

Marta's Newstand

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To reduce stress change careers

A study by Life Reimagined and USA Today shows that almost one-third of pre-retirees plan to change careers in the next five years.

After decades in the workforce, they want to swap stress for more work-life balance. In fact, 32 percent of respondents who are employed or looking for work have already gone through a major career shift.

The most common reason is a desire to do something different. And the change isn't about money.

Laughter is good exercise for your brain and gives it a workout

Doctors at Massachusetts General Hospital have worked on a project that's a little less life-saving than its usual studies. The subject is important, but not frequently studied. It's laughter.

The physiological study of laughter actually has its own name, gelotology. Sharing a joke with friends or watching a funny video was found to be just as good for your brain as a session of yoga or meditation, maybe better.

Laughter triggers the gamma brain waves. Unlike other brain waves, the gamma waves linked to mirthful laughter spread throughout the entire brain and remain for the duration of the laughter.

It's as if the brain gets a workout, explained the lead author of the study, which was presented in April at the Experimental Biology meeting in San Diego.

Researchers monitored brain waves of volunteers as they watched videos that were spiritual, distressing or humorous. The funny stuff produced the highest levels of gamma waves.

The gamma state is associated with feelings of mental clarity and an enhanced ability to experience integrative thoughts. It also helps individuals feel more focused.

So telling a good joke at the office can increase your focus and that of your co-workers, as well as promoting camaraderie.

At home, you could do you more good to watch a funny video or comedy than to see a deep mystery or a shooter show.

If your job makes you 'invisible,' don't sweat it, you could be a standout

Author Davis Zweig knows what it means to be invisible on the job. He was a fact checker for Conde Nast for years. He says, the better a fact checker is, the more likely he is to "disappear."

He thought about all of the other jobs where people have this inverse relationship. The only time they are recognized is when they make a

Some executives are going into teaching. One man retired from a corporation to become an emergency medical technician and says he feels like he's giving something back. Others say they no longer want to work overtime or do the same work every day; 75 to 80 percent say they want to do work they love, make their lives more meaningful, travel, or pursue other interests.

Recipe of The Month

Seasonal treat for any meal

Apple season can vary depending upon the weather and the region of the orchard. A harsh and long winter can slow the blossoming of trees in the spring and an unexpected freeze can zap the buds and delay the growth and production.

About 100 apple varieties are grown commercially in the United States, but 90 percent consist of the 15 most popular, including Gala, Granny Smith, and Red Delicious. Though our recipes tend to focus on desserts or salads, here's one that combines the savory taste of sausage with the sweet flavor of apple, perfect for any meal.

Sausage-filled baked apples

1 pound bulk pork sausage
6 large tart baking apples (Braburn, Macintosh,

mistake. His interviews and research led him to write: *Invisibles: The Power of Anonymous Work in an Age of Relentless Self-Promotion*.

He found invisibles in many types of work, all highly skilled people whose work is critical to the enterprise they're a part of, but who go unnoticed by the public, the end user, the customer, the client or the patient.

One trait they shared: their work made them really satisfied. Zweig also saw their approach to work led them to be successful in a wide range of fields, well paid, and often in charge of large teams of workers. They are self-effacing and humble but confident and ambitious.

These individuals show that if you want to move ahead or "get up the ladder," the way to get there is by doing excellent work and seeking out challenges that lead to greater accomplishments. It's an alternate path to success.

It's an interesting topic because there are many jobs where recognition and praise don't seem to be part of the work. In the end, however, those who do great work will excel personally when faced with envy.

Health in the News

Low T: a real problem or an advertising fad?

The TV ads say millions of men 45 or older may have low T, low testosterone levels. Because most men want better health and sex drive, they're listening. Data from IMS Health shows sales of low T products rose to nearly \$2.3 billion in 2012.

But critics say a lot of men have been convinced to take a potentially risky drug for a condition they don't have.

Urologists at Harvard and other research organizations, say most men don't need T supplements to feel and look better. All they need to do is eat a healthier diet and be a little more active. Studies show that when obese men shed 17 pounds, testosterone levels climbed by 15 percent.

According to the AARP Bulletin, marketing has convinced men to take a low T med, but when they do, their bodies shut down their own production. Their testicles may shrink and could require permanent medication. And serious health issues could develop.

The Journal of the American Medical Association reports a 30 percent jump in the risk of stroke, heart attack and death among men undergoing low T therapy.

To live longer, build your muscle mass

If you're near the middle of your expected life span and wonder what you can do to live a longer, healthier life, here's what experts at Johns Hopkins Medicine advise: Build more muscle!

Honey Crisp)
1 small apple
2 tablespoons brown sugar
1 teaspoon ground
cinnamon
1/4 teaspoon grated lemon
rind
2 tablespoons light or dark
raisins
Extra brown sugar, ground
cinnamon, grated lemon
rind.

Preheat oven to 375
degrees F. Brown the
sausage in a large skillet.
Wash the apples; cut a
slice from the tops; scoop
out the cores and enough
flesh to leave a 1/2 inch
shell. Peel and finely dice
the smallest apple.
To the sausage, add the
diced apple, raisins, brown
sugar, cinnamon, and
lemon rind and mix well.
Fill the apple shells with the
mixture.
Sprinkle the tops with
additional brown sugar,
cinnamon, and lemon rind.

Place in a baking dish,
cover with foil, and bake
until tender, about 40
minutes. Then serve with
biscuits or croissants and
apple jelly.

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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!

Marta Ranaldo

Worldwide, researchers aren't completely sure why, but their studies continue to show that the more muscle mass a person has, the less likely it is that he or she will die prematurely, even after taking cardiovascular and diabetic risk into account.

People who had the lowest muscle mass had a 30 percent higher risk of premature death than people with the highest amounts.

You can build muscle with a variety of strengthening exercises with dumbbells or resistance bands two or three times a week for about 30 minutes. Pushups and squats are muscle builders as well.

Have vitamin D levels checked

Vitamin D is essential in bone growth. It increases the flow of calcium from foods into the bloodstream.

It is used in the maintenance of several organ systems as well as the immune system. New studies suggest that vitamin D may play a role in protecting against Alzheimer's and Parkinson's diseases.

The smartphone culture

The Wall Street Journal's Jason Day sarcastically set out to define rules for using a smartphone at dinner.

Rule number 1 was that no one could look at their smartphone. Rules number 2 through 21, were the increasingly expansive exceptions to rule number 1. Hardy har har.

If you are in the half of the world with no smartphone, and you find yourself in a social situation with a member of the plugged-in half, you are probably not entertained. While they talk, you listen. While you talk, they check their phones and giggle occasionally. But not at anything you are saying. It's probably instagram.

One survey by a tech author revealed that 9 in 10 people feel neglected by loved ones who prefer talking to technology. A 2013 consumer habits survey by Jumio found that 33 percent of adults using their cell phone during a dinner date. Almost 20 percent use it at church and 9 percent use a cellphone during sex.

A 2012 study reported in Time Magazine revealed that cellphone use made people more selfish, distracted and stressed. Solution? Maybe it is to go back to Rule Number 1.

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**Marta was the recipient
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If you want to learn more
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