



### It's Cold and Flu Season!

With falling leaves and the first snowfall comes the potential for your body to fall victim to illness. To ward off colds and the flu, try the following:

- ❖ Get a flu shot – those who do are 70-90% more likely to avoid the flu.
- ❖ Wash your hands often.
- ❖ Avoid touching your face.
- ❖ Frequently clean surfaces that may have been contaminated with a virus, such as doorknobs, keyboards, countertops and phones.

Already infected? Here's what you can do to make your illness less painful:

- ❖ Drink plenty of fluids – especially hot drinks and broth-based soup.
- ❖ Gargling with salt water can help ease a sore throat.
- ❖ Take it easy; get plenty of sleep.

### Modifying your Genes for Greater Disease Protection

Early-stage prostate cancer patients experienced decreases in tumor growth and increases of gene disease protection by making easy changes to their genes in a recent study. Here's how you can do the same:

- Eat a plant-rich diet, with less red meat. Your diet should be rich in protein,

vitamin B12, vitamin D, calcium, iron, and zinc.

- To get these nutrients without going out to pasture, incorporate soy products; legumes; low-fat dairy; dark green, leafy vegetables; nuts; and whole grains into your diet. Opt for poultry and fish for protein, as opposed to steak or a burger.
- Engage in at least 30 minutes of walking exercise each day.
- Spend 60 minutes each day relaxing and relieving stress. To do so:
  - Identify the real causes of stress in your life and try to eliminate them.
  - Focus on your breathing, body sensations and emotions – Close your eyes and notice your posture. Then, focus on how air fills your lungs as you breathe, and how each body part feels when you think only about that specific part.
  - Tense and relax each muscle group to relieve the physical stress that builds up throughout the day.

By devoting a little time and energy to your health, you can actually modify the genes that Mom and Dad gave you, which could increase your disease-fighting potential. Give it a try to benefit your body both now and in the future!





## Common Cents

Educating your children on money matters is just as important as teaching them to count. The basics to teach:

- Explain how money operates; each time your children accompany you to a store, have them help you decide on purchases based on their knowledge.
- Once children start school, give them an allowance and encourage them to save the money for a large – but attainable – purchase.
- Open savings accounts for your children and educate them on interest and deposits. Have them come with you when you go to the bank.
- As soon as your children reach junior high, explain the basics of the stock market and what factors cause it to rise and fall.

In high school, teach budgeting. Also, explain the pitfalls and advantages of credit cards – this can prove invaluable once they reach college.



## Kick the Habit for Good!

November 20<sup>th</sup> is the American Cancer Society's Great American Smokeout! This annual event, which started in 1974, encourages Americans to stop smoking and publicizes the adverse health effects of tobacco. For example:

- By the year 2020, tobacco is expected to kill about 10 million people a year worldwide.
- One of the ingredients in tobacco smoke is carbon monoxide.
- Nicotine has been found in the breast milk of female smokers.

For more information on the Great American Smokeout, as well as assistance with quitting, visit [www.cancer.org](http://www.cancer.org) and search the term "Great American Smokeout" – or visit <http://www.cancer.org/docroot/subsite/greatamericans/Smokeout.asp>.

*Looking for a way to get your children to eat their veggies? Not only is this recipe heart- and kid-friendly, it's perfect as a Thanksgiving side dish!*

### Cauli-Tatoes

**3 lbs. potatoes, peeled and sliced**  
**1 head cauliflower, cut**  
**¼ cup skim or soy milk**  
**¼ cup butter or margarine**  
**Salt and pepper to taste**

Bring potatoes to a boil in a large pot with water. Reduce heat and simmer (covered) until tender when pierced with a fork. Drain and mash. Bring 1½ cups water to a boil in another pot and add cauliflower. Reduce heat and simmer (covered) until tender. Drain and cool slightly. Place cauliflower in a blender with milk and butter (you may need to do in several batches), blend, and combine with potatoes. Serves 6-8. For an even healthier twist, use sweet potatoes!

**Health and Wellness tips for your work, home and life – brought to you by the insurance and healthcare specialists at Corporate Health Systems, Inc.**