

# Marta's Newstand

Brought to you by Integrative Health Coach

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## Get moving ... faster!

If you're walking to improve your health, you may wonder whether how fast you walk makes any difference.

Contrary to some previous findings, a new analysis of data on about 39,000 participants in the National Walkers' Health Study finds that, even if the distance traveled was the same, walking at a brisk pace had more benefits.

We don't want to scare you about this, but the researchers came to that conclusion by determining how many

## Some like it messy, some like it neat

Walk into an office with a dozen desks and you're likely to see 11 that are clean, especially at night, and one that has miscellaneous papers, files, boxes, and half-empty bottles of water.

The person who works there says he's just creative and likes to have all his stuff in sight so he doesn't have to dig into a file cabinet.

Some research supports the messy/creative system. A study of 48 students at the University of Minnesota showed that people working in a messy room came up with more creative ideas for using ping-pong balls than those in a tidy room.

But for neat co-workers, just the sight of piles of papers and stuff can stress them out, distract them from work and may even hurt their performance.

The appearance of your desk and work area is hugely important, says Judith Bowman, author of books on corporate etiquette. But the desk and floor around it are very personal. Criticizing them is like telling someone they're a sloppy dresser or a bad housekeeper.

Some messy people say they work too fast to stop and file things. Others say the clutter itself has an organizing system. Still others say the mess is like a visual to-do list. Pressuring mess-makers to clean up isn't easy.

About 57 percent of adults surveyed by Adecco, a staffing company, have judged co-workers on the appearance of their workspace, and 28 percent say they would be less likely to promote someone with a messy workspace.

A few employers hold annual decluttering days. Messy people just make their paper stacks look neater.

## Social media sites can make you envious

Psychologists say social-media websites have become huge sources of modern envy.

people in the study died over a certain period of time.

Consider how long it takes you to walk one mile. Many in the study took 17 minutes. Most took about 20 minutes and some dawdled along for 24 minutes, at which the premature death rate was considerably higher.

Picking up your pace even a little seemed to pay off.

## Recipe of The Month

### Heart-healthy Spinach Frittata with Creole sauce

The Frittata has often been called an Italian open faced omelet. One interesting thing about it is that you won't find it on many menus in Italy. It's not considered formal fare.

#### The Creole Sauce

1 cup coarsely chopped tomato  
1/4 cup chopped onion  
2 tablespoon sliced celery  
1/4 teaspoon paprika  
1/8 teaspoon pepper  
1/8 teaspoon red pepper sauce

#### The Frittata

2 teaspoons canola or soybean oil  
1/4 cup chopped onion  
9 ounces frozen spinach, thawed and drained  
1 1/2 cups fat-free egg product  
1/2 teaspoon chopped

A study published by researchers in the journal PLOS ONE, led by the University of Michigan, found that the more people used Facebook, the less satisfied they were with their lives. In another study of 600 Facebook users, German researchers say they witnessed the "rampant nature of envy" on social networking websites.

That sounds as if envy can be all negative, but psychologists say there are two kinds: malicious and benign. With malicious envy, you may want to downplay or undermine another person's success. Benign envy could inspire you to work smarter and achieve more at work.

In a 2011 study published in the Personality and Social Psychology Bulletin, researchers conducted a series of experiments. They found that when they triggered feelings of benign envy, it drove the students to study and perform better on a test measuring creativity and intelligence.

At Texas Christian University, researcher Sarah E. Hill says, "Those painful pangs of envy are there for an evolutionary reason, alerting us that someone has something of importance to us." They found that envy improves attention and memory, tools needed to move toward success. Study subjects were more astute.

They also found that the "envy reflex" can point you in the right direction, focusing your time and attention on areas that are important. To guard against the malicious trap, the researchers suggest taking stock of your own achievements when faced with envy.

## Health in the News

### You could get a colonoscopy while doing something else

PillCam is one of the new devices that make colon-cancer screening less invasive. Made by Covidien, a video camera is embedded in it. It's the size and shape of a vitamin pill.

Colonoscopies are one of the most-effective cancer-prevention tools, yet many people avoid them, either because the preparatory procedures are unpleasant or they fear the test will be painful (it isn't). About 51,000 deaths are attributed to colon cancer each year in the United States.

PillCam travels through the digestive system over the course of several hours, wirelessly transmitting images to an external data recorder. The maker, Covidien, is seeking broader approval. If approved, people who are not at high risk will be permitted to go about their normal days while the PillCam works its way through their bodies.

The risk spectrum goes from average to increased, to high risk.

### To live longer: eat a handful of nuts every day

There's no need to check a list of health problems to see if nuts would be good for you. That's because eating a handful of nuts every day makes you less likely to die from any cause.

fresh 1/8 teaspoon salt  
1/8 teaspoon pepper  
2 tablespoons shredded  
reduced-fat mozzarella  
cheese

In small saucepan, heat the  
sauce ingredients to  
boiling, stirring  
occasionally; reduce heat.  
Simmer uncovered about 5  
minutes, stirring  
occasionally, until  
thickened. Keep warm.

In 8-inch nonstick skillet,  
heat oil over medium heat.  
Add the onion; and cook 2  
minutes, stirring  
occasionally.

Add spinach and cook 2 to  
4 minutes, stirring  
constantly, until the  
spinach is thoroughly  
heated.

In small bowl, beat the egg  
product, thyme, salt and  
pepper. Pour it over the  
spinach.

Cover; and cook over  
medium-low heat 5 to 7  
minutes or until set and  
light brown on bottom.  
Sprinkle with cheese. Cut  
into wedges. Serve with  
sauce.

## Thanks for all of your Referrals!

I succeed when people like  
you refer to me your  
friends, neighbors and  
colleagues.

It's the best kind of  
compliment I can receive.  
Recycle this Newsletter by  
forwarding it to a friend!

This simple and amazing conclusion is from a study made by Tufts University's Antioxidant Research Laboratory.

Nuts are good for **you** because they are rich in healthy unsaturated fats, protein, fiber and vitamin E. Plus, the total antioxidant capacity of that handful is comparable to a serving of broccoli or tomatoes.

Study leader Jeffrey Blumberg, PhD, says previous studies have linked nut consumption to improvements in cholesterol, blood pressure and blood sugar control, among other benefits.

Although nuts are also high in calories, the new research found that more-frequent nut eaters tended to be leaner.

### Lose weight and protect your hearing

Losing weight may reduce your risk of hearing loss, at least in women; according to a 20-year Harvard study of female nurses age 25 to 42 at the start. Those with a waist greater than 35 inches were 25 percent more likely to get hearing loss over the 20 years.

Those who were most physically active had a 17 percent lower risk than the least active. Figures were adjusted for age, smoking, alcohol intake and use of pain relievers.

## Everyone is involved in keeping customers happy

These are five words **you** that will cause **you** to lose a customer: "That's not my responsibility."

Whatever your job may be, the minute **you** answer the phone, **you** are personally involved with the customer's problem. It's your responsibility to see that he is satisfied and the problem is solved.

Both **you** and the customer know that whatever the problem may be, **you** do know someone who **can** fix it. Customers hate it when the person they are speaking with doesn't take ownership of their problem.

In his recent book, Business Without the Bullsh\*t, sales expert Geoffrey James says the only correct response is, "I will help **you**." If a customer with a tech problem accidentally calls your department and **you** promptly transfer him to technical support, he will feel that **you** don't really care.

First, ask if **you can** transfer him or her to tech support. If the answer is yes, stay on the line until the call is answered and tell tech support who is calling. If **you** leave the customer on hold, he'll be doing a slow burn because he thinks **you** just want to get rid of him.

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**Marta was the recipient**  
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