



UB Health Sciences Center News

University of Bridgeport

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Health, Fitness and the New Year, 2010

By Lisa Rosenberger, ND

The most common New Year's resolutions revolve around the ideas of getting healthier and in shape. Often by mid-January, early February people are still trying to figure out how to accomplish their resolutions or simply where to start. Here are some simple ways to get started:

Getting Healthy:

Diet: Start by avoiding fast foods and foods that are processed. These foods are often pro-inflammatory, high in calories, as well as contain hidden sugars and fats. It's best to eat foods that you have prepared yourself and/or have the least amount of additives/ingredients. Try making vegetables the largest part of your meals. Bring variety and color to your plate (see figure 1). Reduce the amount of grains and animal proteins on your plate; they should be the smaller portions. It is really important to also know the quality or source

of your foods. This means that understanding whether a food is organic or not. If a food is not organic, do you know where it came from and how it was treated before you got it? If you are not sure of the source it is probably better to go with organic, when you can. However if organic is not available or cost is an issue, look at figure 2, for those foods that will more readily absorb and retain pesticides: "the dirty dozen." Aside from fruits and vegetables, it is also important to get organic meats and wild caught fish. Organic meats have lower inflammatory fats and can be leaner meat than their non-organic counterparts. The label should say organic, free-range, grass fed beef as well as antibiotic free. For fish, wild caught fish also tends to have a higher percentage of omega 3 essential fats compared with farm raised fish. However with wild caught fish you have to be

careful of the larger fish (tuna, swordfish, shark, etc) because they tend to accumulate more heavy metals (such as mercury).

Another aspect to diet, aside from what you eat, is how you eat. It is important to actually make time to eat; don't eat while you're running out the door or in your car. Part of the digestion process begins when you prepare food, the other part is chewing your food well. Often when we are rushed or distracted, we don't chew our foods, we often lose track of whether we ate enough or too much, or we forget to eat all together. Take time out of your day for meals. You should allot at least 15-30min for each meal, and during that time you should focus on what you are eating not on the paper you have to write or the meeting you have afterwards. (Con't page 2)

Dream a Little DREAM in the New Year

It's 2010...a new year, a new decade and the beginning of a new you. Or is it? How many times have you started a New Year's resolution only to find that within a few months not only have you forgotten your resolution, but the issue you were working on has gotten worse! Maybe the problem wasn't with your resolution, but how you went about it. Humans are funny beings and when it comes to change we often find ways to create resistance regardless of how good a transformation might be for us. One way to try to improve your life without creating the obstacles that cause us to fail is to change the way we change. Instead of trying to

make a dramatic sensational make-over, let's borrow a little secret from a concept in Japan know as kaizen. Kaizen simply means improvement, but in practice it means making the smallest amount of positive change that you can think of and then just doing it. It's the difference between revolution (a onetime dramatic event) and evolution (a number of small progressive events). Many New Year's resolutions fail because they are too revolutionary for a person's life...it's simply too much, too soon. On the other hand, if you try short baby steps, often we can stay within our comfort level and build on our tiny successes...in a word, kaizen! (continued on page 3)

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Winter is a season of cold and snow. As we look forward to longer days, we can use this time to improve our health and rejuvenate as does the earth in preparation for spring.

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Why is not skipping meals important?

Having regular meals provides the substrates for energy production throughout the day. When you skip a meal it puts your body under stress and leads to your energy levels depleting. For better health, reduce stress on the body and one of the more simple ways to accomplish that is regular meals (and snacks as needed). Overeating can also stress the body because it makes the body work harder at digesting food as well as now processing the excess food/nutrients into storage, such as fat. Overeating will lead to your body sending its energy resources to the digestion process, so you feel more tired for awhile after eating. To avoid overeating, again look at your portion sizes, as well as pay attention to your eating.

Hydration.

Drinking plenty of filtered water is essential for maintaining a healthy body. It helps in energy production, detoxification and digestion. In our society, it is common to believe that any fluid you ingest can count towards hydrating your body; this is wrong. For example, for every 1 cup of coffee you drink, you should drink 2 cups of water to replace the water that is lost from the body stimulated by the diuretic effects of coffee.

Drinking more water tends to be a challenge for some people so start slowly and increase gradually. Most say 8 glasses of water a day are ideal, but depending on your size that may be too much or not enough. So a better water intake goal is half your body weight in ounces. For instance, if you weigh 130lbs., your water intake per day should be 65 ounces of water. (If you have fluid intake restrictions from your doctor because of a medical condition, consult with your physician before making changes.) If you have trouble drinking water because you don't like the taste, some ways around that are to have a squeeze of lemon, lime or orange in the water. Avoid flavored waters that add sugar. Carry a bottle of water with you at all times so to remind you drink more. If you are carrying a plastic bottle make sure not to leave it in your car or in a hot place for long periods of time as the phthalates from the plastic can leech into your water. Stainless steel bottles are ideal and can be found at outdoor stores or natural food stores.

Sleep and rest.

Essential to a healthy body is having a good night's sleep; during sleep is when your body has time to recharge and repair any damage/ stress the body withstands during the day. It is important to go to bed at a time before midnight, since our usual cortisol release/ rhythm is lowest at this time and allows for the body to fall into a deeper sleep more easily. Waking and going to bed at the same time daily also helps maintain routine, which is helpful for your adrenals and stress response. Aside from a good diet, there are some key nutrients that help in the energy production pathways within the body.

Nutrients:

1. Magnesium/ calcium – important for muscle contraction and relaxation; Magnesium is also the one of the first minerals depleted when stressed either physically, emotionally or mentally. Magnesium is also a cofactor for some of the reactions for en-

ergy production.

2. B vitamins – water-soluble vitamins so easily absorbed. They are cofactors for many reactions in the body such as in stress response and energy production pathways.

3. Omega 3 Essential Fatty Acids/Fish oils – are precursors to the anti-inflammatory pathways. These have been shown to reduce whole body inflammation as well as inflammation associated with joints, ligaments, and muscles and may also improve lean body mass.

4. Ribose- sugar that helps in energy production pathways and reduces lactic acid accumulation

Regular Exercise.

Regular exercise is not only helpful with weight loss/ maintenance, but also helps with energy, stress reduction and improves circulation. Some key points to keep in mind when going to exercise include: protect and nourish your muscle, joints, ligaments and tendons, find activities that you enjoy and are willing and able to do participate in regularly, be realistic about your schedule and what activities you are going to add to it.



Figure 1:<http://theportionplate.com/>

Contact the University of Bridgeport Naturopathic Clinic at 203-576-4349 for an appointment.

SHOPPER'S GUIDE TO PESTICIDES

DIRTY DOZEN <small>Buy These Organic</small>		CLEAN 15 <small>Lowest in Pesticides</small>	
WORST	1 Peach	BEST	1 Onion
2 Apple	3 Bell Pepper	2 Avocado	3 Sweet Corn
4 Celery	5 Nectarine	4 Pineapple	4 Pineapple
6 Strawberries	7 Cherries	5 Mango	5 Mango
8 Kale	9 Lettuce	6 Asparagus	6 Asparagus
10 Grapes (Imported)	11 Carrot	7 Sweet Peas	7 Sweet Peas
12 Pear		8 Kiwi	8 Kiwi
		9 Cabbage	9 Cabbage
		10 Eggplant	10 Eggplant
		11 Papaya	11 Papaya
		12 Watermelon	12 Watermelon
		13 Broccoli	13 Broccoli
		14 Tomato	14 Tomato
		15 Sweet Potato	15 Sweet Potato

ENVIRONMENTAL WORKING GROUP
www.foodnews.org

Post Traumatic Stress Disorder

by Wendy Garcia

Have you ever had a patient who seemed anxious and easily startled, whether by a sudden movement or noise, or some other stimulus? Revisiting their medical history could provide you with clues or indicate the need for further investigation into possible causes for this type of reaction. One explanation among many might be post-traumatic stress disorder (PTSD).

PTSD was formally recognized as a psychiatric diagnosis in 1980.¹ According to the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-IV), PTSD is defined as the development of characteristic symptoms following exposure to an extreme traumatic stressor involving direct personal experience with responses to the event involving:

- intense fear, helplessness or horror
- persistent reexperiencing (recurrent and intrusive recollections of the traumatic event)
- persistent avoidance of stimuli associated with the trauma and numbing of general responsiveness
- persistent symptoms of increased arousal (hypervigilance, irritability, angry outbursts and easily startled)

Numerous types of events have the potential of leading to PTSD and include but are not limited to:

- military combat
- violent personal assault (sexual, physical, robbery, mugging)
- natural or manmade disasters (floods,

violent crimes)

- severe automobile accidents
- diagnosis of a life-threatening illness
- peer suicide^{1,2}

Children are particularly vulnerable to PTSD. Three factors influencing the likelihood that a child or adolescent will develop the disorder are severity of the traumatic event, parental reaction to the traumatic event and physical proximity to the traumatic event.²

Important Points to Remember

- Knock on door before entering examining room
- Ask permission to enter room
- Address patient by name and identify who you are
- Obtain consent prior to all procedures

In the event of an adverse reaction (flashback)³

- Communicate by calling patient's name
- Calmly reorient the client back to the office setting
- Communicate the current date
- Speak in a reassuring tone
- Be wary of your own safety
- Make sure you have a clear pathway to exit situation
- Summon appropriate help
- Document details and reevaluate situation
- Most importantly, develop office policy to deal

with a disoriented client in the event of an occurrence

With an increase in traumatic events occurring locally and globally, the chances of a client suffering with PTSD presenting in the office may be more likely. Understanding the ramifications of this disorder empowers the healthcare professional to better treat this special needs population with confidence, competence and compassion.

1. American Psychiatric Association. *Diagnostic and statistical manual of mental disorders* 4th ed. Washington, D.C.: Author; 1994.
2. United States Department of Veterans Affairs, National Center for PTSD. PTSD in children and adolescents. Available at www.ncptsd.va.gov/ncmain/ncdocs/fact_shts/fs_children.html. Accessed Mar. 15, 2008.
3. Neason K. PTSD: Help patients break free. RN 2006; 69 (10): 31-35. Available at <http://rn.modernmedicine.com/rnweb/article/articleDetail.jsp?id=375524>.

For dental cleanings, xrays, and oral cancer screenings call the Fones School of Dental Hygiene at 203-576-4137 to make an appointment.



Dream a Little DREAM (continued)

So for this year let's dream about a few areas in our lives that we could make small but important changes that would improve our health. In chiropractic practice we use the mnemonic DREAM as a way to get started.

DREAM stands for diet, rest, exercise, alignment and mental health. Think of a small positive change you could make in each of these categories. As examples, when it comes to diet, just commit to eating one less sweet thing a day. In terms of rest, just commit to getting 15 more minutes of rest a day. With exercise, just commit to taking a short walk one time a day. For alignment, just commit to getting your spine checked this month (by one of our chiropractic student interns of course!), and for mental health, just commit to reading one uplifting story or joke a day (as a start see www.chickensoup.com to sign up for their inspirational daily email story or ask about the free handout at the reception desk). I think you'll find that with some thought and just a little bit of commitment, taking a few small steps in improving your health will make a big difference in your life and happiness.

All the best to you and yours in the coming year,

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<http://www.bridgeport.edu/pages/4410.asp>

Professional. Caring.
Affordable.



The University of Bridgeport Health Sciences Center is located at the edge of Seaside Park on the shores of Long Island Sound. It is the home of the teaching clinics for the College of Chiropractic, the College of Naturopathic Medicine, the Acupuncture Institute and the Fones School of Dental Hygiene.

Each of these specialty clinics offers comprehensive services as described in this brochure. The Center provides numerous opportunities for medical therapies in one convenient location.

Please contact the Health Sciences Center reception staff at 203-576-4349.

Fones Dental Hygiene reception can be reached at 203-576-4137.

The dispensary can be reached at 203-576-4298. Hours and Fee information for all clinics may be found at www.bridgeport.edu/pages/4410.asp

2010—The Year of the Tiger (Metal)

Tiger Years are third in the cycle and recur every twelfth year.

The Tiger is said to be lucky, vivid, lively and engaging. Another attribute of the Tiger is his incredible bravery, evidenced in his willingness to engage in battle or his undying courage. The Chinese say having a Tiger in the house is the very best protection against the evils of fire, burglary, etc.

THE METAL TIGER 1950 AND 2010

The Metal element gives the Tiger its sharpness in action and speed of thought. Tigers born in Metal years like to stand out in a crowd. With an inspiring assertiveness and competitive demeanor, they determine their goals and then do anything necessary to achieve them. This good-looking character sometimes suffers from mood swings and temper tantrums. The Tiger can be known to jump to conclusions or to act too quickly without weighing the options or understanding the consequences. This is a flaw Tigers must learn to curb.

For an acupuncture appointment please call:

203-576-4349

