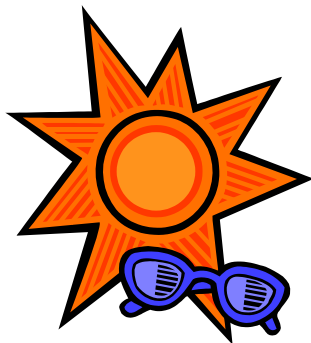


Parish Nurse Newsletter

Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well. 3 John 2

June, 2010 Elmhurst Christian Reformed Church 630.600-5034 parishnurse@elmhurstcrc.org

“For everything there is a season”



Staying Hydrated and Cool

--Drink plenty of water or other fluids at frequent intervals throughout the day, and don't wait until you are perspiring or feeling thirsty. By that time, your body is already dehydrated, requiring that you consume even more fluid in addition to what is being lost.

--Water is best for keeping hydrated, but fluids with electrolytes (e.g., Gatorade) work well too, especially during exercise, as their sodium content helps keep fluids in your body longer and encourages you to continue to drink fluids.

--Fruit juices, soft drinks, and energy drinks do offer some hydration, but they are often high in sugar, which slows absorption of water in the body.

--Beverages containing caffeine and alcohol should be avoided, as they can act as natural diuretics, and in excess, can lead to further dehydration.

--While there is no consensus on how much water/fluid to drink, a basic rule-of-thumb is around eight to ten 8-ounce glasses per day. People with heart, liver, or kidney disease should consult with their physician on how much fluid they should consume on a daily basis.

--Avoid excessive direct exposure to the sun if possible, especially during the mid-day hours, usually between 10 a.m. and 3 p.m.

--Wear loose, light-colored clothing, as tight, dark-colored clothing retains heat.

Here's to a happy, blessed, and safe summer for everyone!

By Dr. Grady Wick, member of Elmhurst Christian Reformed Church



The 6 P's of Summer Safety

- *Protect* your body by drinking plenty of water
- *Protect* your skin/eyes from sun with sun screen, hats and sun glasses
- *Protect* your skin from bugs with bug sprays and careful examination after hikes in the woods
- *Practice* water safety rules and adjust for different locations and activities – pool, lake, ocean, river, jet skiing, water skiing, joy riding, snorkeling, scuba diving - see www.redcross.org
- *Prepare* and keep picnic food at proper temperatures
- *Prepare* for emergencies by knowing in advance how to react

Be Sensible about Salt



Here are a few rules we follow that can help you lose your own salt tooth.

1. **Use fresh ingredients over processed whenever you can.**
You'll save umpteen milligrams of sodium by making your own sauces and soups, and simmering dried beans until soft (rather than opening a can). Yes, it's a time commitment, but if you're serious about salt reduction it's time well spent. Make these staples more convenient by cooking them in big batches, and freezing in single-serving portions for later use.
2. **Choose convenience foods wisely.**
Opt for frozen (unsauced) vegetables over canned—and when you can't, seek out low or reduced-sodium varieties. Rinse the foods in a colander before using to get rid of some of the salt. Cut back or

eliminate additional salt in a recipe that calls for canned goods.

3. **Don't add it if you can't taste it.**
As a rule, we don't add salt to boiling water for pasta or potatoes in our kitchens. We prefer to add salt to a dish when its impact will be strongest—usually at the end of cooking. A little salt goes a longer way if it's sprinkled on a food just before serving; you'll taste it in every bite.
4. **Measure, measure.** We always use measuring spoons when adding salt to be sure we're not overdoing it. Even if a recipe calls for a "pinch" or to "salt to taste," measure what you are adding, using a small amount (say, 1/8th teaspoon) at a time and tasting as you go.
5. **Distract your palate.** Acidic flavorings like lemon or lime juice and vinegar can help bring out a food's inherent savoriness, helping you reduce or even eliminate salt. Or, try a sprinkle of fresh grated lemon zest, chopped fresh or dried herbs, garlic or shallots; while not always a perfect replacement for salt, they can help ease the transition to lower-salt cooking by waking up other flavors. Get creative with seasoning blends, found in any spice aisle; just make sure they're labeled "salt-free." We like lemon pepper, poultry seasoning and salt-free herb blends like Mrs. Dash. (We don't recommend potassium-chloride-based salt substitutes, which taste "off" to our palates.)
6. **Boost vegetable flavors naturally.**
Because many vegetables have flavors our palates perceive as bitter, they tend to be a target for lots of added salt in recipes. Instead of reaching for the salt shaker to counteract bitterness, roast or grill your vegetables to help bring out their own natural sweetness and give them a nice caramelized exterior.

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