

ISD Continuing Education Health and Wellness—November 2011

Jocelyn Derksen—Program Coordinator



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Looking for Ideas for Christmas ? Why not a Gift Certificate for a Continuing Ed class !!

Call Jocelyn at 467-2956 for details !!

The Top 10 Beauty DIY Recipes

Brown Sugar and Milk = Body Exfoliate



Plain Yogurt and Honey = Sensitive Skin & Redness remedy

Safflower Oil and Sunflower Oil = scalp treatment



Petroleum jelly and unrefined sugar = lip scrub

A dash of salt and water = surf spray for hair



Rosewater and Coconut milk = relaxing bath

Warmed up olive oil = prewash treatment for hair

Green tea and water = toner



Lemon juice and chamomile tea = Hair lightener

Epson salt + almond oil + cinnamon oil + sandalwood oil + allspice oil = hand and foot scrub

SHARE A RECIPE

Sugarless Muffins

Courtesy of Jolie Tonner

1 Cup chopped dates

1/2 cup chopped prunes

1/2 cup raisins

1 cup hot water

Boil and cook for 5 minutes. Stir in 1/2 cup butter or margarine and cool

Add: 2 eggs, 1 tsp vanilla, 1 cup flour, 1 scant tsp soda, 1/2 cup nuts (optional)

Stir until well mixed and bake at 350 for approx. 20-25 minutes or until done

How should you eat?

1. Always eat three square meals a day (and 2-3 snacks) If you skip meals, you will damage the function of your metabolism and will no longer be able to burn fat effectively.
2. Don't substitute a protein bar for a meal.
3. Be sure to eat protein, carbohydrates and fat at each meal. Protein makes your mind alert and gives you a feeling of being full. Carbohydrates give you energy, and fat makes you feel satisfied, contributes to your neurological development, and carries vitamins throughout your body.
4. Recognize that eating fat doesn't make you fat.
5. If you decide to limit your fat intake, consider limiting the saturated ones only.
6. Never miss breakfast. People who eat less in the early part of the day eat 40% more during the last part of the day.
7. Limit the amount of pop that you drink. Drink water instead. It is better for you.
8. When you snack, treat your body to something good— Cheese and crackers, peanut butter on bread, yogurt and fruit are all great alternatives to cookies and cakes.
9. The more a person deprives himself of a certain kind of food, the more apt he is to binge and gorge on that food when he succumbs. A healthy eater is a person who can eat all kinds of foods, in moderation and without fear.
10. Make sure you get regular exercise. Walk to work or school when you can, take the dog out, enjoy the leaves in the fall, the snow in the winter, and the flowers in the spring.

THE PERFECT SKIN DIET

Eat your way to a better complexion with these 10 skin superfoods

Almonds: Hey, guess what? Almonds are seeds, not nuts, and they're stuffed with vitamin E, a potent sun blocker. Volunteers who consumed 14 milligrams of the vitamin per day (about 20 almonds) and then were exposed to UV light sunburned less than those who took none. "Vitamin E acts as an antioxidant that helps to protect skin cells from UV light and other environmental factors that generate cell-damaging free radicals," explains Jeffrey Dover, M.D., associate clinical professor of dermatology at Yale University.

Carrots: Think of them as orange wonder wands—good for eyeballs, good for clearing up breakouts. Credit vitamin A. "It helps prevent the overproduction of cells in the skin's outer layer," says Howard Murad, M.D., associate clinical professor of dermatology at UCLA's David Geffen School of Medicine. That's where dead cells and sebum combine and clog pores. Another reason to snack on carrots: Vitamin A also reduces the development of skin-cancer cells. Nibble on a half-cup of baby carrots (that's about 16) per day.

Dark Chocolate: It's medicine—so of course you need it! Flavonols, the antioxidants in dark chocolate, reduce roughness in the skin and protect against sun damage. In a study published in *The Journal of Nutrition*, women who drank cocoa fortified with 326 milligrams of flavonols (equal to a standard Hershey's Special Dark bar) had better skin texture and stronger resistance to UV rays than those who drank cocoa containing just a small amount of the antioxidant. You need just a few ounces a day.

Flaxseeds: These wee seeds contain omega-3 fatty acids, which erase spots and iron out fine lines. *The British Journal of Nutrition* reported that participants in one study who downed just over two grams (about half a teaspoon) of O-3's in six weeks experienced significantly less irritation and redness, along with better-hydrated skin. "The fats are believed to stifle your body's response to irritation and attract water to skin cells to plump up the skin and reduce wrinkles," Murad says. Sprinkle seeds on oatmeal or veggies.

Green Tea: What can't green tea do? OK, your taxes. Anyway, when it's hot, the bionic brew releases catechins, a type of antioxidant with proven anti-inflammatory and anti-cancer properties. (The tea's antioxidants start to degrade as it cools, so drink it while it's hot.) A 2007 study in *The Journal of Nutritional Biochemistry* found that drinking two to six cups a day not only helps prevent skin cancer but may reverse the effects of sun damage by neutralizing the changes that appear in sun-exposed skin.

Safflower Oil: The omega-6 fatty acids found in safflower oil can be the ultimate moisturizer for people who suffer from painfully dry, flaky, itchy skin. They keep cell walls supple, allowing water to better penetrate the skin. Scientists have found that this oil may help people who suffer from severe conditions like eczema. So shoot for an amount that gives you 5 to 10 percent of your daily calories.

Spinach: You could probably build a fortress against the Big C with these leaves. In a study published in the *International Journal of Cancer*, people who ate the most leafy greens actually had half as many skin tumors over 11 years as those who ate the least. It's thought that the folate in these veggies may help repair and maintain DNA—basically bolstering cells' ability to renew themselves. That reduces the likelihood of cancer-cell growth, Drayer says. The added bonus to Popeye's fix: The water in greens penetrates cell membranes—which makes for plumper and less wrinkled skin.

Sweet Potatoes: They not only pack a big yum; they're also loaded with vitamin C, which smooths out wrinkles. "Vitamin C is essential to collagen production," Dover says, "and the more collagen you have, the less creased your skin looks." In fact, a recent study in *The American Journal of Clinical Nutrition* found that volunteers who consumed about four milligrams of C (that's about half a small sweet tater) daily for three years decreased the appearance of wrinkles by 11 percent.

Tomatoes: Sure, they're swell on salads, but cook them down and these plump little beauties can help save your skin. Why? Lycopene, the phytochemical that makes tomatoes red, helps eliminate skin-aging free radicals caused by ultraviolet rays, according to Murad. Your body gains the most sun-shielding nutrients when the vegetable is heated. Just a half-cup of cooked tomatoes or pasta sauce has 16 milligrams of lycopene; along with ample sunscreen, that daily dose should help keep you out of the red.

Tuna in a Can: Your favorite sandwich melt has a little secret: selenium. This nutrient helps preserve elastin, a protein that keeps your skin smooth and tight. The antioxidant is also believed to buffer against the sun (it stops free radicals created by UV exposure from damaging cells). Three ounces, or half a can per day, can help.

Winter Essentials

Some of my favorite things....

friends

Hand Scrub from Arbonne



Bonne Bell Lip lites in Vanilla Swirl or Bubble Gum if you can find it!



Chai Time Pullover



Steve Madden Boots

family



Kindle E-reader