

*Living*

**WELL**

**NURTURING MIND, BODY & SOUL**

*This special feature aims to inspire our readers to get active, eat healthy and make positive changes for their overall well being.*

**SAIPAN TRIBUNE SUPPLEMENT  
JANUARY 29, 2018**





For the past seven years, the DASH diet received top billing on the US News & World Report list of best diets to promote weight loss and long-term health.

DREAMSTIME/TNS

## QUINN ON NUTRITION

# DASH into the New Year

By **BARBARA QUINN**  
THE MONTEREY COUNTY HERALD/TNS

**I**t's one of the most effective diet strategies to bring down blood pressure and reduce dangerous inflammation. It helps us lose weight and protects almost every organ in our bodies. And hardly anyone knows about it.

It's called the DASH diet, not to be confused with the popular seasoning. DASH stands for Dietary Approaches to Stop Hypertension ... yawn. Yet for the past seven years, the DASH diet got top billing on the US News & World Report list of best diets to promote weight loss and long-term health. And, as opposed to many of the diet plans coming your way in 2018, DASH is supported by some of the best research out there.

What makes it so cool? DASH does more than just lower blood pressure. It's been shown to lower the risk for kidney disease, improve heart

function and even lower our risk for certain types of cancer.

Believe it or not, the main focus of this diet plan is not to cut out salt. DASH lowers blood pressure due to its unique mixture of nutrients such as protein, fiber, potassium, magnesium and calcium. Experts have found that when these substances team up, they work synergistically to normalize blood pressure and fight off health-robbing inflammation. Published results have been nothing short of amazing.

If we don't yet appreciate how important it is to keep our blood pres-

sure normal, here are a few scare tactics from registered dietitian Denise Webb, PhD. High blood pressure, says Webb, can cause bulging or ruptured arteries, weakened enlarged hearts, stroke, dementia, kidney failure, damaged blood vessels in the eye and sexual dysfunction in men.

Ready to pay attention now? Perhaps we might want to adopt one or more of these DASH-related resolutions to keep us dancing into the New Year:

Buy a measuring cup and fill it 2 to 3 times a day with vegetables. Then eat those vegetables.

Designate at least 4 snacks or meals a week to eat nuts, seeds, beans or lentils.

Buy bread, cereal, crackers and other grains made with "whole" grains.

Consume at least 2 servings of low fat milk, cheese or yogurt each day. Lactose-reduced products and butter-milk work, too.

For an afternoon or evening lift, replace sugary sweet snacks with fresh, frozen, canned (without added sugar) or dried fruit.

Eat 3 to 6 ounces of fish, poultry, lean meat or meat substitutes each day.

Instead of drowning food with but-

ter, mayonnaise or salad dressing, realize that a little dab will do me.

Drink no more than 1 or 2 alcoholic drinks a day or don't drink at all.

Find the complete DASH eating plan at <https://www.nhlbi.nih.gov/health-topics/dash-eating-plan>. It's free! That's something to celebrate.

*Barbara Quinn is a registered dietitian and certified diabetes educator affiliated with Community Hospital of the Monterey Peninsula. She is the author of "Quinn-Essential Nutrition" (Westbow Press, 2015). Email her at [barbara@quinessentialnutrition.com](mailto:barbara@quinessentialnutrition.com).*

## Quitting smoking can add years, quality of life

As resolutions go, quitting smoking could be the most important choice on a smoker's list.

Smokers are more likely to develop diseases like lung, throat and mouth cancer. And they're more likely to die earlier than are people who don't light up.

Dr. J. Taylor Hays, director of the Mayo Clinic Nicotine Dependence Center, says it's never too late to quit the habit.

To younger smokers, those younger than 40-years-old, Dr. Hays asks, "Do you want to add 10 years to your life?"

He says, if the answer is yes, quit smoking.

"Do you want to avoid all of the ill health effects—chronic lung disease, heart disease, lung cancer?" he asks. "Stop smoking."

Dr. Hays says those diseases are intimately associated with smoking, and, if people stop at a young age, they'll avoid virtually all of them.

"And they'll add years—not just length of life, but quality of life," says Dr. Hays.

As for older smokers, Dr. Hays says it's never too late to stop.

"Make an attempt," he says. "You still can avoid a lot of the ill health effects of smoking, stopping whenever. So if you've tried and failed, try again. It's never too late to quit."

Dr. Hays says the best way to quit is to make a plan and stick to it.

"And that plan should include some counseling and behavioral therapy, and medications that will reduce withdrawal and help maintain abstinence," says Dr. Hays. (*Mayo Clinic News Network/TNS*)



Quitting smoking can add years and quality of life.

DREAMSTIME

Have a New Year's resolution to get in shape but abhor the gym? Fitness apps may be the solution.

Technology has advanced greatly, and current fitness apps provide people with much better access to information, said Jeana Anderson Cohen, a certified personal trainer and group fitness instructor who founded and operates the fitness website [www.asweatlife.com](http://www.asweatlife.com).

"These apps and programs, videos and tools allow them to be efficient with their time and their bodies," she said.

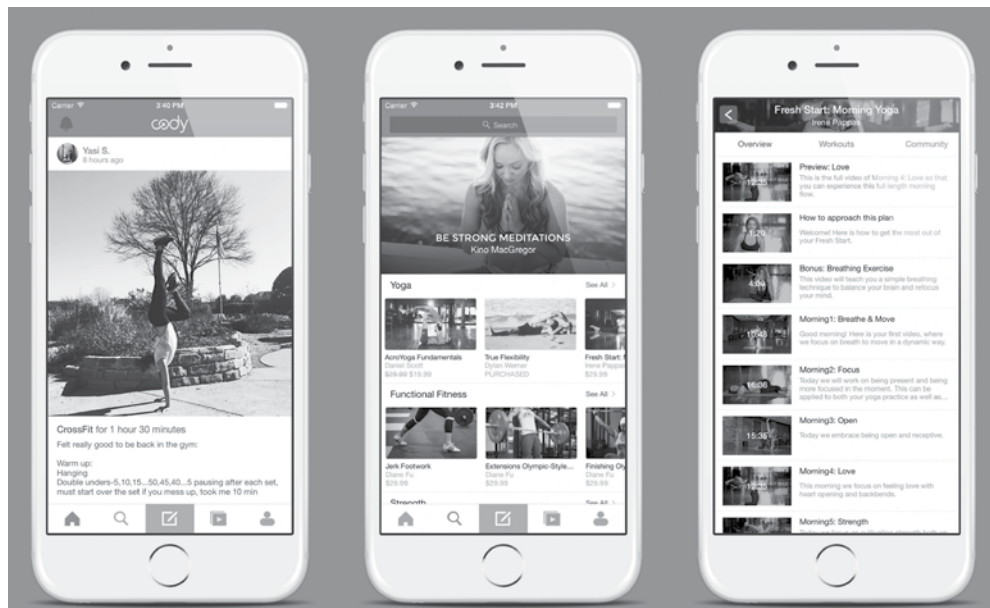
And a gym membership isn't needed, either. "If you have a body, you have a gym," Cohen said.

While there aren't as many new fitness apps being created because of the rise of wearable fitness devices like Fitbit, which create their own motivations and experiences for users, fitness trainers picked their favorite new and established apps to help anyone with a smartphone get exercising.

**CODY.** This new subscription-based app has videos of certified trainers leading classes. Many of the classes focus on flexibility and strengthening exercises like yoga and Pilates, but it also has weightlifting and nutrition classes, with single classes and series available. Cohen is especially pleased the videos show trainers with varied body types, and the videos are accessible to people of all fitness levels.

"They also have body-weight workouts that are accessible to anyone no matter where they are," she said.

**STEPBET.** One of the easiest ways to start a new fitness regime is to simply walk more. Dr. Bridget Scott, of Scott Chiropractic, recommended a new walking game app from the founders of DietBet called StepBet. Users bet against themselves on personalized targets, and they can win money



Many of the classes focus on flexibility and strengthening exercises like yoga and Pilates, but it also has weightlifting and nutrition classes, with single classes and series available.

# Fitness apps to get you moving

By **DEBBIE CARLSON**  
CHICAGO TRIBUNE

when they reach their goals. The competition angle can be a catalyst to get sedentary people moving, she said.

"When there's money and competition involved, there's motivation. And you can't cheat because the Fitbit tracks your progress," Scott said.

**SWORKIT.** Cohen and Scott said Sworkit's videos are good for beginners, although they're accessible to anyone with fitness goals. Scott said it's her favorite recent app. "It's free, simple and can be custom-

ized to your body type and specific needs. I love the variety of strength, stretching, cardio, Pilates and yoga options, all with no gym or necessary equipment. It also syncs with MyFitnessPal and Google Fit, among others." Scott said. Free and subscription versions are available.

**SPOTIFY RUNNING.** The music app Spotify has been around for a while, but recently it added a section devoted to runners. It uses an algorithm to create special playlists based on the user's movement. Tracy

Chudnow, chief sweat officer at WheelPower Studio, swears by it.

"This app measures your running pace and then finds songs with a beats-per-minute to match it. For me, it's all about being on the beat and losing myself in the music. This app helps with that," she said. Free or subscription versions are available.

**ZOMBIES RUN!** Need some distraction while exercising? Christian Koshaba, owner of Three60fit Gym, says this interactive game app is fun and offers a high-intensity workout. Users listen to a story and pick from 200 "missions" or create their own interval training. "(Users) gather supplies, plot rescues and survive in the end times while getting in a great workout," he said.

**DAILY WORKOUTS FREE.** For beginners who don't know where to start and aren't ready to commit funds, Lisa Payne, a personal trainer who works with private and corporate clients, likes Daily Workouts Free, a no-frills app. "It's just 10 workouts and covers the basics. It's very short. It's great for people who want to get up early in the morning and get something in," she said.

**FITNESS BUDDY.** For people who want to know the "why" behind their exercise, Payne recommended subscription-based app Fitness Buddy. Not only does it have a multitude of exercises, it shows users the muscle groups being worked and other exercises to compliment the moves, making it very educational. Plus there's a community where users can discuss what they've been doing.

"They may tell you how to do a squat, but also the biomechanics behind it and what I need to improve on, and it gives proper form. Form is really huge, so people don't get injured. It's like having a personal trainer in your house without having to hire one," Payne said.



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## PARENTAL GUIDANCE

# How to tell if your child is depressed

By BETH WHITEHOUSE  
NEWSDAY/TNS

Depression in kids appears to start as early as age 11, according to a new study published in the journal of Translational Psychiatry.

DREAMSTIME/TNS



**D**epression in kids appears to start as early as age 11, according to a new study published in the journal of Translational Psychiatry. How can parents tell if a child that young is depressed?

"The child may not say, 'I'm sad,'" says Dr. Victor

Fornari, director of child and adolescent psychiatry at Zucker Hillside Hospital in Glen Oaks, Queens, N.Y. Here are signs to watch for:

Depression often begins in children as high anxiety, Fornari says. They may refuse to go to school or may worry about a parent dying. They may have headaches, stomachaches or pretend

to be sick. They may be afraid to fail or be rejected. Things they felt comfortable doing they may not be comfortable doing anymore.

"With 11- or 12-year-olds, usually you look for a change in functioning," Fornari says. It could be a change in sleep habits or appetite or a loss of interest in activities previously enjoyed.

"Irritability can be a hallmark of depression," Fornari says. "Everything annoys them. They fight with the parents. They fight with siblings." Parents think it's a discipline issue, but at age 11 kids aren't usually so rebellious, Fornari says. "They're having a problem; they're not

being bad," he says.

Children may have negative thoughts about themselves or their bodies.

They may be extremely sensitive to being teased. "When people are feeling bad, comments can really feel like harpoons," Fornari says.

If parents suspect depression, they should contact the pediatrician or family doctor for an evaluation. Talking to the child's teachers can also help, because they may also notice changes in behavior or demeanor. A child can be referred to a mental health professional for cognitive behavioral therapy or medication if necessary.

# Tiny implant opens way to deliver drugs deep into the brain

By LAURAN NEERGAARD  
AP MEDICAL WRITE

**WASHINGTON (AP)**—scientists have created a hair-thin implant that can drip medications deep into the brain by remote control and with pinpoint precision.

Tested only in animals so far, if the device pans out it could mark a new approach to treating brain diseases - potentially reducing side effects by targeting only the hard-to-reach circuits that need care.

"You could deliver things right to where you want, no matter the disease," said Robert Langer, a professor at the Massachusetts Institute of Technology whose biomedical engineering team reported the research Wednesday.

Stronger and safer treatments are needed for brain disorders ranging from depression to Parkinson's. Simply getting medications inside the brain, past what's called the blood-brain barrier, is a hurdle. It's even harder to reach its deepest structures.

Pills and IV drugs that make it inside trigger side effects as they wash over entire regions of the brain. So doctors have tried inserting tubes into the brain to pump drugs closer to their targets, but that risks infection and still isn't accurate enough. The most targeted success to date is a cancer treatment, a wafer placed on the site of a surgically removed brain tumor that oozes out chemotherapy.

The MIT team's next-generation approach: a customizable deep-brain implant that can deliver varying doses of more than one drug on demand.

The researchers constructed two ultra-thin medication tubes and slid them into a stainless steel needle that's about the diameter of a human hair. That needle, built as long as needed to reach the right spot, gets inserted through a hole in the skull into the desired brain circuitry.

An electrode on the tip provides feedback, monitoring how the electrical activity of targeted neurons change as the medication is delivered.

The needle is hooked to two small, programmable pumps that hold the medications. The plan: Thread the pumps somewhere under the skin for a fully implantable system, dubbed MiNDS for miniaturized neural drug delivery system. The pumps can be refilled with an injection, and if more than two drugs are needed, additional reservoirs could be added like in a printer ink cartridge, Langer said.

Lab rats gave MiNDS its first test.

Researchers implanted the needle into a movement-related brain region that Parkinson's disease damages. To mimic that disease, the implant dripped out a chemical that made the rats move abnormally, including repeatedly turning clockwise. Next, the researchers turned off that chemical and infused saline through the system's second channel, ending the Parkinson's-like behavior, MIT lead author Canan Dagdeviren reported in the journal Science Translational Medicine.

Another experiment in a monkey showed delivering that same chemical into a different region altered how the targeted brain cells fire.

"There's a lot of therapeutic potential for this," said Tracy Cui, a bioengineering professor at the University of Pittsburgh. She wasn't involved with the MIT study but also is developing this kind of technology.

Numerous groups are working on implants to deliver neurologic drugs in different ways, Cui noted. While additional testing is needed before such a system could be tried in people, she said these kinds of tools are important for research thanks to the feedback showing how neurons react to different compounds.

The study was funded by the National Institutes of Health; MIT has applied for a patent.

## ATTENTION Government Employees & Retirees!

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# IT&E: Fast and reliable

IT&E, like its services and connectivity, is fast and reliable in giving support to the islands' activities and community members.

Just look at the various teams and athletes who have been backed by IT&E through the years and the events the telecommunication company has been helping to promote health and wellness in the CNMI.

From Day 1, IT&E has supported the MP United Football Club, one of the most successful sports teams in the Commonwealth. IT&E also supports billiards, badminton, bowling, baseball, canoe/paddling, basketball, and Little League teams and individual athletes like Frank "The Crank" Camacho and Zarinae Sapong.

Some of these athletes and squads have brought honor to

the islands and help inspire others to get involved in sports, not only to savor the sweet taste of victory, but also to improve themselves physically and mentally. IT&E values the hard work and dedication these athletes and teams put in during trainings and tournaments so the company is quick to step up and help them succeed and make a difference in the community.

As for community events it supports, IT&E is a familiar fixture in the Marianas March Against Cancer, numerous walk-athons and fun runs, and health screening projects and seminars conducted by both the private and public sectors. The company also strongly encourages its employees to participate in these activities to learn the benefits of being active and being aware of their personal health and wellness.



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SAMSUNG GALAXY NOTE 5

**FREE\***

# Commitment to Health

**T**an Siu Lin Foundation is dedicated to helping the CNMI build a healthier community.

To honor this commitment, the foundation launched various programs that aim to promote health and wellness not only among TanHoldings employees, but also to the entire residents of the Commonwealth—young and old.

The foundation, for the past two years, has sponsored the Lose Big Win Big competition, both for the Corporate Edition (TanHoldings employees) and Saipan Edition (open to the community). During the competition, participants are engaged in a lose weight program, learning about proper nutrition and going through regular exercises and other activities through the help of TSL Foundation's partners in the LBWB contest.

The foundation also holds an annual sports summer camp for the youth and the JP Glow Run and have volleyball and basketball tournaments for TanHoldings employees. Aerobics classes are also offered after office hours, while employees are given free access to a gym in of the hotel affiliates of TanHoldings. Then the foundation also supports the TanHoldings Family Day, bringing employees and their families together for lots of fun activities.

As for the community, the TSL Foundation backs teams that compete in futsal, baseball, padding, soccer, softball, bowling, and badminton tournaments. It also supports fun runs, walkathons, and other events that encourage people to go out and enjoy outdoor activities.

Whether they are competitive sports competitions or just for fun events—the foundation hopes that people in the CNMI will realize how these activities can help one achieve a good health.

“Health is one of our most important assets. We can’t do our responsibility well as students, teachers, employees, employers, parents, coaches, athletes, and others if we are sick and not feeling well,” TSL Foundation general manager Merlie Tolentino said.

“A simple activity, such as walking, can go a long way as far as our goal of achieving good health is concerned,” she added.

As for being an ardent supporter of sports, Tolentino explained that through playing games, the foundation believes that CNMI youth learn skills and lessons that they can also apply in their daily lives and help them become better and productive members of the community.





**EXPAND  
YOUR  
MIND**

**CREATE  
BALANCE**

**STRENGTHEN  
YOURSELF**

**FUEL  
YOUR  
BODY**

**FEED  
YOUR  
SOUL**



Tan Holdings



Tan Siu Lin  
Foundation

**D**ina Juve, a rising star in Fresno's health and fitness community, didn't always have a sculpted body, a taste for healthy foods or a positive attitude.

At one time, she was known as the fast food queen, weighed 202 pounds, and was an 18-year-old single mom. She suffered from juvenile arthritis and autoimmune disease. She was in physical pain most of the time, depressed and had little energy to keep up with a toddler.

"I sat on the couch on day, looked at him and just started crying," says Juve. "I didn't want him to see me like this, I wanted him to be healthy and happy."

It was a low point for Juve, but also the beginning of what would become her new life. She gave up sugary soda and eating fast food. She focused on healthier, minimally processed food. After a while, she also began to exercise. She stayed out of the health clubs in favor of her VCR at home and exercise tapes of Buns of Steel and Tae Bo.

"I was too embarrassed to go to a gym; I did not want people to see me trying," she says. "What if I failed?"

Except Juve didn't fail. She got stronger, she got healthier and she became a new person. She immersed herself in the study of nutrition and exercise, earning certifications in kettle bells and TRX—a band resistance program. She's a battling ropes coach, Barre instructor and a weight-loss specialist, counseling clients on how to live and maintain a healthier lifestyle. She dropped 90 pounds and her weight these days ranges between 110-114.

Along with her business partner, Melissa Oberti, she also founded FitnessSocial, a north-east Fresno fitness studio with a growing following.

Juve, who admits to living comfortably outside of the spotlight, was thrust into the public eye by friends and clients. With their encouragement she rose to national prominence after being selected one of five women vying for Women's Health 2015 Next Fitness Star. She appeared in the July/August issue of Women's Health magazine. Although she didn't win, she appeared on the "Today" show twice and made many valuable connections.

Today, the 43-year-old wife and mother of four is in demand as a public speaker, cooking instructor, and weight-loss expert. She has a spot on the Patio Cafe's menu under the label Dina's Picks where she and restaurant owner Robyn Richardson have come up with menu items that are under 550 calories. And this year Juve will be speaking at Central California Women's Conference on Sept. 19. Her topic is "Real Fast Food."

Friends say they aren't surprised that Juve has become a health and fitness guru.

"People talk about finding their



Dina Juve, owner of Fitness Social, is photographed Monday, April 3, 2017 in Fresno, Calif.

ERIC PAUL ZAMORA/FRESNO BEE/TNS

## Fitness guru has 10 tips for people unhappy with their weight. Why? She's been there

By ROBERT RODRIGUEZ  
THE FRESNO BEE/TNS

passion or their calling and for Dina it is fitness and nutrition," says K.C. Cornwell. "I really think that Dina was put on the planet to make people feel better about themselves."

Hillori Hansen, culinary director for Whole Foods Market Fresno, has tapped Juve to lead several cooking classes. Recently, Juve and Hansen taught a class on how to make a healthier hamburger using five ingredients or fewer.

"One of things that people love about Dina is that she is real, she has gone through struggles in her life and has overcome them," Hansen says. "I can see her taking her message to a national stage."

That may be happening as Juve explores writing a book and more speaking engagements.

"This is a whole new life for me," Juve says. "But it is one that allows me to share my story and help others become healthier and happier."



SILVIA FLORES/FRESNO BEE/TNS

Fresno's newest health and fitness guru, Dina Juve, 44, right, leads a class on how to create a healthy hamburger with Chef Hillori Hansen on Thursday, April 20, 2017, at Whole Foods, in Fresno, Calif. Along with owning a fitness studio, Juve is also a popular guest speaker, motivator and healthy food advocate.

of water per day. I find that when my clients have water before eating they tend to eat less.

**3 Stick to whole, real food.** Avoid foods that are heavily processed or contain large amounts of artificial sweeteners, dyes or chemicals. Try to eat foods with ingredients you can pronounce. Think fresh fruits, vegetables, complex carbohydrates, and animal- and plant-based proteins.

**4 Add healthy fats from fish, avocado, olives, nuts and tropical oils.**

Nuts have a lot of health benefits and help you lose fat by improving metabolism, balancing hormones and eliminating constant cravings by keeping you feeling full longer. Healthy fat calories do add up quickly, so be mindful of portion sizes if you are trying to lose weight.

**5 If you crave something, eat it—guilt free—just don't overdo it.**

Eat the serving size, enjoy it, savor it and be done with it. If your indulgence doesn't satisfy you, ask yourself why. Are there other things going on in your life that need to be addressed?

**6 Avoid categorizing foods with words like good or bad.**

Negative words make you feel bad about yourself and that's not helpful. Aim to eat foods that give you energy and not make you sluggish.

**7 Mindful eating.** Eat when you are hungry and do not eat when you are not. We

have gotten into a routine of eating on a schedule, even when we are not actually hungry, or we skip meals. Try listening to your body. When you pay attention to your body, you will find yourself fueling your body and using that fuel before you eat again.

**8 Slow down when you eat. Try to take 20-30 minutes to eat a meal.**

Put your silverware down between bites. Try to chew your food fully. You will most likely find yourself eating less. Try to not eat when you are stressed, anxious, angry or rushed because this can be the cause of overeating.

**9 Aim to eat the rainbow by adding more fruits and vegetables.**

The more colorful your plate looks the more appetizing it will appear to your eyes. It will also most likely ensure that you will receive the vitamins and minerals your body needs.

**10 Yes, you can still eat out and have the body you desire.**

You just have to balance it like a checking account. If you overeat the debt will show up on your body. If you do not go out to eat, stay at home and do not enjoy life, that's not creating a long-term healthy enjoyable lifestyle you can maintain. We call that a diet and diets don't last long term. A healthy eating lifestyle has variety and it includes occasional indulgences. You know you have the plan that works best for you when you feel, move and look your very best. It really is not as hard as it seems.



SILVIA FLORES/FRESNO BEE/TNS

A healthier version of a hamburger by Fresno's newest health and fitness guru, Dina Juve, on Thursday, April 20, 2017, at Whole Foods, in Fresno, Calif.

To help you get started on living a healthy life, Juve has come up with 10 tips to follow:

**1 Before embarking on a change in your diet, ask yourself why you are doing it.**

If you can dig deeper than just vanity, you are more likely to be successful. If you don't know why you are doing it, chances are you won't continue to truly live a healthy lifestyle. If you are doing it to feel better, have more energy, for health reasons, to be around for your children and grandchildren, etc., then you stand a better chance of success.

**2 Drink water.** Every system in your body depends on water. My recommendation to my clients is to drink 16 ounces of water before each meal and snack to keep it simple. On average, try drinking 48 to 96 ounces





Susan Pinto of Rebel in Chestnut Hill models a My Dog Is My Spirit Animal tank. MICHAEL BRYANT/PHILADELPHIA INQUIRER/TNS

# Wear your good intentions to the gym

By ELIZABETH WELLINGTON  
THE PHILADELPHIA INQUIRER

These days, spreading good workout vibes is about more than giving high fives at the gym.

## THE TRENDLET

One-word mantras—"Breathe" and "Peace"—along with sweet-spirited messages (Think: "Love is the answer" and "Good vibes only") are front and center on tanks and midriff Ts in this new year, new-you season.

## WHERE DOES IT COME FROM?

Our workout clothing has been in the midst of reform for some time, but the unwritten uniform for the last five years has been a tank with built-in bra from Lululemon or Under Armour, paired with tights. And, depending on your workout, snazzy sneakers for spinning or running, or simply a pair of

UGGS if you're on your way to yoga.

Within the last two years, a few things happened. More workout studios—whether core-building barre or Pilates, or cardio-training spin—have incorporated mini-boutiques.

Entrepreneurs, from the creators of Spiritual Gangster to Alo, who once sold their graphic print Ts solely through Instagram and Facebook, are being welcomed into brick-and-mortar spaces. And at the same time, spiritual messaging is being phased into not just our workout clothes, but onto the long-sleeve Ts we pair with skinnies and blazers on mall jaunts or when out to brunch. In other words, breathing deeply is not something we need do only at yoga.

## WHO IS WEARING THEM?

Beyonce, Lea Michelle, Brittany Spears, hip-hop yogi Russell Simmons—and your everyday yoga teacher, neighborhood barista, and bartender.

Should you wear them?

Only if you are truly trying to live a more peaceful life. Wearing a love tank while flying into a road-rage moment is just, well, a bit hypocritical.

# CHILDREN'S MENTAL HEALTH MATTERS

## HALI' INAGUAIYA - SYSTEMS OF CARE

### DID YOU KNOW...


- 20% of adolescents may experience a mental health problem in any given year.  
- World Health Organization (WHO), 2003
- Stigma prevents families from seeking help. Too often families are blamed for their child's illness.  
- Substance Abuse and Mental Health Service Administration (SAMHSA)
- Mental illness in children and adolescents are real and can be effectively treated, especially when identified and treated early.  
- World Health Organization (WHO), 2018

### SYSTEMS OF CARE IS HERE

- As a coordinated network of community-based services and support for children, youth and their families with or at risk of emotional and behavioral challenges
- To foster partnerships with families to improve mental health outcomes for children and youth.



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- Wraparound Process 



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Call us at: (670) 664.4604/05 to 09 or visit our office located at: Beach Road, Oleai (Alexander Realty Bldg., 1st Floor)

Funded by: SAMHSA Children Mental Health Initiative - Systems of Care



## QUINN ON NUTRITION

# Nutrition helps diabetes

By BARBARA QUINN  
THE MONTEREY COUNTY HERALD/TNS

Here's something to get our attention as we head into a New Year: Half of our U.S. population is now estimated to have diabetes or are headed that way with a condition called pre-diabetes.

Along with this scary news is the good news that—because of how we take care of this disease—diabetes-related complications have declined over the past 20 years. And a big part of that care has to do with nutrition, according to a new review of evidence from the Academy of Nutrition and Dietetics.

Medical nutrition therapy (MNT) is specialized nutrition treatment for people with diabetes and other medical conditions. Strong evidence shows that several visits with a registered dietitian nutritionist (RDN) after getting a diabetes diagnosis is an essential part of managing this condition.

What's the best diet for diabetes? No one "diet" is recommended, say experts. Diet plans must be tailored to the type of diabetes, medications and individual health goals. For example, a 13 year-old athlete with type

1 diabetes who requires several shots of insulin each day needs a different nutrition plan than a 60 year-old bus driver with type 2 diabetes.

That said, these evidence-based recommendations can be helpful for any person with diabetes or pre-diabetes:

**Control carbohydrates.** Carbs are sugars and starches in foods such as fruit, bread, sodas and all those leftover holiday goodies sitting on your counter. Since too many carbs at one time can spike blood sugars into the danger zone, people with diabetes need to space their carbs throughout the day. And people with type 1 diabetes must learn to balance their carb intake with the right amount of insulin.

**Set a goal for fiber intake.** Dietary fiber is found in foods of plant origin such as vegetables, fruit, whole grains, nuts and legumes. And if you think it's easy to reach current recommendations for fiber intake, start tracking how much fiber you get in a day. (It's listed on food labels.) The general goal for adult women and men is 25 and 35 grams a day, respectively.

**Don't rely too heavily on sugar substitutes.** Research shows they can safely help us cut extra sugar and calories from our diets. That still doesn't mean we should eat a



Nutrition helps with diabetes.

VICTORIA SHIBUT/DREAMSTIME/TNS

whole sugar-free pie, however.

**Eat like your heart depends on it.** It does, especially if you have diabetes. Heart disease is the main cause of death in people with diabetes. Strong evidence finds that eating foods with more unsaturated fats like fish, vegetable oils, avocados and nuts and cutting back on foods high in saturated

fats like heavy meats and butter helps protect hearts and arteries.

**Move it, move it!** Exercise is the most powerful medicine to prevent and control type 2 diabetes. And this medicine should be spread over at least 3 days a week, say experts. For best results, be active at least 150 minutes a week and don't skip the

dose for more than 2 days in a row.

Barbara Quinn is a registered dietitian and certified diabetes educator affiliated with Community Hospital of the Monterey Peninsula. She is the author of "Quinn-Essential Nutrition" (Westbow Press, 2015). Email her at [barbara@quinessentialnutrition.com](mailto:barbara@quinessentialnutrition.com).



## This runner finished a marathon at Olympic pace, she's 50

By JOSHUA TEHEE  
THE FRESNO BEE/TNS

It's odd to think Molly Friel might not be in her prime.

She is, without a doubt, an elite-level runner. She can (and has) finished marathons in less than three hours. That's a pace of just over six minutes a mile.

At the California International Marathon in December, the Fresno runner finished in 2:43:57—a time that qualifies her to compete in the 2020 Olympic Marathon Trials.

She is the second-oldest woman ever to qualify for the trials, according to a profile in Runner's World. Sister Marion Irvine earned a spot at the 1984 Olympic Trials at age 54, though the times needed to qualify at the time were minutes slower.

It's not the first time Friel has qualified for the Olympic trials. She ran in the 2004 team trails, placing 87th out of 107 runners, including bronze medal winner Deena Kastor. She qualified again in 2016, com-

ing back from a series of injuries that prevented her from running in 2008 and 2012.

"I started back running in my mid-20s and ran the Olympic Trials when I was 36," Friel told Northeast Neighbors in 2016.

"It took me a good 10 years to find the groove, I guess."

She keeps that groove by running a lot—like 60 miles in a bad week—even if she doesn't get up at the crack of dawn to do it, according to the breakdown of her training in Runner's World. It's light on stretching, which she can't stand.

If Friel is extraordinary, she isn't unique. In 2011, a study found that older runners were as physiologically economical as their younger counterparts, according to the New York Times. Older runners can still be (and are) fast, especially over long distances. For instance, Ed Whitlock became a bit of a rock star in the running world when he finished the Toronto Waterfront Marathon in 3:56:34 at age 85.

Molly Friel of Fresno, Calif., competes in a 2014 file image. At 50, she is the second-oldest woman ever to qualify for the Olympic Marathon Trials.

MARK CROSSE/FRESNO BEE/TNS

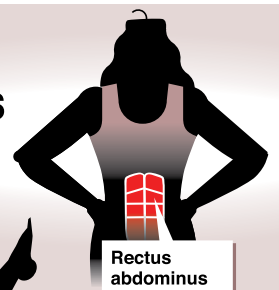
### Personal Trainer

#### Best exercises for abs

In a scientific study comparing 13 exercises for the "six-pack" abdominal muscle, rectus abdominus, these were the most effective.

##### Bicycle maneuver

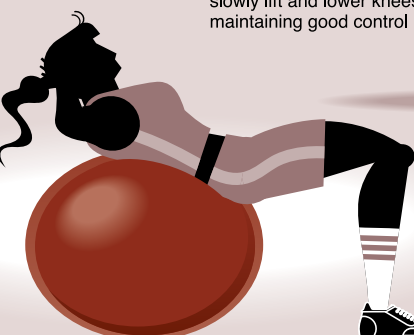
Lie on back; lift knees to 45-degree angle; make pedaling motion, touching each knee with opposite elbow



Rectus abdominus

##### Captain's chair

Done on common piece of gym equipment; slowly lift and lower knees together, maintaining good control



##### Crunch on exercise ball

Sit with feet flat; slowly roll until ball is under lower back, thighs and trunk are horizontal; raise upper body to 45 degree angle or less, then lower


Source: American Council on Exercise, San Diego State University Biomechanics Lab  
Graphic: Helen Lee McComas, Paul Trap, Tribune News Service

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The mission of the Division of Public Health Immunization Program is to prevent the introduction and spread of vaccine preventable communicable diseases. The Immunization Program is part of a team of dedicated men and women whose job is to prevent communicable diseases from infecting our community, including our schools. Getting our children vaccinated or obtaining a valid health certificate can sometimes be inconvenient, but protecting our children against vaccine preventable diseases contributes to their future health plus it benefits us all.

If your child is not up to date with required immunizations needed to attend school or daycare, please bring your child to one of our Public Health immunization clinics or a private provider clinic to get vaccinated.



### §140-10.3-365 VACCINATION AND IMMUNIZATION

No child shall be enrolled in any public or private school within the Commonwealth unless evidence is presented to the enrolling officer that the child has had all such vaccinations or immunizations Public Law 6-10.

### §140-20.4-201 HEALTH CERTIFICATES

Any person who desires to work in, or attend, a school/child care facility shall be physically examined by the Division of Public Health or a licensed physician in private practice and shall be issued a health certificate stating that the applicant employee or student is free of pathogens and parasites and other forms of communicable diseases under Public Law 6-10, article 6, §§ 1161-1165



### § 1163 IMMUNIZATIONS

Every parent of a child already enrolled in a Commonwealth school, public or non-public, whose child's health records show incomplete immunizations, shall be required to initiate remedial action within two weeks following notification of the immunization deficiency. Failure to comply shall be grounds for suspension of the child from school until immunization standards have been met. Source: PL 6-10 § 1 (§1560)



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