



## Coping with Eating Disorders

When asked about eating disorders, most of us tend to imagine someone who is emaciated and afraid to eat or very obese and a lover of Twinkies and potato chips. We get this perspective by seeing extreme cases in medical textbooks or on talk shows. However, there are many who look "normal" and have a disorder which can become life-threatening if left unchecked.

Anorexia nervosa is characterized by considerable weight loss in which not enough calories are being ingested to compensate for the amount consumed by the body. The disorder can occur at any age and with either gender. The disorder usually starts as a result of an emotional preoccupation with being thin, encouraged by some parents and glorified by the media. According to the National Eating

Disorders Association, anorexics are generally perfectionists. They strive to create a body which is "perfect," in their own eyes, not realizing they have become underweight. The emotional preoccupation with perfection blinds them to the physical damage being done. As a result, anorexics rarely seek professional assistance.

Bulimia is classified as a cycle of binge eating followed by purging. The bingeing can vary from 10,000 calories (which equals eating one of every McDonald's sandwiches, one of each salad with dressing washed down with three large size Cokes (96 oz. or about 3/4 of a gallon), to about 100 calories (a small candy bar). The person will purge soon afterwards through self-induced vomiting, laxatives, diuretics, fasting, and enemas.

Some studies show that bulimics start this behavior as a way to find control in their life. This may be caused by any kind of stressor in which the person feels an absence of control in areas that include family problems, work issues, school issues or emotional issues.

Differing from anorexics, bulimics usually recognize they have a problem and are more likely to seek help. Binge eating disorder (BED), also known as compulsive overeating, is recognizable by consumption of copious amounts of food until the *continued on page 3*

### This Issue...

Spiritual Emotional Physical Intellectual Social

Good and Bad Foods	Page 2
Music Therapy Heals	Page 2
Closer To The Spirit	Page 5
Cutting The Fat	Page 5
Career Satisfaction	Page 6
The Darby Wind Caves	Page 6

### Quick Facts

What Do You Know about Slimming Down?

True or False

1. Carbohydrates cause weight gain.
2. You are always more likely to lose weight if you eat low-fat foods.
3. All herbal weight-loss supplements are safe because they are natural.

Multiple Choice

4. How many calories do you need to burn to lose one pound of fat?  
a) 500 b) 1500 c) 2500 d) 3500
5. About how many calories are burned by riding a bicycle for 30 minutes?  
a) 110 b) 270 c) 340 d) 520

Answers found on page 2

## Good and Bad Foods: The American Myths

Hippocrates once said, "All things in nutriment are good or bad relatively." In other words, there is no such thing as a "good" or "bad" food. A common misconception among Americans is that certain foods are bad. This is not true. A single food in and of itself is not the cause of an unhealthy or "bad" diet (by diet we refer to meaning food and drink in general). An unhealthy diet is instead created by the frequency of a food in the diet in combination with other foods. Any food in excess can lead to an unhealthy diet.

Getting a variety of foods, and thus nutrients, is essential to a healthy diet. A food is more nutritious when the amount of nutrient in the food (nutrient density) is high. In other words, the food contains high amounts of nutrients when compared to its total caloric value. Nutrient density is important in creating a healthy diet but variety is of equal importance.

While it's obvious that sticking to a diet of fried chicken and potato chips is unhealthy, less obvious is the fact that a diet consisting solely of carrots, apples

and whole wheat bread (all nutrient dense foods) is also an unhealthy choice because though it is a diet high in certain nutrients it lacks variety. So the next time you have that craving for an occasional chocolate, remember Hippocrates' advice, it is not the chocolate that is bad but an overabundance of it. Feel free to indulge those cravings once in a while, but supplement them with other foods containing a variety of nutrients.



## Music Therapy Heals

Here is your prescription: Valium, Codine, Allegra, and music therapy. Music therapy? Yes.

Doctors are prescribing music therapy just as they would speech or physical therapy. According to Dr. Walter Quan, Jr., Oncologist-Hematologist at St. Luke's Medical Center in Cleveland, Ohio, Music therapy has "a wide range of applications," just one of which is the lowering blood pressure. Music therapists work privately or are contracted through hospitals.

Music therapy is defined by the American Music Therapy Association as, "The prescribed use of music by a [certified or registered music therapist] to effect positive changes in the psychological, physical, cognitive, or social functioning of individuals with health or educational problems."

Different types of music obviously have different effects on people. This is due to the ability that music has to help recall memories. For example, a certain song may bring to mind an old boyfriend or girlfriend. Or it may also stimulate thoughts of childhood or a certain event. Just as music can affect memory, it can alter the physiology of the body.

Music has been proven to affect pulse rate, respiration rate, blood pressure, galvanic skin responses, brain-wave impulses, muscle responses, finger coordination, and reading speed and comprehension. Certain types of music even have an effect on muscle strength. Music therapy is being used to promote wellness, manage stress, alleviate pain, express feelings, enhance memory, improve communication, and promote physical rehabilitation.

Keyboards and drums are being used at job sites to let workers express feelings of anger or frustration that couldn't be expressed with words. This is helping workers alleviate their bottled-up feelings. Music is also used during child birth to help the mother relax and to cue her breathing. If music can be used to help birthing mothers relax during a stressful labor, why couldn't it help a college student or faculty member?

### *Eating Disorders (Continued from Page 1)*

person becomes painfully full.

Similar to bulimia, BED is an emotional response to stress. Food becomes an escape or comfort mechanism. BED often starts in childhood, created by dealing with stress improperly or as a safety mechanism for those who wish to distance themselves from others or appear unattractive. BED sufferers tend to recognize their problem and try to maintain control using dieting and exercise.

Exercise and dieting are the two most common attempts at control, with exercise being somewhat successful. Dieting rarely lasts long and tends to lead to another binge episode as the person becomes frustrated with the lack of results.

While each type of disorder is distinctly different in appearance, they all share a common thread—emotional attachment. These disorders are not just a sickness, but rather a self-perpetuating cycle of guilt, low-self esteem, depression and a desire to fit the status quo. These people need understanding, thoughtful support, and a welcoming hand.

While the eating disorders are easily identifiable, the person affected is not a stereotype. Anyone, regardless of ethnic or racial background, can be affected. With this in mind, we will be empowered to find solutions that might just save someone from a fatal cycle.

### *Answers to Slimming-Down Quiz*

1. False 2. False 3. False 4. 3500 5.

## Closer to the Spirit

**R**eligious people tend to experience less depression, less anxiety, and less suicide (Power to Uplift). Why? Regardless of what faith a person belongs to, studies indicate that people who regularly apply spiritual practices into their daily routine experience higher levels of well-being.

Some ways to strengthen spirituality can include:

- Create a sanctuary in your home. This could be in your closet, bedroom or anywhere you can go to concentrate and clear out the world for a couple of minutes at a time. Go there often.
- Find a quiet space in which you can kick back, relax your whole body and let your muscles go limp.
- Bring the Gospel to life. Study your scriptures, and then ponder on the things you've learned or want to get out of your study.
- Initiate stimulating conversations with peers, roommates, or spouses. Recognize those aspects you wouldn't share with strangers. Take the conversation to a new level and dive in deep.
- Eliminate distractions and unwind. Avoid television, food, radio, people talking—as best you can; it is important to think of this as your time, your time to be away and to really connect with



God and yourself.

- Close your eyes and listen to comforting and soothing music.
- Pray. Meditate. Think.
- Attend the forums, devotionals, and fire-sides that are available to us every week. They help us form a more rounded spiritual side.
- Reflect on Spiritual Goals. Reflecting on spiritual goals that you are striving to accomplish with a positive mental image

is a great way to focus on improving the weak areas of spirituality in your life. Using optimism will help you accomplish these goals with a positive mental image.

Remember: The only way to have a healthy spirit is to exercise it, just like you would your muscles. Just as your physical, mental, and emotional well-being need to be tried and tested, so does the spiritual.

## Cutting the Fat: Some Healthy Alternatives

**H**ave you ever found yourself avoiding certain recipes because the ingredients were “unhealthy”? Well, here are some tips for healthier cooking.

### Substitutions

- Substitute applesauce for butter and oil
- Use 2 egg whites for one whole egg or three whites for two whole eggs
- Try yogurt or pureed low-fat cottage cheese instead of sour cream
- Use skim milk rather than whole milk
- Substitute evaporated skim milk or low-fat yogurt for whipping cream

### Cooking Methods

- Before cooking meat, trim visible fat.
- Instead of frying, try grilling or roasting meat on a rack so that the fat will drip off.
- Use a non-stick pan instead of cooking spray.
- Rather than adding butter or other fat to your food, try microwaving it.

### Other Tips

- Refrigerate stews and soups before eating them and remove the congealed fat before reheating it
- In place of gravies and thick sauces, use herbs and spices to add flavor to your dishes.



- Use breadcrumbs (from wheat or rye bread) as a soup thickener
- Instead of adding salt and oil to the water to cook your pasta, try adding a drop of lemon juice
- Use breadcrumbs (from wheat or rye bread) as a soup thickener
- Instead of adding salt and oil to the water to cook your pasta, try adding a drop of lemon juice.

## Facts on Pilates

“I must be right. Never an aspirin. Never injured a day in my life. The whole country, the whole world, should be doing my exercises. They’d be happier.”  
Joseph Hubertus Pilates, age 86, 1965

Well, maybe not the whole world, but certainly much of this country, parts of Canada, Europe, and Pan-Asia are experiencing the explosion in demand for Pilates, a method of exercise and physical movement designed to stretch, strengthen, and balance the body. With systematic practice of specific exercises coupled with focused breathing patterns, Pilates has proven itself invaluable not only as a fitness endeavor itself, but also as an important adjunct to professional sports training and physical rehabilitation of all kinds. Widely embraced among dancers for years, the exercises--“elephant,” “swan”, the language--“pull navel to spine, and breeaaaaathe,” and the look--bright-eyed, refreshed, buoyant-without-necessarily-sweating, is popping up in fitness classes, physical therapy offices, corporate retreats, luxury spas and wellness centers across the country. Another fad? A cult for the over-privileged? Think again. With the aging of our population and the increasing trend toward mindful, moderate health practices, Pilates is more likely to find itself with a wait list at the Health Center, and in your local public schools--shaping the fitness ideals of our next generation.

When we think of working our abs, we often think of things like crunches and sit-ups. BORING. If you’ve just about had it with traditional ab exercises, why not take your abs to a whole new level? Yoga and Pilates are two great ways to strengthen your abs .

### Pilates and Your Abs

Pilates and yoga are similar in that they are both mind/body activities with a focus on breathing and posture.

- \* Posture - Like yoga, proper posture is emphasized during standing and lying exercises.
- \* Breathing -Again, breathing is an important part of Pilates in that you engage the abs to pull air in and out.

## BYU–Idaho Personal Trainer: Pilates for Your Abs



\* Pelvic stabilization - This is one of the more crucial parts of Pilates. The idea is to stabilize your pelvis, engage your abs and back while moving your arms and legs around in various ways (such as leg and arm circles). These are the more difficult Pilates movements.

\* Abs Back - Pilates has very specific exercises targeting the abs (and not a crunch in the bunch). The ab moves (such as the plank) engage every muscle in your torso to stabilize your body. Ouch!

\* Endurance - Holding your body stable while doing various arm and leg motions will build muscular endurance and give you a new appreciation for your abs and back!

### Sit and Squeeze

Place your back against a wall with hips & shoulders squared. Slide down until knees are at 90 degrees, knees over ankles and weight in heels. Squeeze a medicine ball or towel just above your knees and hold for 15 or more seconds. Repeat 2-3 times.

### Ball Squeeze & Lift

### All Around Crunches

Lie face up on ball and hold medicine ball in both hands. Begin with body draped over the ball, arms extended behind you. Contract the abs to lift upper back off the ball and bring the medicine ball towards your right thigh as you twist to the right, contracting the right side of waist. Repeat for all reps and then switch sides.

# Thymes & Seasons



Enjoy some delicious Scandinavian summer recipes as a fun way to add some ethnic tradition to your summer cooking. These dishes are complimentary, and can be used as a theme ensemble if you enjoy Scandinavian cooking. Enjoy!

Recipes from <http://www.scandinavianspice.com>

## Rice Pudding

### Ingredients:

2 cups milk  
1/2 cup uncooked rice  
1/2 cup light or heavy cream  
1 teaspoon vanilla extract  
1/8 teaspoon salt  
1/3 cups sugar  
2 Tablespoon butter  
1/4 cup raisins (optional)

### Directions:

On top of double boiler, heat milk. Stir in rice. Cover and cook over boiling water, stirring occasionally, as mixture thickens. Add additional milk, if necessary, until rice is tender. Cook slowly about 1 to 1-1/2 hours.

Stir in cream, salt, vanilla, sugar, butter and raisins if desired. Remove from heat and allow to stand over hot water until you are ready to serve.

Mixture will thicken as it stands. If desired, serve with additional cream. Makes 3 cups or 6 servings.

## Seafood Chowder

### Ingredients:

2 Tablespoons olive oil  
1 cup sliced scallions  
1 cup thinly sliced celery  
1 cup small diced potatoes  
1/4 Tablespoon pepper  
1/4 Tablespoon nutmeg  
1 cup chicken stock (1 Tbsp chicken base to 1 cup water)  
1 cup clam stock (1 Tbsp clam base to 1 cup water)  
1 cup lobster stock (1 Tbsp lobster base to 1 cup water)  
2 frozen lobster tails, thawed, shell removed  
3/4 pounds shrimp, pre-cooked  
3/4 pounds scallops, pre-cooked  
2 cups hot milk  
1 can warmed condensed milk

### Directions:

Use a large heavy bottomed pot to heat oil. Add scallions and celery and sauté over medium heat for about 4 minutes. Add potatoes, pepper, nutmeg, chicken stock, clam stock and lobster stock. Stir to blend. Bring to boil over medium heat.

Cover, reduce heat to low and simmer for 20 minutes. Slice lobster meat and add to pot along with shrimp, scallops, and both milks. Stir, remove from heat and let stand for 5 minutes before serving.

## Mango Soup

### Ingredients:

4 ripe medium mangos  
2 cups water  
1 cup sugar  
4 whole cloves  
4 star anise  
1 Tablespoon small grain tapioca  
1 cup unsweetened coconut milk  
3 Tablespoon dark rum  
3/4 cup white grape juice mixed with  
1/4 cup white vinegar  
Mint leaves for garnish

### Directions:

Peel and pit the mangos. Reserve the pulp of half a mango for garnish. Puree the remaining mango pulp in a food processor and set aside.

Combine the water, sugar, cloves, star anise and tapioca in a medium saucepan. Bring to a boil, reduce heat to medium-low and simmer uncovered for about 15 minutes, until the liquid is thick and syrupy. Stir often.

Add the pureed mango, coconut milk and rum to the syrup and stir together. Cook until the soup just returns to a boil. Then remove from the heat.

Strain soup through a fine sieve, pressing the mango pulp through the sieve, discard all the solids. Cook the remaining soup at a simmer for another 10 minutes. Then stir in the grape juice vinegar combination and refrigerate until chilled.

## BYU–Idaho Wellness Center

Located: Hart 152

Hours: Mon/Wed 1:00 - 6:00 p.m.; Tue 8:00 - 11:00 a.m., 3:00 - 6:00 p.m.;

Thu 9:00 a.m. - 12:00, 3:00 - 6:00 p.m.; Closed Friday

Phone: (208) 496-3046; e-mail: [wellness@byui.edu](mailto:wellness@byui.edu)

## Career Corner

### Confidence in Interview:

Confidence in the work place is important. The first time to show confidence is during the interview. This is a great opportunity for the company to see who you really are. Here are some tips that will allow you to come off as more confident:

- Try not to fidget
- Make eye contact and remember to smile. (don't force it)
- Highlight your qualities but don't exaggerate.
- Don't bad talk any past employers.
- Use humor as long as it is natural, not forced.
- Repeat yourself occasionally for clarity.
- Go prepared with questions for them.
- Do research beforehand.

### Conflict Management

Everyone will at one time experience conflict with a co-worker. Problems at work tend to make us uptight and irritable. The burden of butting heads with someone at work can depress us, and make our work day seem harder and longer than usual. Because conflict can take such a toll on us, we need to know how to deal with it effectively. Remember:

- Don't overreact.
- If you want to be listened to, learn to listen. Once people see you have listened to them, they will be more willing to listen to you.
- Address the issues as soon as possible. Unaddressed problems will fester.
- If you can't approach the person, then try talking to someone outside the problem. Have them help you see the whole situation rationally.
- As a last resort, talk with your boss

about the problem.

The better we become at recognizing and solving conflict the better our work environment will be.

### Job Fulfillment

Our jobs don't have to be high profile or flashy to be fulfilling, they just need to challenge us. If you recognize a lack of fulfillment in your job, don't relinquish—change the situation. Use the following tips to help:

- Set personal goals of what you want to accomplish.
- Ask for more responsibilities.
- Learn a new skill that may enhance your job. It's never too late to learn something new and it may give you more motivation and focus.

Finding fulfillment in the workplace will result in a more positive outlook on life.

## The Civil Defense and Darby Wind Caves

It's the end of summer, so why not take a group of friends out and enjoy the some local caves before the summer is over? Just remember to take the proper gear, particularly sturdy shoes, a jacket, and a flashlight.

### The Civil Defense Caves

The Civil Defense caves are located just north of the St. Anthony Sand Dunes and are a great place to cool off during the hot weather. The cave reaches to 40 feet underground and the interior is cool year round.

The caves were formed by a large tube of lava that now wraps underground for 6,000 feet. A lava tube is formed when molten lava flows underground at a steady speed for hours or even days. The flow of lava develops a crust on the outside which cools and hardens, forming an outer roof for the continuing flow inside. Eventually, the lava stops flowing and a tube or cave, like the Civil Defense caves, is left behind.

There are two entrances into the Civil Defense caves. The more challenging entrance been nick named, "Fat Man's Misery" because of its narrow open-

ing, low ceiling, and the rocks that you have to climb over. If you prefer the less adventurous route, you can also enter the caves through the entrance located on the southeast underneath the parking lot. Here, the floor is generally flat, although not very smooth and there is plenty of head room. The hike through the cave takes about three hours, so give yourself plenty of time.

### The Darby Wind Caves

Just southeast of Driggs, in Darby Canyon, is another great cave site, and a good place to go for a day hike. Besides the caves, you can see wildlife, wild flowers, waterfalls, creeks, and other beautiful scenery.

You can enter the caves area without paying a fee, and it is open year round. The hike is 3.5 miles, and takes most people a little over two hours to complete, but you can also spend time climbing around the caves.

The cave goes from hundreds of feet high to just a crawlspace farther in. If you are looking for a more adventurous cave, continue on for another mile and you will reach an ice cave.

