

Time To Colorize Your Diet

The latest advice from nutrition experts is to eat a colorful assortment of fruits and vegetables daily. The federal government promotes "five-a-day". That long-standing campaign states that everyone should have five helpings of fruits or vegetables daily without regard to what fruits and vegetables are consumed. Now, two recent books, *What Color is Your Diet*, by David Heber, director of the Center for Human Nutrition at the University of California, Los Angeles, and "*The Color Code*" by nutritionists James Joseph, David Nadeau and Anne Underwood, are promoting up to nine helpings daily. Further, both books, based on extensive research, are classifying fruits and vegetables by their color. They say to eat as many different colors daily as is possible.

The Color Code classifies fruits and vegetables into four categories, red, orange/yellow, green and blue-purple. Dr. Heber groups them into seven classifications:

Red, including tomatoes, watermelons and pink grapefruit, contains a scavenger of damaging "free radicals" and helps protect against prostate cancer, heart and lung disease.

Red/purple, including red and blue grapes, red apples, eggplant, strawberries and beans, contains powerful anti-oxidants that are believed to delay aging and guard against blood clots.

Orange, including carrots, mangos and cantaloupes, contains cancer fighters and skin protection.

Orange/yellow, including oranges, peaches and papayas, contains chemicals that promotes intercellular communication and prevent heart disease.

Yellow/green, including spinach, collards, corn and avocados, seems to reduce cataracts and age-related macular degeneration.

Green, including broccoli, cabbage and bok choy, contains cancer-blocking chemicals.

White/green, including garlic, celery, onions and pears, contains anti-tumor chemicals and anti-oxidants.

The principal issue is to have as many different colors of fruits and vegetables every day as possible and to NOT peel fruits such as grapes and apples. Much of the healthiest chemicals in fruits and vegetables is in the skin.

FALL FOCUS:

The National Alcohol and Drug Addiction Recovery Month

The Substance Abuse and Mental Health Administration of the National Institutes of Health annually declared an Addiction Recovery Month. The theme, "Join the Voices of Recovery: A Call to Action," underscored the role each of us has to play in the recovery process. Parents, employers, teachers, health care professionals, clergy, friends and co-workers can be in a position to encourage individuals with alcohol or drug problems to seek help and remain sober and clean. While treatment is best provided by professionals and supported by established self-help organizations, the desire to seek recovery is most often a result of the encouragement of individuals who are close to the person with the problem.

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Recovery Month A major purpose of the Employee Assistance Program is to provide information and support to employees and family members who are concerned about alcohol and drug problems. You may also contact the Substance Abuse and Mental Health Services Administration directly at www.samhsa.gov. This web site contains a wealth of information on alcohol and drug abuse problems. You have an opportunity to chat online with substance abuse treatment experts and to participate in web casts or order educational materials.

LUPUS, WHAT IS IT?

Another of the health focuses of Fall is Lupus (Systemic Lupus Erythematosus). It is a disease of the immune system. Normally the immune system protects the body from infection. However, in lupus the immune system inappropriately attacks tissues in various parts of the body. This abnormal activity of the immune system leads to tissue damage and illness.

WHO IS AFFECTED BY IT?

Both men and women can be affected by lupus. Approximately 1 in 2000 Americans have the disorder. Africans, Asians and Native Americans are more likely to develop lupus than Caucasians. One of 250 women of child-bearing age (14 to 45) suffers from lupus. This suggests a possible role of female hormones in influencing the development of lupus.

WHAT PROBLEMS DO PEOPLE WITH LUPUS DEVELOP?

People with lupus feel poorly in general and may complain of fever, weight loss and tiredness. People with lupus develop specific disorders when the immune system attacks tissues in a particular organ or area of the body. Among the areas that lupus may attack are blood, skin, joints, kidneys, brain, heart and lungs.

HOW IS LUPUS TREATED?

The type of treatment prescribed will depend on several factors. Important factors include the patient's age, overall health, any medications already being taken, medical history and specific area of the body that is being affected by lupus. Because the disease's path changes over time, it is critical that a lupus sufferer maintain a close relationship with their doctor. With careful care management, a lupus patient can lead a productive life. With newly available medications, the disease is no longer necessarily fatal, as it was presumed to be as recently as twenty years ago.

Human Behavior Associates, Inc.

HBA is the provider of your Employee Assistance Program. Employees and their family members can call 1-800-937-7770 24 hours per day, 7days per week to request assistance with personal or family problems.



HUMAN BEHAVIOR ASSOCIATES, Inc.

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