



HIGHWAY TO WELL & SAFETY

FOOD, MOOD AND THE CONNECTION

Food-mood hacks to keep in mind when considering to make changes.

- Normal is good.
- Give the body what it needs and it has a tremendous capacity to renew, repair and heal itself.
- Eat with intention and grace rather than by default.
- When eating, take things out (bad ones) and add things in (good ones).
- Mood follows food so pay attention to how you feel after eating certain foods like does it make you feel good, make you sleep, or give you energy.
- Any food changes you may want to make take time. Baby steps.

Some Numbers

- One food item that we really need to be keeping an eye on is sugar. The amount of intake has increased significantly over the last couple of decades. Research has shown that the reaction to sugar and to cocaine have similarities. Your daily added sugar limit should be 6 teaspoons, however, the daily US average is 17 teaspoons.
- Up to one half of adults have one or more chronic diseases linked to malnourishment.
- 100 million US adults are now living with diabetes or prediabetes.
- 7 in 10 US adults aged 20 and older are either overweight or obese.
- Malnutrition has 2 faces: 1) Too little of the right kind of food. 2) Too much of the wrong kind of food.

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SPECIAL POINTS OF INTEREST

- 1st Quarter Newsletter Winners
 - Kristin Moala
 - Kelly Breunig
 - Terry Lane
 - Marcia Hartwig
 - Lisa Stafford-Setz
- Blood Drive
Madison Municipal
215 Martin Luther King Jr. Blvd
Room 215
Madison WI 53703

Wednesday, June 8, 2022
8:00 AM – 2:00PM

BOOKMARK

Rewild Yourself: Making Nature More Visible In Our Lives

By: Simon Barnes

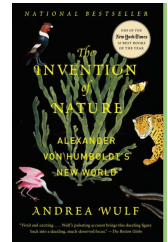
For readers who want to get closer to the nature all around them and bring it back into focus within their lives.



The Invention of Nature: Alexander Von Humboldt's New World

By: Andrea Wulf

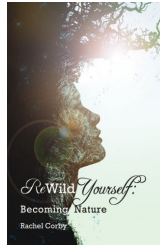
The recounted work and life of renowned 18th century explorer and scientist, Alexander Von Humboldt who had a grasp on human-induced climate change.



Rewild Yourself: Becoming Nature

By: Rachel Corby

This author addresses the longing search for meaning and the disconnect between humans and nature.



“Out of the mountain of despair, a stone of hope.” -Martin Luther King, Jr.

TIME TO UNPLUG

Taking a walk through nature is good for your health. What are some benefits?

1. Physical health
2. Changes in your brain and cognition
3. Boosting your immune system
4. Becoming more mindful
5. Fostering gratitude

[Full Article](#)

Book Giveaway:

Renewal: How Nature Awakens Our Creativity, Compassion and Joy by Andres R. Edwards

To enter: Send an email to employee-relations@countyofdane.com with Subject: Book Giveaway. Include your Name and Location. Good luck.



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5 MYTHS ABOUT HYDRATION

Always be hydrated. That's what we always hear. And, yet, there is so much misinformation.

Myth #1: Everyone needs eight glasses of water a day. There's no solid research that says eight is the number. How much water your body depends on factors like age, local climate, body size, activity level, salt intake, breastfeeding or have a health condition. It is important to remember that we are also getting water from water foods like fruit and soup.

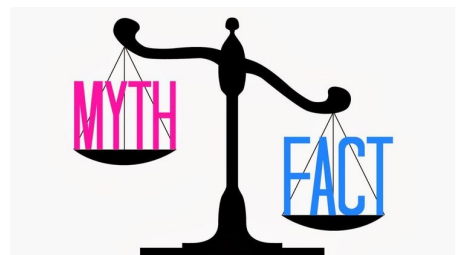
Myth #2: Drinking extra water will give you dewy skin. Your skin may appear lackluster if you're dehydrated. But, drinking extra water won't give you a dewy glow. The way to keep your skin hydrated is from the outside by putting water on the skin and trapping in the water is what makes the skin hydrated.

Myth #3: Caffeine is dehydrating. Caffeine is a diuretic but moderate amounts of it doesn't cause dehydration. When drinking caffeine, the water in the beverages more than offset caffeine's mild diuretic effect.

Myth #4: There's no such thing as too much water. Drinking too much water can in fact be harmful. Drinking more than your kidneys can filter could cause hyponatremia. This is a condition in which the sodium in your body becomes diluted and cells expand. Your brain and lungs could swell and it can be deadly. In general, this isn't an issue to worry about. However, those with certain illnesses and long distance runners can be at risk.

Myth #5: For after a workout sports drinks are best. Sports drinks contain water and electrolytes plus sugar. If you have a long hard workout, a sports drink could be helpful. But if it's not, you don't need one. People who sweat profusely and spend a lot of time outdoors may be low on electrolytes, but most who drink sports drinks don't need them and are likely just overconsuming calories and not replacing anything.

Reference: Prevention Magazine. April 2022 Issue. Pages 60-63.



SURF 'N TURF FOIL PACKS



INGREDIENTS:

- 1/2 lb. sirloin steak, cut into 1" cubes
- 1/2 lb. shrimp, cleaned and deveined
- 2 ears corn, cut crosswise into 4 pieces
- 1 cup grape tomatoes
- 1 small red onion, cut into thick slices
- 1 lime, sliced into wedges
- 2 cloves garlic, thinly sliced
- 1 tbsp. old bay seasoning
- 1 tbsp. fresh thyme leaves
- 1 tsp. ground cumin

- Freshly ground black pepper
- 1 tbsp. freshly chopped parsley, for garnish
- Lime wedges, for garnish

DIRECTIONS:

1. Heat grill to high. Cut 4 sheets of foil about 12" long.
2. Divide steak, shrimp, corn, tomatoes, onion, lime, and garlic between each foil pack. Drizzle with oil and sprinkle with Old Bay, fresh thyme, cumin and black pepper.
3. Fold each foil pack crosswise over to completely cover the food mixture. Roll top and bottom edges to seal.
4. Place foil packs on the grill and cook until shrimp is cooked through and steak is finished to your desired doneness, 6-8 minutes per side.
5. Garnish with parsley and serve with lime wedges.

[Recipe](#)

BALSAMIC GRILLED STEAK SALAD W/ PEACHES

INGREDIENTS:



- 1 lb. skirt steak, fat trimmed
- 1/4 cup balsamic vinegar
- 1 clove garlic, minced
- 1 tbsp. packed light brown sugar
- 1 tbsp. vegetable oil
- Kosher salt
- Freshly ground black pepper
- 1/4 cup extra-virgin olive oil
- Juice of 1 large lemon
- 6 cup baby arugula
- 2 ripe peaches, thinly sliced
- 1/3 cup crumbled blue cheese/feta

DIRECTIONS:

1. In a large resealable plastic bag or baking dish, combine steak, vinegar, garlic and brown sugar. Marinate 20 minutes at room temperature.
2. Heat a grill or grill pan over high heat. Remove steak from marinate, coat with vegetable oil, and season generously with salt and pepper.
3. Grill until desired doneness, 3 minutes per side for medium-rare. Let rest 5-10 minutes, then slice against the grain.
4. Make dressing: In a small bowl whisk together olive oil and lemon juice and season with salt and pepper.
5. Arrange salad: In a large serving bowl, add arugula, peaches, blue cheese (or feta), and steak. Drizzle with dressing and gently toss.

[Recipe](#)



WATERMELON SLUSHY

INGREDIENTS:

- 4 cups cubed seedless ripe watermelon
- 1 tbsp. lime juice
- 2 tbsp. sugar
- 3 cups of ice

DIRECTIONS:

1. Chop the watermelon into cubes. Blend the melon, sugar and lime juice until it becomes liquid.
2. Add the ice and blend until a slushy consistency forms. Split between 4 small or 2 large glasses.
3. If desired, you can garnish with fresh mint and a watermelon wedge.

Side note; It does not save well. So, enjoy immediately.

[Recipe](#)



5 FOOD HEALTH MYTHS

Here are a few food myths debunked.

Myth#1—Nightshades cause inflammation. Nightshade vegetables are potatoes, tomatoes, eggplant, bell peppers, and chile peppers. The word is that they cause inflammation. The truth is that they're encouraged by the Arthritis Foundation because their anti-inflammatory.

Myth#2—Eating soy gives men breasts. There are many studies that have shown there is no association between soy intake and hormone levels, cancer risk, and fertility.

Myth#3—Juice detoxing peels off the pounds. Consuming only juice is a way to cut calories. Low calorie diets can cause your body to hoard, instead of burn, energy. The weight number can lower but it's water-weight loss. There are many vitamins and minerals in juice, but juicing removes fiber and that slows down your digestion and helps you feel fuller longer.

Myth#4—Lemon water will speed up your metabolism. There is no food or compound that can affect your metabolism. Metabolism is influenced by a complex mix of factors like age, gender, genetics, medications, exercise, and hormones.

Myth#5—Coconut oil lowers cholesterol. This oil raises your "good" (HDL) cholesterol, but raises "bad" cholesterol too due to high saturated fat. That's 91% saturated fat. If you need to lower your cholesterol, you need to limit saturated fat to 5%-6% of your calories.



*“Where there is emotional dis-stress there is digestive distress.
Where there is digestive distress there is emotional distress and emotional liability.”
-Dr. Leslie Korn*

FOOD, MOOD AND THE CONNECTION (CONTINUED)

The Standard American Diet (SAD)

If you're wondering why we're unhealthy, this diet is considered to promote chronic disease and suppress immune systems. These include 62% processed foods (oil, sweets, refined grains), 25.5% meats (eggs, dairy, fish), 10% unrefined plant food (fruits, vegetables, beans, nuts, seeds) and 2.5% whole grains.

To give a better example, fast foods and meals like burgers, fries, and pizza are a good representation of the SAD.

Mood follows food

To give you an idea of how different foods affect you.

“Fab” Mood Foods: arugula, avocados, blueberries, eggs, kale, mushrooms, pecans, quinoa, salmon, shrimp, spinach, sweet potatoes, walnuts

Very Good Mood Foods: almonds, brazil nuts, broccoli, brown rice, cherries, chia seeds, chicken, chickpeas, dark chocolate (70%), peppers (all colors), raspberries

Good Mood Foods: Beef, cashews, cayenne pepper, cilantro, ginger, lemons, tomatoes, whole grain pasta, zucchini

Low Mood Foods: canned soup, soda and diet drinks, energy drinks and sweet drinks, sweetened and processed cereals and cereal bars, pastries and baked goods like doughnuts,, refined white sugar and flours, msg and other food additives, margarine

The Second Brain

The stomach is considered as the second brain and if you have a leaky gut can cause some significant issues like blood brain barrier breach, inflammation, autoimmunity, and malabsorption & nutrient deficiency.

Some Recommendations

1. Recognize your ingredients.
2. Shop perimeter of store
3. Don't eat anything that won't eventually rot
4. 5 ingredients or less (the more ingredients, the more its unhealthy for you)
5. HFCS is a marker of highly processed food
6. Explore beyond the grocery store (farmer's market, CSAs, Farms/Gardens

Reference: FEI Webinar Understanding the Food-Mood Connection: Eating for Happiness & Well Being

eat the brainbow



DENTAL PRODUCTS & EXPIRATION DATES

Do we need to worry about expiration dates when it comes to dental products? Let's find out when you should retire certain products.

Toothpaste—2 years after manufacture date. It's not dangerous to use, but after 2 years, flavor and fluoride fade.

Floss—Never expires. It's effectiveness is long lasting, but flavored flosses lose their flavor after 1 year.

Mouthwash—2 to 3 years after manufacture date. Most mouthwashes contain alcohol or some type of antiseptic. After 2 to 3 years antiseptic starts to dissolve. It leaves the mouthwash with more water and increases chances of bacterial growth.

Toothbrush—3 to 4 months of use. Unopened toothbrush never expires, but once in use it becomes less effective over time.



CLIMATE CHANGE & WHAT YOU CAN DO



If you hadn't heard, in April, climate scientists from 25 countries protested climate change. Here are some things you can do to help:

- **Save energy at home:** Use less energy by lowering your heating and cooling; switch to LED light bulbs and energy efficient electric appliances; wash laundry with cold water and/or hang things out to dry.
- **Walk, bike, take public transport:** Our roads are clogged with vehicles burning diesel and gasoline. Reduce greenhouse gas emissions (and help your health) by walking, biking, carpooling or public transportation.
- **Eat more vegetables:** Eating vegetables, fruits, whole grains, legumes, nuts and seeds. Eat less meat and dairy. Plant based foods result in fewer greenhouse gas emissions and requires less energy, land and water.

For more: [Link](#)

SMART WAY TO GET IN SHAPE

No matter when you decide to embark on a workout routine, it's important to be smart. Here are a few tips to keep in mind:

1. **Ignore the hype**—If a program offers “instant” results, it's more than likely nonsense and/or extremely unhealthy.
2. **Stop comparing yourself to others**—A friendly competition is okay, but getting caught up in trying to be the best can lead you to be coming discouraged. Everyone is different and what works for someone else may not work entirely for you. Monitor yourself and learn what does work.
3. **Set a realistic goal**—Achieving your goal will take time. Do the hard work and keep committed. If you do too much at once can cause harm.
4. **Find your community**—Having a good support system could be the right element to reaching goals in a healthy way. Find the right people, communicate your goals, hold each other accountable and overcome the obstacles.
5. **Find a workout you love**—If you're not doing a workout that you enjoy, then your goal isn't going to work. Looking into a fitness clinic where an instructor can teach different methods and exercises can help you find the right workout for you.
6. **Get started with a 3D Body Assessment**—A weight scale can mislead you into thinking your not making the progress. A 3D Assessment can help you understand your measurements, shape, composition and just better understand your body.
7. **Boost your energy levels**—Exercise isn't the only way to boost energy levels. Some lifestyle changes that you can make are getting more sleep, reduce stress levels, eat right and avoid too much sugar.
8. **Drink plenty of water**—You always hear “drink plenty of water” and there's a reason for it. It can help lubricate your joints, boost healthy skin, cushion your brain, maintain blood pressure and the list goes on. Have that H₂O handy.
9. **Don't ignore your eating habits**—commit to eating better along with working out. You don't need to make drastic changes, but small changes like cutting out soda and avoiding fast food is a good start.
10. **Think beyond summer**—Don't stop at just getting into shape for the summer, eating clean and exercising regularly will help make you feel better all around.

Getting into shape is a great goal to have. But always make changes for the right reasons. Well being is always in front of aesthetic.

[Blog Link](#)

Name: _____

Location: _____

A complete entry must have your name, location, a circled prize and one completed puzzle. Please send to employee-relations@countyofdane.com or inter-d to CCB 418. Due: June 24 by 10 AM.

Please circle one (preferable more than 1)

- Easy Sheet Pan Cookbook
- 5 Ingredient Cooking for 2
- Meal Prep Weight Loss CB
- Ultimate Book of Grilling
- Air Fryer Cookbook
- Delish Insane Sweets CB
- Juicing for Beginners
- Golden Gate Bridge 500 pc Puzzle
- Succulent Garden 500 pc puzzle
- Dream 1000 pc Puzzle
- Moraine Lake 1000 pc Puzzle
- Cold Case Puzzle Book
- Jumbo Puzzle Book
- 3 Random Large Print
- Puzzle Books
- Yoga Mat
- Infuser Water Bottle
- Water Bottle
- Black Lunch Bag
- Sleep Sound Spa
- Skip Rope
- Ab Roller
- Workout Dice
- Bike Lock

BRAIN STRAIN

PUZZLE # 1: **EMBEDDED LADDER**

Fill in each set of blanks with a common three-letter word to form a longer common word (except in the first and last rows, which are only three-letter words). If you do it right, your three-letter words will create a word ladder that changes by one letter, row by row. We've given the letter that changes in the word ladder in the first and last words, which are related to each other in some way. Can you complete the ladder?

_ _ Y
 S _ _ _ DRAGON
 E S _ _ _ E
 T E L E S _ _ _ E
 N I _ _ _ I N E
 E _ _ _ E R I C
 F A L _ _ _ T O
 E L _ _ _ H E R E
 E _ _ _ I T N E S S
 _ _ A

PUZZLE # 2: **OPPOSITE DAY**

For each word below, find an antonym that begins with the middle letter of the word given. For example, given the word ATTRACT, you might say REPEL, which starts with R, the middle letter of the word ATTRACT.

Can you find middle-letter antonyms for them all?

1. CHEAP _____
2. AWAKE _____
3. RISKY _____
4. CLOSE _____
5. CONCAVE _____
6. BOORISH _____
7. WHISPER _____
8. LUCKY _____
9. AFT _____
10. ABUNDANCE _____
11. SPENDTHRIFT _____
12. VERSO _____

