



JUNE
'13

Well NEWS

A Monthly Insight into Health and Wellness



Charge your Brain!

4 Best Foods for Women and Men

Women and Men need different foods because they have very different brains! Women's brains are much more active than men's brains. The activity is focused in the prefrontal cortex, which controls judgement, impulse control and organization. Women also produce less serotonin, The feel good chemical. This increases their risk of anxiety or depression. Men have less active brains that produce less dopamine. Dopamine is used for focus and impulse control. Lack of dopamine makes men more likely to be impulsive and have trouble concentrating.

Best Foods for Women

Foods that increase serotonin levels are the most critical for women. High serotonin levels cause women to feel better, experience less anxiety and irritability.

Chickpeas. Also known as garbanzo beans. These increase the brain's production of serotonin. They are high in fiber which slows the body's absorption of sugars. This prevents sharp spikes in insulin and helps the brain work at optimal levels.

Sweet Potatoes. This 'smart' carbohydrate causes a gradual increase in serotonin. It is high in vitamin C and fiber. It causes a much smaller spike in blood sugar than its white potato counterpart.

Blueberries. The high concentration of flavonoids and other antioxidants reduce brain inflammation. This reduced inflammation helps with mood and memory. Research has shown that people who regularly eat blueberries have less risk of dementia - related cognitive declines. (Other berries work as well.)

Dark Chocolate. Enjoy; it is one of the healthiest foods you can eat! Chocolate increases the levels of nitric oxide, the molecule that dilates arteries throughout the body and brain. One study found that women who ate the most dark chocolate had greater improvements in verbal functions. It can improve mood and energy levels. The high level of antioxidants also reduce the oxidative stress that can impair memory and other brain functions.

Best Foods for Men

Men already gravitate to high-protein foods. These will increase their dopamine levels and provide fuel for greater muscle mass. The trick for men is to choose the healthier protein sources.

Salmon. DHA, an omega-3 fatty acid, makes up between 15%-20% of the brain's cerebral cortex. DHA is mostly found in salmon and other fish. Men who do not consume fish have a higher likelihood of brain inflammation. This inflammation can alter the nerve signals in the brain. Those who get more DHA have improvements in memory and learning. Consuming it from a fish source is best, but if you don't like fish, you can get DHA from a supplement as well.

Eggs. Although they have a bad reputation, eggs are not the dietary danger that people once feared. Studies show that eating a few eggs a week, or even once a day, does not increase your change of developing heart disease or having a stroke. Eggs provide high sources of protein, are inexpensive, high in vitamin B-12, and improve brain function.

Sesame Seeds and Brazil Nuts. Both are high in dopamine and antioxidants that work to protect the brain. The high levels of protein and monounsaturated fats work to reduce LDL 'bad' cholesterol. All nuts and seeds, specifically sesame and brazil are good for the heart as well as the brain.

TAKE A LOOK
INSIDE



P3

Fruit Pizza



P3

Pike Walk



Wellness Apps

When using the internet or smart phone apps for wellness or health related information, be careful. Make sure you are skeptical of information that may be too good to be true. Look for information from well known organizations. Always consult with a healthcare provider to verify the information. Remember what you learn should only be used to inform you, not to treat you.

Here are some great wellness apps to get you started.



First Aid by the American Red Cross

Recommended by physicians, this app puts expert advice for everyday emergencies in your hand.

Videos, interactive quizzes and simple step-by-step advice.



ITriage

This symptom checker helps determine what may be wrong. It contains Harvard-reviewed content, helps find a doctor and shows local ER wait times.



RX iCard

Download this free app, then present it at any of the participating pharmacies to save money on your next prescriptions. No restrictions apply to membership.



All Recipes - Dinner Spinner

Browse the more than 40,000 recipes. You can search by nutrition and scan items to search for recipes using them.

HealthTap

Provides quick on-screen answers and tips to general health questions from over 36,000 U.S. doctors.



UMSkinCheck

With a thumbs up from dermatologists, use this as a skin cancer self exam by taking and storing a full body photographic library. It can help identify suspicious moles, lesions or growths that are cancer or could develop into cancer.



MapMyFitness

This fitness tracking application enables you to use the built-in GPS of your mobile device to record your fitness activities. It will track duration, distance, pace, speed, elevation and calories burned.



My Fitness Pal

Record the food you eat and the activity you do to see the calorie balance each day. It becomes easier to use over time as the app learns your eating habits and your exercise routines.



Exercise

PIKE WALK PUSHUP

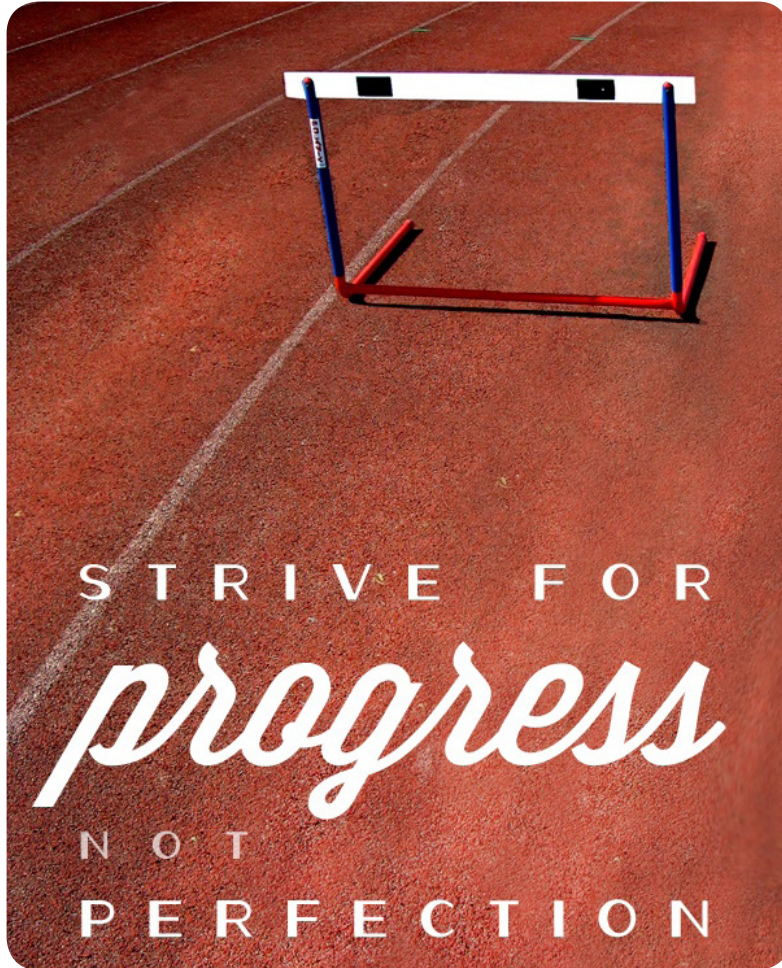


This exercise targets the muscles of your upper body and builds core strength.

Stand with your feet together, arms at your sides. Bend over (it's OK if your knees are slightly bent) and place your hands or fingertips on the floor in front of you. Walk your hands forward until you are in a pushup position and do one pushup.

Keeping your hands in place, walk your feet forward until they're as close to your hands as possible. That is one repetition. Continue moving forward until you have done five to six pushups.

Inspiration



Newsletter Quiz

1. Why do men and women have different foods that are better for their brain?
2. What recommended Wellness App would you download and why?

To earn your Wellness Incentive Points, e-mail your response to Katie@wellworksinc.com by June 30, 2013.

Healthy **RECIPE**

Tortilla Fruit Pizza

Ingredients

- 1 (8-inch) flour tortilla
- 1/2 teaspoon sugar
- 1/8 teaspoon ground cinnamon
- 2 tablespoons soft cream cheese
- 1/2 cup chopped fresh fruit (such as strawberries, blueberries, grapes, peaches), well drained

Preparation

1. Heat oven to 350F. Place tortilla on ungreased cookie sheet. Bake about 10 minutes or until crisp.
2. Mix sugar and cinnamon together.
3. Place hot tortilla on cutting board; spread cream cheese on tortilla. Sprinkle with sugar-cinnamon mixture. Arrange fruit on top. Cut into 4 wedges.
4. Serve warm.

Nutrition

Per serving: 120 calories; 5g fat (3g sat); 10mg cholesterol; 17g carbohydrates; 3g protein; 2g fiber; 135mg sodium.

