



White Whole-Wheat Bread

White whole-wheat bread looks and tastes like white bread. Yes, it has the nutritional benefits of whole-wheat bread — such as increased fiber and nutrients. If you or the kids don't like the taste or texture of regular whole-wheat bread, white whole-wheat bread may make it easier to add whole grains to your diet.



Regular whole-wheat bread is made with *red* wheat, darker in color and a slightly bitter taste.

White whole-wheat bread is made with an *albino* variety of wheat; lighter, sweeter, milder.

Remember: When you're selecting bread, read product labels to make sure you know what you're buying. Look for breads that list the "whole" grain as the first ingredient, such as whole wheat, white whole wheat or whole oats. If the label doesn't say "whole" first, it isn't a whole-grain product.

Red Bull, Full Throttle, Monster, Rockstar “Buzz”

- *Sales of caffeine-charged energy drinks have doubled since 2004.
- *FDA classifies energy drinks as dietary supplements, skirting the caffeine limit in soda(71 mg/12 oz).
- *Caffeine in popular energy drinks vary from 50-145 mg in an 8-oz serving.
- *Caffeine excess can cause irritability, anxiety, heart palpitations, increased blood pressure, & withdrawal symptoms when you try to stop.
- *Off-limits to children & pregnant women (caffeine is linked to miscarriage and preterm birth)

One problem with energy drinks is that they have become popular as mixers for alcoholic beverages, often in an effort to counteract drowsiness so that you can drink more alcohol. The combination of large amounts of caffeine and alcohol is especially dangerous, since alcohol by itself is known to trigger fast heart rhythms. To avoid this serious health risk — even if young & healthy — **don't** combine alcohol with energy drinks. Research shows that those who mix energy drinks with alcohol do become just as intoxicated as others but feel less impaired, so they may be more likely to drink to excess and take **life threatening risks**.

*Energy drinks are a marketing gimmick at best, dangerous at worst. They are loaded with sugar, amino acids, B vitamins and herbs. While they may give you a temporary buzz, they often leave you feeling more fatigued in the long run. There is little or no evidence to back up claims to support the safety of their ingredients. What you don't know (or choose to ignore) could end up killing you.

Boost Energy Naturally & Safely



- ***Breakfast** eaters are more productive, concentrate better & have greater strength & endurance.
- ***Cut back** on sugar, soda, coffee, and energy drinks to avoid energy-spikes & predictable crash.
- ***Well-timed power snacks** such as fruit, low-fat cheese & whole-grain crackers = sustained energy.
- ***A 15-20 minute nap** can boost mental & physical performance as well as mood.
- *Although counterintuitive, healthy sedentary people who are plagued by fatigue will experience a significant boost in energy if they **become more physically active**.



Isaiah 58:11 *The Lord will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frames. You will be like a well-watered garden, like a spring whose water never fails.*

2 Co 9: 6 *Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously.*

Avoiding Dementia (Type 3 diabetes)

*1:4 people in their 80's have dementia.
Many more have "mild cognitive impairment," (MCI) which means dementia is on its way.



*Normal aging of the brain shrinks dendrites that connect neurons and produces less neurotransmitters. The memory region of the brain (hippocampus) gets smaller.

*An explosion of recent studies offer tantalizing evidence on how to preserve your brain and maybe even ward off Alzheimer's or other dementias. Unequivocally and at the top of the list is exercise. Brisk walking 3 times a week for 45 minutes a day increased volume of gray matter in the brain and hippocampus among recent research subjects.

Exercise: "You can push yourself back 2-3 years with 6 months of aerobic exercise," says researcher Arthur Kramer . For example, women who reported walking for at least 90 minutes a week did better on memory and other tests 2 years later than those who walked less than 40 minutes a week. What's more, exercise can decrease your risk of disease—diabetes, hypertension, stroke, and heart attack—other illnesses that may diminish your memory. But in the short term, exercise can change the brain's structure and function. There is no down side to this remedy.

Lose (or don't gain) excess weight: The risk of dementia was triple for those who had larger middles in middle age in one classic study. The deeper layer of visceral fat cells in your "spare tire" cause higher insulin levels. Too much insulin in your blood can lead to type 2 diabetes, which is so closely linked to dementia that some researchers call dementia "type 3" diabetes.

Lower blood pressure in your middle years: Hypertension causes strokes—blocked or burst blood vessels that kill brain cells by cutting off their oxygen. But a lot of people have dementia without having large strokes. Instead they have tiny strokes—what doctors call small infarcts in the brain. Treating high blood pressure could prevent those tiny, silent strokes that could delay Alzheimer's.



Proverbs 16: 21, 24: The wise in heart are called discerning, and pleasant words promote instruction. Pleasant words are a honeycomb, sweet to the soul and healing to the bones.

Prayer: Lord, help us to reassure and strengthen others by the words we speak today. We turn to scripture for our spiritual vitality so that whenever we encounter an open heart, we may bring it refreshment, nourishment, and new life. By your grace, lead us to know when silent eloquence rather than well-intended words will provide the best comfort. Amen.