



Sea Salt VS. Regular Salt

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The Challenge

"Let others lead small lives, but not you.

Let others argue over small things, but not you.

Let others cry over small hurts, but not you.

Let others leave their future in someone else's hands, but not you."

Taken from,
The Treasury of Quotes,
by Jim Rohn

Which salt is healthier for you, and your diet? Regular salt (sodium chloride), such as Morton's table salt is a mined salt which is refined. What does refined mean? Refined salt is salt that is bleached after it is scraped from the mines. The bleaching process is performed to eradicate the unfavorable color and tastes that would be associated with the natural environment of a mine. The bleaching process also purifies the salt; however, during this process all minerals and supplements such as potassium are removed. Sea salt on the



other hand, is obtained through the natural process of sea water evaporation. There are no chemicals involved in this process so the salt retains its supplements, such as potassium, and its natural minerals. Why is this important? Sea salt is about 95% sodium chloride, 4% potassium chloride, and 1% consisting of over 50 other minerals and trace elements. Why is your salt choice important? If you are on a controlled potassium diet, your intake of sea salt needs to be regulated. If you need extra potassium, then sea salt is the better choice. If you have high blood pressure (hypertension), then re-

searchers would advocate that you use sea salt since it has less of an effect on blood pressure in the body. In either case, we get a lot of sodium in our diet, especially through processed foods, restaurants, and probably most of all through frozen dinners. Keep in mind that salt is a natural substance that our bodies need to maintain equilibrium or balance in our cellular make-up. If our sodium is too low or too high we can have stroke-like symptoms, or get dehydrated. So, "to salt or not to salt," that is the question.



Dandelions, A Healthy Weed?

Who would have thought that you could actually eat a dandelion? Here in America we are incessantly cutting them down or spraying them with weed repellent to make our yards look clean and prim. In other parts of the world many utilize this weed for medicinal purposes. The Chinese use this weed for liver tonics, and in the Middle Ages Arab Physicians used dandelions as eye and stomach remedies. Today, cooks all over the world use this 'wild vegetable' for numerous dishes and desserts. The dandelion can be consumed in a variety of ways. It can be fried, it can be made into teas, tonics, and even wines. Even the leaves of a dandelion can be consumed once cooked on their own or with water for 10-15 minutes. Dandelions are natu-

rally earth's detoxifier. They have been proven to detoxify the liver and the kidneys. Dandelions can even assist with the treatment of arthritis, colds, diabetes, and rheumatism. What weed do you know can do all that? Luckily these weeds can be found year-round in markets, and can be picked in the early spring time. They are also chock-full of vitamin A, B complex, C and D. Dandelions are also rich in minerals such as: iron, potassium, and zinc. Try a recipe for dandelion soup out of the "Country-side & Small Stock Journal."



"Dandelion & Lentil Soup Recipe"

"Serves 10-12"

1 cup lentils, rinsed
9 cups water
4 tablespoons cooking oil
2 medium onions, chopped
2 cloves garlic, crushed
1 small hot pepper, finely chopped
4 tablespoons chopped coriander leaves
1 bunch of dandelion (1 pound)
Thoroughly washed and chopped
1/2 cup lemon juice
2 teaspoons salt
1 teaspoon pepper
1-1/2 teaspoons cumin
Place lentils and water in a saucepan then bring to a boil. Cover then cook over medium heat for 30 minutes. In the meantime, heat oil in a frying pan, then sauté onions, garlic, and hot pepper for 10 minutes over medium heat. Add the frying pan contents to lentils, then stir in remaining ingredients and bring to a boil. Cover and cook over medium heat for 30 minutes, serve hot.

"Dandelion." University of Maryland Medical Center. University of Maryland Medical Center, 01 01 2011. Web. 13 May 2011. <http://www.umm.edu/med/urc/articles/dandelion-000236.htm>

Sillium, Hbeeb. "The Dandelion, A Healthy Gourmet Weed." Countryside & Small Stock Journal. 94.3 (2010): 31-34. Print.

I'm Falling, I'm Falling...

Unfortunately the result of a fall is not welcomed as the age old song, "I'm falling in love with you." Just like the chicken and egg scenario, did the fall cause the hip fracture or did the hip fracture cause the fall? In the year 2009, according to statistics from the Center for Disease Control, "more than 2.2 million seniors were involved in a non-fatal fall," (CDC website, 2008). That's one in three people over the age of 65 that had fallen. That fact is both staggering and sobering. Over a half million of these fall-related incidents end up in a hospital admission. Injuries related to falls are often debilitating, both physically and psychologically and often increase the risk of an injury-related death due to head injury or hip fracture. Once a person falls, there is an increased chance that they will fall again; if they don't, they will be very concerned and afraid that they will. Let's look at some statistics relating to falls amongst seniors: Most falls occur in one's own home, most often in the bathroom, bedroom, kitchen or where steps are involved. Most

falls involve sudden or chronic weakness in one or both lower extremities, slippery floors, poor vision, loss of balance, rugs or tripping over something. Traumatic Brain Injury (TBI), often results from an injury due to a fall. This injury may not be diagnosed immediately, like Subarachnoid Hematoma, but when caught can often be too late since the brain suffered permanent damage. **Who is most affected by a fall?** Everyone in the family will be affected. Family members will be burdened with worry and fear. Some family members may even take action to prevent further falls by moving their loved one into a nursing home. Unfortunately, individuals fall in health care facilities, like: nursing homes, hospitals, or any other type of healthcare facility; so nowhere is totally safe. **What can you do to protect yourself from falling?** Have grab bars installed in the shower, tub and other areas of the bathroom as well as throughout the house and garage. Make sure all floors are clear of water, spills and other items that can be-

come loose or can be hazardous. It is smart to have your vision checked annually. Poor depth and peripheral vision can contribute to falls. Be sure to take calcium supplements to help strengthen bones. Having monitoring/call system installed in your home can help you contact an EMT in case of emergencies. Don't risk further injuries incurred by falls without first being checked out. Get a caregiver to help with morning cares and evening cares. If you do that now, you can stay in your home that much longer. Have a Professional Care Manager come in and assess your risks for falls. A few dollars spent now will save you many dollars in the future.

Be safe.

"IF YOU DO A GREAT JOB AND GIVE YOUR CUSTOMERS GREAT SERVICE, YOU WILL HAVE LOYAL CUSTOMERS. IF YOU DON'T DO A GREAT JOB AND DO NOT GIVE GREAT SERVICE, YOU WILL HAVE COMPETITORS."



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EXERCISES FOR THE HEART & BODY



Do you want to exercise but it is too hot or too cold outside? There are some simple indoor exercises that you can do in order to maintain your strength, flexibility, balance, and keep your heart healthy. For better flexibility and to warm up your body, begin making circles with your arms stretched out to the sides. Start slowly and you will begin to feel your upper body loosening up. Next, sit down and extend your knee straight out. Then pump your ankle up and down to stretch out your leg muscles. To build strength move to your kitchen counter and begin to do knee bends. Do as many as you feel comfortable doing and then rest. The next exercise will be the 'sit-to-stand'. Simply sit down in a chair and then stand up. Again, do as many of these exercises as you feel comfortable doing, being sure not to over extend or

over exert yourself. Once you have completed these exercises stand up to your kitchen counter again and go up on your toes and then down. Do these exercises as long as you comfortably can. Then march in place raising your knees to a comfortable level. Performing all of these exercises will strengthen your body and allow you to be more flexible. The last exercise to perform is the side, front, and back toe tap. Standing with your feet together take one foot and tap at a comfortable distance in front of you, then to the side of you, then to a position behind you and then bring your foot back to the starting position. Doing all of the above



mentioned activities should prove to benefit your body and be sure not to over extend or over exert yourself. This exercise is good for balance. When performing these exercises be sure to have a chair or a counter near you in order to prevent falls or possible injury. Do these exercises slowly and at a comfortable pace. Once these exercises are completed go for a brisk walk at your local mall. Be sure to check with your health professional before doing these exercises or starting any health program.

Hareyan, Armen. "Simple Indoor Exercises Help Older People Stay Fit in Winter." *Exam Health* (2010): 1. Web. 3 May 2011.
< <http://www.emaxhealth.com/43/1138.html> >.