



...serving up a healthy dose of information

## Take a Hike~!



**Hiking takes you out of your usual routine**, fills your lungs with fresh air, and lifts your spirits with the sights and sounds of nature. You might even forget that you're giving your body a powerful workout that has many health benefits.

A regular trek on the trail is aerobic exercise that is good for the heart and lungs. A weight-bearing exercise, hiking strengthens bones and joints, which helps to prevent osteoporosis. Trails with varied terrain build strength in the hip and leg muscles. You'll also strengthen your abdominal and back muscles, and improve balance and coordination. Hiking a few times a week, not just once a season, can help you maintain a healthy body weight. Hiking is also good for the mind and spirit. Studies show that exercising in nature lifts symptoms of stress and anxiety better than exercising indoors. When you hike with family or friends, the social experience contributes to good vibes for you and your kin.

### Hiking Safety and Fitness Boosting Tips

- **Pack right.** Use a daypack that properly fits your torso so the extra weight you carry (snacks, water, maps, first aid) won't cause discomfort. If you aren't properly fitted for a pack, you could risk injury to the back and hips.
- **Know before you go.** Most trail systems have online maps that indicate degree of difficulty and trail conditions. Familiarize yourself with the trail map. It's always possible for a GPS to lose its signal or battery strength, so carry a paper copy with you. Check the weather; dress and pack accordingly.
- **Buddy up.** A partner or group can help you navigate and assist if you get hurt.
- **Start slow.** A short, local hike is best for beginners. Gradually work up to trails with hills, rugged terrain, or higher elevation.

*'Take a Hike~!' is continued...*

## Take a Hike~!, cont'd

- **Use poles.** Poles propel you forward and engage upper body muscles, which gives a more vigorous workout.
- **Know your limits.** Keep tabs on your water and fatigue level. Stay on marked trails.
- **Bring your Ten Essentials—even on a short hike.** You'll probably never fully appreciate the value of the Ten Essentials until you *really* need one of them.

<http://www.rei.com/learn/expert-advice/ten-essentials.html>

American Hiking Society. "A Step in the Right Direction: The Health Benefits of Hiking and Trails." Accessed April 2015. <http://atfiles.org/files/pdf/AHShealthben.pdf>

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**"He who has health, has hope.  
And he who has hope, has  
everything ."**

~Benjamin Franklin



## Red Meat the Healthy Way

**A diet high in red meat** has been touted to either fatten your waistline and lead to heart disease, or to transform you into a leaner, healthier version of yourself. So what's the skinny on eating red meat the healthy way?



Beef, lamb, pork, and venison provide quality protein, B-vitamins, iron, and zinc. Depending on the cut, meat can be low in fat. When buying meat, pay attention to the source, cut, processing, and preparation method.

**Source.** Meat can be derived from grass-fed cattle that has been raised organically and not fed drugs or hormones. After slaughter, organic meats have not had any chemical preservatives added. Conventional meat comes from animals bred on factory farms and usually exposed to hormones. While the scientific jury continues to debate the health benefits of organic cattle, holistic health providers advise choosing organic meats.

*'Red Meat the Healthy Way' is continued on the next page*

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*Red Meat the Healthy Way!, cont'd*

**Processing.** Meat can go through a variety of processing to create what may be some of your favorite foods: bacon, hot dogs, sausage, deli meat. Read the labels to understand exactly what is added to these products. The more words that look like chemical names, the more processing the meat has gone through and the less nutrient dense it will be.

**Cut.** The leanest cuts of meat tend to have the word "loin" in the name: sirloin, tenderloin, pork loin. Also good options are round and bottom round, chuck shoulder steaks, filet mignon, flank steak, bone-in rib chops, lamb loin, and 90-95% lean ground beef.

**Portion size.** Three to four ounces, or about the size your palm for a burger patty, steak, or chop.

**Preparation.** Grilled steak is a favorite for many people, but the compounds that form when meat is cooked at very high heat have been linked to the disease process in many animal studies. Enjoy grilled meats occasionally; more often, choose gentler cooking methods such as braising, stewing, and steaming. If you grill or broil, flip the meat frequently, and don't set it right on the flame.

**Beefy alternatives.** Bison/buffalo, venison, and ostrich are lower in saturated fat than beef, high in protein, and good sources of vitamins and minerals.

**Staying Healthy on Vacation**







We all look forward to our summer vacation-but what we often experience along with the thrill of travelling is the agony of illness: Colds, the flu, jet lag, gastrointestinal distress, the list goes on.

How can you protect you and your family from bringing home more than photos and souvenirs? These easy proactive ideas will help you enjoy your well-deserved break from work. *Cont'd on next page...*

*Staying Healthy on Vacation, cont'd*

**Rosemary Lemonade.** Rosemary is a versatile herb with many medicinal uses. It increases your circulation—which helps with jet lag, fatigue, mental clarity, and most importantly leg cramps or blood clots from flying long distances. Here's all you need to make your own:

-  1 bunch fresh rosemary, rinsed
-  16 ounce glass jar with a lid
-  Lemonade, organic with little sugar
-  Boiling water



Place rosemary in glass jar and fill jar with boiling water. Cover with lid and let sit for 20 minutes. Strain and keep the liquid, discarding the rosemary. Use 1 part strained rosemary water and 1 part lemonade. Enjoy this refreshing summer drink as often as you like.

**Leg cramps, swelling, or blood clots.** Muscle cramps and swelling can be annoying, but blood clots can be very dangerous. This happens because we are sitting for long periods, so blood and lymph collect in our lower legs. To prevent this, every 20 minutes point your toes toward the ceiling and then towards the floor several times. This will use your calf muscles to move blood and lymph up towards your heart. Or if you are able to, get up and walk around the cabin as often as possible.

**Jet lag.** It can take a few days to recover from the changes in time zones when you travel. To help, hydrate well on the plane, drinking lots of water instead of alcohol. Adapt to your new time zone as soon as possible. For example if you fly to Paris and arrive there at breakfast time for locals, even if it's dinner time for you, eat breakfast. Then try to stay up until a normal bedtime -no napping- and avoid caffeine.

**Melatonin:** this is shown in many studies to help with jetlag, but it is very important to speak with your naturopathic doctor before taking it.

**Gastrointestinal issues:** Constipation and diarrhea often accompany travelers, especially when travelling in underdeveloped regions. Avoid street food, peel all fruits and veggies, and drink bottled water. If you are unable to avoid traveler's diarrhea, the BRAT diet is very helpful; bananas, rice, applesauce and toast. The toast should be burned—the charcoal actually helps to calm your stomach.

Enjoy your vacation! And be sure to visit your local naturopathic doctor to help you stay healthy throughout the summer.

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