



THE **Healthy** LIFE

LIVING YOUR VERY BEST AT GLENEAGLES

ISSUE 16 • NOVEMBER 2018



Spa Boutique

November 27
2:00 - 5:00 pm
Multipurpose Room

Healthy Lifestyle Lecture

November 13
4:00-5:00 pm
Multipurpose Room

The Anti-Aging Diet

November 29
3:00-5:00 pm
Multipurpose Room

Save the Date!

Nighttime Self-Care
Pop Up Shop
March 25

Call 561-495-2806 or email fitness@gleneagles.cc to register!

The Golden Chain



KAREN MIKUS
Healthy Lifestyle Director

Thomas Edison is known to have said, "Sleep is a criminal waste of time, inherited from our cave days." That would be bad news considering the fact that if we live to be 90, we would spend 32 years of our lives sleeping. Fortunately, we live in a time where science has made tremendous strides in discovering what happens during sleep and why we do need sleep.

The need for sleep goes beyond restorative function, and in this issue of *The Healthy Life* we will get to the bottom of why we need sleep, the risks associated with getting too little of it, and simple steps we can take to get more of it.

Our fluid intake and diet throughout the day plays into how we sleep at night. We have included an article from our dietitian with foods to help you sleep and foods to avoid. On-Site Physical Therapy has

included details on sleeping postures and Chef Cooper provides a tasty recipe for Seared Organic Turkey Medallions with Apple-Thyme Jus.

Understanding why we sleep is the first step to learning how to respect sleep's functions more and enjoy the health benefits it affords. Thomas Dekker, Elizabethan dramatist, had it right when he said, "Sleep is the golden chain that ties our health and our bodies together."

We are happy to see more members are returning. We look forward to another busy season at Gleneagles.

The next issue of *The Healthy Life* will be out in January. We welcome your suggestions and feedback.

Be Healthy,

Karen

Why do We Need SLEEP?

While we may not often think about why we sleep, we know that sleep makes us feel better. We are more alert, energetic, happier and function better after a good night's sleep. Is sleep then just a sort of down time when the brain is not doing much and the body is at rest? Actually, during some stages of sleep, the brain is just as active as when we are fully awake.

In the last 20 years science has made tremendous strides in discovering what happens when we sleep. Here is what we have uncovered:

As we go about our day, our brains take in an incredible amount of information that is consolidated and turned into memories at night. But it's not just the retention of facts. Essentially, the brain is processing information and it's coming up with solutions to complex problems.

There is also the way we process

emotional information. Tired brains see the world in a different way, forgetting positive experiences while remembering negative ones. Empathy and sense of humor are also affected.

During sleep, our bodies secrete hormones that help to control appetite. If you are sleep deprived, you release more of the hunger hormone ghrelin into the body. That promotes the consumption of carbohydrates and sugars, which can lead to obesity and weight gain. In addition, insufficient sleep may leave us too tired to burn off these extra calories with exercise.

A lack of sleep – especially on a regular basis – is associated with long-term health consequences, including chronic medical conditions like diabetes, high blood pressure, and heart disease.

Many of the major restorative

functions in the body like muscle growth, tissue repair, protein synthesis and growth hormone release occur primarily or entirely during sleep.

One last reason why sleep is important

There has been a long standing question about how the brain gets rid of waste since it does not have a lymphatic system. A previously unrecognized system that drains waste from the brain at a rapid clip has been discovered by neuroscientists at the University of Rochester Medical Center and published online August 15, 2012 in Science Translational Medicine.

The highly organized system acts like a series of pipes that piggyback on the brain's blood vessels, sort of a shadow plumbing system that seems to serve much the same function in the brain as the lymph system in



the rest of the body – to drain away waste product. What is also important here is the waste clearance includes amyloid-beta, a protein in the brain made all the time. It's the build-up of amyloid-beta that is thought to be one of the key steps in the development of Alzheimer disease.

The biggest surprise in these findings, with all the fluid rushing through the brain, is that it's only happening in the sleeping brain. The elegant machinery of the brain is quietly at work cleaning and maintaining this complex machine while you are comfortably nestled, head against pillow.

Integrating Sleep & Health



BRAD NOLIN
On-Site Physical
Therapy

Have you ever considered how your sleeping posture could have an effect on your health? At On-Site Physical Therapy in the Healthy Lifestyle Center, we talk to patients almost daily about their posture and the effect it has on their symptoms.

For example, if they have shoulder pain and stiffness, we usually ask if they are sleeping on that side, and often times they are and benefit from switching sides. This position can compress the shoulder joint and cause discomfort if there is arthritis or a bone spur in that shoulder.

Our patients who have low back pain or lumbar stenosis often benefit from sleeping on their back with a pillow under their knees to reduce the strain on their low back. Side sleeping with a pillow between their knees also helps maintain spinal alignment and helps many back and neck patients. Stomach sleeping tends to be the worst position for our low back patients. Patients who have neck pain will usually benefit from side sleeping or back sleeping with a medium sized pillow.

For those that have apnea, sleeping on your stomach or side can actually improve air flow and reduce the apnea. For those with reflux, sleeping on your right side can make your symptoms worse, and sleeping on your left side will reduce the symptoms due to the position of your stomach.

These are just a few tips to consider for our sleeping postures, and an individualized assessment will likely help you determine the best posture for you. If these tips don't cure your aches and pains, feel free to call or stop by our physical therapy office for an appointment. We accept Medicare and other insurance as full or partial payment. We look forward to getting you on the schedule!

ON-SITE PHYSICAL THERAPY
561-860-8710
www.on-sitept.com



DAYTIME TIPS FOR Nighttime Sleep

When you are fully awake at 3:00 in the morning, falling asleep may seem like a pipe dream.

It is possible to prioritize sleep by taking some individual control with your daytime routine as well as setting the tone in the evening to help ensure a good night sleep. Here are a few tips to follow:

⚙️ *Daytime Precautions*

Set your 'internal clock' with a consistent sleep schedule, going to bed at the same time and getting up the next morning at the same time. It also means don't oversleep on weekends putting that schedule out of kilter. This is a bit of a sacrifice but getting the benefits of sleeping every night is worth it. If you must

nap during the day, it is better to keep it short, and before 5:00pm.

Diet has so much to do with sleeping. You will find an article that addresses how to eat during the day to sleep well at night on page 6.

🕒 *Your Bedroom should be a Sleep-Inducing Environment*

The bedroom shouldn't be too warm. Part of the initiation of sleep is a slight drop in core body temperature. If the room is too warm, you can't lose that body heat, which means it is more difficult to go to sleep. At least one half hour before you want to go to bed, get into a sleep state, turn off the television and social media. Light reading is a good way to

relax. Block out all light and noise as best as you can.

🌸 *Exercise Early*

Exercise helps promote restful sleep, try to finish exercising at least three hours before bed

🕒 *Don't be a Clock-Watcher*

Staring at a clock in your bedroom, either when you are trying to fall asleep or when you wake in the middle of the night, can actually increase stress, making it harder to fall asleep. Turn your clock's face away. In about 20 minutes if you still can't sleep, get up and engage in a quiet, restful activity such as reading or listening to music. Hopefully, your eyelids will start to droop and you can return to bed to sleep.

Rest Up for a Better Game

If a golfer or tennis player does not get sufficient sleep, it is almost certainly going to have a negative impact on their game. Even small amounts of fatigue can significantly reduce reaction time and degrade athletic performance. The reduction in reaction does not just affect performance and play; it also puts the athlete at greater risk of injury.

A person who is sufficiently well-rested will not waste any resources on staying awake or straining to stay focus and alert. The focus will be on performance on your game.

If you have a golf or tennis lesson, make sure to get a good night's rest afterward to help process the new information and commit it to memory.

Spotlight on... Lynda Edwards, Certified Personal Trainer

Lynda Edwards, personal trainer and medical exercise specialist, knows the value of a good night's sleep. Lynda enjoys walking, spinning, golf and yoga as her fitness regimen. To balance her work life, exercise, eating healthy and the rest of her hectic schedule, Lynda uses meditation, affirmations and silence to help calm her mind in the evening to settle in for rest.

Lynda is ACE (American Council on Exercise) and NASM (National

Academy of Sports Medicine) certified. She also teaches Cycle, Sit to be Fit, Power Plate and TRX. Lynda feels her degree in social work helps her incorporate training skills she can use to help her clients focus on reaching their training goals.

Living a healthy lifestyle is important to Lynda. Her belief is that sleep plays an important role in her physical and mental health and well-being. She likes a full eight hours of sleep every night.





DR. LILLIAN
CRAGGS-DINO
Dietician DHA,
RDN, LDN, CLT

Diet & Sleep

Sleep is critical for good health and healthy weight maintenance. Did you know that poor sleep leads to adverse changes in leptin and ghrelin levels? Leptin and ghrelin are both hormones that are intricately involved with regulation of hunger, appetite, metabolism and calorie expenditure. During sleep, leptin levels increase and ghrelin levels decrease, and this is a good thing since they keep your brain from triggering hunger so you can get a restful night. But sleep deprivation decreases leptin and increases ghrelin, and as a result, feelings of hunger with a sluggish metabolism and possible weight gain are the result.

There are foods that can help you fall asleep and get a restful night, while others can leave you tossing and turning. Foods that contain the amino acid called tryptophan and foods that naturally have melatonin can help promote sleep. Also, foods that contain potassium and magnesium, natural muscle relaxants, can help you get into blissful rest.

Foods high in tryptophan include turkey, beef, milk, eggs, soy, seeds, and cheese. See chart on page 7 for amounts. Having a warm glass of milk just prior to bed to help you sleep is not just an old wives' tale. There is a bit of truth in it since the tryptophan found in milk also helps you produce serotonin to stabilize mood and promote feelings

of calm and happiness. We need approximately 5 mg/kg/day. For example, if you weigh 150 lbs (68.2 kg), you need 341 grams of tryptophan per day.

Some fruits and vegetables are also natural sleep-enhancers. Walnuts and tart cherries are found to contain natural melatonin, while bananas, sweet potatoes, and papayas contain potassium and magnesium. Include these foods as part of your dinner and evening snack to prepare you for a good night's sleep.

It just makes sense to avoid foods with stimulants such as caffeine as you approach bedtime. Coffee, black and green tea, dark chocolate, colas, and other beverages with caffeine should be avoided. Alcohol should also be avoided since while it may appear to have a calming effect, alcohol is dehydrating and may cause you to wake up for a drink of water. A decaf valerian tea with chamomile would be a better choice to cause the feelings of drowsiness, promote rest and give a better quality of sleep.

Avoiding heavily spicy and fatty foods as you get closer to bedtime are recommended as these can keep you awake as your body works hard to digest these foods. Influencing your ability to sleep through food and having better quality sleep is something we can all do to enhance our health, both body and mind.

What's In Season



SWEET POTATOES:

have a lower glycemic index than white potatoes (which prevents a sharp spike in your blood sugar) and

are packed with nutrients. They contain a good amount of fiber as well as Vitamin A, Vitamin C, riboflavin, phosphorus, Vitamin E, Vitamin K, calcium and iron. Sweet potatoes also contain beta carotene, a powerful antioxidant.



SPINACH: a good source of Dietary Fiber, Niacin, Zinc, phosphorus, vitamin B1, zinc, protein, Vitamin B6, B9 and E, Omega 3

fatty acids, pantothenic acid, selenium, potassium, copper, manganese, and folate. It contains high amounts of carotenoids, Vitamin C, Vitamin K, folic acid, iron and calcium. It is an extremely nutrient-rich vegetable.

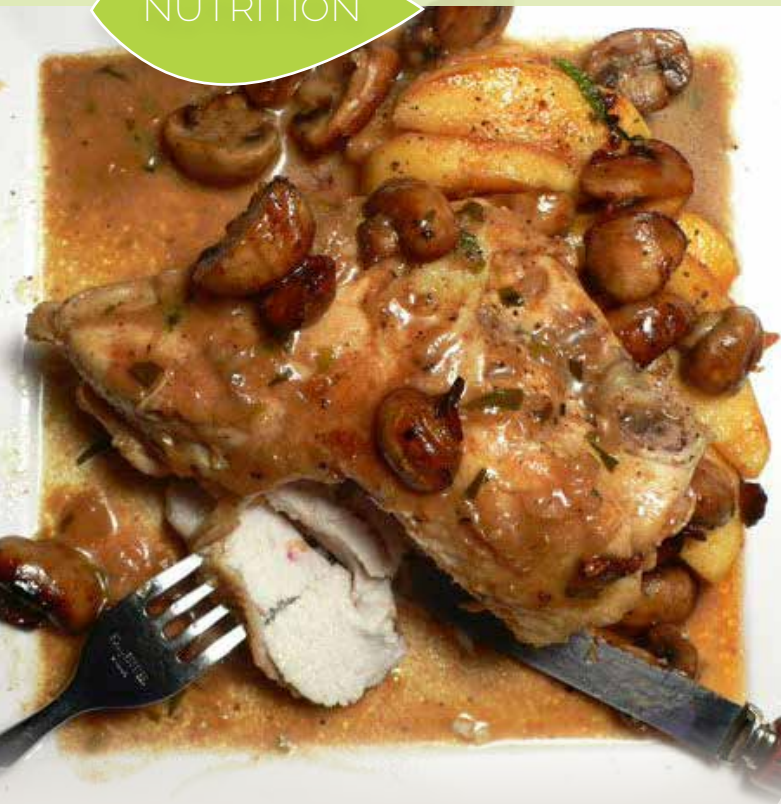


Member Spotlight: GEORGE VERDAGUER

"I'm extremely proud to be a part of the Healthy Lifestyle Committee this year and an active member of our new facility. This is a big part of my daily activity which is presently supporting me through my cancer treatments in maintaining a balance of mind and body. Our class instructors are non-intimidating and extremely supportive in allowing us to participate at our own levels. I think we are very fortunate that the HLC staff are so considerate and enthusiastic in providing us suggestions and answers to our questions on how to use a piece of equipment. A key area for me is also is to get the proper rest and sleep to balance out my energy for health treatments and workouts. It's time to *live large and be happy.*"

Tryptophan in Foods

3 oz beef tenderloin	353 mg
3 oz turkey	343 mg
1 cup nonfat milk	510 mg
1 oz soy protein	695 mg
1 cup egg white	673 mg
1 cup pumpkin seeds	743 mg
1 cup low fat mozzarella	754 mg



Seared Organic Turkey Medallions with Apple-Thyme Jus

Ahhhh the fall, it used to be my favorite time of the year, crisp air, the beautiful foliage and the abundance of fall harvest products. But, I'll take the Florida sunshine anytime! What better way to bring in the autumn than a fresh turkey dinner that's light and crisp on the palate.

I am looking forward to an exciting season here at Gleneagles Country Club.

Bon Appetit,

Chef Cooper



SCOTT
COOPER
Executive
Chef

Per Serving

273 calories, 9 g fat, 12 g total carbohydrate, 34 g protein, 906 mg sodium, 70 mg cholesterol.

Turkey Medallions *Yields 10 servings*

- 1.5 oz kosher salt
- 1.5 oz dry mustard
- 1 t fresh ground pepper
- 1 t dried thyme
- 1 t dried oregano
- 1 t ground coriander
- 1 t ground celery seeds
- 2 lbs fresh turkey medallions, 2 oz each
- 6 oz all purpose flour
- 2 oz peanut oil

Combine the ingredients for the spice mix. Dredge the turkey medallions in the spice mix, then flour. Heat peanut oil in a sauté pan. Add medallions and sauté until golden brown on both sides. Remove medallions from the pan and keep warm.

Apple-Thyme Jus

- 1 clove minced garlic
- 1 cup of button mushrooms cut in half.
- 2 T Dried Cranberries
- 2T minced shallots
- ½ cup chicken stock
- 12 oz granny smith apples, peeled & diced
- 1 oz dry sherry
- ½ cup beef stock
- 2 T chopped thyme
- Salt & pepper to taste

In a medium saucepan, sweat mushrooms, garlic and shallots in the chicken stock until almost dry. Add the apples and sweat until the moisture is released. Continue cooking until the moisture has almost completely evaporated. Deglaze with the sherry. Add the beef stock, thyme and cranberries. Simmer until a sauce texture develops, about 15 minutes. Season with the salt and pepper. Keep hot. Place hot turkey medallions on plate top with apple jus. This dish goes well with wild rice or roasted potatoes.