

WELCOA* | JULY 2022

WELL BALANCED^o

BALANCED
STRATEGIES FOR A

*Healthy
Summer*

**SAVVY
SUN SAFETY:**
SURPRISINGLY SIMPLE
TIPS & TRICKS

**SORE & ACHY
ALL THE TIME?**
IT COULD BE THIS
COMMON CONDITION

**BEFORE YOU
CLICK DONATE:**
HOW TO SPOT SCAMS



Raw Tacos

WITH WALNUT FILLING

Too hot to turn on the stove? Make these vibrant and flavorful raw tacos instead. You won't believe how walnuts can transform into taco meat. Plus, they take less than 15 minutes to prepare.

1 1/2 cup walnuts, unsalted
 2 Tablespoons chopped sun-dried tomatoes, from an oil-packed jar
 2 teaspoons tamari
 1/4 teaspoon ancho chili powder
 1/4 teaspoon paprika
 1/4 teaspoon onion powder
 1/2 teaspoon coriander
 1 teaspoon cumin
 Pinch of salt
 4 to 6 romaine leaves, rinsed and patted dry
 1 tomato, chopped
 1 red, orange, or yellow bell pepper, chopped
 1/4 cup cilantro, chopped
 2 green onions, sliced
 Optional toppings: jalapeño slices, sliced avocado, guacamole, or hot sauce

DIRECTIONS:

Start with the walnut taco filling. Put walnuts, sun-dried tomatoes, tamari, ancho chili powder, paprika, onion powder, coriander, cumin, and salt into a food processor. Process on low until the mixture is broken up into small pieces, sticky, and crumbly. Stop and scrape down the sides, if necessary. Don't process for too long or it will become nut butter.

Fill each romaine leaf with a scoop of walnut taco filling, chopped tomatoes, and bell pepper. Garnish with cilantro and green onions.

If you like, finish with optional toppings like jalapeños, sliced avocado, guacamole, or hot sauce.

SERVINGS: 4

NUTRITION INFO:

Calories 224, Fat 20g, Carbs 8g, Protein 6g, Sodium 195mg



From the Kitchen of **CADRY NELSON** // Cadry is the writer, photographer, and recipe creator at Cadry's Kitchen, a vegan food & lifestyle blog. She shares plant-based comfort food classics that are ready in about 30 minutes. Cadry has been featured on Today, NBC News, Mashable, Reader's Digest, Shape, and Huffington Post. For more, visit cadryskitchen.com.

MAKE THE MOST OF YOUR NEXT Farmers' Market Trip

One of the best parts of summer is all of the delicious produce. Watermelon, tomatoes, cucumbers, etc. There's a lot to love, and it's ripe on the vine.

That's what makes the farmers' market so exciting this time of year.

It's overflowing with fresh, in-season, local produce in a kaleidoscope of colors. The price is right. The money stays in the community. The food lasts longer because it wasn't trucked from across the country or globe. And the taste? It just doesn't get better.

TAKE ADVANTAGE OF THE SEASON'S BOUNTY WITH THESE 4 HANDY TIPS!

1. Go with a plan

Before you go, think about how much produce your family can use, and make a general plan for the week.

Even something as simple as deciding you'll get salad ingredients for three nights, or easy side dishes for 4 lunches can help. That way you won't walk away with more perishable stuff than you can use.

Finally, look up a few easy recipes online and make a list, so that you can get everything you'll need for the dishes to come together.

2. Take your time

When you get to the farmers' market, plan to take a lap without buying anything. See what's available, what looks best, and who has the best prices. Then you can return to those vendors with the most enticing offerings.

(Of course, if your market covers many city blocks, this may not be an option. Just do your best!)

3. Don't forget the produce

There's so much going on at the market, that it's easy to have produce become an afterthought. With baked goods, local wines, food trucks, and live music, those fruits and veggies can get lost in the dust.

So while it's fun to explore everything the market offers, remember to bring along your cloth grocery bag, and actually buy some of those green beans.

4. Try something new

One of the fun things about the farmers' market is the sheer variety of produce. There's much more than what you might see at a brick-and-mortar grocery store. Don't be afraid to branch out a little!

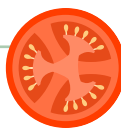
Garlic scapes, squash blossoms, or purslane may not be on your everyday menu. But it can be enjoyable to give them a whirl.

Plus, when you try something new, you reap the rewards of nutrients and vitamins you may be missing otherwise.

Did you know that purslane, for example, has more omega 3's than any other leafy green? It has 5 times the amount found in spinach!

That's why it's worth stretching outside of the standards.

Think Seasonally



Eating seasonally is a cost-effective way to eat, because when food is in season, it's generally cheaper. (Buying asparagus in January is going to be costlier than in May.)

Plus, food tastes better when it's in season. A December tomato is just never going to compare with one grown in July. It's a whole different flavor and texture.



About CADRY NELSON // Cadry is the writer, photographer, and recipe creator at Cadry's Kitchen, a vegan food & lifestyle blog. She shares plant based comfort food classics that are ready in about 30 minutes. Cadry has been featured on Today, NBC News, Mashable, Reader's Digest, Shape, and Huffington Post. For more, visit cadryskitchen.com.





SNEAKY TIPS TO KEEP YOUR SKIN SAFE FROM THE SUN

Ultraviolet (UV) rays from the sun and tanning beds are the leading cause of skin cancer, with an estimated 5.4 million cases being diagnosed in the U.S. every year.⁽¹⁾ You're probably well aware of the sun safety basics that can help lower your risk of skin cancer: wearing sunscreen, hats, and protective clothing, and seeking shade or avoiding the sun during peak afternoon hours. But, after all these measures, is there anything else you can do to lower your risk? Surprisingly, the answer is yes, and it's a lot easier than you may think. Here's a look at some "sneaky" strategies that can help protect your skin from damaging UV rays.

Check your smartphone. Yes, your phone is a handy tool to stay sun smart. Simply check the weather app on your phone (this is a standard app on most phones) to look up the UV index. The UV scale goes from 0 to 11+ (0 being low and 11 being extreme) and can give you an idea of how cautious you should be about sun exposure each day. If the index is on the

higher side, avoid the sun or slather on the sunscreen and try to seek shade.

Fuel up with these foods. UV light depletes antioxidants, which are chemicals that help keep your cells healthy. Fortunately, you can replenish these antioxidants with smart food choices. Indeed, antioxidants found in specific foods can help protect your skin from sun damage.

Here are a few foods that pack a powerful antioxidant punch:

» **Orange-hued fruits and veggies like carrots, squash, sweet potatoes, cantaloupe, apricots, and mangoes.** These foods contain beta carotene which is a nutrient that can give you certain health benefits by converting to vitamin A in the body. One scientific meta-analysis found that beta carotene provided natural sun protection after 10 weeks of regular consumption.⁽²⁾

» **Red-pigmented foods like tomatoes, watermelon, guava, papaya, and pink grapefruit.** These foods include lycopene, an antioxidant that has been linked to a lower risk of various cancers. Moreover, a 2010 study in the British Journal of Dermatology tracked patients regularly eating tomato paste against a control group that didn't and found that after 10 weeks the lycopene eaters were 40 percent less likely to be sunburned.⁽³⁾

» **Fatty fish such as salmon, sardines, mackerel, herring, and albacore tuna.** They are loaded with omega-3s which are chemicals that have been linked to reducing inflammation. Several cancers, including skin cancer, have been strongly linked to chronic inflammation. Walnuts and flaxseed are good vegetarian sources of omega-3s as well.

» **Green leafy veggies like kale and spinach and herbs like basil, parsley, sage, and rosemary.** These foods are loaded with antioxidants. In particular, leafy greens are high in the antioxidants lutein and zeaxanthin

⁽¹⁾ <https://www.cancer.org/cancer/basal-and-squamous-cell-skin-cancer/about/key-statistics.html> ⁽²⁾ <https://onlinelibrary.wiley.com/doi/abs/10.1111/j.1751-1097.2007.00253.x>

⁽³⁾ <https://pubmed.ncbi.nlm.nih.gov/20854436/>

which some research has found to protect against wrinkling, sun damage, and even skin cancer.⁽⁴⁾

Enjoy your cup of joe. According to a study published in the Journal of the National Cancer Institute, people who drank four or more cups of coffee daily were 20 percent less likely to develop malignant melanoma (the most serious form of skin cancer) than non-coffee drinkers.⁽⁵⁾

Perform regular self-exams. Experts recommend that you see a dermatologist once a year, or more often if you are at a higher risk of skin cancer, for a full-body, professional skin exam. But you should also perform a self-exam every month. Check your skin for any new, changing, or unusual spots. Take pictures of these spots and show them to your dermatologist during your appointment.

And remember! None of these strategies are a replacement for sunscreen and other safety strategies like wearing protective gear. These are strategies you can implement alongside tried-and-true sun safety measures. Here's to a fun, safe, and healthy summer!

Ask the Expert...

Is sunscreen safe?

A recent study caused some concern because it showed that some sunscreen ingredients can be absorbed into your bloodstream. This is a topic that still requires more study and investigation. However, experts agree that the negative effects of sun exposure—skin cancer and premature skin aging are very well known. Sunscreen is one of the most effective ways to protect your skin from these effects and there's no conclusive evidence to prove it's harmful. Continue to wear sunscreen when you're outdoors.

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SUNSCREEN CAN SAVE LIVES

Regular daily use of an SPF 15 or higher sunscreen reduces the risk of developing melanoma by 50%.⁽⁶⁾



⁽⁴⁾ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3257702/> ⁽⁵⁾ https://www.washingtonpost.com/national/health-science/regular-coffee-drinking-may-block-the-worst-skin-cancer-a-study-shows/2015/01/27/?hpid=hp_hp-top-table-main-drinking-coffee%3Ahomepage%3Fh=regular-coffee-drinking-may-block-the-worst-skin-cancer-a-study-shows%3Ahomepage%3Fh=regular-coffee-drinking-may-block-the-worst-skin-cancer-a-study-shows&hpid=hp_hp-top-table-main-drinking-coffee%3Ahomepage%3Fh=regular-coffee-drinking-may-block-the-worst-skin-cancer-a-study-shows&hpid=hp_hp-top-table-main-drinking-coffee%3Ahomepage%3Fh=regular-coffee-drinking-may-block-the-worst-skin-cancer-a-study-shows ⁽⁶⁾ Green AC, Williams GM, Logan V, Skelton GM. Reduced melanoma after regular sunscreen use: randomized trial follow-up. J Clin Oncol 2011; 29(3):257-263

IS IT Arthritis?

How to detect & treat this common condition.

Arthritis is a very common condition. In fact, about 24 percent of American adults, or about 58.5 million people, have arthritis.⁽⁶⁾ Arthritis is the inflammation of one or more of your joints, causing chronic pain as well as swelling and stiffness, and loss of motion. There are more than 100 forms of arthritis, but the most common type is osteoarthritis. Osteoarthritis is the wear and tear on your body that occurs over time, whereas different forms of arthritis like rheumatoid arthritis and gout are autoimmune disorders in which the immune system attacks the body's own tissues and organs. Osteoarthritis often happens with age, but certain injuries like a torn anterior cruciate ligament (ACL) or a fracture near a joint can lead to arthritis at a younger age.

With osteoarthritis cartilage on the ends of your bones begin to wear away. Cartilage cushions and protects your joints, so when it wears away bones begin to rub against each other. Osteoarthritis can be very painful and can limit your everyday activities, including the ability to work.

DIAGNOSIS & TREATMENT

There's no cure for osteoarthritis, but the pain and progression of the condition can be managed. The first step toward managing arthritis involves a visit to your doctor for diagnosis and a treatment plan. Your doctor will review your medical history and likely perform a physical exam, take x-rays, and may even check your joint fluid. Your treatment plan could include several different strategies. Some of the most common and effective include:

Exercise and Physical Therapy. Exercise increases strength and flexibility, reduces joint pain, and helps combat fatigue. The thought of exercising when you're in pain may be overwhelming, but keep in mind that it doesn't take much. Swimming, a short bike ride, or a daily walk are low-impact activities that can help keep you healthy. You may also want to consider physical therapy with a professional who can provide customized exercises and activities for you.

Dressing for the Weather. Many people experience flare-ups when the weather turns colder. When temperatures drop, try to keep yourself warm. Take warm showers or baths, eat warming foods, and dress in layers during the day.

Heat and Ice Therapy. When your joints are aching, apply a covered ice pack to decrease inflammation, and then, after 48 hours, switch to heat to open up the blood vessels for added relief.

Medications. Your doctor may prescribe non-steroidal anti-inflammatory drugs or corticosteroid joint injections to ease the pain and stiffness of affected joints.

Your doctor may also address lifestyle factors such as body weight, sleep, nutrition, and smoking (if you smoke) to help manage arthritis. Surgery could be another option, which is especially effective for patients with serious hip and knee problems.

DOWN TO THE Core

Your core includes many complex muscle groups including the pelvic floor muscles, transversus abdominis, and internal and external obliques, but for practical matters you can think of your core as your torso. Whether you realize it or not, a strong core can make it easier to do everyday activities, like tying your shoes, cleaning your house, and picking up groceries. Strong core muscles are also important in practically every type of exercise, physical activity, or sport. On the other hand, weak core muscles can leave you susceptible to poor posture and balance, lower back pain, and muscle injuries.

BUILD A BETTER CORE

You can build strength in your core muscles by performing certain movements and exercises. Core exercises essentially train the muscles in your pelvis, lower back, hips, and abdomen to work in harmony. In addition to building stronger muscles, regularly performing these exercises can lead to better posture, balance, and stability, and may even help alleviate back pain.

There is an abundance of core exercises out there—a quick internet search will yield hundreds of results with entire programs or

apps dedicated to core workouts. You can indeed do your research and experiment with moves that work best for you. In the meantime, here are three great moves to get you started:

The Bridge

This move activates muscles in your lower back and glutes. You can perform this move almost anywhere—all you need is some floor space:

- » Lie on your back with your knees bent and feet flat on the ground. Your feet should be hip-width apart and parallel.
- » Activate the glutes and raise your hips toward the ceiling, keeping your knees in line with your shoulders.
- » Hold for 10 to 30 seconds or longer if you can.
- » Repeat 3 to 5 times.

The Plank

The plank works your abdominal and back muscles, as well as your glutes and hamstrings. As with the bridge, you can do this move anywhere:

- » Rest your forearms on the floor, with your elbows directly underneath your shoulders

and hands facing forward so that your arms are parallel. The rest of your body will extend straight up with toes resting on the floor.

- » Slowly raise yourself up until your body is in a straight line from your knees to your head.
- » Make sure you are not dropping your hips or raising them up high toward the ceiling.
- » Aim to hold this position for 30 seconds, or longer if you can.
- » Repeat 3 to 5 times.

The Superman

This superhero move will help you strengthen your back muscles:

- » Lie on your belly with your arms extended over your head and legs extended straight behind you.
- » Lift your arms and legs a few inches off the floor, keeping your body straight.
- » Hold this position for 5 to 10 seconds, or longer if you can, then slowly lower your arms and legs.
- » Repeat 3 to 5 times.



HOW CAN I TELL IF A Charity is Legit?

Donating to a charity is a quick and convenient way to help support your community and practice social wellness. To be sure, there are thousands of registered charities supporting worthwhile causes throughout the United States. Unfortunately, there may be just as many unscrupulous people and organizations fraudulently posing as reputable charities. So, how can you tell if a charity is legitimate or if it does what it says that it does?

Here are some simple ways to determine if a charity is legitimate and is using your donation money properly:

Google it. Type the name of the charity plus words like “scam” and “complaints” into Google to see if anything negative appears. You can also use [Give.org](https://www.give.org) and [CharityNavigator.org](https://www.charitynavigator.org) to research and validate charities.

Visit the charity’s website and look for these key items. A reputable charity will disclose how it uses donations and how much of your donation will go directly to support its programs (usually some percentage of a

donation needs to go towards the charity’s operational expenses). If you can’t find detailed information about a charity’s mission and programs, be suspicious.

Be wary of sentimental claims. Many scammers try to tug at your heartstrings with vague, sentimental claims like, “we’re paying for cancer treatment for families who can’t afford it.” If the organization is using a lot of sentimental claims without any supporting details about their program, be suspicious.

Be skeptical of anyone who pressures you. A legitimate, reputable organization shouldn’t be pressuring you or rushing you to make a donation. If you hear any statements like, “we need your donation today, tomorrow will be too late,” walk away.

WHEN YOU DONATE

Once you’re ready to make a donation it’s a good idea to follow these best practices:

- » **Pay with a credit card or check.** Don’t pay with wire transfers or gift cards. Scammers

often ask you to pay via wire transfers or gift cards because those payment methods are harder to track, and once you pay that way there’s no way to get your money back.

- » **Review your bank account and credit card statements.** Make sure you’re only charged the amount you agreed to donate, and that you’re not signed up to make a recurring donation if you didn’t mean to. Call the organization if it doesn’t look right. If they say they can’t correct the issue, call your bank or credit card company to dispute the transaction(s).

- » **Keep a record of all donations.** Most charitable contributions are tax-deductible, so keep your receipts for reference when you file your taxes.

Remember!

Charity fraud scams can come in many forms: emails, social media posts, crowdfunding platforms, cold calls, etc. Always use caution and do your research when you’re looking to donate to charitable causes.