



E-Newsletter | WINTER 2021

# Wellness *focus*

TAKING COUNTY WELLNESS TO A WHOLE NEW LEVEL...  
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You have to believe in yourself when no one else does  
- that makes you a winner right there.  
Venus Williams

## COLD STOPPER *Women's Health Mag 9/2021*

The Best Ways to Stop a Cold Before It Even Starts, According to Doctors

The common cold can be harmless, however, it can take up to two weeks before you start feeling better, says Deborah S. Clements, M.D., a family physician at Northwestern Medicine Lake Forest Hospital. The exhausting symptoms of the common cold are runny nose, sore throat, cough, congestion, sneezing, mild body aches, low-grade fever and headaches. And, sometimes a cold can feel like the respiratory effects from COVID-19.

- › **Start up the humidifier:** When your nose dries out your nasal passages due to low humidity, it makes it harder to trap and eliminate the micro-bugs that settle in your sinuses, leading to a cold. "A humidifier may help to keep the mucous membranes moist. Dry mucous membranes in the nose inhibit your body's ability to trap germs as they enter your system," says Amber Tully, M.D., a family medicine physician at the Cleveland Clinic.

Get your humidifier up and running, keep it clean from breeding mold, which is another cause for cold-like symptoms.

- › **Load up on vitamin D, zinc and probiotics:** Sunshine, vitamin D is suggested at least 400 international units (IU) per day by Dr. Khan and the National Institutes of Health (NIH) suggests adults aim for 600 IUs per day. Foods containing it are salmon, beef, egg yolks, fortified milk and orange juice, cheese and mushrooms.

Zinc helps decrease the growth of viruses, says Dr. Clements. According to NIH, it also reduces the duration of and severity of symptoms right after they occur. "Although the proper dosing is unclear at this time, ...continue next page



## COLD STOPPER *...continued from p1*

studies have shown a benefit only at daily doses greater than 75 milligrams,” says Dr. Clements. It is suggested to try foods like meat, tofu, oysters and lentils, rather than a supplement.

As for probiotics, yogurt, sauerkraut and kombucha are a good source for this good bacteria. They have been known to help support your immune system. In several research studies they show far fewer colds and GI infections. Also, probiotics seem to help not only with prevention, but beneficial to shorten the amount of time and symptoms.

- › Clean hands and keep them away from eyes, nose and mouth; Keep phone disinfected; Relax and get sleep; Mark your drinking glass; Keep the face mask on; Get a flu vaccine.

Go to [Women's Health](#) to read more about Cold Stoppers.

## FIX YOUR FOCUS

*Men's Health 10/2021*

### Attention span changed during the pandemic

Gregory Scott Brown shares his experiences with patients during sessions pertaining to attention-deficit/hyperactivity disorder (ADHD). Patients are inconvenienced they have ADHD and Ritalin is their solution. A drug generally prescribed to kids with these symptoms, and the same drug abused by college students in attempt to study better is suggested by the patient thinking it will help them concentrate better with high productivity.

Brown gives an example of a mid-40's, graphic designer named Cooper. He was having issues paying attention to detail, losing focus and train of thought, along with forgetting where he put things and fidgeting while at his desk. Cooper would actually wear his house key around his neck so he wouldn't lose it. "Like many of my patients, Cooper was certain he had somehow developed ADHD as an adult and thought Ritalin would help." says Brown.

It is possible, but ADHD isn't all that common; it occurs in only 9 percent of children and 5 percent of adults. There are concern for adults who may have not been diagnosed as a kid, but more likely there is something else going on.

Checking your phone multiple times or not being able to sit and watch a whole movie does not mean a cause for concern. Structure may have a lot to do with this, especially in pandemic times.

Continue the article at [Men's Health](#).

The last 2021  
**VIRGIN PULSE QUARTER** is upon  
us and expires early December, so  
be sure to get your  
**POINTS & REWARDS!**



## UNLOCK TIGHT HIPS *Men's Health 8/2021*

Take a few minutes to loosen your hips & fix your posture

Locked up hips and tight hip flexors can cause major issues for you not only during a workout, but also throughout your day. Before giving you the solutions, let's understand why you are not feeling great. The stiffness you feel in your hips the moment you stand up from sitting on the couch for a few is not a good thing.

### Symptoms of Tight Hip Flexors

For everyday people, the tight hip flexors and locked hips lead to unstable posture and core imbalances, leading to lower back issues. Those who hit the gym can struggle with their lateral movement and the hip flexors may prevent them from getting the most out of their leg workouts.

### How to Loosen Tight Hip Flexors

Men's Health fitness director, Ebenezer Samuel, C.S.C.S., will take you through the all-in-one mobility flow to help loosen up those hip flexors and hips.

"It's a series of moves designed to open your hips, but it does more than that too," says Samuel. "The forgotten thing in the chase for mobility is that you need stability with mobility," he says. "You can't blindly chase flexibility and mobility. You won't do that here."

For more information and hip flexor and hip stretches continue the online article at [Men's Health](#).



# HEALTH & WELLNESS SAVETHE DATES

RECEIVE VIRGIN PULSE POINTS FOR ATTENDING LUNCH & LEARN WEBINARS. JOIN US VIRTUALLY AT THE HEALTH FAIR...CHECK THE INTRANET SCENE FOR MORE HEALTH & WELLNESS INFORMATION.

DATE	ACTIVITY
January 6 <sup>th</sup>	Lunch & Learn Reworks
January 16 <sup>th</sup> – 22 <sup>nd</sup>	Virgin Pulse Healthy Habit Challenge
January 18 <sup>th</sup>	Lunch & Learn Human Resources Safety Team
January 26 <sup>th</sup>	Lunch & Learn Medical Mutual of Ohio
February 3 <sup>rd</sup>	Lunch & Learn SummitArt Space
Week of February 7 <sup>th</sup>	Lose4U Program Begins YMCA
February 10 <sup>th</sup>	Hybrid Lunch & Learn Probate Court
February 20 <sup>th</sup> – 26 <sup>th</sup>	Virgin Pulse Journey's Challenge
February 24 <sup>th</sup>	Lunch & Learn Downtown Akron Partnership
March 1 <sup>st</sup>	Lunch & Learn MS Society
March 16 <sup>th</sup>	Lunch & Learn Summit Metro Parks
TBD	2022 Health Fair & Biometric Screenings

Stay connected: *Health & Wellness Google Calendar.*

## Healthy RECIPE

### Mighty Minestrone Soup

-Source: EASE@WORK



Servings: 9; Prep Time: 10-Minutes;  
Cook Time: 40-Minutes

#### Ingredients and measurements

- 6 Cups Vegetable Broth (no salt added)
- 4 Cups Chopped Cabbage
- 3 Cups Diced Carrots
- 1 Can White Kidney Beans (no salt added, drained and rinsed)
- 1 Can Diced Tomatoes or Puree (no salt added)
- ½ tsp Garlic Powder

#### Directions

Turn the stove on high heat. In a large pot, add the vegetable broth and heat until boil. Reduce heat to medium and add chopped cabbage and diced carrots, cover and simmer for about 35-minutes until vegetables are tender. Stir in the beans, tomatoes and garlic powder, adding pepper for taste. Cover and cook for 5-minutes.

#### Tips

**Time Saver:** Double recipe and store in freezer for another day.

**Get Creative:** Try adding different vegetables or cooked whole grains (i.e. green beans and whole grain pasta).

**Creamy Creation:** Add a dollop of low fat plain yogurt.

**Spice It up:** For flavour and some heat, add a pinch of dried chili flakes, pepper and any of your favorite herbs, like an Italian Spice Mix.

[Click here for online recipe details](#)



## LOCAL ACTIVITIES

Find activities to do around town from the Hiking Spree with Summit Metro Parks to Story Time with the Akron-Summit Public Library.

Visit their websites to get more information:

**Akron-Summit Public Library**  
[services.akronlibrary.org/events](http://services.akronlibrary.org/events)

**Akron/Summit Convention & Visitors Bureau**  
[www.visitakron-summit.org/visitors/what-to-do/attractions-points-of-interest](http://www.visitakron-summit.org/visitors/what-to-do/attractions-points-of-interest)

**Downtown Akron Partnership**  
[www.downtownakron.com/calendar](http://www.downtownakron.com/calendar)

**Summit Metro Parks**  
[www.summitmetroparks.org/ProgramsAndEvents.aspx](http://www.summitmetroparks.org/ProgramsAndEvents.aspx)