

# Health, Fitness & Beauty Guide

## Three ways to set yourself up for success this year

(BPT) - Now is the perfect time to reflect on past resolutions and establish goals that will help you kick off the new year right. Maybe you want to travel, read more books, learn a new skill or take up a new hobby. Whatever resolutions you set, it's important to create life-long habits to support your goals and overall wellness.

Not sure where to start? Registered dietitian Dalina Soto has three simple tips to set yourself up for success in 2022.

### 1. Prioritize self-care

You don't have to be sitting in a bubble bath to practice self-care. It's all about finding moments to relax, refresh and enjoy the things you love.

If you're an early bird, try taking your morning coffee outdoors or make a cozy spot in your home to write, meditate or read. If you're more of a night owl, carve out time before bed to recharge and reset. Whatever you decide to do, make sure it's something that rejuvenates you so you can tackle the rest of the day as your best self.

### 2. Get moving

Instead of making a resolution to go to the gym three times a week, think about how you can incorporate physical activity into your daily life through smaller steps that are easier to keep up with. Maybe every hour, you get up and take a walk around the office or do a

few stretches at your desk. Perhaps you'll start your day with a 10-minute yoga session or invite your friends to go on a lunch walk. All these movements add up and will help improve your mood, promote better sleep and even give you more energy to accomplish your other goals.

### 3. Fuel up on wholesome nutrition

Getting enough key nutrients at every meal is essential to your physical and mental health. When you're properly fueled, you can better concentrate on your goals and how to achieve them. Instead of starting the new year with a restrictive diet, think of ways you can add wholesome, nutritious ingredients

to your recipes.

"It's important to give your body the best fuel possible, and there are many foods that are likely already in your diet that can provide what your body needs," says Soto. "Eggland's Best eggs, for example, contain superior nutrition such as six times more vitamin D, more than double the Omega-3s, 10 times more vitamin E and 25% less saturated fat compared to ordinary eggs, making them the perfect ingredient to add to any of your go-to recipes in the new year."



## Cybersickness is real, so is relief

(NewsUSA) - The arrival of the COVID-19 pandemic has forced people to live most of their lives, including work, entertainment, and personal interactions, online. All this screen time has taken a toll, as more people of all ages are reporting symptoms of "cybersickness."

Cybersickness was a phenomenon before the pandemic, but had been studied mostly in the context of up-and-coming virtual reality games.

Cybersickness is a form of motion sickness, characterized by nausea, disorientation, and oculomotor disturbances, according to a study of the problem by Kay Stanney and colleagues, published in 2020 in the International Journal of Human-Computer Interaction. A recent article in National Geographic explains how cybersickness is seasickness in reverse. Instead of your body moving while your perception thinks you should be still, such as the experi-

ence of being on a boat while looking at a fixed horizon. In a virtual world your body is still, but your senses are perceiving motion, whether through video games, zoom meetings, or just endless scrolling.

Fortunately, the dizziness and discomfort of too much screen time can be eased by some of the same strategies that work on other types of motion sickness.

For example, the Sea-Band wristband is designed to relieve the symptoms of motion and travel sickness naturally through the use of acupressure. Specifically, the Sea-Bands include studs sewn inside that put gentle, steady pressure on the P6 (Nei-Kuan) acupressure point. Studies have shown that applying pressure to this point relieves the nausea associated with motion sickness.

"Because the bands do not use drugs, they do not cause any of the side effects associated with anti-nausea

drugs and can be worn on each wrist whenever you feel nauseous," according to the company website.

Sea-Band wristbands can be used by anyone, adults or children, and usually have an effect on symptoms within five minutes of putting one on, according to the company.

Sea-Bands are latex-free, washable, and reusable, and they can be used in combination with other anti-nausea medications.

Sea-Bands can help relieve not only the nausea and dizziness associated with motion sickness and cybersickness, but also post-surgery nausea, nausea associated with chemotherapy, and nausea associated with pregnancy. And Sea-Band products are HSA- and FSA-approved, so they are covered by many health insurance plans.

For more information, visit [sea-band.com](http://sea-band.com).

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## Easy ways to limit carbs in 2022 for a healthier you

(BPT) - Heading into the new year, you may be thinking about ways to work on your health and wellness. A new year is an ideal opportunity to consider positive lifestyle changes, and what you choose to eat is a big part of that. The good news is, you can focus on nutritional goals while still enjoying the food you eat.

"Think about important nutrients your body needs to stay healthy, like protein, healthy fat and fiber, when choosing what to eat," says registered dietitian nutritionist Kristin Kirkpatrick, M.S. "Focusing on foods with those nutrients, while reducing carbs, can help you stay on track toward your goals."

Here are Kirkpatrick's tips to help you limit carbs.

1. Utilize net carbs to your advantage

The great thing about tracking net carbs is that it helps you get the most bang for your nutritional buck, as an essential component of a net carb calculation is to deduct fiber. In the low carb world, fiber is found in nuts, seeds and cruciferous vegetables (like broccoli or cauliflower). Fiber is not digestible, which is why you deduct it from the total carbs. Adding more of these foods into your daily routine means you're getting fewer digestible carbs and

more healthy fats, vitamins, minerals and antioxidants.

2. Add indulgences to stay on track

It's much easier to stick with healthier lifestyle changes if you include foods you truly enjoy that also provide nutritional content.

"I advise my patients to indulge but indulge smart," adds Kirkpatrick.

One great choice is Quest Frosted Cookies, which comes in two flavors: Quest Birthday Cake Frosted Cookies and Quest Chocolate Cake Frosted Cookies. These soft, bite-sized cookies are enrobed in either a birthday cake or chocolate coating that satisfies your sweet tooth with less than 1 gram of sugar, 5 grams of protein and 1 gram net carbs per serving - so you can enjoy these delicious treats and stay on track with your nutritional goals. (See individual product for nutrition information, including calories, total fat and saturated fat content.)

3. Understand how soon you'll see benefits

"When you limit carbs, the results can be seen fairly quickly," says Kirkpatrick. "That's because the process of limiting carbs (at least in the beginning) leads to a reduction in water weight. Before the real weight starts coming off, you can start

seeing the benefits. Sometimes, just feeling lighter will keep you motivated to continue in the beginning."

Additionally, limiting carbs means reducing processed foods and sugar. Multiple studies have found these eliminations to be beneficial to mental health. So, limiting carbs can help you with your physical health as well as your happiness factor!

4. Swap dips and sides

Most dips and sides can be made low carb and reinforce your healthy habits. For example, you can make spinach-and-artichoke dip (a source of antioxidants) with almond flour (or no flour at all), snack on an apple with no-added-sugar peanut or almond butter, or dip low carb chips into a healthy fat source like guacamole. These options give you way more nutrient density than the potato chips or pretzels you might be tempted to grab. They also help you feel fuller, longer.

Here are other lower carb dip ingredients to try:

- Mayonnaise. This versatile condiment has zero carbohydrates. You can create plenty of dips combining mayo with mustard and/or sour cream.

- Mustard. Add zing to your dips with mustard, as it contains zero net carbs. Some mustards will have added

sugar or honey, so be sure to check labels.

- Sour cream. While you may think full-fat sour cream is not the best choice, it actually contains fewer carbs than the low-fat version - and a lot fewer carbs than non-fat sour cream. It also adds flavor to any recipe and combines well with a variety of herbs and spices.

Meeting your health and wellness goals for 2022 will be easier if you center your goals on nutrition as well as enjoyment of foods you eat that also help give you what your body needs.



## Boost immunity naturally with a simple spray

(NewsUSA) - Promoting a healthy immune system has never been more important.

A new ingestible oral spray from established oral care company TheraBreath gives you a combination of vitamins and minerals designed to boost your immune system and help protect you and your family against colds, flu, and other airborne viruses.

The spray is packaged in a small bottle that is easy to take anywhere and use on the go. "The immunity spray fills an untapped niche of

oral products that provide an overall health benefit," says CEO and founder, Dr. Harold Katz, a dentist with an additional degree in bacteriology. "For many years, folks have overlooked the fact that their mouth and throat are the doorways to the rest of their body," he explains. "TheraBreath Immunity Support Spray is an easy way for everyone to improve their body's natural immunity."

TheraBreath contains no artificial colors or dyes, but contains natural Acerola and

Elderberry extracts, which have strong antioxidant properties and are often used in immunity-boosting products. Other key ingredients include Vitamin C, Vitamin E, Zinc, and Copper. The spray is certified vegan and gluten-free, as well as NSF-certified to ensure that it contains the ingredients listed on the supplemental facts label.

For more information, visit [therabreath.com](http://therabreath.com)

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## Fight back menopause's negative affects on your skin

(StatePoint) By 2025, there will be over 1 billion women experiencing menopause in the world, which will be 12% of the entire world population. Most women hit menopause by their 50s. However, changes in the body start to appear earlier than you might think, often many years before a woman officially hits menopause. This time in a woman's life can bring bothersome and debilitating symptoms which can significantly affect a woman's health and daily routines.

Women may notice physical changes in their skin as one of the first symptoms as they age. "When you're young, your body produces an abundance of collagen, the main skin-supporting protein that keeps your face supple and hydrated," said nationally renowned natural health physician and author, Dr. Fred Pescatore. "Studies show that women lose about 30% of their skin's collagen

during the first five years of menopause due to hormonal shifts."

With collagen loss, skin becomes thinner and prone to wrinkles. It also loses the ability to protect itself, maintain hydration, and produce strong collagen the way it once could. Many women see these changes reflected in increased bags under the eyes, sagging neck skin, and increased hyperpigmentation in the face and hands.

There are several ways for women to minimize and manage skin health concerns that appear during this period.

**• Minimize Sun Exposure**

Try to avoid direct sun exposure. Some women experience increased hyperpigmentation on their face and hands, often referred to as dark spots, leading up to and during menopause. This is caused by a combination of hormonal changes and sun exposure. "You can help mini-

mize your skin's exposure to the sun by wearing SPF, hats and gloves when outdoors," said Dr. Pescatore.

**• Take Shorter Showers**

Keep showers short and not too hot. "Spending too much time in water, especially hot water, strips natural oils from your skin, leaving it dry," said Dr. Pescatore. In the time leading up to and during menopause, your skin is at increased risk for dryness, so try to take short, lukewarm showers to keep skin optimally hydrated.

**• Add a Proven Supplement**

Look for ingredients that can stimulate collagen production and help improve the health of your skin from inside and out. Numerous clinical studies have shown that daily supplementation with the super-antioxidant Pycnogenol (Pic-noj-en-all) French maritime pine bark extract can help minimize various skin concerns middle-aged women experience.

Pycnogenol binds with existing skin proteins, collagen and elastin, stimulates the genesis of new collagen and hyaluronic acid, and protects skin from various harmful enzymes, helping to rebuild elasticity for a smooth, younger look.

Additionally, Pycnogenol has been shown to reduce hyperpigmentation for a more even complexion. A recent study, published in 2021, found that those who supplemented with 100mg of Pycnogenol for 12 weeks during dry winter months experienced a 13% improvement in both skin elasticity and skin firmness.

"Pycnogenol is one of the most studied ingredients on



PHOTO SOURCE: (c) dragana991 / iStock via Getty Images Plus

the market, with decades of research showing the benefits of this natural extract for a variety of health applications," said Dr. Pescatore. "In fact, the extract has specifically been studied on menopausal women, so the skin benefits complement its additional women's health benefits nicely."

Available in more than 1,000 dietary supplements, topical creams, and health

products worldwide, more information about Pycnogenol can be found by visiting pycnogenol.com.

As women enter the middle phase of life, a host of new skin concerns can appear. Evolving one's skin care routine and making natural lifestyle changes can help women meet the challenges of menopause.

## They saved a baby's life - here's how you could, too

(NAPSI) - In July 2020, at six months pregnant with her second child, Erica McKenna and her husband Dan, received devastating news about their unborn daughter.

Their baby was experiencing a condition called maternal alloimmunization. This condition can occur when a pregnant woman's blood contains certain antibodies that attack the red blood cells of the fetus. This can cause the baby to become dangerously anemic.

Doctors told Erica if this

condition was not treated, her baby would die. To stabilize and save her child's life, Erica's baby received five blood transfusions in utero starting at 24 weeks.

Just two months later, at eight months pregnant, Erica experienced worrying symptoms requiring immediate action. Within hours, she was in the hospital where she underwent an emergency C-section. Following delivery, her infant daughter was rushed to the NICU where another three blood transfusions were

needed.

Nearly a year later, Erica and Dan's daughter, Annie, is a thriving baby with a smile for everyone.

"You would never know she went through all of that," said Erica. We're extremely lucky. We're grateful for the people who donate blood and the amazing doctors who took care of us both."

To give back, Erica and her family started Arms Out for Annie, a special blood donation campaign with a goal to recruit 100 donors to give

blood in Annie's name before her first birthday.

"Annie's life was saved eight times," said Erica, referring to the eight transfusions her daughter received before and after birth. "She wouldn't be here without them. And I can't imagine our lives without her."

**What You Can Do**

Currently, there is an emergency need for lifesaving blood donations. As the nation confronts a severe blood shortage, due to a rise in hospital demand for blood, the American Red Cross urges those who are healthy and able to donate now.

Hospitals are responding to a higher number of traumas and emergency room visits and seeing patients who postponed medical care earlier in the COVID-19 pandemic.

All blood types are needed, particularly type O. With only



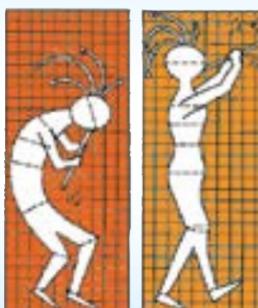
Blood donors saved a baby's life eight times before her first birthday.

about a day's supply of type O blood, there is an emergency need for type O donors. Type O is the most needed blood group by hospitals. In most cases, those who have received a COVID-19 vaccine can donate.

**How To Help**

Healthy individuals are urged to schedule an appointment to give blood or platelets by using the Red Cross Blood Donor App, visiting RedCrossBlood.org or calling 1-800-RED-CROSS.

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