

Wellness Newsletter

Creative Benefits, Inc.
strategies to insure your success



November 2013

Great American Smokeout

The American Cancer Society marks the Great American Smokeout on the third Thursday of November each year. On November 21st make a plan to quit, or better yet quit! Tobacco use remains the single largest preventable cause of disease and premature death in the USA. By quitting, even for one day, smokers will be taking an important step to a healthier life.

The Benefits Over Time:

- 12 hours after quitting the carbon monoxide level in your blood drops to normal.
- 2 weeks to 3 months after quitting your circulation improves and your lung function increases.
- 1 to 9 months after quitting coughing and shortness of breath decrease.
- 1 year after quitting the excess risk of coronary heart disease is half that of a continuing smoker's.
- 5 years after quitting the risk of cancer of the mouth, throat, esophagus and bladder are cut in half. Cervical cancer risk falls to that of a non-smoker. Stroke risk can fall to that of a non-smoker after 2-5 years.
- 10 years after quitting the risk of dying from lung cancer is about half that of a person who is still smoking.
- 15 years after quitting the risk of coronary heart disease is that of a non-smoker's.

Quitting smoking lowers the risk of diabetes, lets blood vessels work better, and helps the heart and lungs. Quitting while you are younger will reduce your health risks more, but quitting at any age can give back years of life that would be lost by continuing to smoke.

The decision to quit smoking is one that only you can make. There is no one right way to quit. But these 4 factors are key to your success:

1. Make the decision to quit
2. Pick a "Quit Day" and make a plan
3. Expect and deal with withdrawal
4. Stay 100% tobacco-free

Go to www.cancer.org for more detailed information about how to make these 4 factors work for you.

Check out these helpful links:

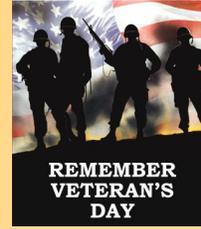
<http://www.cancer.org/healthy/toolsandcalculators/quizzes/app/smoking-habits-quiz> - will help determine how strong your addiction is and if you need professional help to quit.

<http://www.cancer.org/healthy/stayawayfromtobacco/greatamericansmokeout/desktop-helpers> - download this file to your desktop. Click the Craving Stopper anytime you have a craving. You will also receive daily tips to help keep you on track.



Military Family Appreciation Month

Throughout the month of November, military families serving around the world are honored and recognized for their commitment and contributions made every day in support of the military. We enjoy security and freedom thanks to the members of our Armed Forces. So remember to give thanks to not only our troops here and abroad, but to their families and loved ones that are supporting and sacrificing behind the scenes. Remember too, that November 11th is Veteran's Day!



Source: www.military.com

It's Flossing Day

The day after Thanksgiving isn't just "Black Friday" but also a day dedicated to the importance of flossing. Healthy teeth and a healthy body go hand in hand. Good reasons to floss are:

- Flossing helps us avoid gum disease - Plaque buildup can lead to gingivitis. Gingivitis untreated, can turn into periodontitis, which can damage the bone that holds your teeth.
- Flossing helps reduce the risk of heart disease - The mouth is the entry point to harmful bacteria that can easily reach cardiac tissue.
- Flossing helps prevent Halitosis - Halitosis is simply bad breath!
- Flossing helps prevent cavities - Flossing gets to places where the toothbrush can't reach.
- Flossing controls tartar - Tartar is calcified plaque and just like plaque can lead to gum disease.
- Flossing helps reduce diabetic complications - Diabetes can be aggravated by gum disease.

Source: <http://health.howstuffworks.com/wellness>

Whole Wheat Couscous with Spinach and Squash (makes 6 one cup servings)

November is Spinach and Squash Month. This would be a welcome addition to the Thanksgiving Day table. Consider this easy side dish to replace your traditional stuffing!

Ingredients:

8 shallots, halved (red onion will work also)
1 butternut squash, about 3 pounds in weight, peeled and cut into 1/2 inch cubes (or your favorite squash)
1 cup whole wheat pearl couscous
6 ounces spinach
1/2 teaspoon black pepper
2 tablespoons white wine vinegar
1 teaspoon rosemary, dried
1 1/2 teaspoons thyme, dried
1/4 cup Parmesan, shredded



Directions:

Preheat oven to 375 degrees Fahrenheit.

Prepare a sheet pan with nonstick cooking spray or use a silicone baking liner. Place the shallots and the squash on the pan, and roast for 30 minutes, or until the shallots start to color and squash is just tender.

While the vegetables are roasting, prepare the couscous. Bring 1 1/4 cups of water to boil in a large saucepan, add couscous and stir. Cover, then reduce heat and simmer for 10 minutes. (Double check package instructions for couscous and also keep a close eye on the water level in the pan to make sure you don't burn the couscous.)

Once the couscous is cooked, turn off the heat, then add the roasted vegetables, spices, vinegar, and spinach. The spinach will steam from the heat of the couscous. Take the pan off the burner and stir in the cheese.

Nutrition Info: Calories: 228.3, Fat: 2.1 g, Carbohydrates: 47.5, Protein: 8.6 g

Source: www.recipes.sparkpeople.com

