays

Nancy Jones	May 2
Eileen Schneider	May 6
Vicki Cole	May 7
Sue Freeman	May 10
Marcy Bouton	May 11
Unity Berry	May 18
Sue Martin	May 19
Carol DeNike	May 21
Alicea Garrett	May 23
Joan Boruff	May 30
Celia Strickler	May 31

Upcoming Events & Important Dates

May 7 1:00 -3:00	Guild Birthday Lunch KENDRICK Auditorium
May 7 3:00 -4:00	HCE Meeting KENDRICK Auditorium
May 14, 21 1:00 -3:00	Guild Meetings Rogers Auditorium
May 28	Memorial Day CES Office Closed
June 4 1:00 -3:00	Guild Birthday Lunch KENDRICK Auditorium
June 4 3:00 -4:00	HCE Meeting KENDRICK Auditorium
June 11, 18, 25 1:00 - 3:00	Guild Meetings Rogers Auditorium

Manatee County Extension Service

Solutions for Your Life.

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