



Live To 100



Health & Fitness Newsletter

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**Early Fall
Edition**

INTRODUCTION

Welcome to the ninth issue of Live To 100, Health & Fitness Newsletter. This issue will focus on the Garden Labeling Project.

The Garden Labeling Project

The Nutrition class researched all the fruits and vegetables growing in our garden, and made labels of their nutritional content. Now you can go out to the garden and see what nutrients are in your favorite food. Below is a more detailed list of these same foods and health benefits.

“Whoever wishes to investigate medicine should proceed thus: In the first place, consider the seasons of the year and what effect each of them produces.”

Hippocrates

Tomatoes

Vitamins C, A, K, B6; Minerals potassium, biotin, folic acid

Antioxidants lycopene for men’s health and for strong bones.

Other Properties: Fiber, cooling, build moisture. Prevention against cancer.

Watermelon

Vitamins C, B1, B6, A. Minerals potassium Antioxidants lycopene. Other properties fiber, cooling, moistens, and removes heat.

Strawberries

Vitamins C, K, B1, folic acid, B6, biotin. Minerals manganese, iodine.

Anti-cancer antioxidants and anti-inflammatory for heart disease prevention.

Grapes

Vitamins C, B6, B1, B2. Minerals potassium, manganese. Anti-cancer antioxidants. Good for kidneys, liver, bones, tendons, muscles.

Lemons

Vitamins C-very high in this vitamin. Has antioxidant and antibiotic effects. Other properties: cooling, detoxifying, good for liver and calms the nerves. Prevention for high blood pressure.

Garden labeling Project ...

Olives

Vitamin E. Minerals: iron, copper. Fiber. Antioxidant effects for the heart, blood pressure and many other body systems. Popular for its oil, which is a major source for monounsaturated fatty acids and their omega-3 benefits.

Collard Greens

Vitamins C, A, K, B2, B6, folic acid. Minerals calcium and potassium. Lowers cholesterol, has fiber, prevention for cancer.

Hot Peppers

Vitamins C, K, A. Anti-inflammatory. Decrease cholesterol. Good for stomach ulcers-kills bacteria, boosts immunity, clears congestion.

Yellow Onions

Mineral sulfur. Anti-cancer. Cleans arteries, warming, strengthen lungs.

Bell Peppers

Vitamins C, A. Reduce cholesterol. Prevention for cataracts.

Corn

Vitamins B1, B5, C, E, folic acid. Minerals magnesium and phosphorus. Lutein for the eyes.

Lettuce

Vitamins A, C. Minerals iron. Cooling, dries dampness, relaxes nerves.

Garlic

Detoxifier, warming, good for common cold, multiple home remedies

Cucumber

Mineral silica for connective tissue-muscles, tendons, etc. Cooling, moisten lungs. Anti-inflammatory.

Summer Squash

Vitamin C. Mineral potassium. Antioxidants. Cooling, anti-cancer. Sun damage repair.

Chives

Warming, good for kidneys, liver, and stomach. Weak digestion and good for arthritis.

Swiss Chard

Vitamins B6, C, E, K and folic acid. Minerals potassium, iron, manganese, calcium, zinc, selenium. Anti-cancer. Alkalizing, cleansing, support liver.

Enjoy your food, but eat less.

Cabbage

Vitamins C, A. Minerals sulfur. Strong antioxidant. Warming, moisten intestines, reduce cholesterol. Anti-inflammatory, anti-cancer, good for digestion.

Green Beans (string beans)

Vitamins A, C, K, B2, B6. Mineral silicon for bones. Anti-cancer. Lutein for eyes.

Broccoli

Vitamins D, A, K. Anti-cancer. Detox liver. Reduce cholesterol. Fiber.

Beets

Vitamin C. Folate. Minerals manganese and potassium. Anti-cancer, antioxidant, anti-inflammatory. Detox for heart, liver and intestines.

Kale

Vitamin A. Minerals calcium, iron, chlorophyll. Anti-cancer. Warming, digestion, detox liver

Celery

Vitamin C. Minerals calcium, potassium, sodium. Cooling, calms Stomach, Spleen Liver. Detox. Prevention for high blood pressure and reduce cholesterol.

Parsley

Vitamins C, A. Minerals calcium, sodium, iron, magnesium, potassium. Warming, good for digestion. Cleanses kidneys, spleen, and intestines.

Pumpkins

Antioxidants. Cooling, relieves dampness, regulates blood sugar. Good for lungs and diabetes prevention.

Avoid oversized portions.

Drink water instead of sugary drinks.

Eat sweet fruits & vegetables, not artificially sweetened Foods.

Interviews

By Chasa & Dawn

In this department, we will report on interviews we had with people who work at B.I. Our ninth interview was with Connie Parks-Stallmann, who is a Service Director. Dawn asked Connie the following questions.

Question: What kinds of exercises do you do at home?

Answer: I go to the gym and when in season, I work in the garden. Occasionally, I join others to go on long walks.

Question: What kind of exercises do you get at B.I.?

Answer: I attend Michael's Pumping Iron class on Wednesdays, and Tracey's Yoga class on Tuesdays.

Question: What do you eat to stay healthy?

Answer: I eat fruits and vegetables and avoid fried foods and red meat. I drink a lot of water, and take some vitamin supplements.

Question: What is your favorite food or meal?

Answer: I don't really have a favorite food; I like all foods.



*William doing
Pumping Iron!*

*"Eat your
fresh
vegetables
from your
garden."*

Chasa

*The Fall is the
season to keep
the Lungs
healthy.
Breathe deeply
in the belly.*

Off The Top Of My Head

The fall season is the time to prepare for the cooler winter months. Even in our relatively mild winter, compared to the rest of the country, our bodies still go through a change, still feel the cooler temperatures and increased rains and winds.

Now is the time to start preparing by doing a number of things. First, stop all those cold drinks, especially with ice. Don't let these last few lingering days of 80-degree weather cause you to weaken your digestive reserves by throwing cold water on your internal kidney fire. You'll wish you didn't do that in December when the first temperature drop causes you to run to your winter closet for your heaviest clothes. That is a sign that your internal fire has been weakened and you are already out of reserves. And it is only early December!

GO GREEN – RECYLCE – SHARE NEWSLETTER WITH OTHERS