

A Health & Wellness Newsletter

Edited by Megan Zimmermann

Special Points of Interest:

- *The risks of an urban cardio workout*
- *What the Pilgrim's Ate*
- *Fun Colorado events*

DYING BREATHS

Every day millions of people run and cycle to improve their health and fitness. So why are some of them speeding their way to an early grave?

It may be hard to imagine that vigorous outdoor exercise—generally trumpeted as an all-purpose antidote to disease and a retardant to mortality—could actually help bad air hurt you. But the explanation is simple: When you're running, cycling, playing tennis, or shooting hoops, you breathe more of it in. A lot more.

A sedentary person inhales approximately 15,000 liters of air per day, or 6-10 liters per minute. During heavy aerobic exercise, how-

ever, you draw in 60-150 liters per minute, delivering oxygen throughout 600-900 square feet of surface area in the lungs.

"That means the exerciser breathes in 10-15 times more pollution than the sedentary person, and he's sucking it deeper into his lungs," Rob McConnell, M.D., a researcher in the department of preventative medicine at the University of Southern California Medical school. "In fact, just by stepping out the door, you could be exposed to five times the ozone you'd inhale if have stayed inside. So if you are outdoors and exercising... well, do the math."

The numbers grow more harrowing because you

breathe primarily through your mouth during exercise. At the same time that I'm pulling vast clouds of bad air into deep into my lungs during my noon run, I'm also passing my body's remarkably effective air-filtering system: the nasal passages. (Mucus traps particulates, and then tiny, waving, hair like structure (cilia) push the old mucus up and out of the body.) The triple whammy of breathing fast, deeply, and through the mouth makes your daily run-and perhaps your regular workout-an ozone/particulate/carbon monoxide party.

Eventually our bodies defend themselves against air pollution by breathing

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Your input is always welcomed.

Contact Megan at zimme857@regis.edu to send an idea or question for the newsletter.

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The Ultimate Smoothie Selector

Depending upon what you toss in them, smoothies offer a wide range of immediate heart-saving, muscle-building, brain-juicing, mood-boosting benefits. Here are the building blocks and the blueprints-all you need to do is liquefy.

Ingredients

Peanut Butter

Packed with protein, manganese, and niacin, peanuts can help stave off heart disease, and when eaten in moderation, promote weight loss.

Fat-Free Milk

All of the calcium and protein, none of the fat.

Blueberries

The huge amounts of antioxidants, such as anthocyanins, in blueberries have been shown to slow brain decline and reverse memory loss.

Low-fat Vanilla Yogurt

A cache of calcium and digestion-aiding probiotics in every scoop.

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NEW DIRECTIONS

First Thanksgiving

In 1621 the Plymouth colonists and the Wampanoag Indians shared an autumn harvest feast which is now known as Thanksgiving. While cooking methods and table etiquette have changed as the holiday has evolved, the meal is still consumed today with the same spirit of celebration and overindulgence.

What Was Actually on the Menu?

What foods topped the table at the first harvest feast? Historians aren't completely certain about the full bounty, but it's safe to say the pilgrims weren't gobbling up pumpkin pie or playing with their mashed potatoes. Following is a list of the foods that were available to the colonists at the time of the 1621 feast. However, the only two items that historians know for sure were on the menu are venison and wild fowl, which are mentioned in primary sources. The most detailed description of the "First Thanksgiving" comes from Edward Winslow from *A Journal of the Pilgrims at Plymouth*, in 1621:

"Our harvest being gotten in, our governor sent four men on fowling, that so we might after a special manner rejoice together after we had gathered the fruit of our labors. They four in one day killed as much fowl as, with a little help beside, served the company almost a week. At which time, among other recreations, we exercised our arms, many of the Indians coming amongst us, and among the rest their

greatest king Massasoit, with some ninety men, whom for three days we entertained and feasted, and they went out and killed five deer, which they brought to the plantation and bestowed upon our governor, and upon the captain, and others. And although it be not always so plentiful as it was at this time with us, yet by the goodness of God, we are so far from want that we often wish you partakers of our plenty."

More Meat, Less Vegetables

Our modern Thanksgiving repast is centered around the turkey, but that certainly wasn't the case at the pilgrim's feasts. Their meals included many different meats. Vegetable dishes, one of the main components of our modern celebration, didn't really play a large part in the feast mentality of the seventeenth century. Depending on the time of year, many vegetables weren't available to the colonists.

Seventeenth Century Table Manners:

The pilgrims didn't use forks; they ate with spoons, knives, and their fingers. They wiped their hands on large cloth napkins which they also used to pick up hot morsels of food. Salt would have been on the table at the harvest feast, and people would have sprinkled it on their food. Pepper, however, was something that they used for cooking but wasn't available on the table.

In the seventeenth century, a person's social standing determined what he or she ate. The best food was placed next to the most important people. People didn't tend to sample everything that was on the table (as we do today), they just ate what was closest to them.

Serving in the seventeenth century was very different from serving today. People weren't served their meals individually. Foods were served onto the table and then people took the food from the table and ate it. All the servers had to do was move the food from the place where it was cooked onto the table.

Pilgrims didn't eat in courses as we do today. All of the different types of foods were placed on the table at the same time and people ate in any order they chose. Sometimes there were two courses, but each of them would contain both meat dishes, puddings, and sweets.

The pilgrims probably didn't have pies or anything sweet at the harvest feast. They had brought some sugar with them on the Mayflower but by the time of the feast, the supply had dwindled. Also, they didn't have an oven so pies and cakes and breads were not possible at all.

Source- <http://www.history.com/minisites/thanksgiving/viewPage?pagelid=872>

SMOOTHIES

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Raspberries

An antioxidant powerhouse bursting with fiber, manganese, and vitamin C, these berries will keep your heart & brain in top shape.

Pineapple-orange Juice

OJ has vitamin C, and pineapples contain bromelain, a cancer-inhibiting, inflammation-reducing enzyme.

Fat-free Chocolate Frozen Yogurt

Calcium, phosphorus, and none of the guilt.

Cherries

In addition to their vitamin C and fiber content, cherries have been linked to reducing arthritis pain.

Bananas

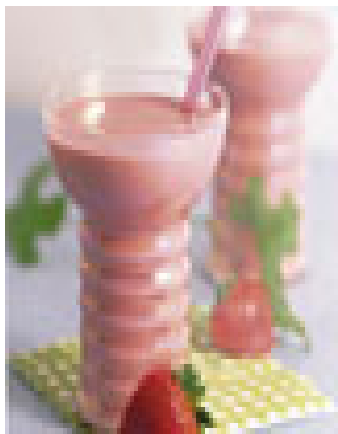
Heavy on potassium, fiber, and vitamin B, bananas do wonders for your heart and keep you full and energized.

Frozen Mangoes

To their stock of vitamins A and C, mangoes add a healthy dose of beta-carotene, which helps prevents cancer and promotes healthy skin.

Whey Protein

Its essential amino acids help pack on the muscle-making whey the best friend of athletes and gym rats.



DYING BREATHS CONTINUED

less. Air passages tighten and breathing becomes labored. Our exercising bodies are ensnared in an intractable dilemma: While working furiously to process more air to feed oxygen-hungry muscles, they simultaneously strive to protect us from that air. Our pulmonary and cardiovascular systems strain like air conditioners in an extended heat wave and eventually, inevitably, break down. Early symptoms often include wheezing, coughing, watery eyes, scratchy throat, headache, and chest pains. Other, longer-term effects are considerably more dire.

In Scotland, for instance, researchers studied 30 healthy men cycling on exercise bikes while exposed to diluted diesel exhaust. After one hour of exposure to the fumes, the cyclists developed constricted blood vessels and showed a reduction in tPA, an enzyme that breaks down blood clots in the heart. In another study 17 competitive cyclists were exposed to varying levels of ozone while exercising, their endurance decreased by approximately thirty percent, and their lung function by twenty-two percent.

Research conducted in Finland shows an even clearer connection between dirty air and heart-attack risk. Every two weeks over a six month period, scientists monitored 45 volunteers as they exercised in simulated dirty-air conditioners. Results linked both fine-particle pollution (the effluvia issuing out of smoke stacks) and the ultrafine-particle pollution (the invisible emissions from motor vehicles) with a three fold increase in the risk of ischemia, a potentially lethal shortage of oxygen reaching the heart muscle.

Perhaps most disturbing is how airborne toxins can harm us without triggering symptoms. In Southern California, for instance, researchers examined 107 fatal-accident victims,

ranging in ages from 14-25. Before their deaths, none reported breathing problems. Yet their autopsies revealed that eighty-six of the deceased (which was 80% of the study) had chronic lung disease. The message to cardio devotees: Easy breathing can confer a false sense of security.

“Healthy, active people tend to underestimate the harmful effects of polluted air, because they do not wheeze or experience chest pain.” says Henry Gong Jr., M.D., and air pollution researcher at the University of Southern California medical school. “Feeling invulnerable, they continue to exercise, putting themselves at greater risk.”

Despite the darkening diesel cloud, spiking asthma rates, and proliferation of scary studies, all the experts assure me that, on balance, I have been doing myself more good than harm with my daily run.

“By all means keep running,” Dr. Gong says, “but for goodness’ sake, stop running on that busy street. If you run just a block away, your risk will be significantly lower.”

Dr. Gong also suggests exercising early in the day, when diesel particulates, ozone, and other air pollution are at their lowest levels, or after nightfall, when traffic abates. Ozone forms when sunlight reacts with automobile and industrial emissions, so it accumulates to significant levels by about 11 a.m. and peaks at around 3 p.m. By the same token, ozone levels are significantly higher during the sunnier months.

Source—Men’s Health - John Brant

August 2006

Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon

- Doug Larson

Take care of your body. It’s the only place you have to live.

- Jim Rohn

Heart Helper Smoothie Low Fat Pumpkin Muffins

- 1 Banana
 - 1/2 cup Raspberries
 - 1 Tbsp Peanut Butter
 - 1/2 cup Nonfat chocolate frozen yogurt
 - 1 cup Fat-free milk
- Toss into a blender, add ice, blend and enjoy!



Mile High United Way Turkey Trot

When: Thursday November 22

Where: Washington Park

Costs: Children \$20.00 Adults \$30.00

More Info: www.unitedwaydenver.org/site/PageServer?pagename=EventsNews_events#turkey



- nonstick cooking spray
- 1 cup canned cooked pumpkin
- 1 cup bran cereal shreds, crushed
- 3/4 cup skim milk
- 1/3 cup light or dark corn syrup
- 2 egg white\cooked, slightly beaten
- 1-1/4 cups all purpose flour
- 1/3 cup sugar
- 2 tsp. baking powder
- 1/2 tsp. salt (necessary)

COOKING DIRECTIONS

Preheat oven to 400° F. Spray 12 2-1/2 inch muffin cups with cooking spray. Combine pumpkin and next 4 ingredients in a bowl. Combine remaining ingredients in another bowl. Add pumpkin mixture and stir until well blended. Spoon into prepared muffin cups. **Bake** 20 minutes or until toothpick inserted in center comes out clean. Cool in pan 5 minutes. Remove and cool on wire rack.

Nutritional Information

Per Serving: calories 138, fat 0.6g, calories from fat 4%, protein 3.1g, cholesterol 0.3mg

Recipe Makes: 12 servings

Colorado Events

Light Up Larimer

In mid November, organizers light up the shopping district for the holiday season downtown. Every weekend through early January becomes an extravaganza with carolers, tuba concert, ice sculpting and more. For more info: 303.685.8413

Holiday Gift & Garden Market

For Four decades, the Denver Botanic Gardens' annual holiday shopping event has featured horticultural, crafty gifts, food and beverages. For more information: 720.865.3500

Holiday Food & Gift Festival

At the Colorado Convention Center with Santa and a big model train, this Christmas shopping extravaganza feature vendors by the hundred with gourmet items, clothing, art, and pottery to name a few. For more info: 503.526.1080