



NEWSLETTER [VOL.6 | ISSUE 6 | OCTOBER 2012]

**FUN FAMILY ACTIVITIES
 OCT-NOV '12**

SATURDAY, NOVEMBER 3

Red Rose Ball (Freeport)

Grand Lucayan Resort at 7 p.m.

The Red Rose Ball Committee will host "Las Vegas Cabaret Charity Ball" at The Radisson Grand Lucayan Resort. Cocktails: 7pm; Dinner: 8pm. Tickets: \$150. All proceeds to benefit HIV/AIDS education and the construction of a Health Education/Resource Centre.

SUNDAY, NOVEMBER 4

Baark! StrutYour MuttWalk-a-thon

Phone: 242-558-3039

info@baarkbahamas.org

Starts from Goodman's Bay at 4 p.m.

Registration begins at 3pm (\$10). There will be prizes for all participants and a chance to win a fantastic gift basket. All proceeds goes toward the spay and neuter program.

WEDNESDAY, OCTOBER 31

Humane Society Fall Camp

Phone: 242-323-5138

www.bahamashumanesociety.com

BHS Shelter on Chippingham Road

Kids learn the basics of animal care and humane treatment, and interact with the Shelter staff. Camp runs 9 a.m. to noon and is \$30 for ages 5-12.

SUNDAY, NOVEMBER 4

UWC Triathlon Bahamas

www.uwctriathlon.com

Starts from Clifton Heritage Park

The triathlon starts at 8:30am from Clifton Heritage Park. Founded in 2011 to raise scholarship funds for Bahamians to acquire an IB at one of the 14 transformational United World Colleges around the world. The race has three categories: Kids, Sprint and Olympic & Pro.

FRIDAY, NOVEMBER 9

Humane Society Candlelight Ball

Phone: 242-323-5138

b_humane@hotmail.com

Crown Ballroom, Atlantis at 7:15 p.m.

The BHS Ball 2012 will be held at the Crown Ballroom, Atlantis at time to be confirmed. Cocktails: 7:15pm; Dinner: 8:30pm. The evening will feature the musical talents of the renowned Ralph Munnings Band. Tickets: \$275 and \$175 for juniors from the BHS Shelter and from Goodfellow Farms.

NOVEMBER 16-18

Christmas Jollification 2012

Bahamas National Trust (BNT)

BNT's Annual Christmas Jollification begins on Friday November 16 with a special reception from 6-9p.m. The fun continues on Saturday 17 starting at 11 am - 5pm and again on Sunday 18 starting at 11am - 5pm.



7 Nutrients Missing From Your Diet

www.webMD.com



POTASSIUM —Lower Blood Pressure

The USDA says adults don't get enough of seven essential nutrients. Potassium is a key one. Studies show that potassium can help keep blood pressure healthy. Potassium also supports fertility and muscle and nerve function. But while potassium is in lots of foods naturally —like milk, potatoes, sweet potatoes, legumes, avocados, and bananas —many adults still aren't getting enough.

MAGNESSIUM —Prevent Disease

Low magnesium levels have been linked with health problems like osteoporosis, high blood pressure, diabetes, muscle cramps, and heart disease. Some people, such as the elderly, people with stomach or intestinal problems, or those who regularly drink alcohol, are at risk for having low magnesium levels. So eat your spinach —and your beans, peas, whole grains, and nuts (especially almonds). They could do a lot for your health.

VITAMIN A —Up Your Beta-Carotene

There are two types of vitamin A: retinol and carotenoids, like beta-carotene. Beta-carotene is a carotenoid found in many orange and yellow foods —like sweet potatoes, carrots, and winter squash —as well as spinach and broccoli. Vitamin A is key in supporting good vision, healthy immunity, and tissue growth.

VITAMIN D —Strong Heart and Mind

Vitamin D is important in the development of healthy bones, muscles, and nerve fibers as well as a strong immune system. Though our bodies can make it by exposure to sunlight, experts recommend getting vitamin D in other ways. A few foods naturally contain D, such as fatty fish such as salmon and mackerel, mushrooms, liver, cheese, and egg yolks do. Milk, some brands of orange juice, and many cereals are fortified with vitamin D.

CALCIUM —More Than Strong Bones

You probably know that calcium is good for teeth and bones. But that's not all. Calcium helps maintain muscle function and heart rhythm. It might even help prevent high blood pressure. Dairy is a good source, but foods like salmon, kale, and broccoli are too. One tip: Without enough vitamin D, your body can't absorb the calcium you take in.

VITAMIN C —Immunity Booster

Can vitamin C prevent the common cold? Maybe not. But some studies suggest it can shorten the duration of symptoms. This vitamin, found in many fruits and vegetables, has other benefits, too. It boosts the growth of bone and tissue. As an antioxidant, it might also help protect cells from damage.

FIBER —Bulk Up

Fiber from grains, beans, and produce has loads of health benefits. It helps lower cholesterol and improve bowel regularity. It might lower the risk of heart disease, diabetes, and some cancers. And it's great for people trying to lose a few pounds. High-fiber foods are often filling and low in calories. Fiber supplements may, however, decrease the absorption of medications and supplements if they are taken at the same time.



Chicken XimXim with Ground Peanuts

In African dialect, ximxim means "stew." Using ground peanuts, shrimp and coconut in stews is distinctly African. Enjoy spooned over brown rice.

www.webMD.com recipe

Ingredients

- 4 tsp extra-virgin olive oil, divided
- 2 Lbs boneless, skinless chicken breast, trimmed of fat and cut into bite-size pieces
- ¼ tsp salt
- 1 pinch of freshly ground pepper
- 1 large onion, chopped
- 6 plum tomatoes, chopped
- ¼ cup chopped fresh parsley
- 4 cloves garlic, minced
- ¼ cup dried shrimp, or 3 Tbsp fish sauce, optional
- 4 cloves garlic, minced
- ¼ cup roasted peanuts
- 1 14-ounce can chicken broth, reduced-sodium
- 1 red bell pepper, chopped
- ¾ cup "lite" coconut milk

Instructions

Heat 2 teaspoons oil in a Dutch oven over medium-high heat. Add chicken, salt and pepper and sauté, stirring often, until cooked through, about 5 minutes. Transfer to a medium bowl and set aside.

Heat the remaining 2 teaspoons oil in the pot over medium heat. Add onion and bell pepper and cook, stirring occasionally, until softened, 3–5 minutes. Add tomatoes, parsley and garlic, reduce to a simmer and cook, stirring occasionally, until thick and bubbly, 10–15 minutes.

Meanwhile, place dried shrimp (if using) in a food processor and process until finely ground. Transfer to a small bowl. Add peanuts to the processor and process until finely ground. Combine the ground shrimp (or fish sauce), if using, with the ground peanuts.

Add broth, coconut milk and the peanut mixture to the pot. Increase heat to medium, bring to a simmer and cook, stirring occasionally, until slightly thickened, 10–15 minutes. Add the reserved chicken and cook until heated through, about 2 minutes.



Tips to Strengthen Your Immune System

www.webMD.com



Get a Pet

There's a reason dogs are called "man's best friend." Dogs and other pets can offer us companionship, exercise, and even good health. Studies have found that having a pet can help reduce blood pressure, lower cholesterol levels, and improve heart health. One study showed that having a dog can help improve immune system development and may reduce the risks of allergies in children.



Build a Strong Social Network

We all know friends are important, but strong social ties can also have a big effect on your health. A recent study found that people with strong relationships were 50% more likely to survive than those with poor social ties. To broaden your social network, try volunteering, taking a class, or joining a group that interests you. And be sure to nurture the bonds you already have.



Keep a Positive Attitude

Positive thoughts can give your immune system a healthy boost. One study of law students found that when they were feeling more optimistic, their immune system was stronger. To increase your optimism, take time to savor the things you enjoy, look for the silver lining in difficult situations, and try not to dwell on negative thoughts.



Have a Laugh

A good belly laugh might be good for you. While there's some evidence that laughter may help boost our immune system, overall research results have been mixed. A group of researchers who looked at several studies about laughter and immune function found that people who laughed out loud at funny videos had higher immune function after watching the video. But more studies are needed to prove whether laughter actually helps prevent or minimize illness.



Eat Your Antioxidants

Eating plenty of fruits and vegetables can help you get a healthy dose of antioxidants. These substances in foods help protect your cells from free radicals, molecules that can damage cells. To get a wide range of antioxidants, choose fruits and vegetables of different colors, such as oranges, green peppers, broccoli, kiwi, strawberries, carrots, watermelon, papaya, leafy greens, and cantaloupe.



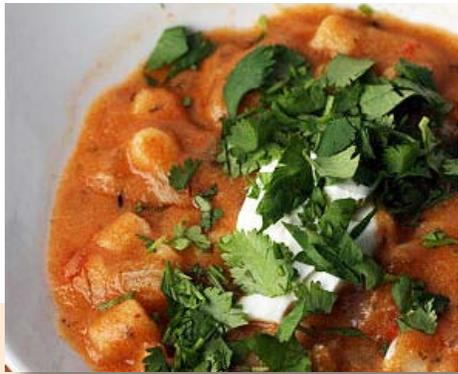
Take Your Vitamins

If you have a feeling your diet is lacking, consider taking a multivitamin. A daily multivitamin will help ensure that your body is getting all of the building blocks for a healthy immune system. Some nutrients that may be especially important for immune system health include selenium, vitamins A, C, D, and E, zinc, and magnesium.



Avoid Empty Calories

Processed foods such as fast foods, snack foods, candy, and soda don't provide much in the way of vitamins, fiber, or other nutrients. And they often contain other additives and chemicals that may not be good for your body. When you choose these foods over more nutrient-rich foods such as vegetables, fruits, and whole grains, you risk depleting your body of essential nutrients.



Tomato, Semolina & Cilantro Soup

By Dana Treat —A cool weather favorite!
www.webMD.com recipe

Ingredients

- 1 medium onion, finely chopped
- 1 celery stick, finely chopped
- 2 tsp ground coriander
- 2 tsp ground cumin
- 1 ½ tsp sweet paprika
- 2 tsp fresh thyme, finely chopped
- ½ cup fresh cilantro, roughly chopped
- 2 Tbsp tomato paste
- 1 Lb fresh tomatoes, peeled, seeded & chopped
- 6 cups water, plus more for thinning if necessary
- 1 ½ Tbsp sugar
- 1 cup semolina
- 1 cup cooked pasta
- 1 juice of lemon
- Greek yogurt, for garnish
- Salt & pepper
- Olive oil

Instructions

Put a medium soup pot over medium heat. Add just enough olive oil to coat the bottom and then add the onion and celery along with a good pinch of salt. Sauté for 5 minutes, stirring frequently, then add the coriander, cumin, paprika, thyme, and half the cilantro. Sauté until the onion is golden and soft and the mixture is very fragrant, about another 5 minutes. Add the tomato paste, another pinch of salt and a few grinds of pepper, and the tomatoes; cook for another minute. Pour in the water and sprinkle in the sugar and bring to a boil. Simmer for 20 minutes.

Next, add the semolina to the simmering soup in a slow steady stream as you whisk vigorously. Keep on cooking for 10 minutes whisking occasionally to avoid lumps. Add the pasta and squeeze in the lemon juice. Season to taste with salt and pepper.

Before serving, add more water if the soup is too thick for your liking. Ladle into bowls and spoon yogurt on top. Garnish with the remaining cilantro.

Tips...Immune System continued



Consider Herbs and Supplements

Many people take herbs or supplements to improve their overall health. Some supplements have been shown to affect the immune system. But more well-designed studies are needed to learn their beneficial effects on humans. These include garlic, ginseng, milk thistle, astragalus, and probiotics such as lactobacillus and bifidobacterium. Talk with your doctor if you have questions about which supplements may be good for you.



Keep Your Body Moving

One simple way to strengthen your immune system is by exercising. Getting regular exercise can also reduce stress and help lower your risk of osteoporosis, heart disease, and certain types of cancer. You get the most benefit when you exercise at a moderate level a few times a week. Any type of movement is helpful, including bicycling, walking, yoga, swimming, or playing golf.



Get a Good Night's Sleep

Without enough sleep, your immune system may not have the resources it needs to fight off illness. Most adults need about seven to nine hours of sleep each night. You can help yourself to a more restful sleep by keeping a regular schedule, getting exercise, avoiding caffeine and alcohol close to bedtime, relaxing before bedtime, and keeping your bedroom at a comfortable temperature.



Limit Alcohol

Drinking alcohol is part of our culture. Many people drink at meals and at parties as a way to socialize and celebrate. But drinking too much alcohol can weaken your immune system and cause you to get sick more often. To minimize risk, men should have no more than two drinks per day. Women should not have more than one drink per day.



Kick the Nicotine Habit

Here's another reason to give up smoking -- it weakens your immune system. Even if you're just an occasional smoker, you're still at risk. According to the U.S. surgeon general, even low levels of exposure to tobacco can cause health problems, including heart attack, stroke, and asthma. If you need help quitting, talk with your doctor.



Wash Your Hands

One of the easiest ways to help your immune system fight illness is to wash your hands regularly. It's also one of the best ways to keep yourself and others healthy. Be sure to use soap and clean, running water, and wash for at least 20 seconds. If you don't have access to soap and water, use an alcohol-based hand sanitizer that has at least 60% alcohol.



Look out for a very special "Eye on Health" edition which will focus on all-things Diabetes.

This feature will include the articles: "10 Muscle Moves to Help Tame Diabetes" and "Tips for Better Blood Sugar Control"

October is Diabetes Month

This and all information contained in this newsletter is not intended to replace the advice of a doctor. Family Guardian & BahamaHealth disclaim any liability for the decisions you make based on this information.