



The Wellness Watch

promoting healthy lifestyles

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In the Headlines: Ebola Is it a risk for me?

Ebola has caused quite a scare. And rightly so. After all, it is an incurable hemorrhagic virus with a death rate that can be as high as 90 percent of those infected. The first symptoms include headache, fatigue, high fever, muscle soreness and gastrointestinal misery (diarrhea, vomiting, etc.) Symptoms in sufferers with advanced disease progresses to bleeding from the mouth, nose, ears and eyes, internal bleeding and kidney and liver failure. That's a sobering thought.

When we hear of an international outbreak that causes a major public health impact like Ebola, we tend to respond with emotions ranging from worry to panic, even though we are well outside the actual danger zone.

So what is the actual danger zone? Here are a few key things to keep in mind:

- Contracting Ebola requires direct contact with body fluids such as blood, feces, vomit, or saliva of an infected individual
- Unlike the flu, Ebola cannot travel in the air from person to person
- The fact that it causes death quickly means it's likely to claim fewer lives. It kills people within days of their becoming ill, and, as a result spreads to fewer people. By comparison, HIV can take years to have an effect or show symptoms, during which time an infected person can unknowingly pass the infection on to others.

On a scale from 1 to 10, how worried should we be? If we live in America our worry should be quiet low — less than 1. And here's one more piece of perspective: across the globe, a bad flu season can claim 250,000 lives. Compare that to the 1,000 Ebola has killed.

Keep Your Kidneys Healthy

Your kidneys are two reddish, bean-shaped organs located on either side of your spine. Each kidney contains about a million tiny filters that can process approximately 40 gallons of fluid every day. In addition to removing wastes, your kidneys also release three important hormones.



We all lose a little of our kidney function as we get older. But when kidney function drops because of an underlying kidney disease, it's something to be concerned about. About one in ten adults nationwide, or about 20 million people, have at least some signs of kidney damage. "Most Americans eat more sodium and protein than the body needs. It's your kidneys' job to filter and get rid of the excess 24 hours a day, 7 days a week," says registered dietitian Theresa Kuracina, who advises NIH on kidney health and nutrition.

The best thing you can do to protect your kidneys is control your blood pressure. A healthy lifestyle, including physical activity and a heart-healthy diet, can help to normalize blood pressure and also slow kidney disease.

Tech Corner



Flip Board

This is a social media magazine. You collect all the news you want to follow from Twitter, Facebook and other social media as well as your favorite news outlets. Set it up with all your favorite health news outlets to keep up on what you should know to stay healthy.

Ratings: 4.5 out of 5 for iPhone and Android.

HEALTH BENEFITS OF KIDNEY BEANS

With their deep red color, cooked red kidney beans can liven up a wide range of meals including salads, soups and stews. But did you know that these little legumes can do much more than just that? Packed with protein, soluble (and insoluble) fiber, folate (vitamin B9), magnesium, potassium and a number of other health promoting nutrients, red kidney beans are a true superfood.

The health benefits of eating red kidney beans are not only linked to their fiber and folate content; red kidney beans are also supercharged with antioxidants. Antioxidants are believed to have strong anti-aging properties and to promote longevity by limiting damage caused by free radicals. This helps protect the skin and the rest of the body from long-term health problems caused by environmental factors and unhealthy foods.

Flavonoids represent one of the most important classes of antioxidants, and red kidney beans are exceptionally rich in flavonoids, particularly in proanthocyanidins (also known as condensed tannins). According to an analysis conducted by USDA researcher Ronald Prior, red kidney beans contain even more condensed tannins than blueberries, cranberries, and small red beans.

Featured Recipe:

KIDNEY BEAN AND SWEET POTATO STEW

Prep time: 30 min; Total Time: 1 hr; Servings: 5

INGREDIENTS:

- 1 tablespoon extra virgin olive oil
- 1 leek, thinly sliced
- 4 cloves garlic, minced
- 2 tablespoons all-purpose flour
- 1/2 cup dry white wine
- 1 1/2 lbs sweet potatoes, peeled and cut into
1 1/2 inch chunks
- 1 (28 ounce) can tomatoes
- 2 cups chicken broth or 2 cups vegetable broth
- 1 teaspoon dried thyme
- 2 bay leaves
- 1/4-1/2 teaspoon fresh ground black pepper
- 1 1/2 cups cooked kidney beans



DIRECTIONS:

1. In a large pot, heat the oil over medium heat.
2. Add the leeks to the pot, cover and cook 5 minutes or until softened, stir occasionally.
3. Add the garlic and cook 1 minute; stir occasionally.
4. Add the flour; cook for 1 minute, stirring constantly.
5. Add the wine; bring to a boil and scrape up the brown bits clinging to the bottom of the pan.
6. Add the potatoes, tomatoes, broth, thyme, bay leaves, and pepper.
7. Bring to a boil; lower heat, cover and simmer for 20 minutes or so until the potatoes are tender.
8. Throw out the bay leaves.
9. Add the beans, cover and simmer for 10 more minutes.

Nutrition Facts per serving (recipe makes 5 servings):

295 calories, 4g fat, 0g Cholesterol, 621mg Sodium, 52g Total Carbohydrate, 10g Fiber, 10g Protein

Source: www.allrecipes.com