

What is in the Food I Eat?

You don't have to find a nutritionist, or even look in a big fat textbook to find the answer to this question. It is easily available on the web—for free! What's In Food⁵ has a plethora of information to help you learn more about what you eat. While you are there, don't miss MyFood-a-pedia.⁶



PositiveTip: *There is no excuse to eat in the dark—use these easy and fun resources to learn what is in your food.*

Whole Tomatoes Yield More Carotenoids.

Tomatoes' high carotenoid content contributes to the benefits of these products in lowering the risk of colon and prostate cancers. Because the peels of tomatoes are usually removed in processing, researchers⁷ compared tomato paste that included the peels to traditional paste made without peels. Subjects absorbed 41-75% more carotenoids when eating the whole tomato product!

PositiveTip: *Mother Nature knows best: consuming whole, natural foods gives you more!*

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Visit <http://www.positivechoices.com> for more health information.

Sunshine for Children's Eyes

By Elvin Adams, MD, MPH

Nearsighted people have what is called myopia. They need glasses to clearly see across the room or to see objects in the distance. Some people opt for Lasik eye surgery which largely corrects myopia by changing the surface curvature of the cornea.

The Archives of Ophthalmology¹ reported that the prevalence of myopia in the United States has increased dramatically over the past 20 years. In a 1971-72 survey of persons 12-54 years of age, 25% suffered from myopia. In a similar 1999-2004 survey, the prevalence of myopia had increased some 60% to 41.6% in the same age group.

Heredity plays a role in myopia. Having two nearsighted parents and participating in relatively little outdoor activity will result in a 60% chance of developing myopia by the eighth grade. If children with the same myopic parents played

outdoors in the sunshine for an average of 14 hours per week, (2 hours per day) the likelihood of becoming nearsighted is reduced to only 20%.

A careful analysis of the data revealed that myopia

was not due to

spending a

lot of time

reading and

other close-

up activi-

ties such

as playing

computer

games. It

is time

outdoors

play-

ing in the

sunshine

that makes

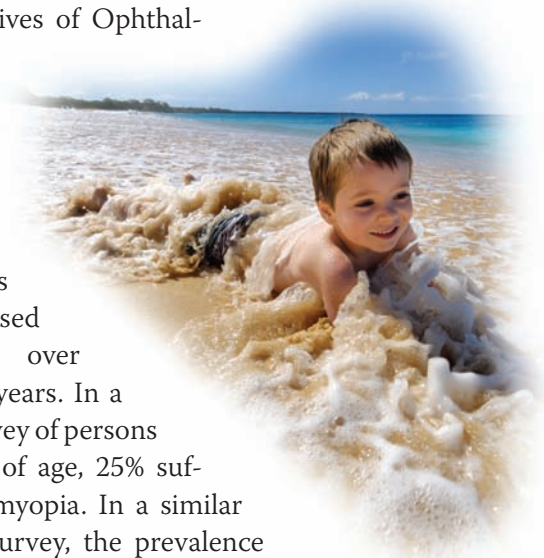
the differ-

ence. Researchers are now

studying just how outdoor light changes the way the eye grows.

Over 100 years ago, Ellen G. White advocated that children should play much in the outdoors. She did not know then that one of the benefits

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What's the Balance in Your Stress Bank Account?

By Fred Hardinge, DrPH, RD

Each of us have been given a finite supply of energy to deal with the stresses life brings. This energy can be likened to a bank account. When we respond to stressful situations in life, we make a withdrawal of this energy. If the bank account is emptied by frequent withdrawals, we reach exhaustion and breakdown.

Most of us long for a stress free life! But there is only one place on earth where the residents have no stress—the cemetery! Yet few people want to be moved there.

We often confuse the negative events and circumstances in our lives as being stress. But these events and circumstances are only the



stressors. Stress is our reaction to the stressors in our lives. That is why reactions to the same stressor vary so widely among people. You may freak out looking over a cliff, while your friend may actually thrive on climbing that cliff! Thus, what bugs me may not bug you at all!

Some stress is necessary for good health. There is a healthy form of stress called “eustress.”

It actually stimulates us to positive actions. The bad stress, often called “distress,” can be very wearing. Yet the difference between the two really depends on our individual reactions and attitudes to the stressors.

A faulty lifestyle tends to deplete our reserves in the “stress bank.” We can all do a lot to improve our capacity to bear the stressors of life. A healthy lifestyle will strengthen positive coping with the daily challenges we each

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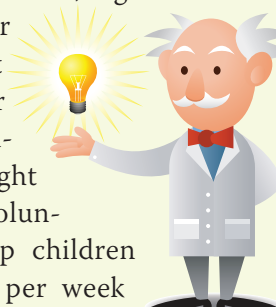
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and get a daily
health tip.

Helping Others, Helps Your Brain, Too!

Johns Hopkins University⁴ studied 17 women, age 65 or older who were at high risk for cognitive impairment. Eight of the ladies volunteered to help children for 15 hours per week in urban public schools. Each participant had a



brain scan at the start and 6 months later. New brain cells had developed and significant cognitive improvements were seen in the women who volunteered compared to the non-volunteering control group.

PositiveTip: Remove the cobwebs from your brain by volunteering to help others—it may even help you grow new brain cells!

“Stress” from Page 2

meet. Good regular sleep will restore our daily energies. Daily physical activity reinforces us to deal with life’s stresses.

Yet, these things are not enough. All the stressors we face each day requires supernatural power and wisdom. I am so thankful for the Bible promise: “Give all your worries and cares to God, for he cares about you.”³ He puts deposits in my account—and His help allows me to

sleep peacefully most every night!

What is the balance in your stress bank account?

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would be better eyesight.

“Dress your children neatly in simple clothing, and allow them to spend much time out-of-doors... By playing in the sunshine and the fresh air, children will gain health and strength of mind and body. They will be benefited both spiritually and physically.”²



The amount of pizza you have to eat to get the equivalent of a half-cup of cooked vegetables!