

## IN THIS ISSUE

# Laughing: The Ultimate Stress Reliever

Stop what you're doing and try an experiment. Frown. How did that make you feel? Pleased? Anxious? Depressed? Now, smile. Smile bigger. Do you feel the same emotions as before? You should feel better; in fact, you should feel much happier.

In a study done by Kleinke, Peterson and Rutledge, participants viewed pictures of people with positive expressions (such as smiling) and others with negative expressions (such as frowning). Those who matched the positive expressions with their own faces improved in mood; the moods of those who matched the negative expressions became worse. Those who only looked at the pictures, without matching the expression, had no change in mood.

Why frown when you can smile and feel so much better about the world?

And even better than smiling, it has been proved that laughing possesses many different health benefits. One of those benefits is stress relief. With all the demands on your time, including classes, tests, social obligations and more, this could really be a plus. According to Elizabeth Scott, MS, laughter has many stress-reducing effects on the body:

Laughing lowers your level of stress hormones, like adrenaline, and increases good hormones, such as endorphins.

Cells that produce antibodies increase in abundance, and T cells work more effectively; consequently, if you laugh, you won't get sick as often.

Laughing gives you a very enjoyable workout. Your diaphragm, abs, shoulders and heart all benefit from the physical exercise involved in a good laugh.

Negative emotions are more effectively done away with when you laugh, as well. "Laughter brings the focus away from anger, guilt, stress and negative emotions in a more beneficial way



than other mere distractions," says Scott.

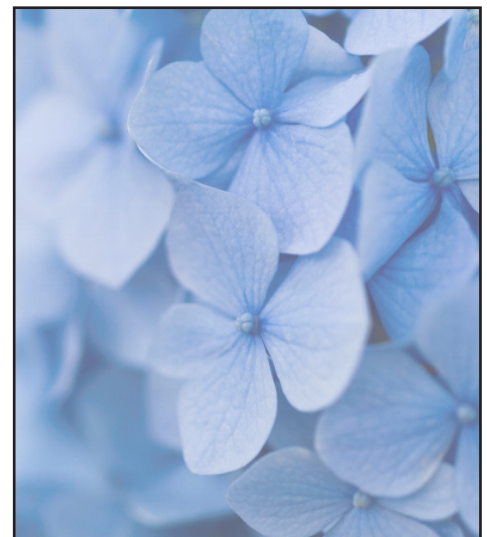
In addition to this, you will view daily stressful events in a more positive light if you have a good humor about them.

Laughing can also provide you with many social benefits. When you laugh, people around you are more inclined to laugh as well. They will thank you for the lightened atmosphere and more positive attitude you bring.

As Scott says, "Just as studies show the positive effects of smiling occur whether the smile is fake or real, faked laughter also provides the benefits mentioned above."

So, here's your new goal: instead of splurging on ice cream or sitting in front of the TV for hours when you're upset, try smiling at yourself in the mirror. Do it every morning before you walk out the door; do it every evening before you go to bed; laugh with your friends as often as you can. You'll feel better.

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## Eight Glasses a Day?

Everyone knows that water is essential for life; who hasn't heard "Remember to drink eight glasses of water every day"? This advice has come from doctors, teachers and mothers for many years. But where did this idea come from in the first place? And is it true?

The origins of this recommendation can be traced back to Dr. Frederick Stare, a nutritionist who purported this theory in 1974. His recommendation, however, was simply an educated guess, since he provided no scientific evidence to back it up.

There are many factors that can affect how much water you should drink every day, including how active you are and where you live. You even lose

water every time you take a breath. When you exercise or engage in hard physical activities,



or when you live in a hot environment, you tend to sweat, reducing the amount of water your body has to use for other functions. You must compensate for these losses by drinking water.

But does that mean you need to drink those eight glasses of water a day? No. Your water intake is satisfied not only from drinking water, but also from the foods you eat, as well as any other beverages you consume. According to Mike Howard, "The fluid from food and its accompanying metabolic action alone can account for as much as six glasses of water." If you still followed Dr. Stare's recommendation, that would leave only two glasses of water to drink a day.

So, how much water do you really need? Dr. Heinz Valtin, a professor at Dartmouth Medical School says, "Obey your

## Water Quick Facts

1. Roughly 70% of an adult's body is made up of water.
2. By the time a person feels thirsty, his or her body has lost over 1% of its total water amount.
3. Drinking too much water too quickly can lead to water intoxication.
4. The United States uses about 346,000 million gallons of fresh water every day.
5. Water can prevent and alleviate headaches.

thirst." Drink when your body says it needs it. You don't need to keep sipping water all day to stay healthy; that would only keep most healthy people running to the bathroom. All you need to do is drink water when you can; try to have some with your meals and remember to drink while you exercise. Valtin says, "If you obey your thirst and you're producing urine of a normal yellow color, that's a safe sign that you are drinking enough water."

## Diabetes: Can it be Prevented?

How many people do you know who have diabetes? Whether that amount of people is large or small, the number of diabetic Americans is rising. According to the National Diabetes Information Clearinghouse (NDIC), as of 2007, 23.6 million Americans have diabetes. That is 7.8% of the country's population.

Although type 1 diabetes makes it impossible for the body to produce insulin, those with type 2 diabetes are still able to; their bodies just develop a condition known as insulin resistance.

According to *WebMD*, 5-10% of people who who are diagnosed with diabetes have type 1, while 90-95% have type 2. While there is no current way to prevent type 1 diabetes, researchers are finding more and more information to support the fact that type 2 diabetes can be prevented.

According to a study done by the Harvard School of Public Health, "Being overweight and obese was the single most important risk factor that predicted who would develop type 2 diabetes."

While some factors that contribute to diabetes (such as age, family history and ethnicity) are uncontrollable, there are also many contributing factors (such as diet and physical activity) which you can control.

In the study done by Harvard, researchers found that, "During a 16 year follow-up period, study results showed that regular exercise—at least 30 minutes a day, five days a week—and an improved diet that's low in fat and high in fiber significantly helped with type 2 diabetes prevention."

But why is this so important? How bad is diabetes, really?

According to the NDIC, "Diabetes is associated with long-term complications that affect almost every part of the body. The disease often leads to blindness, heart and blood vessel disease, stroke, kidney failure, amputations and nerve damage."

How much is your health worth to you? Start now to incorporate a healthy diet and physical activity into your life. Your body will thank you.



# THYMES AND SEASONS

Keep your family healthy and satisfied with these recipes.



## Breakfast Quesadillas

- 2 8-inch flour tortillas
- ½ cup egg substitute
- 1 dash black pepper
- 1 dash cayenne pepper
- 2 slices fresh tomato
- 1 slice fat-free cheese
- 1 slice onion (optional)

Preheat oven to 375 degrees. Scramble egg substitute in a small skillet.

Lay 1 tortilla on a nonstick baking sheet. Spoon cooked egg substitute on top and sprinkle with peppers. Top with tomato, cheese, and onion, if desired.

Add second tortilla on top. Press lightly. Bake 5 minutes, flip and bake 5 more minutes, or until cheese is melted. Cut into fourths and serve.

Nutrition Facts: Calories 216; Fat 4g.; Carbs 30g.; Protein 15g.; Fiber 2g.



## 15 Minute Chicken Rice & Broccoli

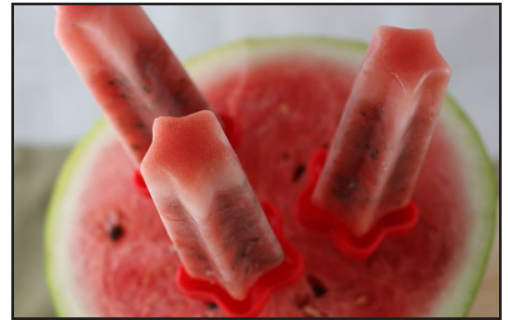
- 1 tsp vegetable oil
- 4 boneless chicken breast halves
- 1½ cups water
- 2 cups Minute White Rice, uncooked
- 2 cups fresh broccoli florets
- 1 can reduced-sodium cream of chicken soup

Heat oil in large nonstick skillet on medium-high heat. Add chicken; cook 4 minutes on each side, or until cooked through. Remove from skillet.

Add soup and water to skillet. Bring to boil.

Stir in rice and broccoli. Top with chicken; cover. Cook on low heat 5 minutes. Note: Increase oil to 2 tbsp. if using a regular skillet.

Nutrition Facts: Calories 410; Fat 10g.; Carbs 46g.; Protein 33g.; Fiber 3g.



## Watermelon Raspberry Popsicle

- 2 cups watermelon, seeded and diced
- 1 cup fresh raspberries
- ½ cup Splenda
- 1 tbsp fresh lemon juice
- 1 tbsp light corn syrup

Place all ingredients in blender or food processor. Blend until smooth. Pour ingredients out of blender.

Strain through a sieve into a small bowl, pressing firmly to extract as much of the liquid as possible. Discard pulp.

Pour extracted juice into popsicle molds and freeze at least 6 hours, or overnight.

Nutrition Facts: Calories 30; Fat 0g.; Carbs 7g.; Protein 0g.; Fiber 0g.

## BYU-Idaho Wellness Center

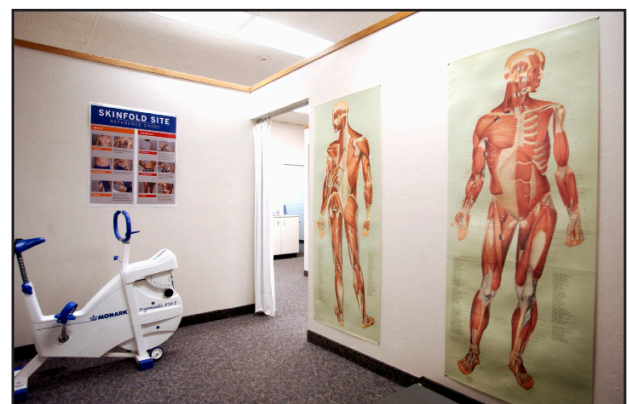
The BYU-Idaho Wellness Center promotes health and wellness among the entire BYU-Idaho community through preventive, therapeutic and health care services as well as incentive programs.

### Contact Information

Location: Hart 152  
Phone: (208) 496.3046  
Email: [wellness@byui.edu](mailto:wellness@byui.edu)  
Visit us online at [www.byui.edu/campuswellness](http://www.byui.edu/campuswellness)

### 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>.



## Folate and Folic Acid

(1,000 micrograms a day)

Fortified Cereal	1 cup	530 micrograms
Lettuce	2 cups	150 micrograms
Spinach	½ cup	100 micrograms
Asparagus	4 spears	85 micrograms
Orange	1 small	30 micrograms

## Iron

(27 milligrams a day)

Fortified Cereal	½ cup	12 milligrams
Kidney Beans	1 cup	5.2 milligrams
Spinach	½ cup	3.2 milligrams
Turkey	3 ounces	3 milligrams
Beef	3 ounces	3 milligrams

## Two Bodies, One Mouth— Make Every Bite Count

Eating healthy is always important, but never more so than while you're pregnant. The food you eat is your baby's only source of nutrition; smart choices now can help your baby's growth and development, while poor eating can lead to low birth weight and even preterm delivery.

Luckily, a pregnancy diet is not all that difficult! The same rules apply that you've known all your life: eat your fruits and veggies, dairy products and proteins, while avoiding sweets and fats.

There are, however, some unique differences. Provided in this article are three often overlooked changes that most nutrition experts recommend pregnant women make to their diet:

**Folate and Folic Acid.** This is a lesser-known vitamin, yet it has a unique prominence in a pregnant woman's body. The Mayo Foundation for Medical Education and Research explains, "Folate is a B vitamin that helps prevent neural tube defects and serious abnormalities in the baby's brain and spinal cord." Lack of folate may also increase the risk of poor fetal growth as well as deter the odds of a safe delivery.

Sounds important, right? But it's not all that hard to find. Folate is prominent in green, leafy vegetables—hence its name: folate from the Latin word *folium*, which means "leaf." It can also be found in dried beans and peas and, surprisingly, liver.

Folic acid is the same as folate and has the same effects, except you are more likely to find folic acid in fortified breakfast cereals (cereals that have vitamins added to them) than anywhere else. Before you buy your next box of cereal, check the Nutrition Facts for folic acid to make sure you're getting as much as you need.

**Iron.** During pregnancy, when your blood volume expands to accommodate changes in your body and your baby must make his or her entire blood supply, your need for iron nearly doubles. Lack of iron results in fatigue.

Iron can be found in all kinds of meat, including fish, as well as fortified cereals, nuts and dried fruits.

But when it comes to your baby's health,

what you don't eat and drink may be just as important as what you do. So, what should you avoid?

**Seafood.** Most seafoods are okay—they're a great source of protein and iron—but what you need to be careful of is the levels of mercury some seafoods have. According to the FDA (Food and Drug Administration), mercury can cause serious damage your baby's developing nervous system. So, to be safe, stick to shrimp, canned tuna and salmon; and, as a rule, stay away from the older, bigger fish like swordfish, shark and mackerel.

All in all? Just stay healthy. Make the small changes in your lifestyle that will make sure your child has everything it needs to start life right.



## Repent and Be Saved ...Literally

Guilt has always been described as pain, and the Atonement, in contrast, as healing. Just how true is that metaphor?

In his talk, "The Touch of the Master's Hand," President Boyd K. Packer said, "Guilt is to the spirit what pain is to the physical body." When you're physically injured, your body calls to your attention not only where the pain is, but what type of injury it is and how serious it might be. Your spirit is the same, with one major alteration: injuries to the spirit caused by sin don't heal naturally.

Justice demands that the wounds of sin stay and fester, forever; that is what the scriptures mean by "eternal torment," or hell. The prophet Alma described his feelings of guilt as being, "racked with eternal torment, for my soul was harrowed up to the greatest degree and racked with all my sins." President Packer explained that both a rack and a harrow are instruments meant to tear something apart, one as a torture device and another as a farming tool.

That sort of pain, though hard to see, is nothing to laugh at. Too often spiritual injuries are ignored, but spiritual pain requires just as much—if not more—treatment than your body ever will. If not treated, spiritual injuries begin to manifest themselves as physical ones in the form of depression and anxiety. "We know that some anxiety and depression is caused by physical disorders, but much (perhaps most) of it is not pain of the body but of the spirit."

Suffering for sin is the natural effect of living. But it does not have to be so. The Lord said, "Behold, I, God, have suffered these things for all, that they might not suffer if they would repent."

Again remember Alma, who tells us of his experiences struggling against sin:

"My soul hath been redeemed from the gall of bitterness and bonds of iniquity. I was in the darkest abyss; but now I beheld the marvelous light of God. My soul was racked with eternal torment; but my soul is pained no more. . . . And oh, what joy, and what marvelous light I did behold; yea, my soul was filled with joy as exceeding as was my pain!"

The Lord promised, "A new heart . . . will I give you, and a new spirit will I put within you." That spiritual heart surgery, like in the body, may cause you pain and require a change in habits and conduct. But in both cases, recovery brings renewed life and peace of mind.

Don't let your spiritual injuries bleed. Call on the Master Healer who can heal sin as easily as he brings sight to the blind, and let peace coincide with health in your life.

## Texting—Anti-Social Behavior?

A texting phenomenon is sweeping the nation. Communication is at an all-time high, but it is because of texting that the modern generation is losing the ability to communicate face-to-face.

In a recent survey done by Harris Interactive and Teenage Research Unlimited, researchers found that 2,618 Americans from the ages of 13 to 24 spent about 7.7 hours per week texting. Data shows that people could be dangerously hindering their relationship ties by overusing instant messaging. More people are using text messaging to get their word across rather than just talking to people.

So talk to people instead of texting. Take the time to interact in a way that will benefit you and promote good social skills. It might take more time, but the benefits are worth the effort.



## Did You Know...

Even though Wii Fit doesn't offer a multiplayer mode, it has become a huge hit in community settings. It allows you and all your family and friends to create their own personal profile, and keeps track of every player's progress. Making it possible to have exciting competitions amongst each other, with the plus of watching your family or friends gyrate on the Balance Board, a combination that spells lots of fun on a lazy afternoon.

## Wii Fit

Video games are entertaining and exciting, but when it really comes down to it, are they doing anything for you?

Buying your Xbox right off the line can be very expensive. Including controllers, individual games, memory cards, the s-video cord and the gaming system itself, the cheapest you could find an Xbox 360 system, with accessories, is up to \$700. You could put a down payment on a car with that money.

The Wii Fit also retails at the same value, but has many more benefits. Not only is it entertaining, but it's functional as well.

Newsweek said, "Where the original Wii featured golf, boxing, tennis, baseball and bowling, Wii Fit offers fitness training of four types--aerobics, strength training, yoga and balance games. Most of the exercises are fun, and all of them increase your heart rate or muscle tone while helping develop 'core' muscle groups that aid balance and posture."

Unlike Xbox games where all players learn is how to use their thumbs, Wii Fit players

are active players in the games. Many have compared it to having a personal trainer in their home: it helps you lose weight and gets you in shape. It also tracks how many calories you have burned, teaches you correct techniques and really makes you do the work; sensors measuring your body weight 60 times a second eliminate "cheating."

Overall, the Wii Fit is a more positive choice. It vocally encourages instead of discouraging the player. Comments such as "Great job!" and "You can do it!" along with the self-competition are reward enough. Wii Fit also encourages the competitive spirit to surface.

So instead of rushing out to buy that new Xbox or PlayStation game you've been waiting for, weigh the long term consequences. It may be the most fun game out there, but you end up sitting on the sofa moving your thumbs for hours on end. Instead, think of investing in a Wii system; it will help you get in shape and live a better life in the long run.

## If You Can't Say Something Nice...

Why do people gossip? Is it really all that bad? Nigel Nicholson, PhD, outlines three main reasons for gossip: networking, influence and social alliances.

The first reason, networking, involves comparing yourself with others. "As social animals we are status-conscious, and for good reason. Navigating the social pathways of the tribe requires a good understanding of its complexity," says Nicholson.

The second reason for gossiping is influence. People try to keep their position in society stable and impress those around them. "Self-promotion is not always a conscious strategy.

We do it whenever we meet a stranger. It's in the way we engage in small talk and mobilize our facial expressions to convey interest and sympathetic sentiments," says Nicholson.

Forming alliances is the third reason why people gossip. What you have to say about

people and who you share your information with is a big deal. "Often times we use gossip for the sake of what seems to be pure one-on-one pleasure. ... People supply information to whom they are attracted and with whom they wish to align themselves," says Nicholson.

Despite the self-satisfaction and seeming stability that gossiping brings, it can be deceitful and painful. "Negative gossip about third parties, who of course have no opportunity to defend themselves, is a dangerous game that can rebound on the gossiper," says Nicholson.

So, next time you go to tell a story, think about what you say.

## Are You a Gossiper?

Four questions you can ask yourself to evaluate your gossiping habits and motives:

1. "Do I talk about the same people over and over again?" If you always only talk about Jessica and everything she is doing, you have put yourself in an elevated position over her and she has become "a victim of your gossip," says Weir.
2. "What are the gossiper's motives?" There is a big difference between talking about someone to give simple information and talking about someone in order to hurt them.
3. "Do I have to use names?" If you are dying to tell a story, do so without using names. Then no one can be hurt by what you are saying.
4. "Do I need to retell this story?" Think about this before you pass on potentially hurtful information. Is it really necessary?

-According to psychology professor, Jeffrey Parker, as quoted by Kirsten Weir

## Mental Exercise

For your mind to stay healthy and fit you need to continually use it. Health care professionals recommend that you keep your mind active with mentally challenging activities—like puzzles. According to researchers from Pennsylvania State University, “Mental exercise may play a key role in staving off age-related loss of mental agility.”

As you grow older your body deteriorates and your chances of developing dementia increase. But does doing puzzles like Sudoku and crosswords help? Henry Brodaty, professor of psychogeriatrics at the University of New South Wales says, “When it comes to the brain it could very well be a case of ‘use it or lose it.’”

The more you use the brain, the stronger its neural connections are likely to become. The Alzheimer’s Association has reported, “Any type of regular mental stimulation might increase your brain’s nerve connections and even help generate new brain cells, reducing your risk of Alzheimer’s disease and other dementias.”

Everyone knows about Sudoku, a puzzle that involves placing numbers or symbols in a box grid, but there is a new puzzle that is becoming popular now: Kenken. Kenken combines Sudoku with mathematics. Tetsuya Miyamoto, the creator of Kenken, explains, “The numbers in Sudoku could be replaced with melons and you would still be able to play. In Kenken the value of the numbers is absolutely central to the solution.”

Adding mathematics to the challenging problem already present in Sudoku causes the brain to work harder to find a solution. This increase in difficulty as well as the addition of math functions makes Kenken the perfect tool for improving your mental health.

## Ideas for a Healthy Brain

Mark Stibich, Ph.D. says, “Your brain’s fitness depends on how much it is used. Every time you do something new or different, you create new neural pathways. These simple tricks will help give your brain a workout.”

1. *Use your opposite hand.* Spend the day doing things with your non-dominant hand. This will cause your brain to lay down some new pathways and rethink daily tasks.

2. *Only use lists as backup.* Lists are great, but we can become too reliant on them.

3. *Learn phone numbers.* No one memorizes phone numbers anymore, but it is a great memory skill.

4. *Observation games.* Each day pick a specific thing to observe. You may decide to pay attention to what people are wearing, for example.

5. *Go a different way.* Take a different route to school or work. This little change in routine helps the brain practice special memory and directions.

6. *Break the routine.* Do your daily tasks in a new order. Notice how the change feels and what is good or bad about it.

7. *Solve a problem.* Give your mind something to chew on. Have fun with problem solving to make new connections in the brain.

8. *Read a book.* Pick a book on an entirely new subject. Read a novel set in India. Learn about economics. Become an expert in something new each week.

80X		3	5-		2÷
	11+		1-		
9X	2	3-		30X	
		11+		2÷	
6	8X		13+		8+
10X				1	

To solve a Kenken, you must use the function placed in each bolded box to find the number given. For example, ( $? \times ? \times ? = 80$ ) is ( $4 \times 4 \times 5 = 80$ ). Kenken is the same as Sudoku in that all the numbers in one row must be different; however, it’s different because only the numbers 1-6 are used, instead of 1-9. Give it a try!

**BYU-Idaho on Wellness** is a student project produced in cooperation with the BYU-Idaho Wellness Committee and the Departments of Health Science and English. For sources, subscriptions or other information, contact Leon Anderson at 208.496.1958. You can also find us online at [www.byui.edu/CampusWellness](http://www.byui.edu/CampusWellness).

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