

WELLNESS NEWSLETTER

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Wellworks For You



SEPTEMBER 2021

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HEALTH OBSERVANCE

BLOOD CANCER AWARENESS MONTH

Brandon Harrar, Creative Services Manager - Wellworks For You

September is a month to recognize more than 1.3 million Americans who are either living with or in remission of blood cancer. Every 3 minutes, someone in the U.S is being diagnosed with a blood cancer such as Leukemia, Lymphoma, Myeloma, and Hodgkin's Disease. Over the years, billions of dollars have been invested from many organizations around the world to fight blood cancer. However, on average, more than one-third of blood cancer patients succumb to this illness within about 5 years. Although this makes blood cancer the 3rd leading cause of cancer deaths in the United States, the research and development to battling this illness has produced groundbreaking results.

Most blood cancers develop in the bone marrow, responsible for blood cell production, anywhere in the body. Treatments can include chemotherapy and stem cell treatment. There are limited ways to truly prevent blood cancer, but scientists suggest staying away from risk factors, such as smoking or tobacco use, exposure to radiation, and chemicals like pesticides or benzene. Additional lifestyle choices such as eating healthy and exercising can decrease your risk as well.

Although you are unable to take any test or screening for blood cancer, indications of this disease include:

- Fever or chills
- Loss of appetite or nausea
- Fatigue or weakness that won't go away
- Bone/joint pain
- Headaches
- Unexplained weight loss
- Night sweats
- Abdominal discomfort
- Shortness of breath
- Frequent infections
- Itchy skin or skin rash
- Swollen lymph nodes in the neck, underarms or groin

It is strongly encouraged to consult with your regular physician if you experience any of these symptoms.

Sources:

<https://www.lls.org/article/september-blood-cancer-awareness-month>
<https://lymphoma.org/aboutlrf/impact/awareness/lightitred/>

LIGHT IT RED for Lymphoma®

SEPTEMBER 15, 2021

For the past 10 years, the Lymphoma Research Foundation has been celebrating Blood Cancer Awareness Month and World Lymphoma Awareness Day to support lymphoma research, and make the future brighter for all those touched by this disease.

To donate today and learn more about how to **LIGHT IT RED FOR LYMPHOMA** Visit

<https://lymphoma.org/aboutlrf/impact/awareness/lightitred/>



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HEALTH CORNER

CHANGING OF THE SEASONS

Taking Time for Your Mental Health

Brooke Wieder, Preferred Partners Team Lead – Wellworks For You

Trigger Warning: Mentions of suicide

National Suicide Prevention Lifeline: 800.273.8255

As the seasons begin to change, if you notice a shift in your mood that coincides with the shorter days and a drop in temperature – you are not alone! Seasonal changes can have a significant impact on mental health and wellbeing. Cooler weather, less daylight, and the stress of impending holidays can contribute to more than just the winter blues.

Today, about five (5) percent of adults in the U.S. experience Seasonal Affective Disorder. SAD has been linked to a biochemical imbalance in the brain prompted by shorter daylight hours and less sunlight. As seasons change, people experience a shift in their internal clock or a circadian rhythm that can cause them to be out of step with their daily schedule. To some, this may look like having problems sleeping, noticing changes to your appetite or weight, feeling tired or having low energy, and being easily agitated.

While new seasons may be a stressor, with busier family and personal schedules, colder weather, and the holidays around the corner, there are many opportunities to incorporate necessary self-care into your routines during this time.

It's normal to have some days when you feel down. However, if you have this feeling for days at a time and you can't get motivated for your favorite activities, feel empowered to see your doctor. Seeking a proper diagnosis is especially important if your sleep patterns and appetite have changed, you turn to alcohol for comfort or relaxation, or you feel hopeless or think about suicide.

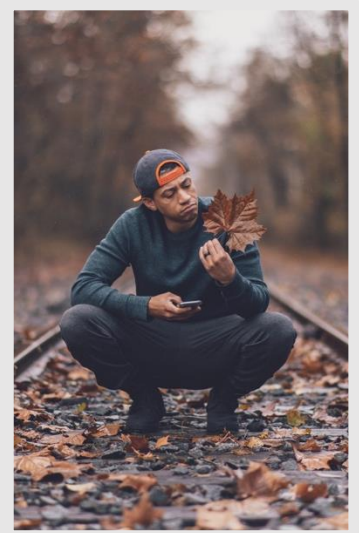
Sources:

<https://www.nlm.nih.gov/health/publications/seasonal-affective-disorder>

<https://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/symptoms-causes/syc-20364651>

Try some of the below tips this fall to put yourself first in this next season of life.

- Enjoy the autumn leaves and colors. Take a mindful walk outdoors and appreciate the changing aspects of the season.
- Have a warm drink, journal, and reflect on how you are feeling. Consider keeping a gratitude journal or setting goals.
- Set boundaries for yourself. Prioritize yourself, and try not to commit to activities that overextend yourself.
- Declutter your surroundings and do a fall cleaning, as you will naturally find yourself spending more time indoors.
- Engage in creative ways to move your body and remain active. Start a workout or yoga routine inside or outside in preparation for the season ahead.



BUILD A BETTER BREAKFAST

Kimberly Farrell, Preferred Partners Team Lead – Wellworks For You

As its name suggests, breakfast breaks the overnight fasting period by boosting your metabolism and giving you the energy you need to take on the day. Eating a healthy breakfast that provides essential nutrients can also regulate hunger, curb snack cravings and help you make healthier choices throughout the day.

However, not all breakfasts are created equal. Make sure your breakfast includes all three macronutrients below to keep you satiated and energized until lunchtime.

Protein

Did you know that every cell in your body contains protein? Not only is protein a great source of energy, but it plays a critical role in many bodily processes. Protein assists in cell creation and repair, fighting off infections, and carrying oxygen throughout your body. To ensure you are getting protein in your breakfast, try adding eggs, Greek yogurt, nuts, cottage cheese, or protein powder to your rotation.

Complex Carbohydrates

As opposed to simple carbohydrates, complex carbohydrates increase blood glucose levels more slowly. This provides your body and brain with more steady energy over several hours. Make whole-grain bread, oatmeal, shredded wheat, or whole fruit and vegetable staple menu items to keep you energized and alert throughout the morning. These foods also provide fiber, which your body digests more slowly, so you feel satiated for a longer period of time.

Fat

Fat may get a lot of bad press, but in reality, it is a vital requirement for a healthy diet. Your body relies on fat for tissue growth, hormone production, and the absorption of various essential vitamins. Ensure that you are eating a balanced breakfast by adding healthy fats such as chia seeds, cheese, avocado, or nut butter into the mix!

For more information and plenty of healthy breakfast ideas, visit

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/food-and-nutrition/art-20048294>



Featured Recipe

Keto Cauliflower Hash Browns

4 Servings

INGREDIENTS

- 1 head cauliflower, riced
- 1/2 large onion, shredded
- 2 tbsp. golden flax seed meal
- 1/2 garlic salt
- 1 large egg
- 1-2 large egg whites
- 2 tbsp. avocado oil



DIRECTIONS

1. Microwave the riced cauliflower for 2-3 minutes, until tender. (Alternatively, you can steam it.) Set aside to cool.
2. Meanwhile, whisk together the shredded onion, golden flaxseed meal, garlic salt, egg, and one egg white in a large bowl.
3. When the riced cauliflower is cool enough to handle, wrap it in a cheesecloth or towel. Squeeze tightly over the sink to drain as much moisture as possible.
4. Stir the cauliflower into the bowl with the other ingredients. If it doesn't stick together well when trying to form a patty, add another egg white.
5. Heat oil in a skillet over medium heat. Drop tablespoonfuls of the cauliflower mixture onto the pan and press down with a spatula to form hash brown patties. Cook for 2-4 minutes, until the bottom is browned, then flip and repeat for 2-4 minutes on the other side. Repeat with the remaining cauliflower mixture.

NUTRITION

Per serving: Each serving contains about 144 calories, 10g fat, 6g protein, 10g total carbs, 6g net carbs, 4g fiber, 4g sugar

Source: <https://www.wholesomeyum.com/recipes/cauliflower-hash-browns-low-carb-paleo/>