

# HEALTHLINES

## FALL 2008

### CHAD'S

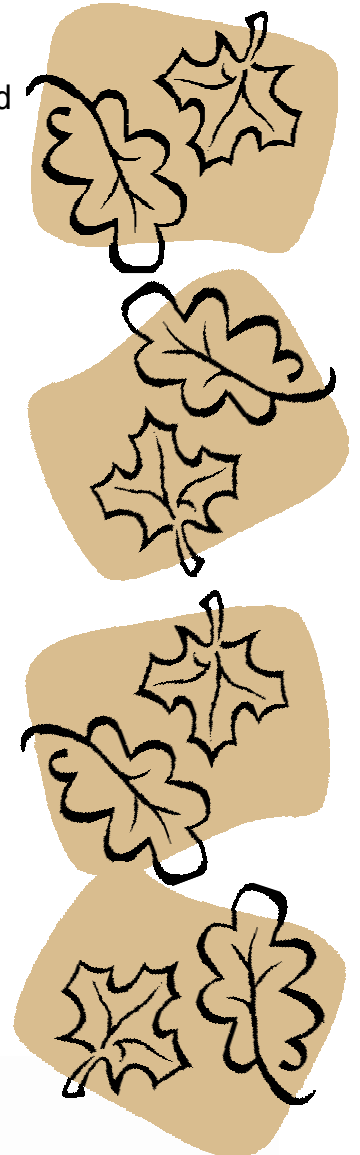
**O** This fall has been rather disappointing for many Americans. First off, the stock market has been turned on its head. Secondly, my beloved Chicago Cubs got swept again in the playoffs. A century is a long time to go between World Series' wins. However, I am confident both the Cubs and our economy will be stronger than ever next year.

**R** Just like the Cubs and the economy, we sometimes go through unhealthy cycles. There are times I am not as consistent with my eating and exercise habits. Those periods of inconsistency, I am convinced, are nothing more than normal, healthy cycles. Life happens, whether you get bogged down with work, kids, poor health, relationship issues or some other "blue" period. All of us will experience every scenario I mentioned. However, once you get through your difficult period, don't forget to refocus your efforts on taking care of yourself. Leading a healthy lifestyle, that means eating right, exercising regularly, getting enough sleep, etc...will really help you get through those rough spells you are bound to encounter.

We are bombarded daily by the media with various health claims. Not everything that is purported to be "good for you" is accurate. Some companies are just trying to make money. One of the most overly hyped foods in the last 10 years is soy and in this issue of Healthlines, Sara Mansfield exposes it. Caveat emptor!

Yours in Health,

Chad Marschik



**BODY SYMMETRY**  
human performance and conditioning



### Holistic Health Coaching Package

Body Symmetry is now offering a 3 session comprehensive assessment package.

Holistic Health Coaching involves:

diet analysis, nutrition education, physical assessment, exercise prescription, lifestyle intervention ideas and ongoing online support.

This is a great way to get someone involved in taking charge of their health. They will get the tools to make a program work for their specific body and situation.

**N**

**E**

**W**

**!**

### Sports Specific Conditioning Program for Small Groups

A youth program that addresses multi-directional speed, agility, power, explosiveness as well as strength and endurance. Every athlete is built differently. Small group training sessions give the opportunity to address each athletes' specific needs.

For middle school and/or high school athletes offered Monday through Friday afternoons.

Call Body Symmetry for more information.

793-9972



## EXERCISE SPOTLIGHT

## "THE COLD WEATHER STRETCH"

Now that the days are getting cooler, and whether you notice it or not you are probably hunching your shoulders up into your ears more as you shiver in the cold. It's natural, we all guard ourselves against the elements. Be careful though. This time of year, combined with the stress we hold in our neck and shoulders anyway adds up to tension that can cause problems. As soon as you get to warmer temperatures, sit on your hands. Sit up straight, place your hands underneath your seat. This will pull your shoulders down away from your ears. Once you have your shoulders anchored in this position, gently tilt your head to one side. Visualize touching your ear to your shoulder. After you have held this for 30 seconds, try the other side. This lengthens the levator scapula and upper trapezius. Give these muscles a break by teaching them how to get the message of relaxation.



## Puzzle Pieces Everyday habits to adopt for better health and vitality.



**THOUGHTS**— We are entering into the stressful holiday-time of year. Just as you strengthen your muscles with exercise and rest, strengthen your mind with positive thoughts and rest. Your mind is like a garden; plant flowers and get rid of the weeds.

**BREATHING**—Lay on your back with your hands on your belly. Try to relax as much as possible. Notice your breathing. If you are taking long full breaths, you should feel your belly rise and fall. This should be the way you breathe all day long. Is it? If not, then practice!

**HYDRATION**— Cooler weather means less sweating. You still need to hydrate. Water isn't seasonal. Make sure you are getting your adequate intake each day.

**FOOD**—Take the time for mindful eating. Social eating situations can lead to overeating. Be aware of every bite. Taste and savor what you are eating. Your brain gets the message and your body is happy.

**MOVEMENT**—Stiff joints in the morning? Gentle movement in all directions will keep you loose. Take a few moments when you get out of bed to go through a head to toe movement routine. You'll be more energized for the day and feel much better.

**CIRCADIAN RHYTHM**—Make sure you get 8 hours of uninterrupted sleep every night...this means week-ends too. Stay on a similar schedule each night of the week.

## SOY- TOO MUCH OF A GOOD THING?

By Sara Mansfield, M.S.

In the past several years, we have all heard about the benefits of soy. Depending on your source of information, soy is a wonder food or something to use sparingly. Whether we like it or not, soy products have bombarded our food choices. Historically, the soy bean was cultivated for its nitrogen-fixing qualities on soil, not as a food source. Fermented soy (soy sauce, tempeh, miso), better digested by the body, has found its way into the modern diet, and is here to stay.

In America, soy is abundantly grown and used in almost everything. Parts of the soy bean can be used for oil, feed and for protein fillers in many processed foods. In the early part of this decade, research came out about the many health benefits of a diet high in soy. Everything from lowering cholesterol to helping ease menopausal symptoms. Once the word got out, Americans followed their usual pattern and succumbed to the advertisers claim of these wonder foods such as tofu, soy milk, and even soy supplements. Sales went through the roof. This all happened without much scrutiny over who was funding this research or who had a stake in seeing soy rise in popularity and consumption. Luckily, someone asked some questions and more research was done and some of those health claims have been recanted. Others have even come out with evidence that soy can be carcinogenic and should be avoided. The jury is still out, depending on who you ask. The bottom line still remains the same. Too much of anything can be harmful.

There is little doubt that soy can be a part of a healthy diet. You have to consider the source however. Much of the soy we get in the typical American diet is generated from genetically modified soybeans. In 1997, about 8% of all soybeans cultivated for the commercial market in the United States were genetically modified. In 2006, the figure was 89%. What exactly is genetic modification? Simply put, the bean's are altered to survive the shower of chemicals that must be sprayed to help fight pests and disease. This sounds great, but ultimately alters the ecosystem of which we are a part. Essentially, we know that soy, in its truest form, can be beneficial. But, are we eating soy in its truest form, and if not, why are we eating so much?

At your local supermarket, soy can now be found disguised as everything from soy cheese, milk, burgers and hot dogs, to ice cream, yogurt, vegetable oil, baby formula and flour (to name just a few). Soy is abundant and is cheaper to use and buy than other sources of protein that may or may not contain more saturated fat. For this reason, soy is everywhere.

Often these foods are marketed as low-fat, dairy-free, or as a high-protein, meat substitute for vegetarians. Today, an alarming 60% of the food on America's supermarket shelves contain soy derivatives (i.e. soy flour, textured vegetable protein, partially hydrogenated soy bean oil, soy protein isolate). When you look at the ingredients list, and really look at the contents of the "Average American Diet," from snack foods and fast foods to prepackaged frozen meals, soy plays a major role.

It is important to give these points some thought regarding your own diet. If you want soy in your diet, find good sources. Edamame beans are a good source of protein in a salad or snack. Miso soup is nice for variety. Tamari soy sauce is less processed and can be a great flavor enhancer. These are all good foods, but use them sparingly. The same rules will always apply. Eat a variety of whole foods in their truest form. That's a way to successfully survive and thrive in our eco-system.

773 S. Durkin Drive  
Springfield, IL 62704



## Butternut Barley Risotto with Goat Cheese and Toasted Almonds

3 cups water	3 green tea bags
1 cup quick cooking barley	3 cups 1/2 inch diced butternut squash
2 tsp curry powder	3/4 tsp sea salt
1/2 cup crumbled goat cheese	1/4 cup sliced almonds, toasted

Bring water to boil in a medium saucepan over high heat. Add the tea bags: turn off heat and let steep for 5 min. Remove and discard the tea bags.

Toast the barley in a dry sauté pan or deep skillet over medium-high heat for 2-3 minutes, stirring occasionally. Add the squash, 1 cup of tea, curry and salt. Simmer, stirring frequently until the tea is absorbed, 3-4 minutes. Add additional tea by half cupfuls, simmering until tea is absorbed before adding additional liquid. This should take about 12-14 minutes. When the barley and squash are tender and all tea has been incorporated, remove from heat. (The barley should be on the wet side to make a creamy sauce; if it is dry, stir in a little hot water.) Stir in the goat cheese until melted and creamy. Transfer to serving plates and top with almonds.

Yield: 4 servings      247 calories/serving