

AIRBORNE: Fact or Fiction?



With germs running rampant throughout schools in the winter season, many faculty and students turn to remedies claiming to help prevent the common cold and boost immunity. Airborne, a newer dietary supplement, has become increasingly popular among such faculty and students since its creation in the late 1990s. So, does Airborne live up to its lofty claims, helping to ward off illness and boost immunity?

Airborne is a mixture of 17 vitamins, minerals, and herbs and costs about 75 cents per tablet. Victoria Knight-McDowell, a former California second grade teacher with no previous experience in any scientific or medical field, created the supplement in order to combat the constant influx of illness in her classrooms.

Airborne Health Inc. began claiming that their supplement would help protect and prevent illness. Yet the company's claim quickly changed, thanks to some threatening lawsuits,

to simply boosting the immune system of those who took the supplement. Still, there have been no accurate and credible clinical trials carried out by the company to prove any of their claims.

CSPI Senior Nutritionist David Schardt commented on the supplement saying, "There's no credible evidence that what's in Airborne can prevent colds or protect you from a germ environment. Airborne is basically an overpriced, run-of-the-mill vitamin pill that's been cleverly, but deceptively, marketed."

Taking Airborne may help boost immunity; however, you can acquire the same effect by simply eating a nutritious and well-balanced diet accompanied with a good vitamin supplement. Still, there is no solid evidence that Airborne can prevent and protect you from catching a cold. In fact, there is no supplement that can accomplish this feat. So the bottom-line: Airborne is unnecessary.

IN THIS ISSUE

Evil Carbs?	2
The Real Kick of Chili Peppers	3
Mood Foods	4
The Bitter Truth About Artificial Sweeteners	4
Having a Healthy Fast	5
Education in Television	5
Music Motivation	6
Stop the Cold from Freezing Your Health	6



Evil Carbs?

If what you've heard about carbohydrates has kept you away from them, there's something you may be missing. Contrary to popular belief, carbohydrates are not the root of all nutrition evil. Carbohydrates (or carbs, as they're usually called) are actually an important part of a nutritious diet. Carbs provide your body's main source of energy, without them your body can often feel overly tired and lethargic.

Three Forms of Carbs

Carbs are usually grouped into three different forms: sugar, starch, and fiber. Although all three types are needed by your body at different times, most of the time you want to avoid sugars. These "bad carbs" usually are over processed and filled with additives that your body doesn't need. These carbs are usually what cause spikes in weight gain and lead to insulin conditions such as diabetes.

Benefits

On the other hand, good carbs are high in fiber, vitamins, minerals, and other nutrients. These foods will keep you feeling fuller and keep that energy spike going longer. Fiber can also help lower cholesterol levels, leading to a lower chance at heart disease.

What To Look For

So what do you look for? The best sources are from foods that haven't been processed like brown rice and whole grain pastas and breads. Vegetables and fruits are also a good source of carbs, as long as you keep the skin on. The best thing to do is to control portion size, since overeating even a good thing can lead to a nutritional imbalance.

So walk with confidence into the bread aisle. With a little knowledge you can avoid those bad carbs and stick to choices that will keep you healthier and happier too.

Add More Good Carbs to Your Diet

Here's a few simple ways to incorporate good carbohydrates into your everyday diet:

1. Eat whole grains for breakfast. Try oatmeal or whole grain cereals.
2. Use whole grain breads for sandwiches.
3. Pass up the potatoes and choose brown rice or other grains.
4. Cook with whole wheat pastas.
5. Incorporate more beans and nuts into your diet.



BYU-Idaho Wellness Center

The BYU-Idaho Wellness Center promotes health and wellness among the entire BYU-Idaho community through preventive, therapeutic, and health care services as well as incentive programs.

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Note:

If you're planning on participating in the DMBA program to earn up to \$100 back on your premium, visit <http://www.dmba.com/wellness/wellness.asp>.



THYMES AND SEASONS

Keep your family healthy and satisfied with these recipes.



Potato-Chicken-Cheese Soup

Ingredients

- 1 (5 1/4 ounce) package Betty Crocker® au gratin potatoes
- 2 cups milk
- 1 cup cut-up cooked chicken (or canned chicken)
- 2 tablespoons minced onions
- 3 (14 ounce) cans chicken broth
- 1 (10 ounce) package frozen mixed vegetables

Directions

- Mix everything (including sauce mix from pkg) in 4 qt pan.
- Bring to a boil, stirring.
- Reduce heat and simmer for 15 minutes or until vegetables are tender.



Homemade Sloppy Joes

Ingredients

- 1 1/2 lbs ground beef
- 1/2 Tablespoon minced garlic
- 1/2 large onion, finely chopped
- 1 celery ribs, chopped
- 2 Tablespoons packed brown sugar
- 1 Tablespoons prepared mustard
- 1 1/2 teaspoons chili powder
- 3/4 cups ketchup
- 1 1/2 teaspoons Worcestershire sauce
- Hamburger buns

Directions

- Brown ground beef, garlic, and onion in a very large skillet, and drain.
- Combine remaining ingredients in a sprayed pan, and stir in meat mixture.
- Cover and simmer on low until thick



Easy Baked Apples

Ingredients

- 4 apples (bruised ones are fine)
- 2 teaspoons cinnamon
- 4 teaspoons sugar
- 1 tablespoon quick oat
- 2 tablespoons butter (margarine works too)
- 1/3 cup walnuts (optional)
- 1 dash nutmeg (optional)

Directions

- Preheat the oven to 350.
- Core the apples. If you want you can use an apple corer, but it's not that hard to do it manually.
- Now you need to put them in a pan. As long as the pan has sides it doesn't matter what kind it is or how big it is.
- Stuff the apples with the above ingredients. Depending on how big of a hole you made in the apple, you may not use all the ingredients. Don't worry about it. The measurements are not exact. I like to let it overflow a little into the pan, too.
- Put 1 inch of water in the pan and put it in the oven.
- After 15 minutes, check the apples. Depending on how soft you like them, you may want to do them for a few more minutes. Do not exceed 20 minutes.

Surviving winter chills with food

As winter sets in full swing, it's often hard to find new ways to fight those winter blues. Did you know that what you eat can help battle Old Man Winter. Eating foods high in a substance called niacin such as milk, eggs, and cheese can boost the performance of your nervous and immune systems. Spicy seasonings in food can also help increase blood circulation. Curl up with some tried and true comfort foods and lots of warm soups to keep the cold at bay. Try these recipes out to get started coming up with your own.

The Bitter Truth About Artificial Sweeteners

Foods with Artificial Sweeteners :

Although not all sugar substitutes are considered dangerous, it's a good idea to consume products with artificial sweeteners sparingly. To help you on your search for safe foods, avoid eating these foods on a regular basis:

- Diet soft drinks
- Sugar free chocolate or candy
- Low carb drinks, bars, and snacks
- Sugary breakfast cereals
- Some chewing gums
- Table-top sweetener packets
- Breath mints
- Whipped dessert topping
- *Crystal Light On the Go Water* Packets
- Kool- Aid
- Some Children's Medication
- Fruit Spreads
- Sugar-Free Gelatin
- Pudding
- Ice Cream Toppings
- Hard Candies
- Protein Nutritional Drinks
- Instant Cocoa Mix

However, not every brand will use artificial sweeteners. Make sure you check individual food labels to avoid unwanted ingredients.



Artificial sweeteners have been around for more than 100 years, but recently debates and controversies have been springing up more frequently. The popular, low-calorie sweeteners (30 to 8,000 times sweeter than sugar) may not be as innocent as they appear.

The first artificial sweetener was made from a type of coal tar in 1879. This eventually developed into saccharin – also known as Sweet-n-Low. Saccharin was connected with several cancers including uterine and skin cancers during the 1970s. In response to tests, the USDA attached a “hazardous to your health” label to it and left it until the year 2000. At that point they determined the studies didn't have enough evidence and removed the warning.

Perhaps the most dangerous of all the artificial sweeteners is Aspartame, commonly called Equal or NutraSweet. FDA studies suggest that it is safe for human consumption, but some doctors suggest otherwise. Dr. Janet

Starr Hull, PhD in Holistic Nutrition and certified Toxicologist maintains “Aspartame is the common denominator for over 92 different health symptoms at the root of modern disease.” She includes Chronic Fatigue Syndrome, Lyme Disease, Grave's Disease, Epilepsy, Multiple Sclerosis, Lupus, and many more in her list.

Thankfully, the two remaining popular sweeteners seem to be much safer. The first is Sucralose (Splenda) and the second is called Stevia. Both of these come from plants. The downsides are minimal to the supposed side-effects of the others. Splenda may cause some allergic reactions in a few consumers and Stevia has a distinctive aftertaste that some claim ruins it.

All in all, natural sugars seem the safest path rather than foods made from petroleum or methanol. I'd rather have the extra calories and leave the dangers of artificial sweeteners alone.

Mood Food

We eat healthy foods to help our hearts, bones, and teeth, but how often do we think of eating healthy for our mind?

According to studies, snacking on foods high in easily digested carbohydrates such as cookies and some breads can raise the brain's level of the chemical serotonin. This is the same chemical found in most antidepressants. Serotonin functions to help relay signals from one area of the brain to another.

A carbohydrate-rich snack can also generate your body's release of insulin. This causes any amino acids in the blood to be absorbed into the body. Insulin then remains in the bloodstream at high levels following a carbohydrate

meal, which means it can freely enter the brain and cause serotonin levels to rise.

Serotonin controls most of the 40 million brain cells either directly or indirectly. This includes brain cells associated with sleep, memory, learning, and mood.

To help increase your serotonin levels try snacking on milk, rice, pasta, bread, or cookies. Have a small snack a few hours after each meal, but at least one hour before the next meal. The raised serotonin level will perk up your disposition within twenty to thirty minutes. You can also look forward to improving your sleep, memory, and study habits.

Top 10 Mood Foods

- 1 - brown rice
- 2 - sweet potatoes
- 3 - apples
- 4 - yogurt
- 5 - sunflower seeds
- 6 - ice cream
- 7 - milk
- 8 - oatmeal
- 9 - avocados
- 10 - broccoli

Benefits of Fasting:

- Purification
- More energy
- Rejuvenation
- Better sleep
- Rest for digestive organs
- Better attitude
- Clearer skin
- More clarity, mentally and emotionally
- Antiaging effects
- Change of habits
- Improved senses—vision, hearing, taste
- Inspiration
- Creativity
- Reduction of allergies
- Weight loss
- Right use of will
- Drug detoxification
- Spiritual awareness
- Better resistance to disease
- Diet changes

Have a Healthy Fast

We have all been given the commandment to fast, to pay fast offerings, and attend fast and testimony meetings. We recognize the spiritual benefits of fasting, for it increases our sensitivity to the spirit. However, spiritual wellness is only one blessing of keeping the law of the fast.

Elder L. Tom Perry said “The law of the fast has three great purposes. First it provides assistance to the needy through the contribution of fast offerings...Second, a fast is beneficial to us physically. Third, it is to increase humility and spirituality on the part of each individual.”

Often, we focus most on the first and third benefits of fasting and ignore the physical benefits. While we allow our souls to draw nearer to God, we also allow our bodies to become physically cleaner inside through fasting.

“Fasting is the single greatest natural healing therapy,” stated Dr. Elson M. Haas, a specialist in Detoxification and Individualized Health programs.

“[Fasting] is a time when we allow our cells and organs to breathe out, become current, and restore themselves.”

Both doctors and apostles recommend we fast for a full 24 hours. Elder Carl B. Pratt



in the Oct. 2004 Conference counseled us to follow the law of the fast and specified “there is no Church standard on fasting, except that it should be for 24 hours and two meals.”

Through the guidance of holy apostles and the wisdom of modern science, we can learn to come closer to our Heavenly Father and receive blessings, both physical and spiritual, by obeying the law of the fast.

Education In Television?

While many people will say they enjoy watching television, those same people will most likely also admit that it is not the most worthwhile activity. Kelley Colihan of WebMD states that while television has been called a “vast wasteland,” there is no denying the power of prime time. Colihan’s studies clarify what he means by “the power of prime time.”

He relates the results of a survey in which data was gathered before and after a message about HIV was slipped into the popular show *Grey’s Anatomy*. The survey included a question about HIV, which was administered before the show aired and again one week later. Before the show aired, only 15% answered correctly, while 61% knew the answer one week later. Additional survey results showed that the information did not serve as simply knowledge, but as information that altered the viewer’s opinions of HIV, because it gave them a more accurate view than they previously had.

Additionally, Educational Television (ETV), if you choose to watch it, is dedicated to the goal of educating the United States. Sharon Zechowski of Museum.gov says, “[Educational] television promised to educate the nation



through formal instruction and enrichment programming emphasizing culture, arts, science, and public affairs.” While many people choose prime time programs over educational ones, it is not uncommon to find educational type service announcements disguised within our prime time shows, such as the one previously mentioned in *Grey’s Anatomy*.

Obviously our educational pursuits do not always coincide with the television programs we choose to watch, but with a little conscious thought we can choose to learn so that we don’t have to think of television as a complete waste of time.

10 Top TV Shows . .

- 1 – Heroes
- 2 – House
- 3 – Family Guy
- 4 – Grey’s Anatomy
- 5 – Dexter
- 6 – Prison Break
- 7 – Smallville
- 8 – One Tree Hill
- 9 – Saturday Night Live
- 10 – Gossip Girl

Music Motivation

Most of us recognize that exercise is an essential part of our health and wellness, but it can seem a daunting task to keep a consistent and active workout schedule. However, by listening to the right music when exercising you can strengthen your commitment to a program and improve your overall workout.

In a study conducted by Christopher Capuano from Fairleigh Dickinson University, 41 women committed to a 24 week fitness program. The half that were given music to listen to were more consistent with their exercise programs. "Walking to music seemed to really motivate the women in our study to get out there and stick with the commitment they made," says Capuano. "It is not that music causes you to lose weight. It causes you to be more adherent."



Because music distracts you from the exertion of exercising by entertaining and capturing your mind it helps your workout go faster and makes the experience more enjoyable.

The tempo of the music you listen to will also add to your routine workouts and help motivate you to work harder. When exercising to music most people keep up with the beat, so choose higher tempo songs with strong rhythmic beats and motivating tunes.

Fitness expert Petra Kolber suggests that you create playlists on your iPod that will motivate and keep you working at a higher level and will pick you up at the point in your workout where you might start to fade.

So if you regularly bring your iPod (or mp3 player of choice) along with you while you exercise make sure that you listen to music that will motivate you and keep you moving faster and more often.

The Real Kick to Chili Peppers

According to the Centers for Disease Control and Prevention, one in five Americans is considered obese. A slow metabolism can contribute to such weight gain. One way to help increase your metabolism is by eating spicy foods, particularly chili peppers. Studies have shown spicy foods such as hot peppers, can increase metabolism by twenty percent for thirty minutes.

Chili peppers contain a substance known as capsaicin. The more capsaicin a pepper contains, the hotter the pepper. Habenero, Scotch, and Jalapeño peppers hold more capsaicin, than many peppers. For those

looking for a more mild taste, red peppers have it as well. Cayenne pepper will also help burn calories by boosting metabolism.

Chili peppers are healthy for your diet in two ways. First, by increasing thermodynamic burn, your body can burn more calories. Second, chili peppers are healthier and less fattening than many alternative foods. By including more chili peppers in your diet, you get flavorful dishes while eating low-fat foods that boost your metabolism.



Incorporating Chili Peppers in Your Diet

- Add cayenne pepper to soups and casseroles
- Put chili peppers in stir fry or sautéed veggies
- For a low-calorie dip, combine chili peppers, artichoke hearts and light mayo
- Add chili peppers to cornbread
- Use cayenne pepper for grilled or roasted meats

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