

SEPTEMBER
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Start running

Running is a great form of exercise. It gets your heart rate up, builds endurance, and releases stress. But, running is also high-impact and should be approached with caution. Here's how to get started safely:

1. Check with your doctor to make sure running is right for you.
2. Invest in comfortable footwear that provides cushion and support.
3. Stretch and strengthen your feet to prepare them for impact.
4. Begin with a walk-run program that gradually builds endurance.
5. Take it slow! If you haven't run in a while, assume your body needs time to adapt.
6. Don't push through pain. A little twinge may become an injury if you run through it.
7. Cross-train with exercises that build strength and flexibility like weight training, yoga, and stretching.
8. Hydrate and fuel well before, during, and after you run.
9. Give your body plenty of rest between runs to avoid overtraining.
10. Listen to music or find a running partner to make your runs more enjoyable.

Vegan diet: myths & facts

Vegan diets excludes all animal products, including meat, eggs, milk, cheese, and even honey. A vegan diet CAN be healthy when done right. Let's take a closer look.



MYTH #1: VEGAN DIETS ARE SHORT ON PROTEIN

Fact: While animal foods contain concentrated protein, many plant foods also contain protein. As long as a variety of plant proteins are eaten at every meal, getting adequate protein is no problem. Vegan sources of protein include:

- Beans
- Legumes
- Nuts
- Seeds
- Soy products
- Whole grains such as quinoa, oatmeal, and millet



MYTH #2: DAIRY IS NEEDED FOR STRONG BONES

Fact: Calcium, vitamin D, vitamin K, and magnesium are all essential nutrients for strong bones. However, dairy is not the only food source. Lots of plants contain those nutrients:

- Spinach
- Broccoli
- Tofu
- Edamame
- Beans and chickpeas
- Chia seeds

Safe amounts of sunlight provide vitamin D, but supplements of both vitamin D and calcium may be beneficial.



MYTH #3: VEGAN DIETS CAUSE MALNUTRITION

Fact: Poor nutrition is possible for anyone who doesn't make wise food choices. Being vegan does require a certain amount of planning to ensure adequate protein, fat, and nutrient intake. But being a healthy vegan is very doable.

Because it is plant-based, a balanced vegan diet may decrease the risk of some chronic diseases such as:

- Heart disease
- Diabetes
- High blood pressure
- Obesity



MYTH #4: VEGAN DIETS AREN'T SAFE FOR CHILDREN

Fact: Kids can be healthy vegans, too. However, due to their unique nutritional needs, it takes extra care and planning to ensure their growing bodies get enough protein, fat, vitamins, and minerals. It's best to work with a pediatrician to ensure a vegan diet works for your child.



MYTH #5: VEGAN DIETS ARE RESTRICTIVE

A vegan diet may not be for everyone. But, those who follow this way of eating enjoy a wide variety of delicious plant foods. If you choose to switch to a vegan diet, give yourself plenty of time to adapt to new ways of shopping, cooking, and eating.



Understanding Crohn's disease

Crohn's disease is a type of inflammatory bowel disease (IBD) that impacts the entire digestive tract. Most commonly, it causes inflammation and dysfunction of the small intestine and the beginning of the large intestine.

While there is no cure, effective treatments can manage symptoms.



SYMPTOMS

Symptoms may vary depending on the part of the digestive tract affected and the degree of inflammation. Common symptoms include:

- Diarrhea
- Abdominal pain and cramping
- Weight loss
- Anemia
- Fatigue
- Fever
- Nausea and loss of appetite
- Joint pain
- Eye redness
- Skin changes

CAUSES

The exact cause of Crohn's disease is unknown. In some cases, it may be caused by an autoimmune reaction in which the immune system mistakenly attacks the cells of the digestive tract.

Risk factors include:

- Family history
- Smoking
- Medications such as birth control, antibiotics, aspirin, and ibuprofen may slightly increase risk.
- High-fat diet
- Age. Those in their 20s are more likely to develop Crohn's disease.

TREATMENT

Treatment aims to decrease the inflammation in the intestines and prevent complications. A doctor is the best resource for treatment options and an individualized plan. They may recommend:

- **Medications:** These may be used to decrease inflammation and reduce the activity of the immune system. Some medicines can also relieve symptoms, such as antidiarrheals and pain medication.
- **Bowl rest:** If the digestive tract is very inflamed, it may need time to rest and heal. Avoiding solid food and drinking only liquids may be required for a brief time. To maintain nutrition, a doctor may recommend liquid supplements or IV nutrition.
- **Diet:** Specific foods may cause discomfort or pain during a flare-up. Following a healthy diet and paying attention to foods that cause trouble can help manage symptoms.
- **Surgery:** If other treatments are ineffective, a doctor may recommend surgery to remove a part of the intestines that has become damaged. This is not a cure but may improve quality of life.

Source: National Library of Medicine

Finding meaning

IT'S PART OF HUMAN NATURE TO SEARCH FOR MEANING. RESEARCH HAS FOUND A LINK BETWEEN A POSITIVE PERCEPTION OF THE MEANING OF LIFE AND OVERALL HEALTH AND WELL-BEING.



- **Discover your values.** What things truly matter to you?
- **Explore your passions.** What things make you feel happy?
- **Identify your skills.** How do you contribute in a meaningful way?
- **Reflect on your social connections.** How do your relationships provide purpose?
- **Consider your current and possible careers.** How do your passion and skills collide?
- **Write down what your ideal future would look like.** Where do you see yourself in 5, 10, or 20 years?
- **Set specific goals and “if-then” plans.** How can you create the meaningful life you envision?
- **Follow-through.** Check in with yourself regularly to evaluate if you are living the meaningful life you desire.

Source: National Library of Medicine