

Creative Living

with Sheryl Borden



Home, Hearth & Health
Section II



6800 Series

Table of Contents

Home, Hearth & Health

Designing Kitchen Cabinets	I-3
Seasonal Decorating & Buying Tips for Candles.....	I-5
Kimball Starr Interior Design.....	I-7
Minwax Projects	I-8
Color Made Easy: Selecting a Color Palette	I-9
Foods That Feed Your Brain.....	II-10
Eat Smart, Play Safe Program	II-12
Tips for Seniors to Protect Their Vision	II-14
Eat Your Way to Clear Vision.....	II-15
Guests	II-16

Due to the size of this section, it has been separated into two sections in order for it to be downloaded more quickly. For instance, “Designing Kitchen Cabinets” is in Section I on page 3, whereas “Foods That Feed Your Brain” is in Section II on page 10.

Foods That Feed Your Brain

Beautiful Minds Program

Can what we eat really make a difference in how smart we are and how well we remember?

Absolutely! Today we know that up to 66% of brain aging is within your control and diet plays a huge part in that (social connectedness, challenging your brain, and staying physically fit are the other 3 brain-health factors). Eating and living right at any age can help to grow new brain cells, increase connections between cells, and even expand your memory center - the hippocampus. That is what the Beautiful Minds program is all about. Beautiful Minds is a partnership between the National Center for Creative Aging (NCCA) and DSM Nutritional Products. It is a national health education campaign designed to empower Americans to develop and maintain healthy, beautiful minds by focusing on the four dimensions of brain health: both physical and mental health, social well-being, and nutrition. You can stack the deck in favor of thinking clearly and remembering more both today and down the road if you follow these simple diet steps and you can get more tips and information at beautiful-minds.com.

Why is “eating like a Greek” is important?

People who eat the traditional Mediterranean diet think more clearly, have better memories, and are at lower risk for dementia and Alzheimer’s. Recent studies report improvements in thinking by following this eating style. This isn’t gyro sandwiches, but the more traditional diet, which is packed with produce, nuts, olive oil, some seafood, and a little red wine.

Is fish really a brain food?

Your brain is very greasy, but in a good way. More than 60% of it is fat. Unlike the lazy fat stored on the hips or belly, fat in the brain is a worker bee. It makes up the cell membranes that surround each cell and the insulation sheath around neurons that allows thoughts to travel fast from one cell to another. The more fluid and flexible those membranes, the faster you react, the more you remember, and the more creative and clever you are. The most fluid fats are

the omega-3s, and the brain must love the omega-3 DHA, because 97% of the omega-3s in your brain are DHA. An accumulating body of research shows that children, adolescents, and young adults think better, perform better on tests, and react faster when their diets are optimal in DHA. A recent study found that children performed up to 50% better on reading tests when they supplemented with the DHA, and studies (including the MIDAS study) find that seniors remember more and might even be at lower risk for cognitive decline when daily intake averages between 220 and 900 milligrams. Note: your body can’t make this fat. It has to come from the diet.



Are antioxidants as good for our brains as they are for our hearts?

The brain consumes more oxygen than any other tissue and that oxygen cocktail is loaded with little oxygen fragments called free radicals or oxidants. Left unchecked they pierce the delicate membranes of your 100 billion brain cells contributing to memory loss and dementia. However, load your anti-free radical or anti-oxidant arsenal with lots of antioxidant-rich colorful produce and you seriously side step the risk of memory loss.



Aim for no less than 8 servings a day of the deepest colorful fruits and veggies you can find! That’s why blueberries help to support brain power - they are deep blue all the way through.

A perfect example of this is vitamin E. A recent study found that a daily supplement of 2,000 IU of vitamin E given to people with mild to moderate Alzheimer’s slowed the progression of the disease! Studies also are finding that a substance in green leafies, called

lutein, already shown to help support a lower risk for vision loss caused by macular degeneration, also helps to support memory function within an aging population.

Besides focusing on what we can eat, tell us what NOT to eat, too.

What is good and bad for your heart is good and bad for your brain. You are one big package. So, it's no surprise that saturated fats in red meat, fatty dairy products, and processed foods are associated with clogged thinking and mental fatigue. Cut back on beef, butter, sour cream, whole milk, cheese (the #1 source of saturated fat in the diet), and foods that contain palm oil or hydrogenated vegetable oils.

What about on the days when we miss the mark and don't eat perfectly. Should we supplement?

Most people don't eat perfectly, so taking a moderate-dose multi is a good idea to fill in the gaps. That multi also might help you stay mentally fit. For example, the mind shuts down without vitamin B12. It might even start shrinking! You need this B vitamin to ensure your brain cells send messages back and forth quickly, so you have no trouble putting two words together, remembering a friend's name, or staying quick witted. It's no wonder that studies, like one from the University of Oxford in the UK, repeatedly find that you lose your ability to think, remember, and react in direct proportion to your B12 levels. In fact, many researchers speculate that doubling



a person's vitamin B12 levels by taking supplements could slow cognitive decline by one third or more. The antioxidant vitamins and minerals also can help fill in the gaps on the days you don't get enough produce. But keep in mind, there is a reason why they are called supplements, not substitutes. You need to eat really well and supplement responsibly.

If you are a young woman or teenage girl who is dragging through the day and often can't think straight, get your iron checked! Anywhere from 20% to 80% of women (stats vary from study to study) are low in this important mineral, which helps carry oxygen to your brain. Too little iron means you literally suffocate your brain tissue. No wonder you can't think straight! Cook in cast iron, add more iron-rich foods like legumes and green leafy to the diet, com-

bine a vitamin C-rich glass of OJ with your iron-rich bean burrito to improve absorption, and get your "serum ferritin" levels checked next time you have blood work.



If you don't eat at least two to three servings a week of fatty fish like salmon, then take an omega-3 DHA supplement. You need at least 220 milligrams of this nutrient. Also, if you don't eat lots of dark green leafy every day, make sure your supplement contains lutein.

Finally, how can exercise help?

Are you truly serious about staying mentally sharp? Then there are no excuses! You must exercise daily - both muscles and brain. People who challenge their brains by learning, problem-solving, and trying new things, and who exercise every day, also think faster, remember more, learn easier, are more creative and better problem solvers. They are least likely to develop memory loss, dementia, or Alzheimer's. A survey dating back to the 1960s repeatedly finds that Americans' diets are low in everything from vitamin A to zinc. Growing bodies need large amounts of nutrients, yet studies repeatedly find that children's diets are lacking in nutrients important for growth, development, healing, brain function, learning, and more. So, to fill in the gaps on the days when you or your child doesn't eat perfectly, it makes sense to take a supplement or two.



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“Eat Smart, Play Safe” Program

Now in its second year, the “Eat Smart, Play Safe” program is an educational campaign focused on promoting healthy nutrition and sports safety for active kids, on and off the field.

DSM Nutritional Products and Pop Warner Little Scholars have partnered to bring valuable nutrition and safety information to young athletes and parents. This program shares important information with parents, coaches and aspiring athletes on nutrition, physical activity, and safety when playing youth sports. For more information, you can visit Pop Warner’s website at www.popwarner.com/eatsmartplaysafe.

Why is this program so important?

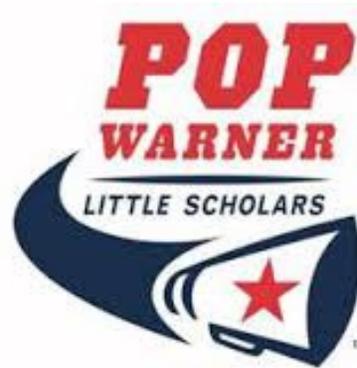
Each year, millions of children across the nation play youth sports. When it comes to health, nutrition and sports safety, there are key things that parents, coaches and kids really need to know. In addition, the program is geared toward building awareness about the important nutrients children should have in their everyday diets, like the omega-3 fatty acid DHA—critical for brain health—vitamin D, vitamin E, lutein, zeaxanthin, calcium and iron.

Dr. Bailes explains why he decided to get involved?

In addition to my role as the Co-Director of the North-Shore Neurological Institute, I serve as the Chairman of Pop Warner Medical Advisory Committee. Our goal is to ensure Pop Warner remains proactive on all medical issues that affect youth sports, particularly football and cheerleading. The Pop Warner Medical Advisory Committee is focused on prevention and proper identification and treatment of injuries, hydration awareness, proper nutrition guidelines, and general health and safety issues. We meet annually to discuss new research, advise on policy and rule changes and provide expert advice to the Pop Warner organization to benefit the health and safety of hundreds of thousands of active kids. I care deeply about young athletes and their health. Having served as a physician for both the NCAA and NFL, I know the importance of health, nutrition and brain health when it comes to sports.

What is Pop Warner?

Founded in 1929, Pop Warner Little Scholars, Inc. is a non-profit organization that provides youth football and cheer and dance programs for participants in



42 states and several countries around the world. It consists of approximately 425,000 young people ranging from ages 5 to 16 years old, and is the largest youth football, cheer and dance program in the world.

What are the key things parents whose children are just getting started in youth sports need to know?

For starters, as a neurologist, I will tell you the brain is one of the most vital organs in a child’s body. When playing youth sports, brain health must always be top-of-mind. Given that, a diet rich in omega-3 fatty acid DHA is important in supporting brain development in children and young adults. In fact, DHA can be a key factor in sports safety, because it has several neuroprotective effects in the brain.

Is brain health the same as intelligence?

No. Intelligence is the capacity for learning, reasoning, understanding, and dealing with challenging situations. It is the aptitude in grasping truths, relationships, facts and applying them to solve problems.



Brain health is the general condition of the brain with regard to adequate blood flow, normal functioning of cells and network of connections, and being free of toxins. A person may have a healthy brain, with varying degree of intelligence. However, it is difficult for a person to function optimally if his or her brain is not healthy (for example, if the brain has poor blood supply and nutrition, has been damaged by trauma or diseases, or has not rested adequately).

What is DHA?

DHA is found in algae and fatty fish, and it may also support memory and cognitive function. The National Institutes of Health and International Society for the Study of Fatty Acids and Lipids recommends children



www.dha-in-mind.com

should consume at least 220 mg of DHA a day in fatty fish, fortified foods and beverages or with a daily DHA supplement. But always remember to check with your healthcare provider before making changes to your diet.

maintaining normal mineral metabolism. Adolescents are the most susceptible to developing vitamin D deficiency, so ensure they eat plenty of vitamin-D-rich foods such as oily fish, egg yolks and mushrooms, and get at least 15 minutes a day of sunlight. Vitamin D is also available in an easy-to-take supplement. I recommend school-age children and adolescents take a supplement with about 600 IU daily.

Physical health — staying physically active for at least 30 minutes a day most days of the week and making wise lifestyle decisions, such as getting enough sleep. Many outdoor activities – such as playing catch, hiking or swimming – are great ways for the whole family to exercise together.

Mental health — continually challenging the brain through activities such as game playing, creative pursuits like dancing or painting, or learning a new language or skill.

Social well-being — nurturing human connections and engaging in social activities that give life purpose such as play dates, clubs and volunteering. This is why youth sports and the lessons of good sportsmanship are so important.

What about protective safety gear?

Kids really need to wear the proper protective safety gear when playing sports and a helmet is number one. Whether you they are going on a bike outing or your child is playing youth sports, appropriate safety gear is essential. Parents should always practice safety methods as well, they are not an exception to the rule. Be a role model for your children and always practice safety methods like buckling your seat belt, putting on sunscreen and doing a gear check before starting any sports activities.

Also, stay hydrated. Even on chilly fall and spring training days, drinking plenty of water throughout a sports practice, game or workout is incredibly important. Pack an extra water bottle in your child's sports bag and have supplies ready in the car to ensure they are getting enough fluid.



As part of the Eat Smart Play Safe program, what other tips can you share with parents, coaches and young athletes to help support brain health?

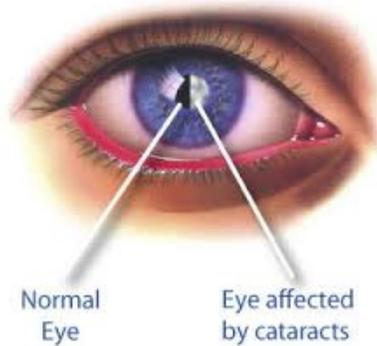
Again, diet and nutrition is key. Everyone—not just kids—should incorporate a healthy balanced diet that is low in saturated fat and added sugar with adequate intake of fruits and vegetables along with the healthy fats such as DHA through fatty fish intake or DHA fortified foods and supplements, like algal DHA. In fact, fruits and vegetables can be an excellent source of micronutrients especially the B-vitamins which are also important in supporting brain health. Personally, I like to make sure I have a variety of colorful foods at each meal. Vitamin D, along with calcium, is essential for healthy bone development in children and adolescents. It also plays a role in

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www.popwarner.com
www.eatsmartplaysafe.com

Tips for Seniors to Protect their Vision

- According to the American Federation for the Blind, there are increasingly more people who are experiencing eye problems. This is especially true of those over the age of 65, when they report severe eye problems increase significantly.
- Experts also predict that things are going to become bleaker, citing that by 2030, the number of aging Americans with vision loss will double. The good news is that there are things seniors can do in order to protect their vision and address eye problems.



- The four most common age-related eye diseases that people are experiencing in the country include glaucoma, cataracts, macular degeneration, and diabetic retinopathy.

While these conditions are leaving many seniors with vision loss, Dr. Kondrot takes a natural approach to prevention and healing with his patients. His approach has helped numerous people to prevent and reverse eye diseases and vision loss.

Here are several tips that Dr. Kondrot recommends that seniors follow in order to help protect their vision:

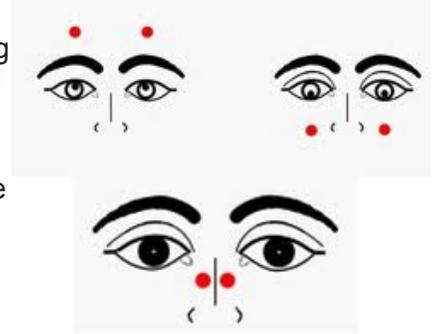
- **Diet.** It is crucial that people clean up their diet in order to maintain good eye health throughout the years. This includes eating a lot of fruits and vegetables and making sure to eat a diet that is high in organic foods. This way the toxins don't make their way into the body. It is also important to drink plenty of water.
- **Vitamins.** Opt for a vitamin that will help provide good eye health. Look for vitamins that are all natural, have been designed to help you avoid macular degeneration and glaucoma, and provide optic nerve support.

- **Stress reduction.** Many people do not realize the connection between stress and health, including that of the eyes.



Be sure to find ways to de-stress and relax in order to help protect your vision.

- **Eye exercises.** No matter what age you are at, you can begin doing eye exercises in order to help relax the eyes. To help keep the eyes from becoming dry, try to blink often. This will help to keep the eye surface moist and prevent it from drying out. Try opening and closing your eyes in a slower motion, giving your eye more time to become moistened. Also, try an exercise referred to as "palming." For this, you close your eyes and gently rest the heels of your hands on your cheekbones, covering your eyes with your palms. Imagine and visualize blackness. At the same time, feel your breathing. Breathe deeply, slowly, and evenly, through your nose. The slower you breathe, the better.



- **Avoid surgery.** As much as you can, try to avoid having any type of eye surgery. Eye surgery should always be an absolute last resort. Before undergoing eye surgeries, first try natural therapy approaches to addressing any eye conditions you may have.

Dr. Kondrot, the world's only board-certified ophthalmologist and board-certified homeopathic physician, founded the Healing The Eye & Wellness Center, located just north of Tampa, Fla. The center offers alternative and homeopathic routes to vision therapies, which focus on such conditions as macular degeneration, glaucoma, dry eye, cataracts, and others. His advanced programs have helped people from around the world restore their vision. The center sits on 50 acres of land and features a 14,000 square foot state-of-the-art complex, an organic ranch, jogging trails, swimming pool, hot tub, and more. He is also author of three best-selling books, including "10 Essentials to Save Your Sight" (Advantage Media Group, July 2012), and president of the Arizona Homeopathic and Integrative Medical Association.

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EAT YOUR WAY TO CLEAR VISION

According to the Vision Council of America, the vision care industry accumulated a revenue of \$32.8 billion in 2011. Approximately 179.5 million adults need vision correction, an increasing amount annually.

Dr. Edward Kondrot, the world's leading ophthalmologist and a board-certified homeopathic physician, provides an answer to helping your eyesight: a nutritious diet.

The USDA states that organic food is produced without using most conventional pesticides, fertilizers, sewage sludge, bioengineering or ionizing radiation. The lack of intrusive pesticides creates organic food that maintains a higher nutritional value, which improves your diet and helps your eyesight.

Here are five essential foods to incorporate into your diet:

- **Butternut Squash:** contains Vitamin A, which is needed by the retina in the form of light-absorbing retinal molecule and keeps eyes, skin and mucous membranes moist.



- **Zucchini:** contains lutein, used as an antioxidant and for blue light absorption.

- **Brussel Sprouts:** contains Vitamin C, an antioxidant that reduces the risk of cataract and macular degeneration.



- **Blueberries:** contains Vitamin C which protects the body from free radicals that can damage the eyes and cause disease, as well as decrease the potential for developing glaucoma.

- **Kale:** contains protein which can decrease the risk for eye disease such as Age-Related Macular Degeneration.

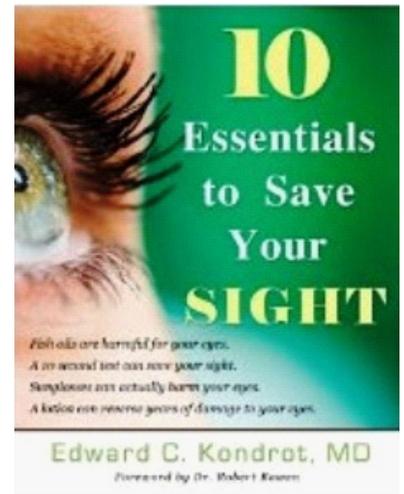
According to the Centers for Disease Control and Prevention, 61 million adults in the United States are currently at risk for serious vision loss. While it is a serious issue, millions of people don't know what to do and what not to do, or

do not realize that they are the ones at risk for vision loss. The answers to these issues, and more, are all being offered in his book, "10 Essentials to Save Your Sight," that was ten years in the making and is founded on a vast amount of research.

According to the National Institute of Health, 1.75 million people in the country have age-related macular degeneration. The Glaucoma Research Foundation reports that 2.2 million individuals around the national have glaucoma, the leading cause of blindness. Clearly, millions of people suffer from vision problems, whether from these two conditions or others. The good news is that no matter what your age, there are things you can do to help save your sight.

Dr. Kondrot's book includes topics such as: nutrition and supplements, hydration and detoxification, relaxation, vision therapy, homeopathy, sleep and light therapy and many more as well as patient's stories. The book offers a look at some of the essential information that people need in order to help save their sight, including addressing such questions as:

- Whether or not fish oils are harmful to the eyes
- How a 10-second test can help save your sight
- Why sunglasses can actually harm the eyes
- How a lotion can reverse years of damage to the eyes.



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