



## Dear Member

In this edition of our newsletter, we will be focusing on taking control of your health. You have the ability to manage your personal risk factors and we will show you a few ways to do it. In addition to this, we will also share with you some interesting information on cholesterol.

We welcome any suggestions that you may have on the types of articles/topics or member benefits that you would like published in future newsletters. Please email your suggestions to Lallie Govender – [lallie.govender@momentum.co.za](mailto:lallie.govender@momentum.co.za) or send to fax number **031 580 0455**.

Yours in good health

## Be good to your body and mind

Living a long, happy and healthy life is about so much more than just medicine. It is about being truly well inside and out.

According to the World Health Organisation, wellness is “a state of complete physical, mental and social well-being”, and not merely absence of disease. In other words, it involves making choices and decisions that enable you to lead a fulfilled life in all respects: **physical, emotional, intellectual, spiritual, social, environmental and occupational**.

## 10 tips to strengthen your mental health

Our mental health is as important, if not more so, than physical and financial health. This month we share ten mood control and mental mastering tips: **THESE ARE REALLY GOOD HABITS TO ACQUIRE!**

- **Build Confidence**  
Identify your abilities and weaknesses together, accept them, build on them and do the best with what you have.
- **Eat right, keep fit**  
A balanced diet, exercise and rest can help you to reduce stress and enjoy life.
- **Make time for family and friends**  
These relationships need to be nurtured; if taken for granted they will not be there to share life's joys and sorrows.
- **Give and accept support**  
Friends and family relationships thrive when they are “put to the test”.
- **Create a meaningful budget**  
Financial problems cause stress. Over-spending on our “wants” instead of our “needs” is often the culprit.
- **Volunteer**  
Being involved in community gives a sense of purpose and satisfaction that paid work cannot.
- **Manage stress**  
We all have stressors in our lives but learning how to deal with them when they threaten to overwhelm us will maintain our mental health.
- **Find strength in numbers**  
Sharing a problem with others who have had similar experiences may help you find a solution and will make you feel less isolated.
- **Identify and deal with moods**  
We all need to find safe and constructive ways to express our feeling of anger, sadness, joy and fear.
- **Learn to be at peace with yourself**  
Get to know who you are, what makes you really happy and learn to balance what you can and cannot change about yourself.

Research shows that more than 5.5 million South Africans are at risk for disease due to their high cholesterol levels. Are you one of them?

The body obtains cholesterol in two ways, producing the majority in the body, and consuming the rest in the diet in the form of animal products, such as meats, poultry, fish, eggs, butter, cheese and whole milk. Plant foods like fruits, vegetables and grains do not contain cholesterol. Fat that occurs naturally contains varying amount of saturated and unsaturated fat.

### Main types of fats that you should be aware of:

- **Mono-unsaturated Fats**  
Lower your total cholesterol and raise High Density lipoprotein (HDL). They are found in nuts, canola oil and olive oil.
- **Polyunsaturated Fats**  
Lower your total cholesterol and lower Low Density Lipoprotein (LDL). They are found in salmon, fish oil and corn.
- **Saturated Fats**  
Raise total cholesterol. In particular they raise the bad cholesterol – LDL. They are found in animal products, meat, dairy, eggs, coconut and palm kernel oil.
- **Trans-Fats / Trans-Fatty Acids**  
Raise LDL and lower HDL. These fats are bad for you! They are found in fast food and commercially prepared and processed food.

High cholesterol can cause the formation and accumulation of plaque deposits in the arteries. Plaque is composed of cholesterol, other fatty substances, fibrous tissue, calcium, normal substances in the blood that become deposited on the artery walls if the blood does not flow properly. When plaque builds up in the arteries, it results in arteriosclerosis (hardening of the arteries) or coronary heart disease (CHD). Arteriosclerosis can lead to plaque ruptures and blockages in the arteries, which increase the risk of heart attack, stroke and death as well as circulation problems such as Raynaud's disease and high blood pressure.

### Here are 5 nutrition strategies to lower your cholesterol and reduce your risk of heart disease:

- **Eat more vegetables, fruits, whole grains and legumes.**  
These wonders of nature may be one of the most powerful strategies in fighting heart disease. The increase in dietary fibre as part of a healthy diet helps lower bad LDL cholesterol.

- **Choose fat calories wisely.** Keep these goals in mind: Limit fat grams; eat bare minimum of saturated fats and trans-fatty acids (for example, fats found in butter, salad dressing, sweets and desserts); when you use added fat, use fats high in mono-unsaturated fats (for example, fats found in olive and peanut oil). Another strategy is to use plant stanols or sterols as a dietary option to help lower bad LDL cholesterol.
- **Eat a variety and just the right amount of protein foods.** Commonly eaten protein foods (meat, dairy products) are among the main culprits in increasing heart disease risk. Reduce this nutritional risk factor by balancing animal, fish and vegetable sources of protein. Substituting soy protein for animal protein has been reported to lower LDL cholesterol, which reduces your risk of heart disease. Higher intakes of omega-3 fatty acids has also been shown to help reduce the risk of heart disease.
- **Limit cholesterol consumption.** Dietary cholesterol can raise blood cholesterol levels, especially in high-risk people. Limiting dietary cholesterol has an added bonus: You will also cut out saturated fat as cholesterol and saturated fat are usually found in the same foods. get energy by eating complex carbohydrates (whole wheat pasta, brown or wild rice, whole-grain breads) and limit simple carbohydrates (regular soft drinks, sugar, sweets). If you have high cholesterol, these simple carbohydrates exacerbate the condition and may increase your risk for heart disease.
- **Feed your body regularly.** Skipping meals often leads to over-eating. For some, eating five to six mini-meals may help keep cravings in check, help control blood sugars and regulate metabolism. This approach may not be as effective for those who are tempted to over-eat every time they are exposed to food. For these individuals, three balanced meals a day may be a better approach.

## hint:

*Enjoy every bite. Your motto should be dietary enhancement, not deprivation. When you enjoy what you eat, you feel more positive about life, which helps you feel better and less likely to overindulge.*

