

HEALTH MATTERS

Be your best while beating stress!

Last week was a blast for me! One of those weeks that you wish could go on and on. Everyday there was something new and exciting. A few of the more noteworthy things I participated in were Start Making A Reader Today at Irvington Elementary and a charity bowling game, "Soul Bowl", to benefit Big Brothers, Big Sisters mentorship program. Both are great volunteer activities that have a great impact on our youth. You should look into one or both. And at the end of the week, a campaign for projecting a positive and realistic image of beauty; different women of all shapes, sizes, and colors which will be on display at Fez Studio in northwest Portland in the next couple of months. Stay tuned for that. Everything was fun and great, but you may notice that if your schedule is crammed, even with fun things, there is a certain amount of stress it adds to you mentally and physically. I was 100 percent sure that there was some way I could have had more energy and feel less stress. Of course there is! It seems like to reach your highest level of physical and mental health and beauty, it always lead back to the food we put in our bodies. The food we eat has an effect on everything we do- including stress! So Reach for these items next time you're feeling under pressure, under the weather, or just too close to that breaking point. Munching on these stress-free foods will help pull you back into the game.



FAB LIVING

W/ REBEKAH STAR

Oranges

A German study in Psychopharmacology found that vitamin C helps reduce stress and return blood pressure and cortisol to normal levels after a stressful situation. Vitamin C is also well-known for boosting your immune system.

Sweet Potatoes

Sweet potatoes can be particularly stress-reducing because they can satisfy the urge you get for carbohydrates and sweets when you are under a great deal of stress. They are packed full of beta-carotene and other vitamins, and the fiber helps your body to process the carbohydrates in a slow and steady manner.

Dried Apricots

Apricots are rich in magnesium, which is a stress-buster and a natural muscle relaxant as well.

Almonds, Pistachios & Walnuts

Almonds are packed with B and E vitamins, which help boost your immune system, and walnuts and pistachios help lower blood pressure.

Turkey

Turkey contains an amino acid called L-tryptophan. This amino acid triggers the release of serotonin, which is a feel-good brain chemical. This is the reason why many people who eat turkey feel relaxed, or even tired, after eating it. L-Tryptophan has a documented calming effect.

Spinach

A deficiency in magnesium can cause migraine headaches and a feeling of fatigue. One cup of spinach provides 40 percent of your daily needs for magnesium.

Salmon

Diets high in omega-3 fatty acids protect against heart disease. A study from Diabetes & Metabolism found that omega-3s keep the stress hormones cortisol and adrenaline from peaking.

Avocados

The monounsaturated fats and potassium in avocados help lower blood pressure. The National Heart, Lung, and Blood Institute says that one of the best ways to lower blood pressure is to consume enough potassium (avocados have more than bananas).

Green Vegetables

Broccoli, kale, and other dark green vegetables are powerhouses of vitamins that help replenish our bodies in times of stress.

More stress-busting tips:

- Exercise regularly.
- Drink an energy shake for breakfast.
- Eat small meals throughout the day, which will keep your blood sugar stable (when blood sugar is low, mental, physical, and emotional energy decreases, and stress increases).

Looking forward to another great week and I hope you are too! Please join our Facebook page: Fab Living w/Rebekah Star where you can post comments and questions. We welcome it! Until next week- Live Fabulously!

"PULSE" a Dance Concert



Under the direction of Dana Ingram & Jenelle Yarbrough

Friday April 16th, 2010

Show starts at 8pm / Preshow Mixer with DJ 'OG' One starts at 7pm Tickets available for \$15 or \$20 at the PCPA box office and at all Ticketmaster outlets

Newmark Theater, 1111 SW Broadway, Portland, OR 97205

28th Annual Women's Day Celebration

May 22 & 23, 2010

Our Theme: "What Happens When Women Say Yes To God" Romans 12:1,2
Saturday, May 22, 2010 -- Women's Day Brunch -- 11:30 PM to 2:00 PM
Water Resource Education Center, 4600 SE Columbia Way - Vancouver, WA

TICKETS: \$15.00 per person
Call 360-828-5512 or 360-693-4566 for info / tickets

Sunday, May 23, 2010

Celebration Services

Community A. M. E. Zion Church
3605 East 13th Street - Vancouver, WA

11:00 AM Worship Service

Guest Speaker: Elder Beverly Eubanks, Pastor
Grace Covenant Fellowship Church -- Portland, OR

4:00 PM Celebration Service

Keynote Speaker:
Rev. Dr. Beverly Beeler-Petty, Pastor
Risen Faith Fellowship Church - Olympia, WA



(BIO): Reverend Dr. Charlotte Lee Beeler-Petty founded Risen Faith Fellowship Church in 1989. She is an ordained minister with the Pentecostal Assemblies of the World, Inc. and serves as District Elder with Bishop Curtis E. Montgomery, Diocesan of the Pacific Northwest District Council. She is Lay Director of the Western Region of the Pentecostal Assemblies of the World, Inc. She received her BA in Christian Education - Seattle Pacific University; MA in Counseling & Guidance - Seattle University; Honorary Doctor of Divinity - Aeon Bible College.

Health Tests for Uninsured

Free screenings offered Sunday

Nearly 140 Oregon Health & Science University's medical, nursing, dental, pharmacy and physician assistant students will provide free health screenings to uninsured men, women and children, under the guidance of OHSU faculty.

The "Health Screening Fair" on Sunday, April 18 at O'Bryant Square, downtown on Southwest Ninth Avenue and Washington Street, will be part of "Cover the Uninsured Week" at OHSU.

The event will include blood pressure and body mass index checks, medication counseling (bring prescriptions), vision and eye exams, foot exams, diabetes education and counseling, ear and hearing exams, and hygiene kits.

"As a future registered nurse, I recognize the need to understand the challenges facing underserved and uninsured individuals in my community," said Heather Hastings, fourth-year nursing student in charge of coordinating the OHSU School of Nursing's contributions to "Cover the Uninsured Week."

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