



## Scary Health Facts

Food is our most intimate contact with our external environment. What we eat, digest, and absorb becomes us. However, we tend to overeat more often than not. And to make matters worse, we also eat nearly half of our meals at restaurants or as takeout meals. If you're like the average American, more than half of your calories come from highly processed, poor-quality, nutrient-poor foods—instead of organic, whole foods. It's like fixing your home with the shoddiest materials possible. Here are some eye-opening facts about the average American's diet you need to know.

1. **Flour and cereal products comprise 23 percent of our calories every day**, nearly all of which (89 percent) are refined. That means that they've lost most of their vitamins, minerals, essential fatty acids, and antioxidants. Refining of grains can affect blood-sugar levels and lead to inflammation throughout the body.
2. **We eat 17 percent of our calories from refined table sugar and high-fructose corn syrup.** The current estimate is about 496 calories a day and more than 22 teaspoons. Of course, it takes B vitamins, magnesium, chromium, zinc, and other nutrients to metabolize and use these sugars, but there aren't any of these nutrients present in refined sugars, so your body has to steal them from somewhere else.
3. **Twenty-four percent of our calories come from fats and oils**, most of which have been highly processed and stripped of antioxidants, vitamins, and minerals. These are "junk fats" that have been denatured, oxidized, and structurally damaged. They're found in nearly all of our packaged and processed foods and in most of the vegetable oils that we buy.
4. **We eat only five percent of calories from fruits and vegetables.** Fewer than one person in four eats at least five servings of fruits and vegetables a day (about two and a half), even though they protect us against heart disease, cancer, diabetes, and most other illnesses.
5. **The average American also eats a minimal amount of nuts each year—only 15 ounces.** Most of the ones they do eat are on or in pastries. Nuts have been shown to support heart and brain health and generally be terrific for us. (Nuts are also linked to a lower risk of pancreatic cancer and act as a natural weapon to protect your health.)

## Exercise

### OF THE MONTH

#### Seated Twist

Hold arms straight out in front of you and keep your back straight (your torso should be at about 45 degrees to the floor). Twist your torso as far as you can to the left, and then reverse the motion, twisting as far as you can to the right. That's one rep, do 3 sets of 8-12 at the end of your workout.



# The Truth about E-Cigarettes

Electronic cigarettes are products designed to deliver nicotine or other substances to a user in the form of a vapor. Typically, they are composed of a rechargeable, battery-operated heating element, a replaceable cartridge which may contain nicotine or other chemicals, and an atomizer which, when heated, converts the contents of the cartridge into a vapor which is inhaled by the user. These products are often made to look like such products as cigarettes, cigars, and pipes. You may have heard people talking about using electronic cigarettes as a way to try to quit smoking. If you're thinking about using an e-cig, here are three things you should know.



## *E-Cigarettes Contain Nicotine*

An e-cig is a battery operated (disposable or rechargeable) device that contains nicotine. The nicotine is turned into a vapor in the e-cig and then inhaled.

## *E-Cigarettes Aren't Regulated*

E-cigs contain other chemicals besides nicotine. Since e-cigs aren't regulated yet, there's no way of knowing how much nicotine is in them or what other chemicals they contain.

## *E-Cigarettes Haven't Been Proven Effective*

There haven't been any scientific studies that prove e-cigs actually help people quit smoking. Although e-cigarettes might be marketed as a tool to help smokers quit, they have not been submitted for FDA evaluation or approval and there is no evidence to support those claims.

There are a number of other quit-aids available to smokers that are FDA-approved, including:

- Nicotine gum
- Nicotine skin patches
- Nicotine lozenges
- Nicotine oral inhaled products
- Nicotine nasal spray
- Zyban
- Chantix

## *Inspiration*

**Don't start a DIET that has an expiration date...**



**Focus on a LIFESTYLE that will last FOREVER!**

## Newsletter Quiz



1. What is the estimated amount of calories that are taken in each day from sugar and high-fructose corn syrup?
2. What is the regulation of E-Cigarettes?

To earn your Wellness Incentive Points, e-mail your response to [Katie@wellworksinc.com](mailto:Katie@wellworksinc.com) by January 31, 2015.