

# SB Wellness Monthly Newsletter

SB Wellness Group, Inc.

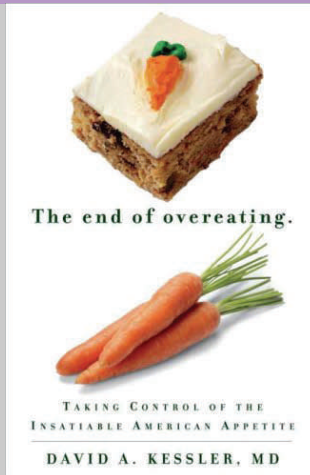


## Why We Overeat and How to Stop It

### Book Review:

Dr. David Kessler, M.D. was the Food Commissioner of the U.S. Food and Drug Administration from 1990 to 1997. He writes in his book **The End of Overeating. Taking Control of the Insatiable American Appetite.** "We have not understood why eating certain foods only makes us want to eat more of them. No one has recognized what's really happening."

According to Dr. Kessler, science tells us that sugar is a prime driver in overeating. However, when you add fat to sugar the drive is synergistically increased. When you combine sugar and fat, dopamine, a neurotransmitter that conveys messages from one nerve cell to another, can spike. Dopamine focuses your attention on what is most important. Science has known that dopamine would spike and stay elevated



with stimulants like drugs and alcohol. Science is now showing that multi-sensory foods, or complex foods with combinations of fat, sugar and salt, raise dopamine and cause us to focus our attention or "obsess" on that food. The more multisensory the food, the more reinforced it becomes.

Dr. Kessler also mentions in his book that the food industry understands that sugar, fat and salt drive consumption and that people will keep coming back for more when these are present in the right amounts.

How does this happen? We get on a cycle of cue-activation-arousal-release. We are cued by the smells, sights, time of day, events, etc. and aroused by these. When we eat there is a release. Dr. Kessler says

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### Quote of the Month

*"Problems arise in that one has to find a balance between what people need from you and what you need for yourself."*

-Jessye Norman

## Workplace Ergonomics

Proper workplace ergonomics should not be underestimated. Applying ergonomic principles—the study of the workplace as it relates to the worker—can reduce work-related injuries, back pain, and undue energy loss. The goal of



workplace ergonomics is to adapt the workplace to a specific worker, dependent on the job description, required tasks and physical make up of the employee performing those tasks. For example, back injury on the job more commonly comes from poor posture at desk or poor lifting techniques over time rather than a sudden fall or accident. It is the hours of

undue strain put on a certain part of the body that can cause problems in the long run. When proper ergonomics is applied like a comfortable computer station, visual and musculoskeletal discomfort and fatigue are reduced significantly. From hairdressers to construction workers to computer

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## Headaches

There are many different types and causes of headaches, but whether major or minor they are sure to be disruptive to your day. Knowing what type of headaches you are experiencing and the possible causes can help you come up with the right remedy. If you do get headaches often, it is important to know the warning signs of when you may need to talk to your doctor. Medically, headaches are classified as primary or secondary. **Secondary headaches** are headaches caused by an underlying condition and can serve as warning signals of more serious conditions. Conditions such as



meningitis, spinal trauma or injury, stroke or mini-strokes (TIAs), high blood pressure, brain tumors, hematoma, or illnesses of the sinuses, ears or teeth are some of the possible causes of secondary headaches.

Because headaches can be caused by these or other underlying medical problems, make sure to see your healthcare provider if your headaches:

- Start after age 50
- Are more severe or described as the “worst headache of your life.”
- Start suddenly or is aggravated by coughing, sneezing, or bending.

- Are linked to a stiff neck or fever
- Make it difficult to think or remember
- Cause severe vomiting
- Are associated with changes in speech, vision or behavior
- Are not responding to treatment and getting worse.

**Primary headaches**, responsible for more than 90% of headaches, are headaches for which there is no underlying disease responsible for the headache. The most common types of primary headaches include tension, migraines and cluster headaches.

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## Wellness Tip of the Month



### Back to School

Besides school supplies, backpacks and uniforms here are a few tips that can help ensure your child starts school out on the right foot:

**Get vision and hearing**

**screened.**

**Make sure immunizations are up-to-date.**

**Make eating breakfast a must.** This

will help your child have better focus and learning ability throughout the day.

**If you suspect learning disability, dyslexia, or trouble with certain subjects address the issue immediately.** Talk to teachers at the start of the school year so correct accommodations can be made.

**Check your child's head for lice if they have been itching their scalp** or have a nurse or pediatrician check if you are unsure. Lice can be easily

contracted at summer camp and can be treated pretty quickly. It is better to do this before school starts to save your child added anxiety about it and missed school days.

**Try to get on a regular sleep schedule before school starts.**

**Be there for them.** Give them extra time and attention if you can before and when school starts, as starting school can cause added stress and anxiety for kids.



## Wheel of Wellness

### Balance Your Wheel

Over the last six months, we have covered each aspect of the wheel of wellness: physical, mental, spiritual, environmental, social and intellectual. It is important to continue to grow in each area. Strive to balance your wheel by becoming healthy in each area of wellness. This is the biggest challenge for most.



Life can be hectic and often the ride is very bumpy. If you want to smooth out your journey, strive for balance in all six aspects. Work hard to balance work and family and remember to leave time for your own health. Assess which areas of the wheel you need work in and decide how you can improve in each. Set a few realistic goals every week or two weeks that will enhance

your weaker areas of wellness and help you to achieve better balance. For example, if you feel your job stress is affecting your health or home life, set a goal for the week to exercise at least one afternoon and do something fun as a family one afternoon. You will find these small steps at home will help you manage your stress at work.

## Why We Overeat Cont'd



that we are not all equally vulnerable and has termed this condition hyper-eating. People who have this have been shown to have elevated activation in a part of the brain called amygdale. This is where we process and store memories of emotions. In conditioned hyper-eaters, this activation remains elevated and doesn't stop until eating stops. Therefore the circuits in the brain that should have

made them stop eating are overriding the body's homeostatic mechanisms. Therefore, eating these types of foods changes the brain!

The trick is to learn a new circuitry. Dr. Kessler gives several strategies to help you resist the pull of unhealthy foods in his book. Here are a few:

1. **Replace chaos with structure.** Plan ahead of time what and when you will eat and try to stick to it as much as possible.
2. **Only eat what you need.** Put

the right portions on your plate and don't go back for more!

3. **Pick satisfying, not stimulating foods.** Choose more natural foods high in water and fiber.
4. **Seize control!** Learn your emotional stressors that trigger this behavior.
5. **Change the channel!** Avoid images of trigger foods. Out of sight, out of mind!

## Workplace Ergonomics

programmers- all employees are at risk for stress and strain. Here are some tips and resources that can assist in creating an ergonomically correct workplace and preventing injuries and fatigue:

**Practice good posture.** Try to keep a neutral spine whether you are sitting or standing at work. For further information on good posture go to: [spine-health.com](http://spine-health.com)

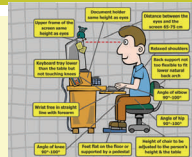
**Listen to your body.** If you experience any tingling, numbness or pain in joints address them immediately and try to make necessary changes to diminish overuse of these areas.

**Set your workstation up to be ergonomically correct.** For more information on how to do this go to: [OSHA.gov](http://OSHA.gov)

**Stay physically fit.** The more conditioned a person is, the

more likely a person is to prevent injury, be able to

keep good posture, and maintain work stress. **Regulate temperature when possible.** Cold temperatures can tense muscles. Layer clothing if you cannot control temperature.



## Muscle Group of the Month

### Triceps

The triceps brachii muscle is the large muscle on the back of the upper limb. It is the muscle most responsible for the extension or straightening of the arm. The triceps accounts for approximately 60 percent of the upper arm's muscle mass. **Remember to check with your doctor before**



*starting a new exercise program.*

#### **Triceps Extension (above)**

This exercise can be done standing as well as sitting on

a bench or an exercise ball.

1. Position one dumbbell overhead with both hands under the weight plate.
2. With the dumbbell overhead, bend your arms at the elbows and bring the dumbbell towards the back of your head.
3. Then extend your arm until it is perpendicular to the floor or fully extended.

### *Exercise- Stick With It!*



*If you are having a hard time sticking to an exercise routine, make it a rule to not go more than three days without exercising. This will help get you to consistency much faster than a week on, week off pattern.*

*Your Partner in Health.*

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## Recipe of the Month

### Quick Fixes for Leftovers

*Don't toss those leftovers. Save time and money by using leftovers to create a whole new meal.*

#### **Leftover Broccoli and Chicken Breast sound boring?**

Try:

#### Chicken and Veggie Omelet

- 1 whole egg + 2 egg whites
- 1 Tbl. of plain yogurt or 2 Tbl. or Skim Milk
- 2 oz. of cooked chicken breast, diced
- 1/3 cup cooked broccoli, chopped
- 1-2 oz. of low-fat cheese
- Salt and Pepper to taste.

Beat eggs with yogurt or milk. Cook over medium heat in skillet for 2-3 minutes, then add chicken and broccoli. Cook for another 1-2 minutes and flip to cook for another 1-2 minutes. Add cheese and fold in half.

#### Chicken and Veggie Pizza

Use a whole-wheat pizza bread or dough. Top with pizza or marinara sauce. Add diced chicken and broccoli and sprinkle with a little low-fat cheese. Add other veggies like fresh tomatoes, mushrooms or bell peppers if you have them. Cook according to pizza bread package for a delicious and healthy pizza treat!



#### **Safety Tips for Leftovers:**

*Don't leave cooked food out for more than two hours. Eat chicken and meat within 1-2 days, and leftover vegetables within 2-3 days.*

## Headaches Cont'd

Tension headaches are the most common of all headaches and are a result of contracting muscles of the face, neck and scalp brought on by stress. Migraines are more severe and often cause nausea, vomiting, and sensitivity to light and sound. Cluster headaches are believed to be genetic and are usually felt with pain on one side of the head and around the eye. They usually come in groups over weeks or months and can cause nasal congestion and watery eyes.

Causes of headaches cannot always be clearly found but some common causes of headaches include:

*Dehydration, stress, lack of sleep, staring at the computer screen for long periods, poor posture, smoking, alcohol, menstrual hormones, caffeine withdrawals, certain medications, and certain foods.*

The most common treatment of headaches is over-the-counter headache medication, which should be taken according to the directions recommended and with caution as they can have side effects and can be



dangerous to one's health if not taken properly. Since headache medication is a temporary fix, trying other remedies and prevention techniques can help those headache sufferers. Other headache remedies can include relaxation techniques like deep breathing and muscle relaxation, massage, and rest or sleep.

Taking steps to prevent the onset of headaches can be the most effective and beneficial. Try the following if you commonly experience headaches:

- **Manage stress.** Stress releases hormones into the bloodstream that can affect the way we experience pain. Muscle

tension, teeth grinding, and stiff shoulders are other responses to stress that can increase the likelihood that you will have a headache.

- **Reduce or eliminate alcohol, smoking, and caffeine;** all of which can trigger headaches.
- **Get adequate water.** Dehydration is one of the most common causes of headaches. Drink at least 8-10 glasses of water each day.
- **Check your posture.** Poor posture or workplace ergonomics can cause more tension in the neck and shoulders leading to headaches. See the article on Workplace Ergonomics (Page 1) in this month's newsletter.
- **Get your Z's.** Lack of sleep can trigger headaches.
- **Give your eyes a break.** Staring at a computer screen for long periods of time can cause eye strain and headaches. Take short breaks or alternate filing, paperwork or phone calls with computer work.