



# Strong Women—Strong Bones

First Presbyterian Church  
The Link —884-6206

First Presbyterian  
Church

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July, 2009

## In the News ...

### Romans 12:12-13

**“Be joyful in hope, patient in affliction, faithful in prayer. Share with God’s people who are in need. Practice hospitality.”**

From Tufts Health Ltr.  
July 2009

*Prevent Falls – Keep up your balance and strength exercises*

In a review of many different studies, researchers at Dunedin Medical School in New Zealand have reported that exercise programs were important in reducing the rate of falls, the risk of falling and the likelihood of fractures. Tai Chi was particularly effective.

There are 4 different physical attributes targeted by exercise: strength, endurance, flexibility and balance. For fall prevention the most effective exercises were ones to improve strength and balance. (Great news for those of us in Strong Women Strong Bones!)

In icy conditions a traction device put on shoes (like Yaktrax Walker available locally) stood out as very effective in reducing falls. You just have to have them on when you encounter the ice!

July 2009 and Nov. 2008  
*Chew Gum to Repel Snack Attacks, Increase Energy and Improve Colon Recovery*

A study from Louisiana reports that after an afternoon of chewing gum study participants ate fewer snacks and fewer calories overall. They also reported much lower feelings of hunger and cravings. They felt less drowsy and more energetic.

The report doesn’t mention, but it seems the gum should be sugarless if it’s a regular habit, to protect dental health.

British researchers have found that chewing sugarless gum three times a day after colon surgery allowed a faster return of bowel function. They think by chewing gum and stimulating saliva, gut hormones, and pancreatic secretions, it “fools” the body into good digestion again.

Aug. 2008 -Tufts Letter  
*High Potassium Foods Help Muscle Mass*

A new report out of Tufts suggests that high-

potassium fruits and vegetables may help preserve muscle mass in older adults. Both men and women were tested and those with diets rich in potassium averaged 3.6 more pounds of lean (muscle) tissue mass than those with only half the potassium intake. Most Americans consume about half of the recommended potassium daily.

The highest foods for potassium are: sweet potatoes, tomatoes, beet greens, potatoes, white beans, prunes, soybeans, lima beans, winter squash, bananas, spinach, peaches, apricots, cantaloupe, honeydew, lentils, and kidney beans.

Eating at least a couple of these foods daily would be good and also provide other important nutrients. For potatoes cooked in water, leave in bigger pieces to retain potassium content. Take potassium supplements only if your doctor prescribes them.

More In the News on back

Check out [www.first-pres.org](http://www.first-pres.org) for all the upcoming late summer and fall happenings at First Presbyterian Church. Watch for online registration for activities. Check out the spiritual formation section for personal growth suggestions and opportunities. Check out the missions section for ways to share your faith in service with others. SWSB is a great community and a wonderful place to invite your friends to connect with other women, improve their health and discover a God who loves them unconditionally. Don’t miss this invitational opportunity.



## Whole Wheat Pasta Salad –

from August 2008 Tufts Health and Nutrition Letter

½ cup chopped red onion  
 8 oz whole wheat penne or rigatoni pasta (2 cups)  
 3 Tbsp wine vinegar  
 1 small clove garlic, minced (1/2 tsp)  
 ½ tsp salt, or to taste  
 Freshly ground pepper to taste  
 1/4 cup extra-virgin olive oil  
 2 cups cherry or grape tomatoes, halved  
 2 oz fresh mozzarella cheese, diced (1/2 cup)  
 ½ cup slivered fresh basil  
 1/3 cup pitted Kalamata olives, coarsely chopped

**Bring** a large pot of lightly salted water to a boil for cooking the pasta. **Place** onion in a medium bowl and cover with ice water. Let soak for 15-20 minutes. **Cook** pasta in the boiling water until just tender, 8 to 10 minutes (or longer for altitude), or according to package directions. **Drain** and refresh under cold running water. **Drain** the onion. **Whisk** vinegar, garlic, salt and pepper in a large bowl. **Gradually** whisk in oil. **Add** the pasta, onion, tomatoes, mozzarella, basil and olives; **toss** to coat well.

*Yield: 6 (1 ¼ cup) servings*  
*Per serving: 290 calories, 15 g fat, 3 g saturated fat, 5 mg cholesterol, 390 mg sodium, 6 g fiber, 29 g carbohydrates, 9 g protein*  
*(Keep this in refrigerator for several days for quick and easy summer meal. Add chopped leftover meat, deli meat, or shrimp to add more protein, if desired.)*

## Summer and Year-round Reading

When we talked recently in SWSB class about what women were enjoying reading, there were a variety of answers. Fiction, non-fiction including biographies, the book of Esther in the Bible and Beth Moore study, the newspaper, and Guideposts magazine were all mentioned. Emily has a great list of book club reads and a fantastic memory about books she has read. Jean does a lot of reading about the time of World War II.

Whatever you read, keep at it and keep seeking new knowledge. Studies repeatedly show that both physical and mental exercise help prevent decline as we age and help psychological health. Share what you are reading with others – like in a book club or discussion group. This helps in processing what you’ve read, plus you get other perspectives. Be a life-long learner!

### Next SWSB session

**Aug. 10- Oct. 16.**

**Invite** your friends to try the program and see how much they will enjoy it and benefit their health, too.

Call Priscilla to register  
 884-6206

## In the News... (continued from front)

July 2008 Tufts Letter

*Feeling Down? Do some house work*

**House** work has multiple benefits, and a study out of London reports that as little as 20 minutes of house work or gardening reduces the odds of psychological distress and improves mental well-being. Sports activities gave the greatest benefits, but researchers speculate that physical activity of the household or sports variety may reduce biological stress factors linked to mental-health disorders.

From April 2008 Tufts Letter

*Eat Carrots – Reduce Heart Disease Risk*

**In** a study done in the Netherlands on men with an average age of 72, carrot intake cut risk of heart disease. The

researchers were looking at 2 carotenoids, alpha-carotene and beta-carotene, for which carrots were the primary source of the two. They reported that for the men in the study simply eating more carrots reduced risk of death from heart disease by 17%.

**Other** good sources of these carotenoids are: peppers (both sweet red and hot chile), pumpkin, sweet potatoes, butternut squash, collard and beet greens, and Swiss chard).

Recommendation from study: Eat the foods, don’t take beta-carotene supplements. And even though the study was done with men, the results probably have equal application for women.