



In Good Health

A Health and Wellness Newsletter

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- Remedies for the Common Cold- Do they really work?
- Burn calories in the winter
- Holiday Meal Makeovers
- Recipe: "Made-Over" 'Pumpkin Pie

Health Observances

- World AIDS Day
December 1
- National Handwashing Awareness Week
December 3-9
- Safe Toys & Gifts Month

Health observances are a great way to raise awareness and educate others on health and wellness!

What can you do to help spread the message?



Chicken Soup for the Soul (and the Immune System?)

Nothing beats a steamy bowl of chicken soup for relieving nasty symptoms of the common cold or flu. After all, it's tasty, warm, and comforting. Does chicken soup contain pharmaceutical chemicals, or are its therapeutic effects merely a demonstration of the power of placebos?

In a given year, half of all Americans will come down with a cold and 40% will get the flu. Most of us are willing to do whatever we can to avoid the headaches, sniffing, sneezing, achiness, and sore throat that result. Are home remedies and dietary supplements effective in boosting the immune system and preventing illness?

Chicken Soup

Mom was right again... chicken soup is good therapy for a cold. It acts as an anti-inflammatory and may also alleviate symptoms by preventing mucous buildup, providing hydration, promoting sweating, and soothing a sore throat.

Green Tea

Green Tea contains an antioxidant that has shown some ability to slow viral replication (in petri dishes). It is also purported to have anti-inflammatory effects. To derive the optimal benefits from your tea, let the bag steep for at least 3 minutes and enjoy in place of colas or other sugary beverages.

Echinacea

This popular herb has been used traditionally for a range of infections and maladies. In the U.S., sales of Echinacea make up 10% of the dietary supplement market. Studies have shown Echinacea to be effective in preventing symptoms of the common cold in adults. A combination of Echinacea, propolis, and vitamin C has been reported to reduce the number and duration of colds in kids. Echinacea alone has not proved to be effective in children.

Vitamin C

For most individuals, studies generally suggest that vitamin C is not effective in preventing the onset of cold symptoms. However, for people living in extreme climates or under extraordinary conditions- soldiers in sub-arctic exercises, skiers, marathoners- vitamin C significantly reduces the risk of developing colds by approximately 50%.

Zinc

The cold-fighting reputation of zinc has been hotly contested. Most trials show no benefit. In studies with positive results, zinc seemed to be most effective as a lozenge or nasal spray. However, intranasal zinc may cause permanent damage to the sense of smell.

Thankfully, the duration of the common cold is usually brief. Yet, it can pack a powerful punch of misery. While it is tempting to run to the store for the latest remedy, the best thing you can do is rest, drink fluids, keep the air around you moist, and wash your hands frequently.

Source: www.mayoclinic.com

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Wondering how you can use this newsletter? Feel free to post in the staff break room, incorporate into your school, church or agency newsletter, make it part of your wellness program or send it out via email to your friends and family. Use the newsletter in its entirety or cut and paste articles of interest into your current communications.

Let us hear from you! Drop us a line on how you use *In Good Health*.
Email:
mix.laura@co.olmsted.mn.us

We're on the Web!

See us at:

www.co.olmsted.mn.us

*County Departments

*Public Health Services

OR

www.stepstoahalthiermn.org

Brought to you by Steps to a Healthier Rochester and HHS. Message does not necessarily represent the official view of HHS.

I wish I was a grizzly bear...

In the months before bears hibernate for the winter, they spend their days eating as much as possible. To survive the chill, they must gain approximately 40 pounds of body fat per week. Then, they find a comfy spot and drift off to sleep away the dreary winter. When they emerge in six months, they awake 15-40% thinner.

For those of you who are not bears, here are a few ways to burn off the extra calories we may take in over the holidays:

Activity (1-hour duration)	Weight of person & calories burned	
	160 pounds	200 pounds
Bowling	219	273
Dancing, ballroom	219	273
Ice skating	511	637
Skiing, cross-country	511	637
Skiing, downhill	365	455
Swimming, laps	511	637
Shopping	215	269
Shoveling	600	720
Sledding	408	488
Walking	190	230

Holiday Meal Makeovers

Try these healthy substitutions in your favorite recipes to reduce fat, refined carbohydrates, and sodium.

- Use less sugar, fat, and salt than a recipe calls for. You probably won't even notice a difference.
- Use low-fat or fat free dairy products instead of the full fat variety. Evaporated skim milk can be used as a substitute for cream.
- Replace ¼ to ½ the amount of all-purpose flour with whole wheat flour or oatmeal.
- Use defatted broth instead of butter in mashed potato recipes.
- In baking, replace oil with equal parts of applesauce or baby food prunes.
- Replace one egg with two egg whites.

Check out the following link for more healthy substitutions!

http://www.checkyourhealth.org/pdf/cookcompanion/cookcomp_chap3.pdf



"Made-Over" Pumpkin Pie

Ingredients

Crust

- ¾ cup all-purpose flour
- ¼ cup whole wheat flour
- 1 T sugar
- 1/8 tsp salt
- 1 T butter
- 3 T canola oil
- 1-2 T cold water

Filling

- 2 large eggs
- 1 15-16 oz can pumpkin (w/out spices)
- 1 12oz can evaporated skim milk
- ¼ cup dark molasses
- 1 T vanilla extract
- ½ cup brown sugar
- 1 T cornstarch
- 1 tsp cinnamon
- 1 tsp ginger
- ¼ tsp nutmeg
- ¼ tsp salt

To make:

1. Prepare crust: Knead ingredients together and form into a ball. Roll dough into a 13 in circle and line pie pan. Crimp edges.
2. Combine ingredients and pour into prepared crust. Bake until filling is set and inserted toothpick comes out clean. 40-50 minutes at 350 degrees.

Nutrition Facts

Cal: 193
Fat: 8g
Chol: 57 mg
Carbs: 24g
Fiber: 3g
Sod: 134 mg
Vit A: 130%
Iron: 15%