



April is Alcohol Awareness Month

Do you feel low-energy? Do you find yourself feeling down or struggling with insomnia? Do you have difficulty focusing? If you said “yes” to any of these questions, it could be folate deficiency, which can be a side-effect from drinking alcohol.

April is “Alcohol Awareness” month, and it’s time to pay attention to your drinking habits. Help raise your awareness of drinking by joining in the “Alcohol Free Weekend”, April 4th – 6th. Anyone who finds it difficult to get through the 72-hour experiment without drinking is urged to contact local [NCADD Affiliates](#), Alcoholics Anonymous (AA) and Al-Anon Family Groups to learn more about alcoholism and its early symptoms.

For anyone who drinks on a regular basis (social drinking as well as heavy drinking), you are likely to be deficient in folate. Some of the symptoms of low folate levels include irritability, mental fatigue, forgetfulness, depression, insomnia, and physical fatigue. If that sounds familiar, you can get more folate by adding lentils to your diet.

If you don’t like lentils, you can find plenty of folate in romaine lettuce, spinach, asparagus, turnip greens, mustard greens, parsley, collard greens, broccoli, cauliflower, and beets.

Health in the Headlines

“ADHD makes you different, not defective” says actress Wendy Davis, who has been in the news lately sharing her story of life with ADHD. Her message to others with ADHD or ADD is “You’re NOT stupid, broken or disordered. Celebrate the good, step over the bad and work around the ugly. Realize that those of us with ADHD/ADD have a skill that allows us to see the world through a unique lens. We are different, not defective.”

ADHD is a disorder characterized by inattentiveness, hyperactivity, and distractedness. It is usually diagnosed in childhood. The condition typically continues into adulthood and is sometimes diagnosed for the first time in the adult years.

Tech Spotlight: How do phones affect our families?



Would it surprise you to learn that research shows that parents who spent more time swiping, clicking and chatting on their phone spent less time focused on their children?

Have you ever sat in a restaurant and noticed people ignoring each other because they’re on their mobile devices? Technology is changing the way we interact with each other, and it’s changing the way that parents interact (or don’t interact) with their children. Children can feel hurt by this lack of attention, said Catherine Steiner-Adair, a clinical and consulting psychologist and author of “The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age.” In researching her book, Steiner-Adair interviewed 1,000 children, along with many parents, teachers and young adults, about the role of screens in children’s lives.

Children of all ages — 2, 15, 18, 22 — used the same phrases to talk about how hard it is for them to get their parents’ attention when they need it: sad, angry, mad, frustrated,” she said.

To make quality family time means putting down the cell phone, engaging in activities, and having conversations with your children. Look them in the eyes. Spend time with them without the child having to compete with electronics for your attention.

Feature Food: Lentils

Compared to other types of dried beans, lentils are relatively quick and easy to prepare. They readily absorb a variety of wonderful flavors from other foods and seasonings, are high in nutritional value and are available throughout the year.

Lentils, a small but nutritionally mighty member of the legume family, are a very good source of cholesterol-lowering fiber. In addition, they are of special benefit in managing blood-sugar disorders since their high fiber content prevents blood sugar levels from rising rapidly after a meal. Lentils also provide good-to-excellent amounts of seven important minerals, the B-vitamins, and protein—and lentils will fill you up, not out.

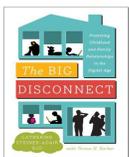
INGREDIENTS:

- 2 tablespoons olive oil
- 1 pound fully cooked hot Italian sausage, cut into 1/2-inch cubes
- 1 large onion, chopped (about 3 cups)
- 2 large carrots, peeled, chopped (about 1 3/4 cups)
- 2 large parsnips, peeled, chopped (about 1 3/4 cups)
- 2 large celery stalks, chopped (about 1 cup)
- 2 1/2 teaspoons dried Italian seasoning blend
- 1 pound brown lentils (about 2 1/3 cups)
- 3 quarts (or more) low-salt chicken broth
- 1 5-ounce package baby spinach leaves

Heat oil in large pot over medium-high heat. Add sausage and cook until browned, stirring occasionally, about 5 minutes. Using slotted spoon, transfer sausage to bowl. Add onion, carrots, parsnips, celery, and Italian seasoning blend to drippings in pot; cook until onion is translucent and vegetables begin to soften, stirring often, 7 to 8 minutes. Add lentils; stir to coat. Add 3 quarts broth. Bring to boil; reduce heat to medium and simmer until lentils are tender, stirring occasionally and adding more broth (by 1/4 cupfuls) if soup is too thick, 20 minutes.

Add sausage to soup and simmer until vegetables are tender and flavors blend, 10 to 12 minutes. Season to taste with salt and pepper. Stir in spinach. Cook until spinach is wilted, about 3 minutes.

Featured Book: The Big Disconnect



Have iPads replaced conversation at the dinner table?

What do infants observe when their parents are on their Smartphone's?

Should you be your child's Facebook friend?

As the focus of family has turned to the glow of the screen—children constantly texting their friends, parents working online around the clock—everyday life is undergoing a massive transformation. As renowned clinical psychologist Catherine Steiner-Adair explains, children desperately need parents to provide what tech cannot: close, significant interactions with the adults in their lives. Drawing on real-life stories from her clinical work with children and parents, and her consulting work with educators and experts across the country, Steiner-Adair offers insights and advice that can help parents achieve greater understanding, authority, and confidence as they come up against the tech revolution unfolding in their living rooms.