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Quick & easy grain bowls

Grain bowls offer a nutritious, simple meal to fuel your day. They are also a great way to maximize your daily plant intake. Here's how to make each bowl both delicious and healthy:

- **Start with a tasty grain.** Amaranth, quinoa, rice, farro, millet, and bulgur wheat can be made in large batches and used all week long.
- **Add a well-seasoned protein.** Roasted chickpeas, sautéed tofu, tempeh, or seasoned beans make tasty plant choices. Salmon, chicken, or eggs work, too.
- **Pile on the vegetables.** Roast, steam, or sauté your favorite in-season vegetables to add to your bowl. Broccoli, peppers, squash, and carrots make great additions. And don't forget the leafy greens!
- **Top with healthy fats.** Avocados, olives, olive oil dressings, nuts, and seeds make your grain bowl a complete meal. Cheese also adds a punch of flavor.
- **Spice it up.** Salsa, green onions, pesto, sriracha, herbs, or vinaigrette add flavor and an extra helping of nutrients.

Make a cold care kit

Like a first aid kit, a cold care kit contains all the essentials for managing a cold. Whether a run-of-the-mill cold virus, the flu, or COVID-19, the items in your kit make managing symptoms easier.



MEDICINE

Depending on the severity of your symptoms, some medications can bring much-needed relief. Always follow the dosing guidelines and talk to your doctor to make sure these over-the-counter medications are right for you:

- Pain relievers/fever-reducers such as Tylenol and Ibuprofen
- Decongestants
- Cough medicine, both those for dry cough (suppressant) and a cough with mucus (expectorant)
- Cough and throat drops
- Nasal and throat sprays

SANITIZING

Preventing the spread of a virus protects everyone around you. While most cold and flu viruses are not dangerous to healthy adults, the elderly, those with preexisting health conditions, and young children may be at higher risk of complications. At the first sign of a virus, up your sanitizing practices with these items:

- Hand sanitizer
- Sanitizing wipes
- Disinfectant spray
- Masks
- Disposable gloves

TOOLS

Your body will naturally need more support as your immune system works to neutralize the virus. Your kit should include items to aid in reducing discomfort and monitoring your symptoms. While unlikely to be serious, have tools on hand to evaluate how your body manages the virus:

- Thermometer
- Pulse oximeter
- Humidifier to moisten the air
- Tissues with lotion or aloe
- Electrolyte drinks

COMFORT

Your cold care kit should include some items to make you feel more comfortable until your symptoms pass. Everyone has their own tricks to soothe pesky symptoms. Make sure your kit contains those items you naturally wish for whenever a cold strikes. Here are some ideas:

- Bath salts
- Heating pad
- Essential oils
- Soup or broth
- Tea bags (include decaffeinated options)

Understanding epilepsy

Epilepsy is a broad term that encompasses a variety of brain disorders that cause seizures. It is one of the most common brain conditions and can affect people of any age.



SIGNS & SYMPTOMS

The primary symptom of epilepsy is seizures. A seizure is a brief change in brain activity. It can last anywhere from a few seconds to several minutes.

Someone may be diagnosed with epilepsy if they have two or more seizures unrelated to another cause, such as a fever or low blood sugar.

Seizures can look different in different people. Signs may include:

- Confusion
- Staring
- Rapid blinking
- Twitching or shaking
- Falling to the ground
- Loss of consciousness
- Body stiffening

CAUSES

While the cause of epilepsy is unknown for many people, certain conditions impact the brain and may lead to the development of epilepsy:

- Brain tumor
- Traumatic brain injury
- Infection in the brain from a virus, bacteria, or parasite
- Stroke
- Oxygen deprivation of the brain
- Certain genetic disorders
- Certain neurological diseases



TREATMENT

If left untreated, recurring seizures impact quality of life, increase the risk of injury, and may shorten life expectancy.

Common treatments include:

- **Medicine:** Anti-seizure medication works by controlling improper brain signals.
- **Surgery:** This can remove the affected area if seizure activity occurs in only one part of the brain.
- **Diet:** A specialized ketogenic diet may be effective for some types of epilepsy, especially in children.
- **Nerve stimulation:** An implanted device stimulates the vagus nerve to reduce seizures.

SELF-CARE

Successful epilepsy treatment takes the combined efforts of healthcare professionals and the person with epilepsy. Many self-care practices aid in reducing seizure triggers and keeping the body healthy:

- Take all medications as prescribed.
- Keep a record of seizures and any potential triggers.
- Get plenty of sleep every night.
- Eat a healthy, well-balanced diet.
- Get regular physical activity and movement.

BE FIT

Know your fitness goals

The reason you exercise and move is unique to you. Knowing your fitness goals will help you stay focused on the types of movements that will provide you the most benefits for your physical, mental, and emotional health.



FITNESS GOALS

- Increased energy
- Better sleep
- Weight loss
- Stress reduction
- Improved strength
- Better balance
- Reduced disease risk
- Joint health
- Increased mobility
- Recovery from injury
- Maintain independence as you age

IDENTIFY NEEDS

Reflect on these questions:

- How do I feel when I don't move or exercise?
- How do I feel when I get more movement?
- Are there parts of my body that cause me pain?
- How might exercise reduce any current or future health problems?
- What do I want my health to look like in the next 5 to 10 years?

PRIORITIZE GOALS

- Choose 2-3 goals as your main focus.
- Find activities that match your goals.
- Don't compare yourself to others.
- Connect with other people who have similar goals.
- Reevaluate your goals over time.