

## Religion: A Healthy Choice



As students and employees at a church-sponsored institution, we are encouraged to live our religion. With school, church, family and other responsibilities, it can be difficult to find the time to exercise. Often this neglect adds to our already highly-developed sense of guilt. Wouldn't it be great if living your religion was enough to increase not only spiritual health, but physical health as well?

A recent study has shown that regular worshippers live longer lives. Over nine years, researchers tracked over 22,000 people, finding that those who attended church regularly lived 10 percent longer than those who never stepped inside a church to worship. The average churchgoer had a life expectancy of 82 years, compared to an average of 75 for the non-churchgoer.

When the study was released, many objected due to the obvious lifestyle differences between churchgoers and

others. While it is true that regular church attendees generally practice a healthier lifestyle, "the researchers had adjusted their findings to account for incomes, alcohol and tobacco use, marital status and body mass and still came up with their clear conclusions: non-worshippers have the highest risk of early death and risk decreases as church attendance increases."

By taking time to worship, pray, and meditate, we are allowing our minds the chance to slow down, taking a break from the chaos surrounding us.

This quiet time will allow us to become re-centered, focusing on our priorities and goals, while seeking divine guidance as a means to accomplish our multiple tasks and reduce stress.

So remember, exercise is important, but we also need to make sure it does not come at the expense of our religious worship. Taking time to commune daily with the divine is a proven way to increase your health and lengthen your life.

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## Why Breakfast Isn't Always Expendable

By the time you've hit the snooze button on your alarm clock four times, chances are you're late for class. Before you run out the door without eating, consider the benefits of eating breakfast.

You've probably heard the saying "breakfast is the most important meal of the day," and it's true.

According to the American Dietetic Association, those who eat a healthy breakfast have better concentration and problem-solving skills which ultimately helps you do better in school. Breakfast also helps boost your body's metabolism first thing in the morning.

Unfortunately, those who need breakfast the most are the ones who normally skip it. College students in particular often miss breakfast on a regular schedule.

Clarissa Lemke, a BYU-Idaho sophomore says "I never have time to eat breakfast. I'm always shoving a cookie in my mouth on my

way out the door."

While it can be difficult to find time to eat breakfast, it doesn't have to be hard to make good breakfast choices.

The best kind of breakfasts have a variety of foods. The Mayo Clinic suggests a balance of whole grains, low-fat dairy, protein and fruits and vegetables.

Of course, cereal is always a popular breakfast choice, but make sure you choose a brand that's got plenty of fiber.

Breakfast on the go doesn't need to be unhealthy either. Focus on whole-grain breads such as bagels or English muffins, and pass by those sugar loaded donuts and pastries.

So next time you're rushing around in the morning, remember to eat a little breakfast. Your body will thank you later.

## Treat Your Body to Breakfast

Here are some ideas for a healthy and delicious breakfast:

- Oatmeal with strawberries or blueberries
- Bagel and peanut butter
- Low-fat Plain Yogurt, mixing in a sugar-free Jello flavor of your choice
- Honey Nut Cheerios with Skim milk and bananas
- Hard-boiled Eggs or Deviled Eggs
- Cantaloupe and Cottage Cheese

Play around, experiment, mix and match your food, and you will have a tasty treat to start out the day!

## Giving your Body the Gift of Fiber



When thinking up delicious treats to fill a hungry stomach, we don't usually say to ourselves, "Man, I'm craving some fibery goodness today!" Our moms and dads always told us fiber was so good for us, but they always seemed to fall short in showing how fiber might be good to us. And when something doesn't taste good, it doesn't matter how good for us it might be.

But really, fiber can be found in a lot of foods we already enjoy: whole grains, berries, vegetables and nuts all contain some fiber to help strengthen these precious bodies of ours.

Yet even with these good foods, the average American takes in only about 15 grams per day, just short of the 20-35 grams the American Dietetic Association recommends we get daily. So why does the ADA recommend 20-35 grams of fiber per day? Because the health benefits are awesome!

Fiber breaks down into two camps – soluble and insoluble fiber. Soluble fiber helps regulate blood sugar for people with diabetes and lowers your total cholesterol (especially the bad cholesterol), helping to reduce the risk of heart disease. No matter how old or young you may be, now is always a good time to worry about your heart's health.

Insoluble fiber prevents constipation as it helps keep bowel movements regular, and it helps prevent colon cancer as it removes toxic waste through the colon quickly.

But health benefits don't satisfy a hungry appetite. What do are carrots, green beans, whole grains and wheat, apples and bananas. Try having whole grain waffles for breakfast, or just pour yourself a big bowl of Honey Nut Cheerios. Throw on some strawberries or bananas, and –voila! – your very own fibery deliciousness!

### 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.



## Healthy Whole Grain Waffles

Makes 6 Servings

2 eggs, beaten  
1 ¾ cups skim milk  
¼ cup canola oil  
¼ cup unsweetened applesauce  
1 tsp vanilla extract  
1 cup whole wheat pastry flour  
½ cup flax seed meal  
¼ cup wheat germ  
¼ cup all-purpose flour  
4 tsp baking powder  
1 tbsp sugar  
¼ teaspoon salt

In a large bowl, whisk together the eggs, milk, oil, applesauce, and vanilla. Beat in whole wheat pastry flour, flax seed meal, wheat germ, all-purpose flour, baking powder, sugar, and salt until batter is smooth. Preheat a waffle iron, and coat with cooking spray. Pour batter into waffle iron in batches, and cook until crisp and golden brown.

*Recipe Courtesy of Allrecipes.com*



## Ham and Cheese Mini Frittatas

Makes 10 - 12 Servings

¼ lbs deli sliced Swiss cheese, finely chopped  
6 slices Canadian bacon, finely chopped  
3 tbsp snipped or chopped chives  
A few grinds black pepper  
8 eggs, or 1 pint egg beaters  
2 tbsp melted butter

Preheat oven to 375 degrees F. Mix together the chopped cheese, Canadian bacon, and chives and season with a few grinds of pepper. In a bowl, beat the eggs. Brush the muffin tins with melted butter. Using a teaspoon, fill the 24 mini-muffin cups halfway with the cheese mixture. Using a ladle, fill the cups to just below the edge with the beaten eggs. Bake until golden, about 12 minutes. Remove and let cool to handle, then arrange the egg bites on a plate and serve.

*Recipe Courtesy of Food Network*



## Orange Julius with Soymilk

Makes 2 Servings

1 cup water  
½ cup frozen orange juice  
2 cups of fresh, natural soymilk  
½ teaspoon vanilla  
1 teaspoon salt  
Mix in a blender and enjoy!

**\*\*Be creative! Instead of 1/2 cup frozen orange juice, try these variations:**

Bananas  
Sliced strawberries  
Mango  
Blueberries  
Raspberries  
Peaches & Cream  
Just have fun!

*Recipe Courtesy of Soya Recipes*

## Tips on Eating a Quick and Healthy Breakfast

- Pick 2-3 foods, including at least one from each of the following food groups: bread and grain, milk and milk product and fruit or vegetable.
- Pick up portable breakfast items when at the grocery store. You should buy foods like fruit, low-fat yogurt, whole grain breakfast bars, or granola bars for those mornings when you have to eat breakfast on the go.
- Replace or accompany that morning cup of coffee with a glass of orange juice or milk.
- Make an omelette! You can shorten preparation time by chopping up your vegetables ahead of time.
- Get up 15 minutes earlier. You can fix and consume a healthy breakfast in 15 minutes or less.
- Plan ahead to eat breakfast. This means you should decide what you are going to eat for breakfast before the next morning. You can save time by putting out the box of cereal or cutting up some fruit the night before.

## Soymilk: What You Didn't Know

Soy milk has always been a popular alternative for those who are unable to drink cow's milk, most likely due to lactose intolerance.

But recent studies show that the milk alternative is becoming increasingly popular among all people, whether they have a milk intolerance or not.

Many people, including some BYU-Idaho students and faculty, are making the deliberate choice to drink soymilk, because they find that it offers added health benefits not found in regular cow's milk.

So what are the nutritious compounds found in soymilk? Because it is made from beans, soymilk is considerably higher in protein and fiber, two substances needed for proper bodily functions.

Besides the extra protein and fiber, one of the biggest benefits in soymilk is isoflavones, which are natural chemicals quite similar to the hormone estrogen.

Isoflavones have been found to reduce prostate cancer risks, relieve the uncomfortable

symptoms of menopause, and promote bone health. Although soymilk is not fat free, another added benefit to this milk alternative is that it can help reduce LDL or bad cholesterol, ultimately improving heart health.

Considering all of these benefits, soymilk does have one downfall: it lacks calcium.

Soy milk only has about a quarter of the calcium that cow's milk has, even when manufacturers intentionally add the mineral to their products.

Soy milk fans don't need to worry though. Calcium is found in plenty of other sources, especially if you can handle digesting dairy products.

It is easy to see why many people are choosing to drink soymilk instead of cow's milk. Ashley Malone, a senior studying English, enjoys soymilk with her cereal. She says, "the added health benefit is a bonus to drinking soymilk."



## Rejecting Rejection

Chances are we've all been dumped. A UCLA study shows that rejection activates the same area of the brain that causes physical pain - that heartbroken, down in the dumps, get out your favorite Hanson song kind of feeling.

You hear person after person giving advice in how to handle heartbreaks "productively," but how can rejection really become a positive experience for you?

Try viewing your past relationship as a growing opportunity in which you learned much about the characteristics and abilities you will need for relationships to come. Use this reflection time to set goals for yourself; working on changing habits and experiencing new things. You'll be surprised at how much growth and confidence you will gain.

Talk about it. We all know we sit up late at night talking about our latest heartbreaks and letting your feelings out is good therapy. However, do not become consumed with always dwelling on the past. Let people know how you feel without becoming too involved in the situation over and over and over again.

Finally the most important thing you can do is to let it go. Move on. I know it sounds harsh, but you'll never grow and progress without recognizing it's over.

Fill your life with active ways in which you can meet people and enjoy life. You become attractive to others when you have confidence and have fun. So forget ol' what's her name and who's his bucket and get moving.



## Laugh It Off

Everyone has heard that 'laughter is the best medicine,' but scientists have opened up the field of gelatology exclusively to study the effects of laughter, and their discoveries are astonishing. Laughter can have explicit effects on health by boosting the immune system.

Researchers who studied the benefits of laughter on our immune system discovered that people who laugh actually have stronger immune systems.

A good laugh boosts the production of killer cells, T-cells, and B-cells, all of which help fight off diseases. At the same time, laughter stops the release of stress hormones which can cause high blood pressure and a weakened immune system - leading to a shorter life.

Finally, laughing generates more salivary immunoglobulin A which keeps airborne diseases from coming in through the mouth or nose. So laughter "basically bring[s] balance to all the components of the immune system."

With so many benefits from laughter there shouldn't be any reason not to laugh. But one researcher jokingly warns, "[I] certainly wouldn't want people to start laughing more just to avoid dying - because sooner or later, they'll be disappointed." So next time something bad happens, just laugh it off.

## Flowers Can Defeat Winter Blues

During the long months of winter it can be difficult to find or enjoy the simple pleasures of summer's warm sunshine, spring's fresh breezes and Mother Nature's bountiful greenery. And without these natural stimulants it can be easy to become depressed.

But what if there was a way to capture a small piece of spring and summer even in the middle of March's thaw? By displaying a beautiful bouquet of freshly cut flowers you can deter the "winter blues."

Studies have found that the presence of fresh cut flowers in the home and workplace can help elevate seasonal affection disorder, as known as the "winter blues."

Massachusetts's General Hospital and Harvard Medical School have found that people react positively when fresh cut flowers



are around. Not only do people develop and demonstrate more compassion towards others around them, they also show less worry, anxiety and depression.

A Rutgers study discovered similar results of fresh flowers. They concluded that plant life triggers happiness, enhances life satisfaction and increases positive social behavior.

Bringing a bouquet or a simple arrangement of your favorite flowers into your environment will all around bring you happiness and rescue you from the bleakness of winter.

Dr. Jeanette Haviland-Jones, professor of Psychology at Rutgers says, "Common sense tells that flowers make us happy. Now science shows us that not only do flowers make us happier than we know, they have strong positive effects on our emotional well-being."

So if you notice a family member, friend, or even yourself in need of a bright and fresh pick-me-up send or display some fresh cut flowers of any variety and spread the happiness and wellness.

## Sleep Never Smelled This Good

Having trouble sleeping? Need a memory boost? According to a new study from Germany's University of Luebeck, using different scents can help you remember more and sleep better.

In the study, medical students played memory card games first without scent in their sleep. After introducing a small dose of rose scent during sleep, Neuroscientists found their performance to increase by 13 percent the next day. The odor did not interrupt the sleeper but their brain registered it, and as a result they retained an almost perfect memory of card locations.

In addition to this, the use of different scents also proved to be beneficial for sleeping. Using natural scents before sleep have also shown to be a great way to relax and prepare the body for sleep. "Lavender, jasmine and all flowery scents give you good relaxation messages and help put you into a meditative sleep," says Stephen Merrill, an dream expert at the University of Marquette.

The German study also reports that the smell of roses influenced sleepers to have more positive dreams, whereas the scent of rotten

eggs caused them to have negative dreams.

Though the study has shown interesting results as to the way the brains react to smell during sleep, it brings up the question of what smells can do to mood while a person is awake. If smell can affect the way we dream, then how does it affect the way we perform during the day?

While scent may have an influence on sleep, the most important point is to get enough sleep. "I don't think it matters what you do to get to sleep," says Dan Sorenson, a senior in the art program. "As long as you sleep, that's good enough."

## What's in a Name?

Here's what these flowers mean:

- **Daffodils:** A gift of daffodils is said to ensure happiness. Remember to present daffodils in a bunch – the same legends that associate this cheerful flower with good fortune warn that given as a single bloom, it foretells misfortune.
- **Iris:** The iris's three upright petals are said to symbolize faith, valor and wisdom.
- **Lilac:** Frequently considered a harbinger of spring, with the time of their bloom signaling whether spring will be early or late. Purple lilacs symbolize the first emotions of love, while white lilacs represent youthful innocence.
- **Peony:** Known as the flower of riches and honor. Peonies embody romance and prosperity and are regarded as an omen of good fortune and a happy marriage.
- **Sunflower:** Their open faces symbolize the sun, conveying warmth and happiness, adoration and longevity.
- **Tulip:** The tulip's velvety black center represents a lover's heart, darkened by the heat of passion. Communicating love and joy, it's no wonder that a tulip bouquet represents elegance and grace.



## Feeding Your Brain

Crossword puzzles, Sudoku, and mind teasers are all the rage right now, with the taglines that they're good for your brain. But how are they good for it? What is it about these puzzles that improve the state of your mental health?

The key is in what Doctors Roderick Gilkey and Clint Kilts of the Emory University of Medicine call "cognitive fitness - a state of optimized ability to reason, remember, learn, plan, and adapt that is enhanced by certain attitudes, lifestyle choices, and exercises."

As you build up your cognitive fitness, your abilities to make decisions, solve problems, and cope with stress will improve.

So, how do we strengthen our cognitive fitness? The ways are surprisingly simple, and probably things you do already:

*Expand Your Experiences:* Learning new things is a great way to put your brain through a mental workout, as you engage in the learning process and exert your mental faculties to understand what you're doing.

Even just watching someone else do something new will activate your brain to learn what that person does. Go watch a tennis player as he practices his serves - let your mind start spinning, trying to learn what he's doing and how he's doing it.

*Play - Seriously:* As kids, we played all the time, and that was the time when our brains were developing the fastest. The older we get, the less we make time to play.

The mental exercise our brains get through physical play build up those mental functions dealing with skill improvement, self-knowledge, and memory, among others. Keep a box of Lego's around or find some friends for a game of tag. Schedule in your day some time to play!

*Exercise the Analytic Side of your Brain:* Half of your brain is analytical and half is creative, and it's important to stimulate both halves daily. Exercise your analytic side by listening

to contrasting viewpoints, reading new kinds of books and articles and doing challenging puzzles.

They can expand your vocabulary, improve your ability to recognize patterns, and widen your perspective of the world, pushing you to understand and analyze your own opinions.

So join a book club or keep those Sudoku puzzles close by to keep your analytic brain engaged.

*Seek out the New and Original:* This means using that creative half of your brain. Taking part in new activities helps build your ability to "go with the flow," even when the flow goes somewhere you didn't expect.

Coping with change and staying positive in crises is easier as you acquaint yourself with and learn how to handle new situations. Learn how to do origami or take up painting and let your creative genius loose!

So go on, do those puzzles and exercise your brain. But remember, it isn't the puzzle that keeps you cognitively fit - it's the exercise your brain gets from it. Keeping your mind active will keep your brain happy and your life exciting!

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## A Quest for Truth

As members of the BYU-Idaho community, our being here is a testament to our desire of improving our knowledge. But what happens once we leave these hallowed halls? Has our learning experience concluded?

As children of God, we chose to come to earth to obtain experience. The scriptures teach us to "learn wisdom in thy youth." When youth has passed, has our responsibility to learn wisdom also passed?

In Doctrine and Covenants we are told to "seek ye out of the best books words of wisdom; seek learning, even by study and also by faith." Learning should be a life-long commitment.

Our school experience has given a sound foundation to build upon as we enter new stages in life, whether it be additional education, changing jobs, family experiences, or church service.

President Gordon B. Hinckley taught that "none of us can assume that he has learned enough. As the door closes on one phase of life, it opens on another, where we must continue to pursue knowledge. Ours ought to be a ceaseless quest for truth... As we go forward with our lives and our search for truth, let us look for the good, the beautiful, the positive."

We can continue learning by exploring good books - books written to inspire, stimulate thought, or pass along wisdom.

We can continue learning by being constantly engaged in whatever we do, letting our minds ponder on truths that will motivate us to act in self-improvement.

President Thomas S. Monson reminds us, "we can find truth in the scriptures, the teachings of the prophets, the instructions from our parents, and the inspiration that comes to us as we bend our knees and seek the help of God."

With so many ways to continue learning, it really becomes up to us to make the choice to pursue a ceaseless quest for truth.

**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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