



Be Healthy, Stay Fit – It's your Choice!



Outsmart the "Bugs" this Winter!

If you are eating foods just to lose weight or just because it's meal time, you're missing an important and exciting truth: food is filled with pharmacological agents that are good for you. Food is medicine for your body. If you desire to get well, stay well and live a life filled with energy, expose your body to food for what's in food: natural healing agents, mood enhancers and energy boosters.

Certain foods pack a powerful punch when it comes to wellness. **Here are some foods that will help you outsmart the "bugs" this winter:**

Oats

The beta-glucan in whole oats reduces the risk of coronary heart disease. This soluble fiber is instrumental in lowering cholesterol and stabilizing blood sugars.

Soybeans

The bioactive ingredients in soy products suppress formation of blood vessels that feed cancer cells. Soy helps stabilize hormone levels in women, as well as decrease the risk of heart disease, osteoporosis, and ovarian, breast and prostate cancers.

Tomatoes

Lycopene is a carotenoid that fights the uncontrolled growth of cells into tumors. It fights cancer of the colon, bladder, pancreas and prostate. Men who eat 10 servings per week have been shown to decrease prostate cancer risk by 66%.

Seafood

Healthy EPA/omega-3 oils are shown to decrease risk of coronary artery disease, stabilize blood sugars, increase brain power and reduce the inflammatory response. Seafood reduces LDL cholesterol and tri-glycerides, while raising levels of HDL cholesterol.

Flaxseed

A unique source of lignans, powerful antioxidants that are believed to stop cells from turning cancerous. Flaxseed also contains alpha-linolenic acid, the plant version of the omega-3s found in fish oils; they make a healthy option for people who won't eat fish.

Garlic

A rich source of allicin, which boosts immune function and reduces cancer risk. Garlic also has strong antiviral effects and has been shown to lower blood pressure and cholesterol levels.

Hot Peppers

A source of capsaicin, a vital immune-booster with powerful antiviral effects. Capsaicin is linked to decreased risk of stomach cancer due to its ability to neutralize nitrosamines, a cancer-causing compound formed in the body when cured or charred meats are consumed. Capsaicin also kills bacteria believed to cause stomach ulcers.

Sweet Potatoes

A rival of carrot as a source of beta-carotene and other carotenoids, which help prevent cataracts and protect the body from free radicals and cancer ~ particularly cancer of the larynx, esophagus and lungs.

Grapes

Grape skins contain a high concentration of resveratrol, which appears to block the formation of coronary artery plaque, as well as tumor formation and growth. Red grape juice or red wine is considered a better source of resveratrol than white, which are made without the grape skins.

Cruciferous Vegetables

Broccoli, cabbage, cauliflower, and Brussels sprouts contain indoles, sulforaphane, and isothiocyanates, which protect cells from damage by carcinogens, block tumor formation, and help the liver to inactivate hormone-like compounds that may promote cancer.

Other "Wonder" Foods

Açaí Berries

The highest antioxidant fruit ever, but the antioxidant quotient is reason enough to eat this fruit, but açai berries are also chock-full of B vitamins, magnesium, copper, zinc, phosphorus, and sulfur. In South America, açai berries are pureed and served warm as a sauce or soup.

Quinoa

Dry quinoa looks a bit like sesame seeds, but when cooked, it becomes fluffy and has a hint of crunch, making it an excellent substitution for rice, couscous, and pasta. Quinoa's major claim to food fame, however, is its "nutritional profile." A cup of quinoa has more protein than a quarter-pound hamburger and more calcium than a quart of milk. It's also loaded with iron, magnesium, and a bevy of other minerals and B vitamins. No wonder the Incas named it "the mother grain."



N-Link BIRTHDAY ANNOUNCEMENTS



February

1st Ethan Keating; 2nd Coleen Laskey; 6th Gail Johns; 7th Dee Foster; 8th George Myers; 9th Alicia Haggerty, Jill Jones; 11th Don Hobratschk; 13th Evelyn Hickman; 14th Rita Wellman; 17th Liz Hower; Neva Lubinski; 18th Diane Lenhard; 19th Marcos Vargas; 24th Sharon Knight, Leah Montgomery; 25th George Keating, Sue Miller; 26th Gary Briguglio, Betty Fuchs; 27th Sande Larson; 28th Al Eastlack

March

1st Bea Green, Parker Keen; 3rd Frances Hereford-Griffin; 6th Pasquale DeLisio, Lori Loerch, Carmen Rupert; 9th Rod

Brown, Mary Jo Lee, Allison Oswalt; 10th Cristian Torres; 15th Tommy Oswalt, Suzie Vong; 16th Bunny Heilmann; 18th Robin Council; 20th Darryl Kloter, Greg Marme, Tom Rose; 27th Gretchen Brown, Kim Dutchess

April

1st Michael Haggerty, Gary Winsted; 3rd Peggie Genco; 4th Margrit Klee; 6th George Tucker; 12th Kent Alexander; 15th Paul Diersing, Terry Knight; 17th Bob Gainey; 18th Mary Carter; 19th Ellania Niemiec; 20th Mary Lou Cummings; 21st Roger Loerch; 22nd Keith Kendall; 25th Bob Heilmann; 29th Lois Hobratschk; 30th Jean Aldrich

May

1st Juanita Vargas; 4th Sandy Allender; 7th Pete Zeban; 8th Sandy Kloter, Mimi Rose, Laura Walsh, David Zurlinden; 10th Gisela Horkey, June Hyatt; 12th Carrie Barnett; 14th Jaiden Montgomery; 15th Julian Hyatt, Edie Young; 16th Sharon Tucker; 17th Lee Sapp, Sam Swaffer; 18th Anna Keating; 21st Roy Prophet; 24th Loretta Schmidt; 25th Dara Alexander; 28th Shawn Kloter, Daniel Vargas; 29th Nick Marme; 30th Terry Palmeter



Is YOUR birthday missing from our quarterly birthday lists?? Please call or email me with the info Thanks! Mimi 633.0677 mmrose1@tampabay.rr.com



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