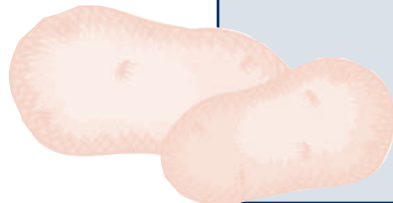


Top 20 Antioxidant-Packed Foods

Power foods based on their “total antioxidant capacity” (TAC) per serving (1 piece fruit/potato, ½ cup beans/dried fruit, 1 cup berries/artichoke hearts, 1 ounce nuts).

Food	TAC
Small Red Beans	13,727
Wild Blueberries	13,427
Red Kidney Beans	13,259
Pinto Beans	11,864
Cultivated Blueberries	9,019
Cranberries	8,983
Artichoke	7,904
Blackberries	7,701
Prunes	7,291
Raspberries	6,058
Strawberries	5,938
Delicious/Granny Smith Apple	5,600
Pecans	5,095
Cherries	4,873
Black Plums	4,844
Russet Potato	4,649
Black Beans	4,181
Plums	4,118
Gala Apple	3,903
Walnuts	3,846

Health Magazine 2005



Light Summer Herbed Potato Salad

- 2 lb. red potatoes, cubed
 - 1 (14-oz) can fat-free chicken broth
 - 1 garlic clove, minced
 - ½ cup nonfat plain yogurt
 - 1 Tbsp. chopped fresh dill
 - 1 Tbsp. chopped fresh oregano
 - 2 Tbsp. light mayonnaise
 - 2 Tbsp. olive oil
 - 2 Tbsp. white wine vinegar
 - 1 tsp. salt
1. Bring first 3 ingredients and 2 cups water to a boil in a large saucepan over medium-high heat, and cook 20 minutes or until tender. Drain and let cool 30 minutes.
 2. Whisk together yogurt and next 6 ingredients in a large bowl until combined.



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Wim & Wiger

A Health Newsletter Serving the North Coast Schools Medical Insurance Group

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Director's Note

Stacy Lane - JPA Director

On July 1st many of our members moved to one of our new plans, which included a new mail order pharmacy benefit. If you stayed on plans A-F, your pharmacy benefit will remain unchanged. As mentioned previously, the associated changes with the new plans include a 90 day prescription instead of 60 days. In addition, the way we treat Brand name drugs has changed. There has been no change with Generic medications. If you would like to save money by receiving your drugs through mail order, you can sign up in three ways. First, you can use the mail order form located under the “Forms” tab on our Web site: www.ncsmig.org. Second, you can sign up online at www.caremark.com. Make sure you click on “Start a New Prescription” and then click on “FastStart@.” The final way is to call FastStart

directly at 1-800-875-0867. With all options, you will need to have your Plan ID number, prescription name, doctor name and phone number, mailing address and payment information. For a list of the drugs on the Preferred Brand name list (also referred to as a formulary), please go to the “Resources” tab on our Web site (see below) and click on “Primary/Preferred Brand Name Drug List.” This will link you to the CVS Web site where you will select the first option, “Caremark Primary/Preferred Drug List.” If you have any problems with your new or renewal prescriptions through mail order, please feel free to contact me directly for assistance at 445-7055.

Resources Tab



Primary Preferred Brand Name Drug List



Don't Forget
the FREE 24/7 NURSELINE
(800) 977-0027

Food Additives

Becoming informed about the additives in everyday food items can make for an easier shopping experience and healthier food for everyone.

Here's a list of some of the most medically questionable and harmful additives in everyday foods:

1. Sodium nitrite
2. BHA & BHT
3. Propyl gallate
4. Monosodium glutamate
5. Trans fats
6. Aspartame
7. Acesulfame-K
8. Food colorings (blue, red, green, and yellow)
9. Olestra
10. Potassium bromate
11. White sugar

Sodium nitrite is a preservative added most commonly to bacon, ham, hot dogs, sandwich meats and smoked fish.

BHA (butylated hydroxyanisole) and BHT (butylated hydroxytoluene) are other preservatives added to foods like cereal, gum, potato chips, and vegetable oils. Propyl gallate is found in meats, chicken soup base, and gum. All of these preservatives have been linked to cancer.

Monosodium glutamate (MSG) can cause migraines and other adverse effects. Trans fats are being eliminated from most foods, as the studies linking them to heart disease, strokes, and kidney problems are widely accepted.

Aspartame is an artificial sweetener found in products like NutraSweet and Equal as well as diet foods and soft drinks. Acesulfame-K is a newer sweetener used in soft drinks and some baked goods.

Many food colorings have been banned by the FDA, but some can still be found in foods that require a particular color. Food colorings have been tied to cancer.



Potassium bromate is sometimes added to white flour, breads, and rolls to increase the volume of the products, but it has cancer-causing properties that have prompted some states to actually require a label to that effect. White sugar and sodium chloride (salt) can be dangerous if not kept to a minimum.

When foods are processed, not only are valuable nutrients lost and fibers removed, but the texture, natural variation and flavors are lost also. After processing, what's left behind is a bland matter. At this point, food manufacturers must add back in the nutrients, flavor, color and texture to processed foods in order to make them palatable, and this is why they become loaded with food additives. The best way to avoid food additives is to cut way back on the processed foods in your diet and focus on whole foods.

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A Breathing Exercise

This exercise is a natural tranquilizer for the nervous system. Unlike tranquilizing drugs, which are often effective when you first take them but then lose their power over time, this exercise is subtle when you first try it but gains in power with repetition and practice. Do it at least twice a day. You cannot do it too frequently. Do not do more than four breaths at one time for the first month of practice. Later, if you

wish, you can extend it to eight breaths. If you feel a little light-headed when you first breathe this way, do not be concerned; it will pass.

Relaxing Breath Exercise:

- Exhale completely through your mouth, making a whoosh sound.
- Close your mouth and inhale quietly through your nose to a mental count of 4.
- Hold your breath for a count of 7
- Exhale completely through your mouth, making a whoosh sound to a count of 8.
- This is one breath. Now inhale again and repeat the cycle 3 more times for a total of 4 breaths.

Once you develop this technique by practicing it every day, it will be a very useful tool that you will always have with you. Use it whenever anything upsetting happens – before you react. Use it whenever you are aware of internal tension. Use it to help you fall asleep. This exercise cannot be recommended too highly.

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