



## The Pulse A Heart Club Newsletter

### October-November-December 2018

Fall has arrived and winter is around the bend. The time of year for family gatherings and holiday traditions. Although, celebrations are fun they can become stressful. In this edition, we will explore tips for stress reduction and holiday eating. We would like to wish you a joyful holiday season. Thank you for allowing us to partner in your healthcare.

We appreciate input so if there is a topic you would like more information on or you would like your name off the mailing list contact us at 715-685-5380 or [dtutor@ashlandmmc.com](mailto:dtutor@ashlandmmc.com).



The practice of celebrating religion and tradition is an ancient one. For some such practices can bring joy and a sense of community. Others may experience stress or trouble following diets. How can we find a balance? The answer may lie in the ancient practice of mindfulness. Studies have shown mindfulness can help reduce stress and help people maintain a healthy weight.

What is mindfulness? It is being aware of what is going on within and around you. Living in the moment and not running on autopilot. The act of being aware of what we are doing and not overwhelmed by what's going on around us.

What is the science behind mindfulness? Studies have been conducted by many respected entities such as Harvard and the National Institute of Health. Evidence suggests with mindfulness changes occur in the brain which enhances our ability to regulate emotions and behaviors. The practice of meditation for 10 to 15 minutes daily was linked with reduced inflammation, better sleep, less pain and fewer symptoms of anxiety and depression.

How does mindfulness tie into holiday eating? It's easy to get caught up in the holiday spirit and consume extra calories. Just 200 extra calories daily from Thanksgiving to Christmas can lead to 2 to 3 extra pounds. For many those pounds hang on well past our New Year resolutions. Mindless eating is consuming food because it is there. It can range from eating while distracted to eating for emotional comfort. Below are 10 tips to holiday eating.

- 1) Don't skip meals all day in anticipation of the feast.
- 2) Avoid alcohol on an empty stomach as it can increase appetite.
- 3) Don't stand next to the food table.
- 4) Make room for fruits and vegetables.
- 5) Before filling your plate look at the food options.
- 6) Use cardiac friendly recipes with less salt and low cholesterol.
- 7) After the first helping wait 10 minutes before going back for more.
- 8) Eat smaller portions. Use a smaller plate.

- 9) Slow down. Enjoy each bite and put your fork down while chewing.
- 10) Pay attention while eating. Don't eat while watching TV or on the computer.

These tips can help to reduce those extra calories we consume without realizing. But how do we handle the extra stress? Remember to focus on what is important over the holidays. Don't get caught up in the hustle and bustle. Formulate a list of priorities, budgets and appointments. And remember to take time each day for yourself to evaluate your goals and redirect as needed.



**The Latest Beat:** The Food and Drug Administration cleared Siemens high-sensitivity troponin test for faster diagnosis of heart attacks. As blood flow to the heart is blocked, the heart muscle is damaged and releases chemicals into the blood stream. This can occur in as few as 30 to 60 minutes. When patients display symptoms of a heart attack blood can be obtained and tested for these chemicals. Siemens high sensitivity troponin can detect these chemicals in patients in as little as one hour after presentation. The time to first results is 10 minutes.



## **Herb Roasted Turkey**

4 to 5 pounds turkey breast

2 celery stalks cut into 1 inch pieces

2 carrots peeled and cut into 1 inch rounds

1 large onion diced

Pepper to taste

2 ounces olive oil

1 Tablespoon chopped fresh rosemary or 1 teaspoon dried

2 Tablespoons chopped fresh sage or 1 – 2 teaspoons dried sage

Preheat oven to 375 degrees. Place carrots, celery and onions on the bottom of your roasting pan. Take the turkey breasts and lie them on top of the vegetables. Mix herbs with olive oil and brush over the turkey breasts. Roast until thermometer reads 165 degrees. Remove from oven and let rest. Cover with tin foil while resting.

You can add your own creative twist by adding other vegetables or changing spices.

