



Kennebunk Healthy Times

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FALL INTO FITNESS WRAP UP



Healthy Kennebunk's [Fall Into Fitness](#) program has ended. Participants from Video Creations, York County Coast Star, Brick Store Museum, Kennebunk Water District, Mainely Murders, Rambler's Way, CVS, Town Hall employees, Chamber of Commerce, Kennebunk Savings, and many residents participated in Kennebunk's newest walking contest, Fall into Fitness, talking **17,807,015 steps!** View the [Fall Into Fitness](#) results! Since the start of all the [walking programs](#) which include: Walk To Win, Move To Win, Step Into Spring, Summer Sizzle, and Fall Into Fitness, participants have taken a combined 71,976,073 steps!



Healthy Kennebunk's next walking program, [Spring Into Fitness](#), starts March 21, 2016. Sign up now! New chances to win for organizations signing up as a team and a limited number of t-shirts will be given to those who sign up early!

RECIPE CORNER

Vegetable Spaghetti Bolognese

-Courtesy of Bethanie Gardner

Ingredients

- 2 ¼ pounds uncooked spaghetti squash
- 1 pound uncooked 93% lean ground beef
- 1 cup cooked kidney beans rinsed and drained if canned
- 1 clove medium garlic crushed
- 1 medium uncooked onion chopped
- 1 medium uncooked zucchini sliced
- 1 ½ cup fresh mushrooms
- ¼ cup canned tomato paste
- 14 ½ oz. canned tomatoes, whole, peeled and chopped
- 1/8 tsp table salt, or to taste
- 1/8 tsp black pepper, or to taste

Instructions



Cut spaghetti squash in half and scoop out seeds. Wrap each half in plastic wrap and microwave on high power until strands of squash separate when flesh is scraped with a fork, about 15 minutes. Set aside.

Combine beef, beans, garlic, zucchini and mushrooms and cook on high power until meat is no longer pink, about 5 minutes. Break up meat with a fork several times during cooking.

Add tomatoes, tomato paste and herbs and season to taste. Cover and cook for 10 minutes more on high power.

With a fork, scrape out spaghetti squash to form strands. Divide squash between 4 plates and top with meat sauce.

KEEP THE HOLIDAYS LIGHT

The holiday season is a time to gather and celebrate with family and friends. It is also a time when many of us overeat and gain unwanted weight. According to the National Institutes of Health, the average American gains one to two pounds during the holiday season. This may not sound like much but most people never lose those extra pounds. This means that by 2020 many people will be 10 pounds heavier due to holiday habits.

Here are a few tips to help you avoid weight gain this holiday season.

- Don't skip meals
- Stock your home and workplace with healthy snacks (fruit, vegetables and low fat dip, nuts, low fat yogurt)
- Bring a healthy dish to a holiday potluck
- Stay active or get active to help lower holiday stress and burn added calories
- Create a fun, healthy holiday drink with a splash of 100 percent fruit juice in sparkling water
- Fill up on healthy foods so you can add a small amount of one or two of your very favorite treats

Maintain, don't gain!

It is much harder to lose weight than it is not to gain it in the first place. Sign up for the free [Maintain don't gain! Holiday Challenge](#) to keep the holidays light. You will receive seven weeks of healthy eating, physical activity and stress management tips. You will also get holiday recipes including old favorites made with healthy ingredients.

The Holiday Challenge begins **November 16 and goes through December 31**. Register today at [Maintain don't gain! Holiday Challenge](#).

Give the gift of health and share the Holiday Challenge with your employees, coworkers, friends and family. Consider encouraging people to sign up together so that they can support each other.

Resources

[MakeHealthierHolidayChoices](#)
[MyPlate 4 Step Plan for the Holidays](#)
[AHA Holiday Healthy Eating Guide](#)
[Healthy Recipes](#)

SUICIDE PREVENTION

Suicide and suicidal behaviors affect thousands of Maine people of working age each year. During 2010-2012, suicide was the second leading cause of death among Maine people ages 15-34 and the fourth leading cause of death among Maine people ages 35-54. It is critical that employers know how to safely respond when concerned about an employee and that a person experiencing suicidal behaviors knows that seeking help is okay and that help is available.

Thinking an employee may be suicidal is scary and confusing. You may not know:

- When to become involved in the problems of someone who is not family or a close friend
- What you can do to help someone
- If the person is really in serious trouble

Being wrong could be embarrassing. Being right could save a life. These issues may be more complicated if you do not have a human resources department (HR) or employee assistance program (EAP)

Warning signs are things you can see or hear that tell you someone may be suicidal. You see your employees on a regular basis and can recognize changes in behavior, personality or mood. Warning signs include:

- Talking about suicide or death: "I wish I were dead." "What's the point of living?"
- Uncharacteristically isolating themselves from others in the workplace
- Expressing feelings that life is meaningless or hopeless verbally or through social media
- Demonstrating unexplained deterioration of work performance or productivity
- Neglecting appearance and hygiene

Call EAP, a mental health professional or the Maine Crisis Hotline 1-888-568-1112 if you see any of these warning signs.

Do Not Leave The Person Alone and Call 911 if:

- A suicide attempt has been made
- A weapon is present
- If your employee refuses help or is uncooperative or combative
- Feeling connected promotes well-being and can decrease suicide risk. You

can play an active role in creating a workplace that fosters communication, a sense of belonging, and respect for an employee who may be at risk for suicide. Your EAP or HR or the resources below can help establish a workplace suicide prevention program.

Resources

[National Alliance on Mental Illness \(NAMI Maine\)](#)
[The Role of Managers in the Workplace](#)
[The Role of Co-workers in Preventing Suicide in the Workplace](#)
[Suicide Prevention Resource Center](#)

NOVEMBER IS LUNG CANCER AWARENESS MONTH

Lung cancer is the leading cause of cancer death for both men and women in Maine. Anyone can develop lung cancer, but you may be at a higher risk if you:

- Smoke or breathe second-hand smoke
- Are exposed to asbestos or radon
- Have a family history of lung cancer

[Lung cancer screening](#) is available for high-risk individuals and may help detect lung cancer at an early stage when it is easier to treat. If you are 55 or older and currently smoke or have smoked heavily in the past, talk with your health care provider about your lung cancer risk and ask if lung cancer screening is right for you.

HEALTH OBSERVANCES Save the dates!



<i>November Health Observances</i>	<i>December Health Observances</i>
American Diabetes Month	Safe Toys and Gifts Month
COPD Awareness Month	World AIDS Day (1)
Lung Cancer Awareness Month	National Influenza Vaccination Week (7-13)
Great American Smokeout (19)	

ACHING BELLIES: NATURAL SOLUTIONS

By [Aline R. Potvin BA,ND](#) (Naturopathic Doctor) from [Riverbend Wellness Center](#)

Unfortunately, many kids (and adults) that see me in practice are suffering from problems with their gut. Sometimes it's been going on for so long that they don't realize having tummy aches every day *isn't actually normal*. I know. Thankfully, the solutions are generally pretty easy, or at least obvious. Natural remedies can take a bit of time to really heal what's going on, but there are also many things that can act as quick acting relief for symptoms like bloating, heartburn, and uncomplicated tummy discomfort.



Why it's happening. What to do:

Food sensitivities: The dreaded elimination diet, while challenging, is one of the best means of determining a real food sensitivity. In practice, what I find to be the most common culprits are: (*sometimes*) **gluten**, (*sometimes*) **dairy**, **almost always sugar and corn**. When I say corn, I mean corn derived products as well (google it; the list is exhausting). Removing these foods can cause dramatic reduction in digestive symptoms, and many others.

Maybe it's nerves?: We forget that we have a whole lot of nerve tissue surrounding our guts. As a result, sometimes anxiety can grab the reins. A calming (and gas relieving tonic) that I enjoy is a half and half mix of **chamomile/mint tea**. Mint and chamomile can soothe the stomach, but chamomile also is a gentle stress relieving tea. Kids really love it.

Just Gas: Raid your spice rack for this. Ironically, the best gas, bloating, and heartburn relief can already be found in your kitchen. **Fennel, anise, cinnamon, caraway, and ginger** are all spices that can be served as an after-dinner tea to relieve bloat. To prevent it, preparing the digestive system with a few drops of a Bitters tincture or a swig of apple cider vinegar can be helpful. **Tip for breastfeeding moms:** If your child is colicky...check what you are eating. Try drinking fennel/ginger tea to help with your child's bloating.

Healthy Bacteria: This topic is worth an article on its own, but one thing to consider when there is tummy trouble, particularly when digestion is really inconsistent, that an imbalance in gut flora may be the problem. Probiotic supplementation (in conjunction with dietary changes) can be helpful for all ages.

The gut is actually the foundational system for the rest of your body's health. When it isn't healthy, it's surprising what other systems can be effected. Some of the most powerful treatment for joint pain, skin issues, mood, actually start with the gut, and these tips are a great start.



WATERHOUSE CENTER: A HEALTHY FORUM FOR ALL!

Creating Healthy Opportunities for Youth and their Families

Have you attended events and activities at the Waterhouse Center? If not, it's time you do. There are many fun, healthy and educational programs for families, all-ages, all year long! From ice-skating to now roller skating, from demonstrations by world-renown professional skateboarders to live presentations by the Portland Symphony Orchestra Concert! The Waterhouse Center is an incredible venue right in Downtown Kennebunk. Stay informed at: www.kennebunkmaine.us/wcfun or subscribe to the [Waterhouse and Events calendars](#) to be notified via text or email of upcoming events.

The Danger Zone

By [Daryl Conant, M.Ed](#) from [Fitness Nut House](#)

Beyond the Obvious

Regardless of whether you are enrolled in a weight-management program or a muscle building program, there are plenty of "**danger zones**" that will inhibit your success. Beyond the obvious such as drugs, alcohol and tobacco, there are several danger zones that are not as obvious.

Food Processing

Modern technology has given us food processing. Let's take a look at how different types of food processing can affect us.

Exposure to Heat

Heat can create and adverse effect on foods. The following are just a few examples of how certain processes can affect the foods we eat.

Fried Foods- The longer a food is fried and the higher the temperature -- the more vitamin and mineral potency loss will occur. Frying temperatures usually reach 375°F. **Corn** or **safflower oils** are best because of their higher smoke points of 450°F to 500°F.

Canned Foods- Vitamin and mineral potency losses occur from *blanching*. Then, the foods lose even more nutrients through the sterilization process, which involves temperatures of 240°F or higher for 25-40 minutes.

Frozen Foods- Many frozen foods are cooked *before* freezing. Higher quality foods are generally sold as fresh. Lower quality foods are generally used in frozen foods.

Dehydrated Foods- The damage to food through dehydration is dependent on the *quality* of the product processed. Certain methods of commercial dehydration use temperatures of 300°F.

Dairy Products- Many vitamins lose their potency or are destroyed by the **pasteurization** process. The **homogenization** process breaks down the normal-sized fat particles, thus allowing the formation of an enzyme called **xanthine oxidase**. The enzyme then enters the bloodstream and may destroy vital body chemicals that would ordinarily provide protection for the coronary arteries.

Exceptions- Various nutrients have *different degrees of stability* under the conditions of processing and preparation. **Vitamin A** is easily destroyed by *heat* and *light*. **Vitamin C** also is affected by heat. However, it also is affected by contact with certain metals such as *bronze, brass, copper, cold rolled steel, or black iron processing equipment*.

Studies conducted on the canning of foods found that peas and beans lose **75% of certain B vitamins**, and tomatoes lose **80% of their naturally occurring zinc content**.

Exposure to Cold

Foods exposed to low temperatures also can be adversely affected. For example:

Frozen Foods- Freezing may have *only minimal* effect on the vitamin and mineral potency depending on the method used. Also, the food is less effective if it's frozen *shortly* after being harvested. Remember, in most instances, the *higher quality foods are sold fresh*.

Fresh Fruits and Vegetables- Sometimes, foods are harvested *before* they are ripe. They are allowed to ripen on the way to market. This may cause a reduction of some *trace minerals*.

Note Some foods may retain more nutrients because they are frozen shortly after being harvested. A Stanford University study showed that frozen spinach had 212% more Vitamin C than fresh. Frozen brussel sprouts had 27% more Vitamin C than fresh.

Note During processing, more Vitamin E is lost than any other vitamin. Wheat flour (not the 100% whole wheat flours) loses up to 90% of its Vitamin E value. Rice cereal products may lose up to 70% of their Vitamin E.

Food Storage

How foods are stored plays a big part in determining how much nutritional value foods when they get to your plate.

Preservatives- Preservatives help maintain freshness and prevent spoilage caused by fungi, yeast, molds and bacteria. Preservatives are used to extend shelf life or protect the natural color or flavors of foods.

Acids/Bases (alkalis)- These agents provide a tart flavor for many fruit products. They also are used for pickling and making beverages "fizz" using phosphoric acid.

Antioxidants- Antioxidants reduce the possibility of rancidity in fats and oils. The most common natural antioxidants are Vitamins C,E,A and Selenium. Artificial antioxidants are BHA and BHT.

Taste Enhancers- These agents bring out the flavor of certain foods. MSG (monosodium glutamate) is a good example.

Improving Agents- Examples of improving agents include: Humectants- which control the humidity of a food. **(2) Anti-Caking Agents-** keep salt and powders free flowing. **(3) Firming and Crisping Agents-** used for processed fruits and vegetables. **(4) Foaming Agents-** for whipped toppings. **(5) Anti-Foaming Agents-** keeps pineapple juice from bubbling over a filled container.

Emulsifiers- These help evenly mix small particles of one liquid with another, such as water and oil. Lecithin is a good example.

Note Keep in mind that you are rarely aware of the quantity of additives you consume.

Food Additives

Flavorings- There are approximately 1,100 to 1,400 **natural** and **synthetic** flavorings available. Scientists are most concerned regarding the *toxicity* of many of the flavorings. Flavorings make food taste better, restore flavor lost in their processing and can improve natural flavors.

Stabilizers/Gelling Agents/Thickeners- These are used to keep products in a "set-state" such as jellies, jams and baby foods. They are also used to keep ice cream creamy. They generally improve consistency and will affect the appearance and texture of foods. The more common ones are modified food starch and vegetable gums.

Colorings- Ninety percent are artificial and have no nutritional value. Some foods have a tendency to lose their natural color when processed and must be dyed back to make them more appealing to the consumer. An example of this is banana ice cream which is dyed yellow. Cherries are almost always dyed.

Sweeteners- The United States' consumption of artificial sweeteners is estimated at approximately **six pounds per person per year**. These are designed to make the foods more palatable.

Aroma Enhancers- An example is a yellowish-green liquid-diacetyl which is used in some cottage cheeses to produce an artificial butter aroma.

Food Preparation

Washing/Soaking- Many vitamins are water soluble and will be lost through washing, scrubbing or long periods of soaking. Soaking carrots causes the loss of

natural sugar, all the B vitamins, Vitamin C and D, and all minerals except calcium.

Dicing/Slicing/Peeling/Shredding- The smaller you cut fruits and vegetables the more surface is exposed to temperature changes, the air oxidation, and light. Prepare as close to serving time as possible. Shredding for salads causes a 20% loss of Vitamin C and an additional 20% loss if the salad stands for an hour before eating it.

Note: The skin of fruits and vegetables contains at least 10% of the nutritional content of that food.

Charcoal- Benzines may be produced by the fat dripping on the charcoal. These chemical substances are classified as carcinogens (cancer forming agents).

Crock-Pot- Vegetables left in all day or for a long period of time lose a high percentage of their vitamins and minerals, as well as absorbing the fat from the meats. Steam vegetables first and then add them to pot before serving.

Boiling- Stewing and boiling fruits and vegetables result in heavy nutrient losses.

Steaming- This is by far the best method for preparing fruits and vegetables. They are subjected to high temperature for only a short period of time.

Microwave- Very good method, foods cook fast and therefore have less chance to lose their nutrients.

Frying- High heat causes nutrient losses in all types of foods. Meats will lose Vitamin B1 and Pantothenic acid.

Note: Refrigerate all foods as soon as possible. This will help you retain the potencies of the vitamins and minerals. Whole boiled carrots will retain 90% of their Vitamin C and most of its minerals, but if you slice before cooking you will lose almost all the Vitamin C and niacin content.

If you would like to contribute to this newsletter, please let us [know!](#)