

A MONTHLY HEALTHLETTER FROM THE WELLNESS COUNCIL OF AMERICA

## Your Respiratory Rate

Your respiratory rate is the number of breaths you take in a one-minute period (at rest, not during exertion or during times of stress). A normal respiration rate for a healthy adult falls between **eight to sixteen breaths per minute**. Respiration rates may increase if you're ill, have a fever or suffer from other medical conditions. If you notice that your respiration rate is not falling within the normal range of eight to sixteen breaths in a one-minute period call your doctor right away or seek emergency care if you have any trouble breathing.



### DID YOU KNOW?

Your left lung is about 10 percent smaller than your right lung, which allows room for a small indent where your heart is located.

# Breathe Better!

Your lungs are a pair of light, spongy, air-filled organs located in your chest. If you're good to your lungs, they will be good to you—flawlessly providing fresh oxygen through your entire bloodstream. In fact, with only a few exceptions, your lungs are likely to stay healthy throughout your lifetime as long as you take some simple steps to protect them (check out pages 4-5 for 16 easy tips for lung health).

This isn't to say that lung disease isn't a real or popular threat in the United States. In fact, chronic obstructive pulmonary disease (COPD) is the fourth-leading cause of death in the U.S. after heart disease, cancer and stroke. The American Lung Association (ALA) estimates that more than 12 million Americans have been diagnosed with COPD and another 12 million likely have the condition but are unaware of it.

### AM I AT RISK FOR COPD?

If you're a smoker or have frequent exposure to other irritants like second-hand smoke, air pollution or workplace fumes, you may be at risk for developing COPD. Unfortunately, the symptoms for COPD are similar to symptoms of other conditions (like a cold) which may not seem that serious, and are often ignored. If you are a smoker and/or are regularly exposed to second-hand smoke or irritants like smog or workplace chemicals, contact your doctor if you experience these symptoms:

**A cough that worsens in the morning.** This is one of the first signs of COPD.

**Excessive mucus/phlegm.** If you're exposed to irritants, your lungs will produce additional mucus to trap or keep inhaled particles out.

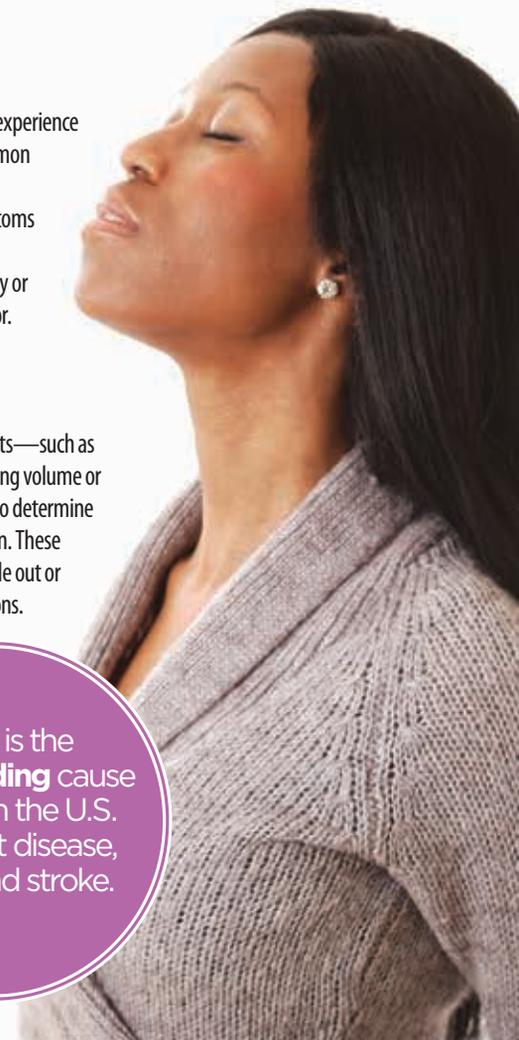
**Shortness of breath and wheezing.** Those with COPD may experience shortness of breath with increased physical activity, or, if in later stages, it could happen even without exertion. Another symptom of COPD includes wheezing, which is a whistling or squeaking sound that occurs while breathing.

**Fatigue.** Many people experience fatigue, which is a common condition. If you're experiencing the symptoms listed and also feel a significant loss of energy or stamina, see your doctor.

**Only a doctor can diagnose COPD.**

He/she will give you tests—such as measuring your breathing volume or X-raying your chest—to determine if you have the condition. These tests can also help to rule out or diagnose other conditions.

COPD is the **fourth-leading** cause of death in the U.S. after heart disease, cancer and stroke.



I got the inspiration for this dish after the hike I took on the Inca Trail to Mauchu Picchu with my family. We had a self-trained 21 year old Peruvian Chef who prepared meals that were delicious and healthy!!

### INGREDIENTS

- 1 large yellow onion
- 2 ripe medium avocados, peeled and sliced in half longitudinally
- 1 cup of dry quinoa prepared in chicken broth as per package instructions
- 2 carrots, finely chopped
- ½ purple onion, finely diced
- 1 medium summer squash or zucchini, finely chopped
- ½ red bell pepper, finely chopped
- ¼ cup of diced chives
- 2 cloves of fresh garlic, finely chopped
- 1 tsp of Dijon mustard
- 1 tbsp of mayonnaise
- Juice of ½ a lemon
- Salt and pepper to taste

### INSTRUCTIONS:

Prepare the quinoa in the chicken broth as per package instructions. Combine the cooked quinoa with all the remaining ingredients and gently toss until everything is evenly combined. Spoon the quinoa/veggie mixture onto the top of the avocado halves. Enjoy!

**SERVES: 4**



**Dr. Ann**  
Ann Kulze, M.D.

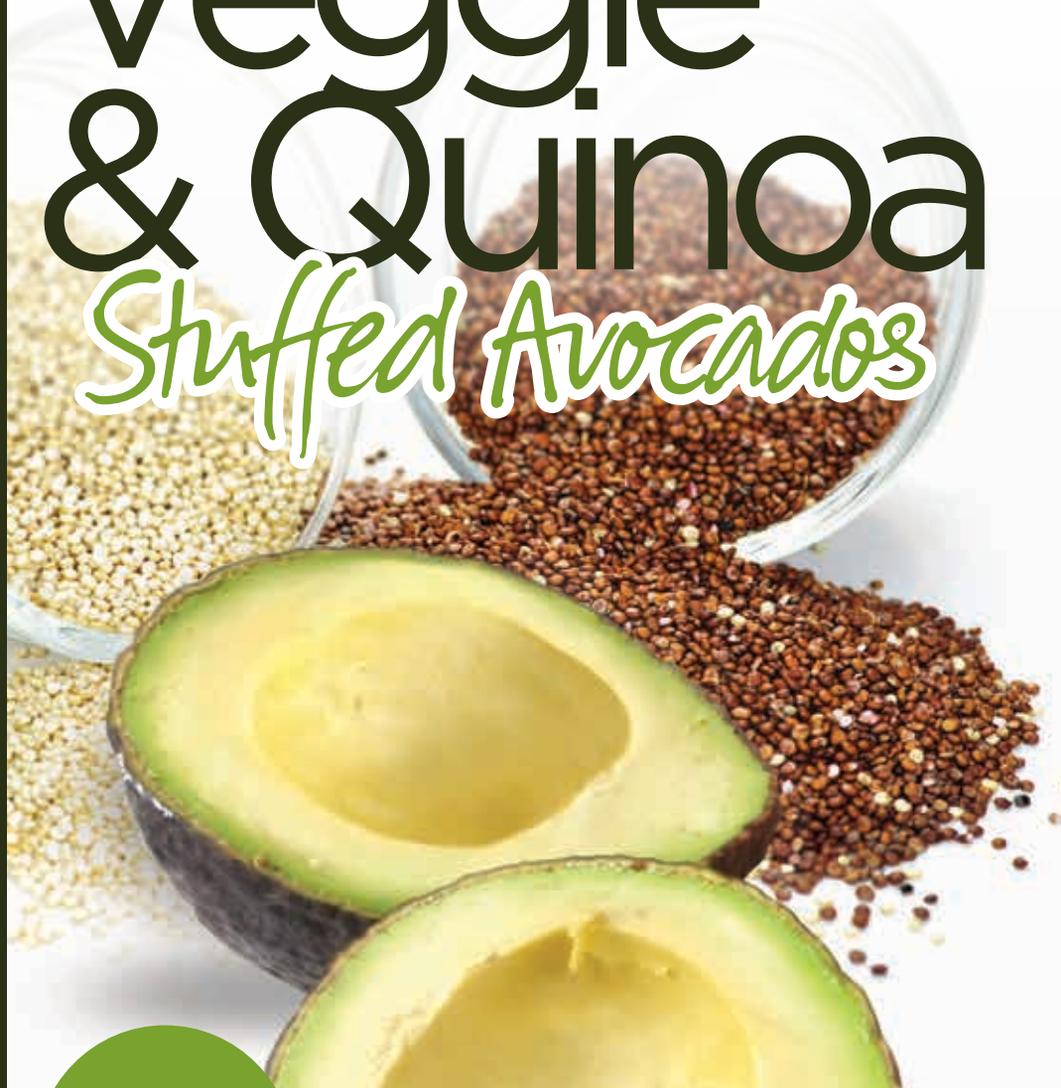
With formal training in nutrition and medicine, plus hands-on experience as a mother of four and family physician, Dr. Ann is a unique nutrition expert for the real world.

The whole food ingredients found in Dr. Ann's recipes are the right foods for health and vitality. Nutritional excellence naturally follows.

For more, visit [DrAnnWellness.com](http://DrAnnWellness.com).



# Veggie & Quinoa Stuffed Avocados



*Superstar Food of the Month*  
**QUINOA**

Commonly considered a grain, but actually a protein-rich seed, quinoa is a nutritional treasure you should include in your diet regularly. Quinoa provides all the amazing benefits of whole grains along with complete protein, no gluten, a stellar package of vital minerals (more than any other whole grain), and a nice dose of vitamin E.



# Vitamins & Minerals

# Are You Getting Enough?

## 5 Superfoods That Will Help Get You There

Plain and simple, without a steady supply of vitamins and minerals your body and health will begin failing. Not only do vitamins and minerals help keep you fueled for the day, but they can also play a critical role in lowering the risk of certain diseases, like stroke, type 2 diabetes and some cancers. But how can you make sure you're getting all the vitamins and minerals you need? Believe it or not, you don't have to spend a fortune on supplements or multivitamins. The best and safest way to ensure your body is getting the nutrients it needs is through a healthy, balanced diet rich in whole foods.

Here are five superfoods that will help you get there:

→ **Plain greek-style yogurt** delivers a powerful nutrition punch offering more calcium than traditional or flavored yogurts. It usually also includes twice as much protein and potassium than regular yogurt. Greek-style yogurt also offers good-for-your-gut bacteria that can help keep your digestive system healthy. Greek yogurt makes for a great breakfast, or try using it for veggie dips or in place of sour cream.

→ **Nuts** provide substantial protein, heart-healthy fats, fiber and antioxidants. A daily handful of any kind (i.e., pistachios, peanuts, walnuts, pecans) will provide you with essential nutrients. If you're looking for one variety that may stand out from the rest, reach for almonds. Almonds have more fiber than any other tree nut, and one scientific review suggested that nutrient-rich almonds may promote heart health, and may help maintain healthy cholesterol levels.

→ **Apples** deliver healthy doses of vitamin A and C as well as potassium. Moreover, the crunchy fruit contains two powerful compounds, fiber and polyphenols, which may stave off overeating and prevent chronic inflammation. Grab a tart Granny Smith apple—they contain the highest amounts of fiber and polyphenols.

→ One cup of **broccoli** will fuel your body with calcium, manganese, potassium, phosphorus, magnesium and iron. You'll also chew down healthy amounts of vitamins A, C and K. Some studies have found broccoli to have anti-cancer properties. Add the veggie to salads or roast them as a side dish for your entrées.

→ **Oily fish** like salmon, trout, mackerel, herring and sardines are one of the few food sources that offer all-important vitamin D as well as a healthy dose of skin and eye-health promoting vitamin A. These fish also provide heart and brain-healthy omega-3 fatty acids.

Keep in mind that a variety of whole foods like fruits, vegetables and grains are the key to ensuring you get the vitamins and minerals your body needs.



# YOUR LUNG



According to the Rush University Medical Center, lungs at rest are only using **50 percent** of their possible capacity, making half of your lungs underused most of the time!

**1 Go for a brisk walk.** Exercise won't necessarily make your lungs stronger, but it will help your lungs work efficiently, supplying your heart and muscles with oxygen. Shoot for 30 minutes of cardio activity (like walking) a day.

**2 Sign up for EnviroFlash.** Air pollution and irritants can make spending time outdoors unpleasant and even unhealthy at times. Visit [www.enviroflash.info](http://www.enviroflash.info) to sign up for email alerts on your local air quality.

**3 Recognize the difference between a harmless cough and something potentially more serious.** According to the American Lung Association, if you have a cough for more than a month, or if you have a hard time breathing with little or no physical exertion, you should see a doctor.

**4 Get the flu shot every year.** Influenza or cold viruses can cause respiratory problems, and if you're already suffering from a respiratory condition, a simple cold could lead to complications.

**5 Take measures to protect yourself if your job puts your lungs at risk.** Professions that entail being around chemicals, pollutants and irritants (i.e., a nail technician, painter, construction worker, hair stylist etc.) can put you at risk of breathing in harmful materials. Talk to your employer about the best ways to protect yourself.

**6 Have some leafy greens.** An analysis using data from the Nurses' Health Study and the Health Professionals' Follow-up Study showed that women who ate more than 5 servings of cruciferous vegetables (like broccoli, cauliflower, cabbage and kale) per week had a lower risk of lung cancer.

**7 See your doc if you have asthma and follow their treatment plan.** Preventive medications, such as inhaled corticosteroids, can cut your risk of asthma attacks, and rescue medications, such as albuterol inhalers, can be a life saver if you do have an attack.

**8 Wash your hands frequently.** It's the easiest and most effective way to prevent infections that could wreak havoc on your respiratory system.



# 10 Better Ways to Keep Your Lungs Healthy

Remember to talk with your doctor if you have any concerns about your health.

**9 Take a few minutes for deep breathing.** Deep breathing can help keep your lungs strong. Begin with slow breaths through your nostrils and exhale through your mouth allowing your chest to fall. Deep breathing also provides a bonus benefit: delivering more fresh oxygen to your body.

**10 Snack on some pistachios.** According to data presented at the American Association for Cancer Research Frontiers in Cancer Prevention, a daily handful of pistachios could reduce your risk of developing lung cancer. These nuts contain gamma-tocopherol, a type of vitamin E that is believed to reduce your risk of the disease.

**11 Drink water throughout the day.** Drinking water throughout the day can help thin out mucus and keep it moving out of your body (as opposed to building up around your lungs).

**12 Giggle more.** A good laugh can help increase your lung capacity and it helps clear out stale air, while allowing fresh air to enter your lungs.

**13 Floss.** And maintain good oral hygiene—it can help kill bacteria in your mouth that could lead to respiratory infections. Brush your teeth at least twice a day and see your dentist at least once a year.

**14 Change the filters in your heating and cooling units every few months.** It will help keep indoor pollutants like pet dander and outdoor pollutants like construction materials and pollen at bay.

**15 Enjoy your morning tea or coffee.** Caffeine can actually help open the airways in your lungs, allowing you to breathe easier.

**16 Don't smoke or get help to quit.** Cigarette smoking will harm your lungs—period. There's no safe threshold when it comes to smoking, so talk to your doc about a method to help you quit.



## Check this Out!

The Environmental Protection Agency (EPA) provides several free resources and tools to help ensure your home is safe from pollutants and toxins. Visit them at [www.epa.gov/iaq](http://www.epa.gov/iaq).



## Alzheimer's Myths & Facts

**MYTH:** Dementia is the same thing as Alzheimer's.

**FACT:** Dementia is the broad term used to describe symptoms that negatively affect your learning, memory and cognitive functions. Alzheimer's disease is one form of dementia, accounting for 60 to 80 percent of dementia cases.

**MYTH:** Certain foods can reverse Alzheimer's.

**FACT:** No vitamin, supplement, food or drug has been shown to cure Alzheimer's. However, antioxidants found in some fruits and vegetables and some oily fish (like salmon) have been found to have some preventive effects on your brain and the disease.

**MYTH:** If you're old, you're going to get Alzheimer's.

**FACT:** Old age is indeed the number one risk factor for Alzheimer's. The older you are, the more likely you are to get it—but it's not an inevitable part of aging, and many adults live well into their 80s and 90s without developing the disease.

# Is it Aging or Alzheimer's?

Alzheimer's disease is the most common form of dementia, a general term for memory loss and the loss of other intellectual abilities. Those diagnosed with later stage forms of the disease usually can't complete normal, daily tasks on their own or without the help of a caregiver.

Alzheimer's is not a normal part of aging, although the greatest known risk factor is increasing age, and the majority of people with Alzheimer's are 65 and older. However, given that Alzheimer's is a progressive disease, symptoms can appear years or even decades before they aggressively manifest. Although there is no cure for the disease, there are treatments that can help slow the disease and its symptoms. Knowing the warning signs and getting treatment as soon as possible could help slow the disease and improve quality of life.

**Unusual behavior.** This can include making bad decisions that you typically wouldn't make or not taking care of yourself like you usually do. This could include not dressing right for the weather or not brushing your teeth because you forgot you needed to. Unusual behavior can also include things like putting your phone in the freezer or accusing friends or your spouse of doing odd things (like stealing money from your wallet or hiding your belongings).

**Difficulty completing routine tasks.** Even familiar things can become hard. Do you have trouble driving to a location you go to often? Are you having problems completing an ordinary task at work? Do you forget the rules of your favorite game?

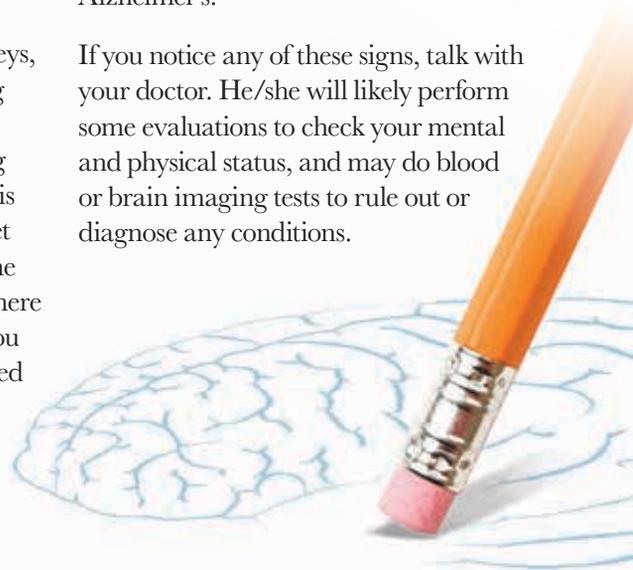
**Trouble with words and conversations.** It's common to stumble or mumble in a conversation, but if you find you're calling common things by the wrong name (like calling a table a chair) or you can barely carry a conversation because you can't find any of the words you're looking for, it could be a sign of Alzheimer's.

If you notice any of these signs, talk with your doctor. He/she will likely perform some evaluations to check your mental and physical status, and may do blood or brain imaging tests to rule out or diagnose any conditions.

## Early Warning Signs of Alzheimer's

### Loss of memory.

It's common to forget where you put your keys, but quickly forgetting something you just learned or forgetting about major events is a red flag. If you get lost going to routine places or forget where you are or how you got there, you need to talk to your doctor.



# Looking to Lose?

## A 30-Minute Workout Could Do the Trick

It may sound too good to be true, but one recent study confirms the almost magical news—you don't need to dedicate hour-long sessions at the gym to lose weight. In fact, sticking to just 30 minutes of exercise a day may be the magical amount if you're looking to lose.

In a study published in the *American Journal of Physiology* researchers found that overweight men who performed 30 daily minutes of moderate exercise (not vigorous but enough to break a sweat and get the heart rate up) lost an average of eight pounds over three months compared to study subjects who worked out for 60 minutes a day (those men lost an average of six pounds).

### Are Shorter Workouts More Effective?

If your goal is to lose weight, shorter workouts may be the key—at least as you start off. Researchers note the obvious as the reason—30 minutes is simply much easier and attainable as opposed to hour-long workouts. Moreover, if you were planning on 60 minutes, you may not exercise at all when the inevitable schedule conflict arises.

Researchers also note that a 30-minute session may not leave you feeling as fatigued as 60 minutes, which increases the chances of having more energy and motivation to be active throughout the day. For example, if you walked for 30 minutes in the morning you

may find that you have the energy and desire to take another walk when you get home, and then you may have the energy to do some yard work, or play tag with the kids, etc.

Longer workouts may give you the false assumption that it's ok to sit around and be sedentary for the rest of the day. To be sure, even if you're hitting the gym for an hour, you still want to incorporate small movements throughout the day, like getting up to stretch and move around for a minute or two. Lastly, researchers say those who exercised for 60 minutes a day probably ate more to compensate for the longer workout session.

### Bottom line:

If you want to exercise for an hour or more a day, that's fantastic, and you shouldn't necessarily stop. Just be mindful that you're not over-eating or being too sedentary for the rest of the day. If you're thinking about starting an exercise program, keep in mind that you don't have to dedicate hours a day working out—research is telling us that just 30 minutes could do the trick!

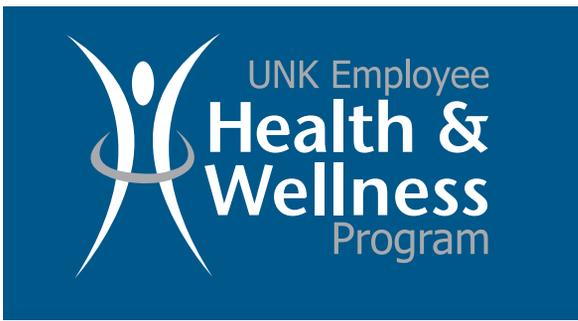


## Mix in Some Motivation!

### Three Simple Ways to Amp up Your Workout Routine

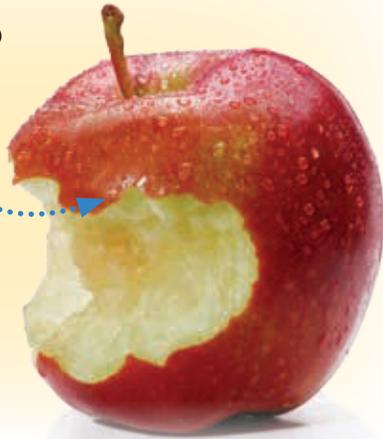
- 1. Tune in.** Listening to music while exercising will not only make your workout more enjoyable, but according to a study published in the *Journal of Sport & Exercise Psychology*, it can actually improve your performance. The study found that those who listened to music while working out enhanced their endurance by 15 percent.
- 2. Wear or look at bright colors.** Colors have an effect on your mood. Bright colors like orange can give you a boost while blues and lavenders are considered calming. Try wearing a brightly colored shirt during your sweat session—it's such an easy thing to do and you'll find that it works!
- 3. Bring your water bottle.** Having water on hand will help you get through your workout when you begin to feel fatigued. Take a sip every few minutes to help ensure your body has the hydration to power through your session.





## IN THIS ISSUE

- 16 Simple Ways to Breathe Better
- The Best Way to Get Essential Vitamins & Minerals
- Lose Weight in 30 Minutes?
- Is it Aging or Alzheimer's?



### I DID YOU KNOW?

**15%** ONE STUDY HAS FOUND THAT THOSE WHO LISTENED TO MUSIC WHILE WORKING OUT ENHANCED THEIR ENDURANCE BY 15 PERCENT.

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**8-16 breaths**  
A NORMAL RESPIRATION RATE FOR A HEALTHY ADULT FALLS BETWEEN 8 TO 16 BREATHS PER MINUTE.

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**60 to 80%** ALZHEIMER'S IS ONE FORM OF DEMENTIA, ACCOUNTING FOR 60 TO 80 PERCENT OF DEMENTIA CASES.

## The Signs & Symptoms of Lung Cancer

Lung cancer happens when abnormal cells grow out of control in the lung. Although most lung cancer is caused by smoking, non-smokers can still develop the disease. Here are the warning signs to be mindful of:

- A cough that doesn't go away or a new cough that isn't due to a cold or infection.
- Coughing up blood or bloody mucus.
- Shortness of breath, even at rest.
- Chest, shoulder or back pain that doesn't go away and gets worse with deep breathing.
- Persistent wheezing or hoarseness.
- Swelling in your neck and face and/or difficulty swallowing.
- Recurring respiratory infections, such as pneumonia.

Contact your doctor if you have been experiencing any of these symptoms.

## What's In A Number?

**BEST CHOICE**

**1**  
MINUTE

Taking a minute to take 5 to 10 long, deep breaths provides key health benefits, like slowing your heartbeat and lowering or stabilizing blood pressure.

**VS**

**0**  
MINUTES

Not taking a single minute out of your day for deep breathing can cause chronic shallow breathing, which limits the diaphragm's range of motion. This can make you feel short of breath and anxious.