

**SOME KINDS OF FATS ARE GOOD FOR YOU**

Cholesterol and fat are both necessary for good health, believe it or not.

Fat is necessary to carry fat-soluble vitamins throughout the bloodstream. Fat also supplies energy, cushions your vital organs, offers insulation against cold, and satisfies your hunger.



Cholesterol is part of every body cell and some hormones, including estrogen. Cholesterol helps the body digest fat.

Risk of atherosclerosis (fatty deposits in the arteries) and cardiovascular disease comes from eating too much of some kinds of fat or cholesterol.

**Glossary of fats:**

**Saturated fats** - are the artery-clogging kind, foods high in animal products, such as meat, poultry, butter and whole milk as well as tropical oils, (coconut, palm, and palm kernel).

**Trans fats** - occur in manufactured foods during the process of partial hydrogenation. The resulting fat is similar to saturated fat, which raises "bad" LDL cholesterol and can lead to clogged arteries and heart disease.

**Polyunsaturated fats** - can help decrease high blood cholesterol levels. if they make up a significant proportion of a lower-fat diet. These are usually liquid or soft at room temperature, and include safflower, sunflower, corn, sesame, and soybean oils, as well as certain types of fish.

**Monosaturated fats** - can also help decrease high blood cholesterol levels if they make up a significant proportion of a lower-fat diet. They are usually liquid at room temperature and include olive oil, canola oil, peanut oil, avocados, and nuts.

is found in only foods of animal origin, such as eggs, meat, poultry, seafood, and dairy foods.

**Low-density lipoproteins (LDL) "bad" cholesterol** - LDLs are dangerous because they attach to artery walls and cause fatty buildup in the arteries.

**High-density lipoproteins (HDL) "good" cholesterol** - HDLs are thought to be beneficial because they bind to LDLs and transport them to the liver for reprocessing or removal.

**Essential Fatty Acids**

Essential Fatty Acids are the building blocks of dietary fats and fatty acids. They cannot be synthesized by the body, and must be consumed in the diet.

The two main types of essential fatty acids are omega-6 and omega-3. The best sources of omega-3 fatty acids are fatty fish (salmon, tuna, mackerel, herring, sardines) and flaxseed oil. Flaxseed oil has been shown to offer some protection against cardiovascular disease.

**Fat-free life-style?**

A completely fat-free diet is clearly *not* the way to go, because some fat in the diet is necessary to maintain proper health. Researchers from the Tufts University School of Nutrition Science and Policy advise consumers to reduce their intake of both saturated and *trans* fats. They recommend that vegetable oils be used in their natural liquid state whenever possible, and say that less hydrogenated semi-liquid or soft margarines are a better choice than either stick margarine or butter.

—BELIEFNET HEALTH AND HEALING

**Smile!  
from Sad to Glad**

Get to know your smiles and use your smiles to be a gateway to moving your experience from sad to glad. Play and smile and imagine all the peace and happiness we would experience each and every day if we let a smile lead our way.

**Give away fifty smiles today.** As a reminder, write SMILE in bright letters on your calendar, on Post-Its you put around your house, car and work place. Put it on your screen saver, as a reminder message on your Palm-Pilot: leave yourself a Voicemail message that says, SMILE.

• **Smile to yourself fifty times today.** When you are walking down the street and you notice a neutral expression or a frown on your face, SMILE. While you're in the shower, SMILE.

• **Make a list of all the things and memories that make you smile when you think about them.** Post the list somewhere where you can see it, and look at the list often and choose an item from your list, and put your attention on it, feeling a smile fill your being. This is a powerful practice of consciously choosing where to focus your attention. The more practice we have, the more easily we can access happy thoughts when drama thoughts are flirting with us. **Keep smiling !**

—DAILY HEALTH WISDOM

MANY PEOPLE THINK THAT IF THEY WERE ONLY IN SOME OTHER PLACE, OR HAD SOME OTHER JOB, THEY WOULD BE HAPPY. WELL, THAT IS DOUBTFUL. SO GET AS MUCH HAPPINESS OUT OF WHAT YOU ARE DOING AS YOU CAN AND DON'T PUT OFF BEING HAPPY UNTIL SOME FUTURE DATE.

—DALE CARNEGIE



## FACING FINANCIAL TROUBLES

### The Trouble with Money

Money problems can cause a range of emotional and physical problems such as divorce, illness or ulcers. Money means different things to different people. Ask yourself, "How important is money? What does it mean to me?" For most people, it's associated with power, success, happiness and self-esteem.

If creditors are breathing down your neck, it's easy to see that you're in trouble. But you can still be under "money stress" if you use too many credit cards too often, have no savings, or simply don't know your own financial situation.

### Common Causes

A common problem is misuse of credit (especially credit cards). It's best to limit your monthly debt payments, aside from housing, to 20% or less of your monthly take-home pay. Instead of charging purchases, stay on the safe side by saving for them. Use credit for large purchases, such as a car, that will last much longer than your payments on them.

Mismanaging money is another problem. Keep good records and make a budget, so you can see what you are able to spend on items such as entertainment, vacation or clothes. Set long term savings goals for items such as a home purchase or education for your children.

Crises can happen to anyone without warning. Protect yourself by having a three-month emergency fund at all times.

### Where to Get Help

If you find yourself struggling financially, there are many confidential places to turn— such as, your Employee Assistance Program (EAP), city and county agencies, or non profit organizations. They often provide free or low-cost financial counseling to anyone in need. They can make a big difference in your financial picture, now and in the future.

— NATIONAL SLEEP FOUNDATION; AMERICAN ACADEMY OF SLEEP MEDICINE

## How to get a good night's sleep



- Cut down on caffeine, or nix it altogether. Avoid alcohol.
- Drink less fluids before going to sleep (minimizes trips to the bathroom).
- Avoid heavy meals close to bedtime. A full stomach can make it hard to get to sleep.
- Avoid nicotine like caffeine, it's a stimulant.
- Exercise regularly in the daytime. Strenuous exercise has an alerting effect but, hours later, can promote deeper sleep.
- Try a relaxing routine— warm bath, reading, meditation—before bedtime.
- Establish a regular sleep schedule. Stick to it even on weekends and days off work. • In your bedroom, minimize light, noise and extremes in temperature.

## A Parents Guide to Prevention Tobacco and Teens—A Bad Combination

Unfortunately, increased awareness about the hazards of tobacco smoking has not deterred many teens. In fact, the percentage of high school seniors who smoke has gone up since 1983. One reason may be that teenagers are notorious for not worrying about death—it seems a long way off. They may even convince themselves that by the time they're adults, cancer and the other heart and lung diseases that smoking causes will be cured.

If you discover your son or daughter smoking, experts say you should tell him or her to quit immediately and that smoking is not tolerated. You need to be firm but supportive; let your child know you realize that breaking tobacco addiction is difficult for anyone, regardless of age. Understand that a child who is an addicted smoker may relapse and will need encouragement. Although relapses on the road to abstinence may recur, always make it clear that quitting is imperative. If your child can't seem to quit independently, seek help from your family physician who may prescribe medication or direct your child to an antismoking program.

— DEPARTMENT OF EDUCATION/UNITED STATES OF AME

TO HELP CHILDREN AVOID JOINING THE SMOKERS'S RANKS, EXPERTS ADVISE PARENTS TO MODEL SMOKE-FREE BEHAVIOR, MAINTAIN A SMOKE-FREE HOME AND DISCOURAGE CHILDREN AT AN EARLY AGE FROM STARTING TO SMOKE. FOR MORE INFORMATION, VISIT:

[www.cdc.gov/tobacco](http://www.cdc.gov/tobacco) or  
[www.tobaccofreekids.org](http://www.tobaccofreekids.org).