



# WEDNESDAY WELLNESS

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## The Fire Within!

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Most people think of inflammation as being localized from illness or injury. Over-used joints may have swelling and inflammation. A cut will cause inflammation which kicks your white blood cells up a notch to beat out infection.

We need the inflammatory response. But what happens if our insides are on a constant simmer?

Chronic inflammation within is the real deal and is known to be the cause of various conditions and illnesses. Heart disease, diabetes, atherosclerosis and intestinal revolts are a few big one's for starters. How does chronic inflammation begin? Continuous intake of processed foods; diets high in sugars and fats, but low in protein are pro inflammatory.

Oils such as safflower, sunflower corn and peanut are inflammatory. Diets low in Omega-3, but high in Omega 6 are also a cause. But your environment can also punch this process into gear. Pesticides, pollution, plastics, cleaning products and synthetic fibers all count.

Another reason to get outside and **Move it, Move it!** Psychological stress and lack of sleep turns on cortisol, a hormone known to cause belly fat, influence insulin levels and metabolism. Inflammation flares and affects your immune system as well.

Our bodies are constantly exposed to a barrage of toxins.

Combine that, with life in the fast lane and bad food, we're on fire! The body can hold the lid down for only so long, then something has to give—most likely to illness. Ease up the internal simmering with a healthy diet of fresh fruits and veggies, plenty of water, 7 to 8 hours of sleep daily and managing your stress. **For A Better Way To Stay Well!**



**MONDAY**  
Avoid mindless eating!

**WEEKLY**  
**WEDNESDAY**  
Perseverance counts when changing a lifestyle habit!

**THURSDAY**  
Exercise shouldn't be painful. 'Listen' to your body!

**TUESDAY**  
Disassociate eating with other activities!

**FRIDAY**  
Got complex carbohydrates?

**CHALLENGE**



### IN THE KNOW

**Peanut Butter** is one of the best foods on the planet according to me....so here are a few facts on the yummy stuff: Peanut butter was developed in 1890 by a doctor in St. Louis for his patients with bad teeth! Most men go for chunky; girls and kids gravitate to creamy. It takes about 550 peanuts to make a 12oz jar of P.B. One acre of peanuts could make roughly 30,000 P.B. sandwiches. West coasters are into chunky, while Easterners prefer creamy.

Source: Food Reference.com

**WEEKLY QUOTE**  
"Giving in to fear is to give away the right to live life on your terms." ~ Unknown

**WEEKLY RECIPE**  
Crunchy Baked Fish

1 pound fish fillets  
1/3 C crushed Cheez-It crackers  
1 tsp parsley flakes  
1/2 C low-fat Catalina salad dressing

Preheat oven to 400. Spray cookie sheet with nonstick spray. Mix crackers and parsley. Brush fish with Catalina dressing. Coat one side of fish with cracker mixture. Place fish, cracker side up, on cookie sheet. Bake uncovered until fish flakes easily, 10 to 15 minutes. Serves 4.

Calories: 137.8    Fat: 3.26G  
Carbohydrate: 6.89G    Protein: 20.33G  
Sodium: 318.2mg    Source: 4 Ingredient Cookbook

**move it, move it!**

**FITNESS TIP**  
**Thigh Thinner**  
Stand with feet hip width apart, hand down with weight in right hand, left hand on side. Lift leg out to left, foot flexed, slowly swing leg across body and back to center for one rep. Repeat. Keep leg off floor. Do 12 reps. Return to start. Switch sides, repeat.  
*Muscles worked: Thighs, abs, hips*  
Source: Self Magazine