

IN THIS ISSUE



Acai—Superfood or Scam?

Every few years the health world digs up a new fruit superstar: cranberries, pomegranates, dragonfruit, etc. The latest is the acai berry. Touted by Oprah and John Elway, among others, the acai berry is popping up in dozens of new drinks as a “superfruit.”

The acai berry is a dark purplish fruit, about an inch wide that comes from palm trees in the Amazon. Locals have eaten the berries for generations, but health-food manufacturers in the States have only been using them for the past few years.

Proponents saddle the berry with a number of different claims that range from legitimate to absurd. Projectswole.com reports that the acai berry not only “provides many important vitamins,” but also that it facilitates weight loss, sharpens vision, increases strength and stamina, enhances sexual performance and reduces symptoms of depression.

As Zimbio.com says in reference to the acai berry, “if the pitch is too good to be true, well, it probably is.” Energy drinks and websites like Projectswole—which promote the berry

as a tummy tuck, Dr. Phil, and a Viagra all wrapped up into one little berry—simply have no base to their claims. According to WebMD.com, “So far, acai berries have no known health benefit that’s any different than that of similar fruits.”

That’s not to say that the acai berry has no significant health benefits. The acai berry contains high levels of antioxidants, nutrients that can reduce the effects of aging as well as reduce the risk of heart disease and cancer.

This is not unique to the acai, however. Blueberries, red grapes, strawberries and pomegranates (itself a former “superfruit”) all contain lots of antioxidants, as do most red, purple and blue fruits, according to WebMD. The acai simply has a higher concentration of antioxidants than most fruits.

So if you think your diet is low in antioxidants, feel free to pick up a bottle of acai juice—just don’t expect x-ray vision.

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Eating Healthy for Less

Sick of eating ramen noodles, macaroni and cheese, and hotdogs all the time and finding that you're not feeling well? Try eating healthier.



Most college students think it's difficult to eat healthy on a student's budget, but that isn't always true. There are many strategies available to eat healthy without draining your bank account or taking out a loan.

Instead of going out to eat at the local fast food restaurant all the time, try going grocery shopping and making meals at home. When buying groceries, students purchase more food for less money.

The bulk foods section of the grocery store is a great place to start. Buying items such as meat, grains, nuts, dried fruit, etc., in bulk will help keep down the amount of money spent. One student reports, "I also found that grocery shopping has saved me hundreds of dollars over the past year."

By buying his own groceries, this student was able to make more food for less money, thus providing leftovers to be heated up the next day for lunch, often for more than one day.

What about between classes? Food is expensive from the campus cafeterias, so consider bringing healthy lunches and eating

them in between classes. During class, when the stomach is rumbling and demanding to be fed, dig out a healthy snack.

According to Jessica Silvaggio of CNN Medical, foods such as "assorted nuts, fruit, peanut butter, low-fat cottage cheese, sugar-free pudding or Jell-O, and even fresh veggies like carrots, broccoli, and cauliflower" are good choices and easy to pack around and much of these can be bought in the bulk food section. The Center for Science in the Public Interest suggests looking for whole grain granola bars that are low in sugar and fat, which helps ward off hunger.

So instead of eating large, unhealthy, grease-laden meals from fast food restaurants, try eating a few smaller meals where the ingredients are bought from the grocery store. Bring healthy snacks to class, make meals with roommates to split the cost, and eat the leftovers from the night before for lunch.

Smiling for Social Confidence

We all wonder at some time or another how we can make ourselves more likable. There are probably thousands of books we could read on the subject, hundreds of seminars we could attend, and countless pieces of advice we could take.

But for one of the easiest and most effective ways of making ourselves more likable, we need go no further than the tips of our lips: smiling.

In a study titled, "Returning the Smile of the Stranger: Developmental Patterns and Socialization Factors," Yale E. Babard and other colleagues, found that "the tendency and willingness to return the stranger's smile is an indication of overall affectivity on the part of the responder." This information conveys that other people will respond positively if we smile.

Also, research conducted by Ruiz-Belda, Fernandez-Dols, Carrera and Barchard (2003), concluded that our facial expressions are more positive when we are with people than without.

They observed facial expressions in natural situations and found that smiles increased when socially engaged. When alone or not

interacting with others, smiles are significantly lowered. This research shows how being social increases our smiles.



In addition to benefitting us socially, smiling can benefit our physical health. Research by Mark Stibich, a doctor and writer for WebMD, found smiling actually increases longevity by, "making us attractive, changing our mood, boosting immune system, lowering blood pressure, releasing endorphins, making us look younger, making us seem successful, and helping us stay positive."

Most of these benefits are what other people will see in us, thus increasing our social circles.

So, how can this information help those that want to improve their social life? Well, we know if we smile more we become more sociable, the more sociable we become the more we smile.

The more we smile, the healthier and happier we will be, which, increases our social circle.

So if we want to increase our ability to socialize, smiling is a simple and easy way to do it.

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.

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>.

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THYMES AND SEASONS

Keep your family healthy and satisfied with these recipes.



Acai Berry Bread

Ingredients

2 cups flour
1 ½ teaspoon baking powder
1 teaspoon salt
½ teaspoon baking soda
1 egg
1/8 cup shortening
¾ cup orange juice
1 cup sugar
1 cup of acai berry juice
1 cup nuts

Sift together flour, baking powder, salt and baking soda. In blender, combine egg, shortening, orange juice, and sugar. Add acai berry juice and nuts and chop briefly. Empty into flour mixture. Mix by hand until moistened. Bake in a greased 9.5 pan at 350F for 50 to 60 minutes.



Acai Energy Bowl

Ingredients

8 oz acai puree
8 whole strawberries (fresh or frozen)
¼ cup plain yogurt
¼ cup soy milk
½ teaspoon vanilla extract
½ cup granola
½ cup fresh berries or seasonal fruit

In a blender, puree acai, strawberries, yogurt, soy milk, and vanilla for 1 minute, until smooth. Pour into a bowl and top with granola and fruit. Serve chilled.



Acai Berry and Orange Smoothie

Ingredients

7 oz Acai juice
½ cup orange juice
1 banana
¼ cup vanilla yogurt

Blend all ingredients together. Top with granola, sliced fruit, or whipped cream.

Prolong Your Youth



It's easy to fall in love with the sun. The vitamin D from its rays makes us feel better, and we get a nice tan. But too much sun can not only be dangerous because of skin cancer, because it also ages and wrinkles us. We end up like prunes. But why?

According to an article reviewed by doctors at The Cleveland Clinic Department of Dermatology on WebMD, the sun's

ultraviolet light “damages certain fibers in the skin called elastin.” When these fibers are broken down, the skin sags and stretches, losing its ability to move back into place. “The skin also bruises and tears more easily—taking longer to heal.”

This can cause skin cancer. People with fair skin, freckles, and a family history of skin cancer are much more at risk than those with darker skin.

But whether you have freckles or not, aging is still a concern. “Skin color obtained from being in the sun – or in a tanning booth – actually accelerates the effects of aging.”

As we approach the winter season, cloudy days fool us into believing we're safe from the sun's rays. Don't be fooled. “Even on cloudy days, UV radiation reaches the earth and can cause skin damage,” claims WebMD. Remember

Did you know . . .

Eighty percent of a person's lifetime sun exposure is acquired before age 18. As a parent, be a good role model and foster skin cancer prevention habits in your child.



to be as safe as possible by wearing sunscreen, sun glasses, and a hat.

Fun in the sun shouldn't be completely discouraged, but being cautious will prolong your youthful looks, as well as keep you safe.

Who would think that just being a little more careful of how much time you spend in the sun will help you look younger and healthier for longer?

Strength-training or Cardio?

Does your exercise routine present satisfying results? Whether you are into yoga or running, strength-training or cardio, how to stay fit and healthy has become a national debate. And nothing sparks debate more quickly than differences between cardiovascular and anaerobic exercise (or strength-training).

Quick Facts

Exercise helps with:

- Weight Control
- Cancer Prevention
- Immunity Boosting
- Mortality Prevention
- Osteoporosis Prevention
- Osteoarthritis
- Depression and Anxiety

Long touted as the key to a healthy lifestyle, cardiovascular exercise has been called into question in recent years. For example, Jim Karas, author of *The Cardio-Free Diet*, says, “Cardiovascular exercise kills a weight-loss plan, your internal organs, your immune system, your time and your motivation. If your true goal is to lose weight, interval strength-training is the way to go.”

And research keeps coming up with more and more reasons that people should strength train. Strength-training can, “reduce your body fat; increase your lean muscle mass and burn calories more efficiently... develop strong bones, control your weight, reduce your risk of injury, boost stamina, improve sense of well-being, get a better night’s sleep, and manage chronic conditions.” Nevertheless, as impressive as this list is, it doesn’t cover everything.

In an article titled “A WH Fitness Faceoff,” *Women’s Health* affirms that cardiovascular exercise burns calories more quickly than strength-training and reduces the risk of heart disease, which strength-training does not. The

American Heart Association encourages “all healthy adults ages 18-65 [to] be getting at least 30 minutes of moderate intensity activity five days of the week,” to prevent heart attack and strokes.

So which exercise is better? In an attempt to end this debate, *The Washington Post* concluded that although people would prefer to only run or only lift weights, in order to lose and keep weight off, we must do a series of strength-training exercises as well as cardio to get desired results.

In addition, they explained two variables that most people lose sight of when trying to lose and keep weight off. The first is calorie intake. The second is that “all movement matters.” Without these variables, weight maintenance will not be consistent or attainable, regardless of whether you were jogging or lifting weights.

So next time you decide to follow a weight-loss or maintenance program, remember that, although it would be nice to use short cuts, the honest truth requires honest work: an altered schedule of strength-training and cardio, as well as eating healthy and staying active.

PMS—A How To for Men

Most men have heard of PMS and most men have probably noticed odd behavior in women going through PMS. But many men know too little about the subject to be able to treat their wives or girlfriends in a way that’s helpful and sensitive to her needs.

PMS is more than just irritability. Aside from the physical changes that occur with menstruation, women usually experience a number of different of physical, emotional and mental symptoms. According to ehealthmd.com, some of the most common symptoms include bloating, depression, fatigue, decreased energy, headaches, food cravings, and tension.

As men, the best way for us to handle a significant other during PMS may seem “simple. Pack up your things and LEAVE!” as one man says at kianah.com, this isn’t the wisest solution. PMS can be a bearable and even bonding time for a couple if approached wisely.



First, remember that this is not a time for humor. *AskMen.com* notes that “it’s best to pretend like nothing is any different than usual.” A woman is especially emotional and especially sensitive during PMS; though her behavior might change dramatically, she will probably get upset if you joke about her PMS.

AskMen.com also recommends that you be extra sensitive to making plans during this time. Women feel physically and emotionally out-of-sorts during PMS and often aren’t up to a normal social outing.

Checking with a wife a girlfriend before making plans is a good idea any time of the month; it’s essential during PMS.

Also, men should remember to be especially sensitive and proactive. Communication is key. While women are sensitive to too much inquiry into PMS, men should take time to find out how PMS affects their significant other: do they get bad cramps?

Do they feel increased anxiety? Do they crave something specific?

Be proactive in meeting these needs. Buy a box of chocolates or prepare a heating pad. Take extra time out of your schedule to give her attention. She may be moody, and it may be harder than usual to be with her, but your attentions will pay off in dividends.

Meditation: Becoming Spiritually In-tuned

Often we think of meditation as a form of hippy rituals or yoga poses. However, mediation is actually a practice used by those striving to live worthy of personal revelation. Harold B. Lee said, “Take time to meditate. Many times you will be wrestling with problems, the solutions of which can be spiritually discerned. Don’t get so busy that you don’t have time to meditate. Take the time.”

Gary Purse, a world religion teacher at Brigham Young University-Idaho gives 10 minutes at the beginning of every class to give students the time to meditate. He shared that the, “The purpose of meditation is to slow down and focus our minds and bodies so that we can merge more effectively with the Spirit

of Christ, it is to bring our hearts and minds together to work as one.”

Personal revelation requires us to seek the spirit through meditation. In an ensign article titled, The Candle of the Lord,” Boyd K. Packer stated, “The spirit does not get our attention by shouting or shaking us with a heavy hand. Rather it whispers. It caresses so gently that if we are preoccupied we may not feel it at all...Occasionally it will press just firmly enough for us to pay heed. But most of the time, if we do not heed the gentle feeling, the Spirit will withdraw and wait until we come seeking and listening.”

There is no better way to express the possibilities of meditation than in the words of Ezra Taft Benson. In a First Presidency



message, titled “Seek the Spirit of the Lord,” he stated, “Meditation on a passage of scripture—James 1:5—led a boy into a grove of trees to commune with his Heavenly Father. That is what opened the heavens in this dispensation.”

In a campus environment, life is often hectic and busy. Sometimes it is difficult to see what is most important. Finding the time necessary to meditate isn’t easy. However, if we do this, the Lord has promised worlds to be open to us. So, if you find yourself rushing and cramming from one thing to another—stop—take time to meditate, seek the Lord for answers, and he will be with you.

How to Meditate

- Find a calming place with little or no distractions
- Be mindful of breathing
- Be Still, D&C 6:36
- Let go, seek to be open and teachable
- Detach from your environment appropriately
- Write down thoughts and feelings

How Technology is Changing Social Relationships

We have all heard the complaint, from teachers, news media and even peers, that cell phones are a distraction, one that disrupts face to face communication. However, regardless of complaints and warnings, cell phones have become a part of our culture and an important method of communication and socialization, and the same is true of Instant Messaging, or “IM”.

According to a survey done by the Department of Telecommunications at Indiana University, 92% of students surveyed use technology to keep in touch with acquaintances, a positive result of technology. People are better able to rapidly and cheaply communicate with friends who are too far away to see face to face.

However, another statistic from the same survey showed that 42% of students used

technology to send messages that they normally wouldn’t say in person. This statistic shows a trend toward a disregard for the feelings of others. Because we are not face to face with the person, we do not see the immediate reactions to the messages that are sent.

There is also the concern that “texters,” or those who text on a regular basis, are socially anxious and lonely, according to a study by the University of Plymouth. However,

regardless of negative effects or warnings against it, technology has become a part of our interactions with others.

Cell phone use and other electronic communications will continue to be a part of social interactions, and there will continue to be complaints against them, unless people

remember common courtesy and remain aware of what’s happening around them as they use technology to communicate with other acquaintances.



2009 Top 10 Websites Visted Monthly

1. google.com , 140M
2. yahoo.com , 126M
3. msn.com , 106M
4. live.com , 99M
5. youtube.com , 78M
6. wikipedia.org , 77M
7. microsoft.com , 76M
8. myspace.com , 68M
9. facebook.com , 66M
10. ebay.com , 65M

Dyslexia in Adults

Do you have trouble reading? Are you creative and a hands-on learner? If you answered yes to these questions, it's possible you are dyslexic.

According to the United States Department of Health and Human Services, approximately fifteen percent of American students suffer from dyslexia.

According to the Mayo Clinic, "Dyslexia is an impairment in [the] brain's ability to translate written images received from [the] eyes into meaningful language." The dyslexia center claims an astounding 90% of adults with dyslexia do not realize they have it.

Students with dyslexia have difficulty reading or interpreting words or letters. Such students may have problems understanding instructions given quickly, accomplishing more than one task at once and/or remembering sequential items.

The Mayo Clinic says most students with dyslexia have "average or above-average intelligence." Students with dyslexia may do well in most subjects but struggle when asked to read.

Dyslexia affects more than reading ability; many have difficulty with spelling, math, writing and even music.

Students with dyslexia may seem or feel unmotivated, appear to have emotional or behavioral problems or have sensory impairment. However, students with dyslexia may excel in other areas such as in the arts, creativity, computers, design and lateral thinking.

Some people claim dyslexia isn't a curse, but a gift. The Davis Dyslexia Association International says, "Dyslexic people are visual, multi-dimensional thinkers. We are intuitive and highly creative, and excel at hands-on learning. Because we think in pictures, it is sometimes hard for us to understand letters, numbers, symbols and written words."

It may be difficult for dyslexics to read, but their ability to create is often above the average student.

A New Type of Breast Cancer

If you're thinking to yourself, "Oh no, not another article on breast cancer," then listen up, because this article might just save your life. The latest researchers have discovered a new breast cancer called inflammatory breast cancer, or IBC, that is not easily detected by mammogram or ultrasound.

According to WebMD, "It is a rare cancer, accounting for approximately 1%-3% of all breast cancers." If your doctor isn't looking specifically for cancer, IBC can easily be mistaken for other problems like a spider bite, an allergic reaction or mastitis, which is a breast infection usually treated by antibiotics.

Because this type of breast cancer is so new, most people aren't aware they have it until the breast cancer is in the fourth stage when it has spread to other organs in the body. Therefore, it is difficult or almost impossible to cure. However, if the cancer is detected early, curing IBC is more promising.

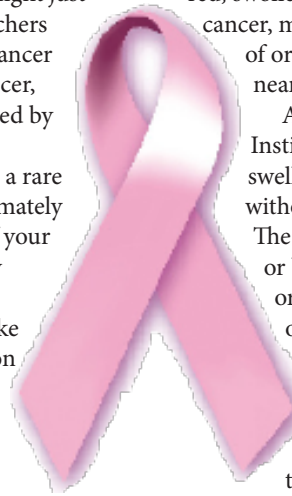
Nevertheless, the window of time during which IBC may be detected and treated

is small. The Mayo Clinic notes that IBC "develops rapidly, making the affected breast red, swollen and tender. It's a locally advanced cancer, meaning it has spread from its point of origin to nearby tissue and possibly to nearby lymph nodes."

According to the National Cancer Institute, the symptoms include redness, swelling and warmth in the breast, often without a distinct lump in the breast. The skin may look pink, reddish purple or bruised and may also have ridges or appear pitted, like the skin of an orange. Other symptoms include heaviness, burning, aching, increase in breast size, tenderness or a nipple that is inverted and swollen lymph nodes under the arm and/or above the collar bone.

If you find any of these symptoms, it is important to go to your physician promptly to help distinguish a breast infection from Inflammatory Breast Cancer.

For more information about this article go to: <http://www.mayoclinic.com/health/inflammatory-breast-cancer/DS00632>
<http://www.cancer.gov/cancertopics/factsheet/Sites-Types/IBC>



Symptoms:

- Pain in the breast. Often inflammatory breast cancer is mistaken as a breast infection and treated with antibiotics. If response to antibiotics doesn't occur after a week, request a breast biopsy or referral to a breast specialist.
- Skin changes in the breast area. You may find pink or reddened areas often with the texture and thickness of an orange.
- A bruise on the breast that doesn't go away.
- Sudden swelling of the breast.
- Nipple retraction or discharge.
- Swelling of the lymph nodes under the arm or in the neck.

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.

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