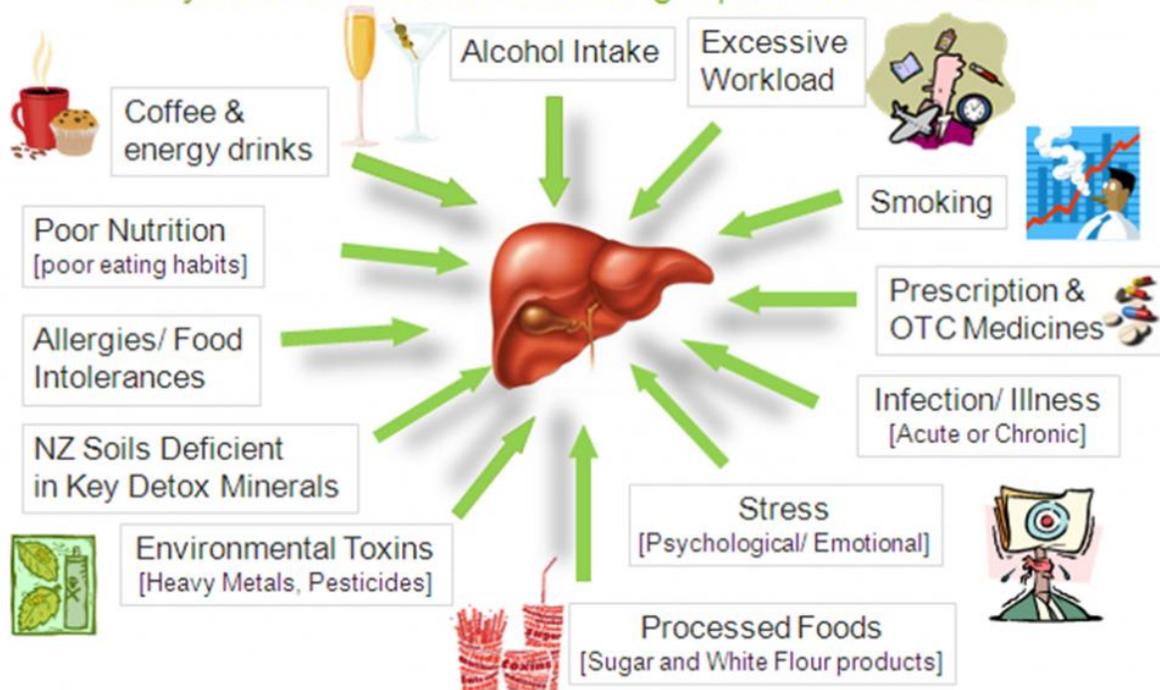


June/July, 2018

Why do we need liver protection?

Daily life overloads the liver leading to poor health and disease



Special Nutrients

Clinicians 
Research Based

Love Your Liver!

Your liver is the largest solid organ and gland in your body performing some very important functions: filtering your blood; producing bile to help break down and absorb fat, cholesterol, and vitamins; processing nutrients; creating blood-clotting coagulants; and removing toxins from your body.

Doctors call the liver the Grand Central Station of your body because it processes everything you eat or drink. That's why caring for your liver is so important. Knowing what to consume and what to limit or avoid is a great way to show love toward your liver.

Helpful for your liver:

Almonds: The vitamin E in almonds may help protect against fatty liver.

Blueberries: Nutrients called polyphenols may help protect you against nonalcoholic fatty liver disease.

Greens: Leafy greens contain the antioxidant glutathione, which can help keep your liver functioning properly.

Green Tea: The antioxidant catechin may protect you from liver cancer.

Harmful for your liver:

Acetaminophen: This pain reliever can cause damage if taken in large quantities over a small period of time.

Alcohol: Drinking too much over time can lead to cirrhosis. Even occasional binge drinking – four drinks in one sitting for women and five for men – can be harmful.

Salt: A diet high in sodium may lead to fibrosis, which is the first stage of cirrhosis (liver scarring).

Saturated fat: The saturated fat from foods such as burgers and fries make your liver work harder. Over time inflammation may occur which eventually could cause scarring of the liver.

Sugar: Too much sugar causes your liver to store fat, putting you at risk for fatty liver disease.

Source: WebMD & Medical News Today, Concordia Plan Services (Spring, 2018: Vol. 34, No. 1)



Crazy for Coconut Water?

Coconut water – the liquid from the center of the coconut – is often hyped as being better for you than plain water, especially after a workout. That's because coconut water contains electrolytes such as potassium, sodium, and manganese. Studies show that coconut water is no more beneficial than plain water for hydration.

Keep in mind that coconut water looks like plain, clear water, but contains 70 calories in a 12-ounce serving. Most adults don't exercise strenuously enough to need a sports drink or coconut water, so you can't go wrong with good ole tap water – and you'll save money.

Source: Mayo Clinic



Healthy Snacking on the Road

When you're traveling, you may get the urge for a snack. You can try breaking the boredom with a game or turning on some tunes, but if that doesn't do the trick, at least be mindful that some snacks are better for you than others, such as:

- Nuts
- Apples, bananas
- Skinny Pop popcorn
- Cheese sticks or mini Babybel light cheese wheels
- Carrot/celery sticks
- Kind-brand bars (look for the lower-sugar options)
- Jerky (look for the lower-sodium options)

Try to avoid these snacks:

- Roasted almonds: They are often roasted in oil and contain salt and preservatives. Best to eat them raw.
- Pretzels: They are made from white flour and salt. Best to eat something salty with fiber, such as popcorn.
- Fruit smoothies: Store-bought options are high in sugar and calories. Best to eat the fruit in non-liquid form.
- Granola: Made by taking healthy oats, but then covering the oats in oil and sugar and baking them.

Source: Prevention.com and Eat This Not That.com

RECIPE CORNER



Spaghetti Squash Au Gratin

It won't be long before the gardens are flourishing with fresh vegetables. Here is a recipe that sounds really good.

Ingredients:

- * (1) 2 1/2 lb spaghetti squash (to yield about 3 cups of spaghetti squash)
- * 2 eggs
- * 1 cup reduced fat, shredded cheddar cheese
- * 1/2 cup plain low-fat Greek yogurt
- * 2 cloves garlic, minced
- * 1/2 Tbsp fresh thyme
- * 1/4 tsp each salt and pepper
- * 1/4 cup reduced fat, grated parmesan cheese
- * Cooking Spray

Directions:

Preheat oven to 400 degrees. Halve the squash and scoop out the seeds. Bake face down on a baking sheet lined with parchment paper until squash is easily pierced with fork, about 30 minutes. Allow to cool, then scoop out spaghetti strands and place in a large bowl. Meanwhile, in a medium bowl, mix remaining ingredients except for the parmesan cheese. Stir mixture into the spaghetti squash strands. Spread into a lightly greased casserole dish. Top with parmesan, and press down to moisten. Bake uncovered for 30 minutes.

Makes 2 servings.



MEDITATION CORNER

*I lift up my eyes to the hills.
From where does my help come?
My help comes from the Lord,
Who made heaven and earth.
~ Psalm 121*

Oftentimes caregivers become so overwhelmed from caring for their loved ones ... mentally exhausted from trying to think too much, and physically and emotionally drained. Tears are at the ready when anyone gives them a smile, hug, or drops by with a small offering of food. It shows that someone cares!

Where can we go for help? The psalmist says our help comes from the Lord who made heaven and earth. When we become overwhelmed, we need to remember to “Let go and let God!” as the saying goes. Leave your cares at the foot of the cross, and don’t go back and pick them up again. God can handle all our concerns.

“Dear Father in heaven, I am so tired. I know that each day is new when we believe in You. Lord I pray that with each new morning You would renew my physical, emotional, and even spiritual strength.

“I am becoming more and more aware that I cannot do anything without You; and I suppose, actually, that is right where You want me to be: totally dependent upon You. Help me not only to acknowledge You as the source of my every strength and ability, but also to step out, reach out, and truly, actively depend on You not to let me fail or fall.

“I believe, Lord; help my unbelief and inaction. Lead me in Your paths. In Jesus’ strong name. Amen.” -- taken from “Prayers during Time of Overload,” Lutheran Woman’s Quarterly, Summer 2018, Vol. LXXVI, No. 2, p. 2.