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Natural Eating with Lisa Kehler

Eat to feel better, physically and emotionally. Scarfing down a box of chocolates on the couch because you're sad, lonely, mad or tired just won't make sense anymore. What will make sense is figuring out what that craving and urgent need to eat and only eat is really telling you. Finding the space in the urgency to figure out what you really need to find peace again. Listen to the full podcast by Lisa Kehler, Registered Dietitian (RD), Life & Wellness Coach. Safe Harbour Therapy. SafeHarbourTherapy.com/episode-98-natural-eating-with-lisa-kehler

Acupuncture and Type 2 Diabetes

Diabetes is one of the most prevalent health problems in the world today, and the number of people who have diabetes is growing dramatically. Keeping Type 2 Diabetes under control requires a lot of daily effort and working with a team of health care professionals who care about you. Acupuncture has been shown to help improve many types of disease related to endocrine function. Research has indicated that acupuncture treatment can help to reduce fasting and after-eating blood sugar levels, increase insulin production, and reduce insulin resistance. Regular follow-up appointments can result in a better maintained morning fasting blood glucose. Dr. Priscilla Kerr, Prairie Medical Acupuncture Clinic, WinnipegAcupunctureClinic.ca

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Thyroid Disease Awareness

Thyroid health affects all aspects of wellbeing, both genders, all ages. It is estimated that 200 million people in the world have some form of thyroid disease. In Canada there is a staggering number of people affected. Recent studies indicate that 1 in 10 Canadians suffer from a thyroid condition of one type or another! Of those, as many as 50% are undiagnosed! The thyroid plays a key role maintaining healthy weight, energy, and mood. If you are experiencing weight gain (or loss), hair loss, abnormal menstrual cycles or changes in energy and mood, consider having your thyroid evaluated. Amit Thakker, @MillenniumMedicalCentre, MillenniumMedical.ca

Human Resources Strategy

Why businesses cannot afford not to have a human-focused initiative. Employee engagement is a driver of a company's success. Creating a work-life balance is a key factor for great business performance outcomes. A Human Resources Strategy focused on work-life balance is seen as a benefit to individuals and employers. Individuals report increased job satisfaction, a greater sense of job security, better physical and mental health, and reduced levels of job stress. The organization faces less absenteeism/presenteeism, lateness, and staff turnover rates. In addition, there is increased retention of valuable employees, higher employee loyalty and commitment towards the organization, improved productivity and enhanced organizational image as an employer of choice. Laura Kusko, HashtagBalance.ca

Three Tips to Boost Focus

1. Practice Mindful Journaling: set aside time every day to write down how you are feeling right now, sensations you feel, and why you are feeling the way you are. Do this without judgement and be kind to yourself. **2. Practice Gratitude:** every day tell a family member or colleague three things you are grateful for – your overall positivity will skyrocket after one month. **3. Try Uni-tasking.** That is, focus only on one thing at a time. Want more tips? Check out our full **Guide to Mindfulness at Work** at WellnessWorksCanada.ca.
Victoria Grainger

June Brain Teasers

- 1) What occurs once in a second, once in a minute, twice in a millennium, but never during a lifetime?
- 2) Fill in the blanks: A E F H I K L M -- -- -- W X Y Z.
- 3) What fruit has its seeds on the outside?
- 4) If 11 plus two equals one, what does nine plus five equal?

Employee Conflict?
High Staff Turnover?
Low Engagement?

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Exercise & Our Brain

We are programmed to be movers. Our physical movements can directly influence our ability to learn, think, and remember. Our physical movements call upon some of the same neurons used for reading, writing and math. The relationship between food, physical activity, and learning is hardwired into the brain's circuitry. The full impact of our lack of movement is just becoming known. We may have literally programmed movement out of our lives with today's technology-driven society. The sedentary character of our lives is a disruption of our nature, and one of the biggest threats to our continued survival. *St. Raphael Wellness Centre, srwc-mb.ca*

The Connection Between Lack of Exercise and the Brain
Exercise increases the level of Serotonin, Norepinephrine, and Dopamine – neurotransmitters that impact our thoughts and emotions. However, it is not well known that toxic levels of stress erode the connections between billions of nerve cells in the brain. Chronic depression also shrinks certain areas of the brain. Conversely, exercise can unleash neurochemicals and growth factors that can reverse this process. Moving our muscles produces proteins that travel through the bloodstream and into the brain. The brain responds like muscles do - by growing with use, and enhancing brain function.

The Connection Between Depression and Exercise
According to the **World Health Organization** depression is the leading cause of disability in Canada, ahead of coronary heart disease, any given cancer and AIDS. Research has shown that depression is caused by a deficit in three neurotransmitters - Serotonin, Norepinephrine. Current research is centered in trying to reverse that deficit with medication and/or exercise. Pain is related to depression. Endorphins, stress hormones calm the brain and relieve muscle pain. In Britain, doctors now use exercise as a first-line treatment for depression. In addition to elevating your mood when you exercise, you feel good about yourself.

Exercise, the Brain and Addiction Eighty percent of Individuals suffering from substance abuse also have a secondary diagnosis of depression and anxiety disorder. Individuals describe themselves as "feeling numb". Natural forms of stimulation are "boring" against the vivid experience of the drug. As tolerance develops, it takes more and more of the drug to have the same initial intense "feeling." Exercise increases the release of dopamine and endorphins produced by the body, and can have the same effect of a drug, producing a "natural high." Many treatment centres now include exercise as an integral part of their programs.

Gender Differences on Exercises Effect on the Brain After adolescence, hormone levels remain relatively stable in men. However, for women they fluctuate like clockwork. Exercise is particularly important for woman as it tones down the negative consequences of hormonal changes, and for others enhances the positive. During pregnancy, exercise has been found to reduce nausea fatigue and joint and muscle pain. Studies suggest mothers who are fit have a lower incidence of post-partum depression. Overall exercise balances the system on a monthly basis as well as each stage of life, including pregnancy and menopause. *St. Raphael Wellness Centre, srwc-mb.ca*

Impact of our Lack of Exercise The evidence is all around us throughout the developed world. The rise of obesity and type 2 diabetes in our populations, – once a problem of middle age is now epidemic among children. These are preventable diseases that stem from inactivity and poor nutrition. Science is now able to determine that inactivity is physically shriveling our brains. Our culture treats the mind and body as if they are separate entities. What neuroscientists have discovered in the past five years is a riveting picture of the biological relationship between the body, the brain and the mind. *St. Raphael Wellness Centre, srwc-mb.ca*

The St. Raphael Wellness Centre is a unique, welcoming, recovery-oriented community, accompanying individuals, families and friends affected by substance abuse in their journey toward recovery. We offer group, individual, couples, and family counselling and education programs during the day and evening. *srwc-mb-ca*

Words to Live By

"Great things are not done by impulse, but by a series of small things brought together." ~ *Vincent van Gogh*

June Brain Teaser Answers

- 1) The letter N. 2) N, T, V are the missing letters; the sequence contains letters that only have straight lines. 3) Strawberries 4) 9 a.m. plus five hours = 2 p.m.

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