



High Desert & Inland  
Employee – Employer Trust

# Healthy Perspectives



April

“Your Source For A Happy and Healthy Lifestyle”

DIGEST



“If something stands between  
you and your success, move it.  
Never be denied.”

*Dwayne “The Rock” Johnson*

## A HAPPIER Hour

It’s a fact that an hour of exercise is good for your health and that excessive alcohol consumption is one of the most serious health risks in the world, but can drinking alcohol tank your fitness goals? Alcohol affects every body differently. Body size, body compositions and genetics play a role.

Moderate drinking isn’t likely to affect daily performance at the gym, however, moving beyond moderate alcohol use is directly linked to a continued rate of injuries in sports and appears to have damaging effects on exercise performance capacity. Drinking alcohol can impact the following body functions:

**Metabolism.** Drinking alcohol gets in the way of the liver converting fat into energy; that fat gets stored into cells instead.

**Sleep.** Too much alcohol may cause your body to spend less time in deep sleep. Persistent lack of quality sleep impacts hormones that are necessary for muscle growth.

**Muscle growth.** Drinking more than a moderate amount can sabotage the muscle’s ability to recover and adapt to exercises, resulting in decreased muscle growth.

**Performance.** When the liver is busy breaking down alcohol, it’s less efficient at producing glucose to fuel a workout.

**Hydration.** Alcohol affects how kidneys reabsorb fluid. Not replenishing those fluids will lead to dehydration.

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## SPRING Eating

Clean up your eating habits this spring for a sparkling clean diet. Spring is about new beginnings and starting fresh. **HERE ARE A FEW TIPS TO REFRESH YOUR FOOD CHOICES THIS SEASON:**

**Seek out spring veggies.** Eat more seasonal produce that are higher in nutrients, less expensive, and better for the community.

- **Asparagus** is delicious grilled, roasted, or added to a frittata.
- **Leeks** can be sautéed or braised to add flavor to main dishes.
- **Strawberries** are juicy and sweet, and harvested through the beginning of summer.
- **Watercress** adds a unique peppery, bitter green flavor to soups, salads and sandwiches.
- **Radishes** can add a crisp crunch to salads.
- **Artichokes** are less than 60 calories and can be eaten whole, stuffed, grilled or steamed, or pair the hearts with pasta, pizza and sauces.

**Start an Herb Garden.** Fresh herbs are easy to grow and are more than just a garnish. They can replace salt for flavor, adding to the nutritional quality of your food. Basil, oregano and parsley all contain antioxidants that help protect against cell damage.

**Organize the Refrigerator.** Make choosing a healthy snack easier by replacing the old with new pre-prepared good-for-you options. Slice vegetables and fruit, hard boil a few eggs, and utilize clear containers so you can see what's in them. Arrange foods so that the healthier options are front and center, so you can easily reach for them when hungry.

Eating clean is a simple, healthy approach to eating that focuses on foods that do the body good, while limiting the not so good for you items.

## 10 MOST DANGEROUS Types of Foods To Eat While Driving

Eating while driving is one of the most common forms of distracted driving. Driving and eating is extremely dangerous and puts drivers, passengers, and pedestrians at risk of injuries and fatal car crashes.

The National Highway Safety Administration ranked the 10 most dangerous types of food to eat while driving:

- |    |  |   |            |
|----|--|---|------------|
| 10 | Chocolate                                  | 5 | Burgers    |
| 9  | Soda                                       | 4 | Chili dogs |
| 8  | Jelly & cream-filled or powdered doughnuts | 3 | Tacos      |
| 7  | Fried chicken                              | 2 | Soup       |
| 6  | Ribs and wings                             | 1 | Coffee     |

Eating while driving often incorporates a combination of one or more of the following common types of distractions:

Dangerous Distraction	Driver's Impairment	Combined Distractions
Visual	Eyes are diverted away from the road.	<ul style="list-style-type: none"> <li>✓ Unwrap food packaging.</li> <li>✓ Hold food with at least one hand.</li> </ul>
Manual	Hands are taken off the wheel.	<ul style="list-style-type: none"> <li>✓ Use napkins or apply condiments.</li> </ul>
Cognitive	Mind and focus wanders from driving.	<ul style="list-style-type: none"> <li>✓ Consuming the food.</li> <li>✓ Avoid or deal with spills.</li> </ul>

It is not worth endangering yourself or others by driving and eating, instead, simply wait until you are home to have a meal or pull over to the side of the road.



"You can't do big things if you're distracted by small things." *Unknown*

RECIPE OF THE MONTH



NOURISHING YOU

### Leeks Vinaigrette

- |                                |                              |
|--------------------------------|------------------------------|
| 8 medium leeks                 | 1 tablespoon Dijon mustard   |
| Kosher salt                    | ¼ cup extra-virgin olive oil |
| 2 tablespoons red wine vinegar |                              |

Make a lengthwise cut in each leek, cutting through the green portion partway into the white portion. Put the leeks in a large bowl of cold water to dislodge any sand or dirt. Fill a medium sauce-pot with water and add salt. Bring to boil over high heat. Add the leeks to the boiling water and simmer until tender, 8-10 minutes. While leeks are cooking, in a separate bowl, combine the vinegar and mustard, season to taste with salt and pepper, then whisk in the olive oil. Remove the leeks, drain, and toss them with the vinaigrette.

# Speaking of ORAL CANCER

Oral cancer occurs on the inside of the mouth. Not all cases can be prevented, but the risk of developing it can be greatly reduced when taking steps to reduce these **major risk factors that can cause oral cancer**:

**Excessive alcohol consumption.** The American Cancer Society recommends no more than 2 drinks a day for men and 1 drink a day for women.

**Tobacco product use in any form.** Cigarettes, cigars, pipe tobacco, chewing tobacco, and snuff are all linked to an increased risk for specific cancers.

**Dietary deficiencies.** Eat fresh fruits and vegetables as part of a whole-foods diet while limiting meat, especially the processed variety.

People who use both alcohol and tobacco are at an especially high risk of contracting oral cancer.

These substances are believed to interact in a way that increases each other's harmful effects. In addition to preventing these high-risk behaviors and eating lots of fruits and vegetables, it's important to see your dentist regularly for screenings. Early detection is key to increasing the survival rate.



## STRESS Response

Stress refers to two things: the perception of danger and the body's automatic response to it. Two simple ways to manage stress are to first, *change the way we think about the situation, so it is not perceived as stressful*, then second, *practice a healthy response to the stressor*.

Many people feel a continuous struggle with stress and anxiety. All too often people turn to unhealthy behaviors in attempt to relieve the tension they feel. Becoming aware of how you typically respond to stress can help you make healthier choices.

### SOME TYPICAL UNHEALTHY REACTIONS INCLUDE:

- Overeating or undereating
- Sleeping too much
- Smoking, drinking too much or using drugs
- Watching endless hours of TV
- Lashing out at others
- Withdrawing or isolating

### HEALTHIER REACTIONS OR WAYS TO MANAGE STRESS INCLUDE:

- Meditating
- Practicing gratitude
- Going for a walk
- Listening to calming music
- Journaling
- Letting go of what is beyond our control

**"Reality is an illusion albeit a very persistent one."**

*Albert Einstein*

### MORE WAYS TO MANAGE STRESS

- ✓ Plan and organize your time.
- ✓ Reflect on your values and strengths.
- ✓ Practice relaxation techniques such as deep breathing.





## Are You SURE?

Making good decisions may be the key to living your best life. Sometimes a need for certainty can make it seem more important to *feel right*, than to *be right*. Certainty is the confidence triggered when the uncomfortable tension of not knowing is replaced by the calm feeling of knowing. The need to be certain can sometimes get in the way of accuracy when it comes to problems that require exploration before it's safe to draw a conclusion.

### TAKE NOTE OF THESE SIX TIPS TO FEEL MORE CONFIDENT IN YOUR DECISION-MAKING SKILLS:

1. Take time to consider your confidence level. Overconfidence in the first satisfying answer may be closing our minds to better solutions.
2. Frame the question differently to see other perspectives.
3. Sleep on it. If struggling with a decision, stop overthinking it.
4. Acknowledge your biases to become a little more objective.
5. Notice how you are feeling, label your emotions, and consider how your state of mind may be influencing your decision.
6. Consider you might be wrong. It takes more evidence to change a belief than it does to create a belief. The best way to challenge your beliefs is to argue the opposite.

It's impossible to be 100% certain about complex problems. There may be no specific solution and complex decision making requires deferring the feeling of being right, by tolerating the tension if not knowing.

**“Good decisions come from experience, and experience comes from bad decisions.”** *Anonymous*



# ANSWERS

1. **Which of the following is a way that drinking alcohol can affect your fitness goals:**
  - a. Too much alcohol may cause your body to spend less time in deep sleep.
  - b. Drinking more than a moderate amount can sabotage the muscle's ability to recover and adapt to exercises.
  - c. It can hinder performance and lead to dehydration.
  - d. All of the above.
2. **Choose the statement below that is MOST true about eating while driving.**
  - a. Eating and driving is okay if you are out of town.
  - b. Only some foods are distracting to eat while driving.
  - c. Eating and driving is a dangerous distraction because eyes are diverted away from the road, hands are taken off the wheel, and the mind wanders away from focusing on driving.
3. **Choose the unhealthy response to stress below:**
  - a. Journaling
  - b. Practicing gratitude
  - c. Lashing out at others

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

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