

Happy Healthy Holidays – the 3 Wise “Nots”

By Dr. Theresa Tsingis, D.C., M.S.

The holiday season brings more than its share of “To Do” lists for everyone. However, years of experience as a nutritionist and health practitioner have led me to think there are some specific “To-Not-Do” items pertaining to the holiday season which can help make it a better time for everyone:

1. How to Not Get Sick:

- Wash hands frequently and keep them away from your mouth and nose. The most common mechanism of contracting a virus is to bring it into contact with the mucus membranes of the body.
- Keep up with antioxidant foods and supplement intake – For example, in our clinic we test patients for zinc deficiency, which is linked to susceptibility to infections. Vitamin C is also a standby as are green tea, pomegranate juice, sweet potatoes and lycopene (obtainable from tomatoes).
- Don't Stay Up Too Late – Have you noticed that holidays tend to promote the overextension of efforts? Is it worth baking 50 dozen cookies or spending hours with elaborate gift wrap if you'll become too ill or tired to enjoy them? Your immune system will benefit from sleep, and the energy reserve will come in handy during exposure to seasonal germs.
- Practice good food hygiene – Recipes made with raw eggs, mayonnaise, or raw poultry and

fish should be processed without contaminating other food prep surfaces. They should also be thrown out after being served, even if out for only a couple of hours. Avoid a trip to the ER in the middle of the night because you felt obliged to eat the leftover whitefish.

2. How to Not Gain Weight:

- Stick with your exercise regimen no matter what – If that means foregoing the favorite tv show (vs. exercise), it's better to have exercised. A cardio-workout helps burn twice the calories later while you're “at rest” getting ready for the holidays.
- Eat breakfast, preferably with a solid protein base. Sugary cold cereals and hot cereals (sans nuts and fiber) increase cravings later in the day. Re: later meals, it's been found that eating vegetables such as broccoli, cauliflower, brussel sprouts and cabbage stabilizes blood sugar into the next day. (see reference 1)
- Do not use a party as a mealtime; eat beforehand - and pick at your favorite selections at the event. It's better for both your social life and waistline.
- Watch the alcohol, especially before eating –Before a meal, alcohol increases appetite and leads to overeating. Drinking alcohol is like drinking dessert, since its hidden sugar packs on calories and causes fat deposition. A glass of

wine has some health benefits, so taking sips with a meal helps lower the negative effects.

- Get enough rest to avoid feeling worn out – Worth mentioning again, since research reveals that weight loss will not occur without adequate sleep, about 7-8 hours. (see reference 2)

3. How to Not Get so Stressed

- Do Not Overcommit – Cortisol is the stress hormone produced in response to going past one's innate energy level. It causes weight gain, fatigue and poor memory, not to mention deterioration of the spirit of the occasion and season.
- Keep it All in Perspective - Dave Barry wrote “Once again we come to the holiday season, a deeply religious time that each of us observes in his own way, by going to the mall of his choice.” Yes, there are more “To-Do's” than “Not-To-Do's” tugging for attention. Attitude might be a cure, because thoughts cause chemical reactions which affect physical health. Why not practice this outlook - “As we struggle with shopping lists and invitations, compounded by December's bad weather, it is good to be reminded that there are people in our lives who are worth this aggravation, and people to whom we are worth the same.” – Donald Westlake.
- Whip Out the Humor - Lighten that load. Read or tell funny stories about the holidays, show

funny movies, play interactive party games. Holidays are an opportunity to build memories. Family and friends will remember good times and the enjoyment of each other's company (including the new “not-so-stressed you”).

Best wishes for a happy and healthy holiday season!

References:

- 1) Second-meal effect: low-glycemic-index foods eaten at dinner improve subsequent breakfast glycemic response, TM Wolever et al, American Journal of Clinical Nutrition, Vol 48, 1041-1047,
- 2) www.webmd.com/sleep-disorders/guide/lose-weight



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As Seen in Lamorinda



Hi Lamorinda Weekly!

We thought we'd share a picture with the community showing our Halloween & Giants Spirit! My husband (Eric Lindquist) carved it. Hope you enjoy it!

Go Giants!
Lisa Lindquist
Moraga, CA

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Senior's Open Reading Enlightening

By Cathy Tyson



Members of the Lafayette Senior Services Writers Group, Mary Lee Dodd, Miriam Glickman, Edna Coulson Hall, Judith Rathbone, Janet Clark, Sally Holzman and Mei Sun Li. Photo C. Tyson

With a broad array of excerpts of their selected works covering a Pomeranian Monologue - a charming slice of life from a beloved pooch's point

of view - to the story of a civil rights worker in Mississippi circa 1964 and more, the Senior Services Writers Group represents an impressive collection of talent that

thoroughly impressed the standing-room-only crowd at their recent Open Reading.

With their facilitator Judith Rathbone, herself a teacher at Las

Positas Community College, these women are working on a variety of projects and come together regularly to be supportive and offer feedback. Mei Sun Li describes the Group as a comforting place, “We've laughed and shed tears. It's a place of happy ruminations.” The goal of the Senior Writers is meant to be personally fulfilling and not necessarily lead to publication.

The on-going “Self-Discovery and Aging: Creative Writing Workshop” with facilitator Rathbone, is open to the public and will finish out the fall quarter with meetings on 11/12, 12/3 and 12/17 from 1:00 to 2:30 in the Elderberry Room of the Lafayette Community Center. The alternate Friday Workshop sessions include writing prompts, feedback, encouragement, and information about the world of writers, writing, and publishing.

Angels in America at SMC

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Kushner is working on an epic scale and thinking about a nation at a particular time in history.”

Reid, who will direct the production, says the play fits well with the college's “Rethinking America's Changing Face” theme for the year. “Students can keep their core identities while learning about other values,” he explains. “SMC makes space for many viewpoints,” he says, before admitting that “every production of this play has been met with a rigorous and healthy dialogue.”

When pressed, he answers with care, saying the choice of a play about homosexuality prompted “deeply felt articulations of support, as well as concerns.” The most immediate concerns were the original play's nudity, (there will be none,) and how a scene that includes a sexual act will be staged (the characters will be isolated on separate parts of the stage and will speak the lines, with no physical portrayal of the scene). Once these questions were addressed, Reid says “the concerns weren't gone, but the play and the complementary conversations will be an opportunity to continue the dialogue.”

In collaboration with the School of Liberal Arts, SMC is hosting four panel discussions related to the play, covering subjects like “AIDS at 30 Years: Crisis and Compassion”, and “Making Change: Art and Social Justice”. Reid expects the blend of both traditional and progressive voices to shed light on the Catholic Church's role as a relief organization during

the AIDS crisis. “The Church provided care, comfort—and leadership,” he says, emphatically. “For college students in 2010, the AIDS crisis is historical. They don't have an immediate sense, a lived sense of the fear, the desperation, of the epidemic.”

Reid says the most challenging aspect of *Angels in America* is “the enormity of the research.” The students met with hospice nurses, a doctor who worked in an AIDS ward, and Lorri Holt, an original company cast member from the San Francisco professional production. “Acting requires integrity, so we train our actors to go deeply into the characters they are portraying,” he says.

With this particular play, that means examining their sexuality, their compassion for alternative lifestyles within a community, even

their family histories. “They've come to understand that 30 years ago, a generation of young people was dropping. They've had to think about living in a time of plague,” Reid says.

According to Reid, all theater “celebrates life, honors the common human struggles, educates, advocates and builds a community.” Inspired, and encouraged to explain how this relates his choice of *Angels in America*, he continues: “The ancients understood the sacred nature of storytelling. Theater arrives in all forms: on stage, in a family gathering, in a sports arena, around an organized, common cause. Its power is in how it bridges differences, in a way that technology inhibits. There's a warm, hand-to-warm-hand tradition in theater.”

Whether warm turns to hot

Angels in America, Part One (Adult Subject Matter)
LeFevre Theatre, Saint Mary's College, 1928 St. Mary's Road, Moraga
Performance Schedule:
November 11, 12, 13, 19 and 20 at 7:30pm; November 14 and 21 at 2pm
Tickets: \$15 general; \$12 Saint Mary's faculty and staff and non-SMC students; \$8 SMC students
Reservations: (925) 631-4670 or www.stmarys-ca.edu/arts

There will be staged readings (free to all) of Part Two:
Perestroika on November 14 and 16 at 7pm and November 20 at 2pm in Hagerty Lounge.

Panel Discussions:
AIDS at 30 Years: Crisis and Compassion (Nov. 9)
Love and Sexuality: Spiritual Perspectives (Nov. 12)
America's Changing Face: the Politics of Identity (Nov. 15)
Making Change: Art and Social Justice (Nov. 18)
All panel discussions will take place in Delphine Intercultural Center at 4:30.

The X5 is in!

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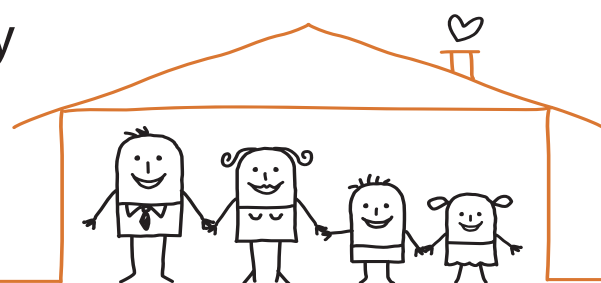
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