

# NSI NEWS

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January through March 2002

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**TO ALL OUR PARTICIPATING DOCTOR'S: NSI WOULD LIKE TO THANK YOU FOR CONTRIBUTING TO OUR CLIENT'S HEALTH IN THEIR HOME, CARING FOR THE SICK, ADVANCING MEDICAL KNOWLEDGE AND PROMOTING GOOD HEALTH.**

Nursing Services, Inc.  
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## Agency Staff vs Private Hires

When selecting a caregiver for a loved one please consider the following:

If you hire an individual directly or use a referral service you may be responsible for various federal and state tax filings. If you are paying a caregiver "cash under the table" you may be forgoing a deduction on your income tax return. More importantly, you may be taking other risks by not knowing the individual's previous caregiving history or background.

However, an agency like Nursing Services is licensed, accredited and regulated by the state and federal government. Caregivers are insured for liability, malpractice, worker's compensation and bonded. Caregivers are supervised by a registered nurse. There is back up personnel in the event an assigned caregiver is sick or unable to work.

If you would like a brochure on how to choose a home care agency and what questions should be asked, please contact Yvette at our office at:

**860-568-8881**, she would be more than happy to send you a brochure.

## Eating Healthy = Looking & Feeling Healthy

There is no reason to go on a fad diet in order to lose weight. If you want to lose weight, the best way is to control your eating habits. Portion control is the first step to natural weight loss. Start by taking just a portion of what you normally eat and put the rest aside.

Before you sit down to your meal, why don't you start with a nice cold glass of ice water, add a wedge of lemon or lime for flavor. You would be surprised how quickly your tummy fills up! Finally, set realistic goals, ones that can work for you. Start with your current weight, not where you want to be. Make your goals attainable, short-term. For example, the challenge of trimming five pounds at a time seems more do-able than losing 25 or more pounds. Like any project, going little by little isn't so overwhelming, and it's healthier.

### Top Ten Reasons Not To Diet.

1. Diets don't work. You lose weight and gain it right back, often regaining more than you lost.
2. Dieting is dangerous and causes many deaths and injuries every year.
3. Diets are expensive and without value.
4. Dieting causes fatigue, lightheadedness, saps your energy and strength.

5. Dieting disrupts normal eating, causes bingeing, overeating and chaotic feeding pattern.
6. Dieting increases food preoccupation, so half your day or more is spent thinking about food and weight.
7. Dieting diminishes women, subverting their dreams and ambitions, keeping them playing the anticipation game. There's a lot more to life than this.
8. Dieting increases size prejudice, makes people more judgmental and critical of themselves and others.
9. Dieting disrupts the body's chemical and metabolic systems and can cause other problems.
10. Dieting lowers self-esteem, feelings of well-being. Instead, accepting and respecting yourself as you are brings confidence, health and a sense of wellness and wholeness.



## Protecting & Improving Eye Health

How can we avoid vision loss?

Protecting and improving your vision starts with the basics: Plenty of water and a good nutrient-dense diet will help ensure your eyes get the nourishment they need for optimum performance.

Consuming foods loaded with antioxidants, such as red or white wine and grape juice can dramatically reduce the development of macular degeneration.

This may surprise you, but a moderate exercise program also benefits eye health, mainly by promoting good

circulation, cellular health, and metabolic functions. Without these, all parts of the body suffer, including your eyes. In fact, good circulation is especially important to the eyes. Why? Because the capillaries of the eyes, if stretched from end to end, would measure around eight miles long. Healthy vision depends on these tiny capillaries delivering adequate amounts of oxygen and other nutrients to eye tissue. So, a brisk 30 to 60-minute walk every other day is one of the best things you can do.

Let us talk about sight thieves. Smoking is one of the worst. That is because the health of eye tissue is especially dependent on an antioxidant-rich environment. Smoking depletes the body's stores of antioxidants, so less are available to nourish eyes. As a result, smoking significantly increases the risk of developing cataracts and macular degeneration. But perhaps the biggest sight thief of all is the sun. Yes, we need a moderate amount for our bodies to manufacture vitamin D. But too much of it can result in UV or ultraviolet light damaging the eyes. The solution: Wear sunglasses with lenses that filter out UV light. This is especially important for individuals who spend a lot of time in the sun.

## Eye On Lutein

*Taken from an article in Fitness Magazine, October 2001*

If you have not made sure to include the antioxidant lutein in your diet yet, you should. Found mainly in dark, leafy green veggies like spinach and kale and in the yolks of eggs, lutein is essential to preserving your eyesight as you get older. In fact, just 10 milligrams of lutein daily – the amount found in a half-cup serving of fresh spinach – may help prevent age-related macular degeneration (the leading cause of

blindness in the elderly). Other research indicates lutein may also ward off skin cancer and heart disease. Go to [luteininfo.com](http://luteininfo.com) to calculate your weekly intake and learn how to increase it!

## Juicing Your Way To Strong Bones, Low Cholesterol And More

If you find it difficult to get at least five servings of fruits and vegetables daily, fresh juice can be a convenient alternative.

Juices don't provide the same fiber content found in fruits and vegetables, but they do offer a concentrated dose of the same nutrients and phytochemicals.

There are several nutritional advantages to juicing fresh fruits and vegetables. Juicing ruptures the fruits' cell walls, releasing carotenes for easier absorption. The higher the dietary intake of carotene, the lower the risk for cancer particularly malignancies of the lung, skin and colon.

Flavonoids function as biological stress modifiers, altering the body's reaction to allergens, viruses and carcinogens. Flavonoids are found in blueberries, blackberries, cherries and grapes. These compounds help prevent arthritis and hardening of the arteries, increase vitamin C levels within the cells and strengthen small blood vessels and reinforce joints.

Lastly, chlorophyll, the green pigment found in plants, possesses significant antioxidant and anticancer effects. The best chlorophyll rich juice consists for four celery ribs, one-half cucumber (peeled if waxed) and one-half cup of parsley. When preparing chlorophyll-rich juice, limit your use of greens, such

as kale, lettuce or spinach, to one-fourth of the mixture. Otherwise, the juice will be too “strong.”

Yellow and green fruits and vegetables contain the carotenoid zeaxanthin, which helps to prevent cataracts and age-related macular degeneration. More than 13 million older Americans have age related macular degeneration. It is the leading cause of blindness in people over age 65. The best sources of vegetables in this category are collard, mustard or turnip greens, spinach, yellow corn, green peas, avocados and honeydew melons.

These “healing” juices taste fantastic. You will feel more energy throughout the day. To get started, begin with a good “basic” juice of 4 carrots and 2 apples. Once you’ve tried a few recipes, let your taste buds be your guide.

## Tips To A Heart Healthy Life

The best way to start living healthy is to follow certain dietary guidelines. Healthy food habits can help you reduce three of the major risk factors for heart attack – high blood cholesterol, high blood pressure and excess body weight. They’ll also help reduce your risk of stroke, because heart disease and high blood pressure are major risk factors for stroke.

Here are a few helpful tips to get you on the right track.

- Look for the term “whole-grain” on ingredients labels. That means the grain product still has all its natural nutrients, including a high fiber content.
- Buy margarine that lists liquid vegetable oil as the first ingredient. It should contain no more than two

grams of saturated fat per tablespoon.

- A regular hot dog has almost 16 grams of fat! Select “fat free,” “low fat” or turkey hot dogs for your next cookout.
- Salad dressings are often loaded with fat and calories. Ask for your salad dressing on the side, dip your fork into the dressing and then stab some salad. You’ll taste the dressing with every bite.
- What is one serving? It’s one medium piece of fruit, one-half to one cup cooked or raw vegetables, or one-half cup fruit or vegetable juice.

Even low-intensity activities, when done for as little as 30 minutes a day, can bring health benefits. Take a few minutes for pleasure walking, gardening, yard work, moderate-to-heavy housework, dancing or home exercise. You wouldn’t believe how good you will start to feel!



## Diabetes & Heart Disease Are Linked

Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. The cause of diabetes is a mystery, although both genetics and environmental factors such as obesity and lack of exercise appear to play roles. There are 16 million people in the United States who have diabetes. Unfortunately, 5 million of those don’t know it.

The effects that diabetes has on your heart are just as devastating as the effects of a heart attack. People with

diabetes must think and act beyond diet and blood sugar control about other health concerns, especially their hearts.

More than 75% of people with diabetes will experience severe heart problems. Research is now showing that there is a strong connection between glucose levels and heart disease. In addition, typical risk factors for heart disease, such as high blood pressure and cholesterol levels, need to be monitored stringently for people living with diabetes. Find out about warning signs, treatment strategies, and lifestyle changes that can help reduce your risk for cardiovascular disease.

## Nutrition For Older Americans

Do you know a senior who struggles with food choices? Do you find eating less appealing than it used to be? Nutritional needs are important at every stage of life. But as we age, many new factors can come into play. With changes in finances, medications and appetite, eating can become a challenge. Try these tips to perk up a tired appetite:

- Try to identify the problem. If certain foods cause discomfort, such as heartburn or gas, find alternatives. Talk to your doctor about your medications. If they’re causing problems, something else might be prescribed.
- Eat four to six smaller meals, as they may be easier to digest.
- Give yourself plenty of time to eat.
- If possible, increase your physical activity level. This often helps perk up a tired appetite.

Start investing in your health today. Take control of your food choices, get physically active and get on the road to a healthful lifestyle—for a lifetime.