

Health 411

Diseases of the soul are more dangerous and more numerous than those of the body. ~Cicero

A Quarterly Newsletter

Issue 1 - June 2011

Recipe Corner

Dark-Roux Shrimp with Rice

- 2 tablespoons canola oil
- 2 tablespoons all-purpose flour
- 1 medium onion, finely chopped
- 1 medium green bell pepper
- 1 medium red bell peeper
- 1/2 teaspoon dried thyme
- 2 dried bay leaves
- 1 pinch of cayenne
- 1 cup brown rice

1 pound raw shrimp, thawed & peeled

Per your taste, season with:
spike/ garlic powder/ mrs dash/
NutraSalt- spicy cajun

Large skillet wit lid

Directions:

Heat oil, then stir in flour. Cook until dark brown, be sure to stir constantly. Next add onion, bell peppers, & celery. Cook until the onions are soft, stir frequently. Stir in first 1 1/4 cup of water, thyme, bay leaves, cayenne and season to taste with recommended

additional seasonings. Let simmer for 15 - 20 mins in a covered skillet.

Meanwhile, cook cup of rice per package directions.

Stir in shrimp, allow to cook until pink, stir frequently.

reprinted from The American Heart Association Soul Food Cookbook



Seasoning Alternatives

The following list of seasonings can be found at any local grocery store, Whole Foods, or ordered on-line.

Each seasoning comes in a variety of different blends, including low sodium or salt free options

McCormick Perfect Pinch
www.perfectpinch.com

NutraSalt Spicy Cajun
www.nutrasalt.com

this is a low sodium seasoning
Mrs Dash
www.mrsdash.com

Spike Seasoning
www.spike-it-up.com



...ve You Want

by Harville Hendrix, Ph.D.

Self Help/Healing

Healing Sex: A Mind Body Approach to Healing Sexual Trauma by Staci Haines

Fiction

The Girl with the Dragon Tattoo by Stieg Larsson

Non-Fiction

Dreaming Me: Black, Baptist & Buddhist - One Woman's Spiritual Journey by Janice Dean Willis

Children/Youth

The Three Silver Coins by Tashi Daknewa

Are You Ready?

This past year has been quite the environmental rollercoaster. Earthquakes that have devastated countries. Tsunamis, partial nuclear meltdown, snow storms that have shut down major highways leaving hundreds stranded on the roadway. Although we can not always know what is going to happen there are basic precautions that we can take. Every house and car should have an emergency kit. An emergency kit should include:

- Water (one gallon of water per person per day for at least three day) and a bottle of chlorine bleach (bleach when diluted nine parts water to one part bleach can be used as a disinfectant and one gallon of water can be purified with 16 drops (use medicine dropper only) of bleach); for your car just leave a case of bottled water in the trunk;
- Food (at least three days of non-perishable food such as ready to eat canned fruits, meats, & low sodium vegetables. Nuts, crackers, peanut butter, protein/ fruit bars);
- Battery-powered radio and cell phone or two way radio;
- Flashlight with extra batteries;
- Whistle (to signal for help);
- Dust mask or cotton t-shirt;
- First aid kit (2 pairs of sterile gloves, sterile dressing/ gauze, soap & antibiotic towelettes to disinfect, burn ointment, antibiotic ointment, eye wash, thermometer, medicine dropper, first aid book, pain reliever, anti-diarrhea medication, antacid, adhesive bandages, scissors, tweezers);
- garbage bags with plastic ties for personal sanitation and plenty of moist towelettes;
- matches in a waterproof container/ ziploc bag and a signal flare;
- one complete change of warm clothing, shoes and sleeping bag or blanket per person in the house;
- tent or plastic sheeting and duct tape to shelter in place;
- paper towel, paper plates, plasticware, can opener;
- paper, pencil/ pen;
- personal and feminine hygiene items;

Every family has its own particular needs that should be taken into account when making an emergency kit. If you have pets they will need food and water too. If you have children they will need things to help distract them and keep them busy as well as diapers/ pull ups, baby food, etc. Also take into consideration the needs of the disabled and elderly if they are also in your care. For more information you can visit www.ready.gov or <http://bepreparedcalifornia.ca.gov>

teens



Self-Esteem & Body Image

Self-esteem is all about how much people value themselves, the pride they feel in themselves, and how worthwhile they feel. Body image is how a person feels about his or her own appearance.

What Influences a Person's Self-Esteem?

Puberty

The changes that come with puberty can affect how both girls and guys feel about themselves. Some girls may feel uncomfortable or embarrassed about their maturing bodies. Others may wish that they were developing faster. Girls may feel pressure to be thin but guys may feel like they don't look big or muscular enough. People also may experience negative comments and hurtful teasing about the way they look from classmates and peers. Sometimes racial, ethnic and sexuality prejudice is the source of such comments. Although these often come from ignorance, they can negatively affect a person's self-esteem and body image.

Outside/Inside Influences

Family life can sometimes influence self-esteem. Parents, teachers, and other authority figures influence the ideas we develop about ourselves. If parents spend more time criticizing than praising a child, it can be harder to develop good self-esteem. Because teens are still forming their own values and beliefs, it's easy to build self-image around what a parent, coach, or other person says. It's not just family, or puberty that can affect someone's self-esteem. Other factors like unrealistic media images and negative self talk also can play a role. Some people have an "inner critic," a voice that seems to find fault with everything they do. Sometimes teens unintentionally model their inner voice after a critical parent or someone whose opinion is important to them. Over time listening to a negative inner voice can harm a person's self-esteem just as much as if the criticism were coming from another

person. Some people get so used to their inner critic being there that they don't even notice when they are putting themselves down.

Unrealistic expectations can also affect self-esteem no matter how old you are. People can have an image of who they want to be or who they think they should be. Everyone's image of the ideal person is different. For example, some people admire athletic skills, while others admire academic skills, another group of individuals may admire social skills. When people don't see themselves having the qualities that they admire in others are at risk for developing low self-esteem. Unfortunately, individuals who do have low self-esteem often miss the qualities in themselves that he or she admires in others because their self-image is trained on what he or she doesn't have.

Where to go for help?

Everyone even adults need a "safety person", a trusted adult whom they can talk to when life becomes overwhelming. A safety person is an adult who you trust and who will be honest with you, will not judge you, and who will help support you in making the best decision for yourself.

Information is from www.teenhealth.org

Helpful Teen Resources

www.teenhealth.org

www.teenhealthfx.com

www.youthembassy.com

www.teengrowth.com

www.iwannaknow.org