

# HEALTH, MIND & BODY GUIDE 2023

JUST IN TIME FOR

## Valentine's Day

Assorted Candies And More!

THIS VALENTINE'S DAY GIVE YOUR SWEETHEART: A BEAUTIFUL Valentine's Card From Leanin' Tree

Heart-Shaped Soap Confetti

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### Foods That Can Positively Affect Mood

No one is immune to the occasional bad mood. Whether it's the weather, waking up on the wrong side of the bed or another variable, various factors can have an adverse effect on a person's mood. Food is one factor that can have a positive effect on mood. Certain foods have been found to positively affect mood, so incorporating them into your diet may help you stay positive even on those days when you get up on the wrong side of the bed.

• **Fatty fish:** A study from British researchers published in the Archives of General Psychiatry found that a daily dose of an



omega-3 fatty acid called eicosapentaenoic acid, or EPA, helped patients with depression significantly reduce their feelings of sadness and pessimism. Hackensack Meridian Health notes that salmon, albacore tuna, sardines, trout, and anchovies are rich in omega-3 fatty acids.

• **Nuts and seeds:** The minerals selenium, copper, magnesium, manganese, and zinc have all been linked to mental health, and nuts are rich in each of those minerals. Hackensack Meridian Health notes that almonds, sunflower seeds, pumpkin seeds, walnuts, and peanuts are particularly good sources of the immune system-boosting minerals zinc and magnesium.

• **Dark, leafy greens:** Dark, leafy greens like kale, spinach and collards are rich in iron and magnesium, both of which can increase serotonin levels and help reduce feelings of anxiety.

Dark, leafy greens also help the body fight inflammation, which can have a positive effect on mood. A study published in the journal JAMA Psychiatry found that brain inflammation contributed to certain behaviors, including low mood, that appear during major depressive episodes.

• **Dark chocolate:** Chocolate lovers may be happy to learn that dark chocolate can improve mood. A study published in the Journal of Proteome Research found that dark chocolate helped to reduce levels of the hormone cortisol, which has been linked to stress. Hackensack Meridian Health notes that, when consumed in moderation, dark chocolate made of at least 70 percent cocoa can help people relax.

Various foods can have a beneficial effect on mood, potentially helping people to stay positive when doing so proves challenging.



### Amazing Facts About Honey

Honey is perhaps best known for its sweet taste. But beneath that sweetness is a complex, healthy food.

Bees produce honey from the pollen of plants through a complex enzymatic process, turning it into the beloved golden nectar.

Many properties make honey a unique food that is not just tasty, but also quite healthy. Here are some facts about honey that might get you buzzing.

• When stored in an airtight container, honey can last indefinitely. The substance is naturally acidic and low in moisture, which means it is an inhospitable environment for bacteria. There are small amounts of hydrogen peroxide in honey as well, inhibiting the growth of microorganisms. (Source: Tin Roof Teas)

• Honey has antibacterial properties, so it has been relied on as a health food and topical treatment. Burns, cuts, infections, stomach ailments, and more have been treated with honey. (Source: National Center for Biotechnology Information)

• Honey is the only food source produced by an insect that humans eat. (Source: Peace Bee Farmer)

• Mead is a fermented beverage that is made from honey. It has

a storied history as a beverage of choice in many different cultures. (Source: Hidden Legend Winery)

• Honey is the only food that includes all the substances necessary to sustain life. This includes enzymes, vitamins and minerals. It also contains pinocembrin, a unique antioxidant associated with improved brain function. (Source: Sirhowy Valley Honey)

• A honey bee produces roughly 1/12 of a teaspoon of honey over the course of its life. Bees are not the only insect to make honey, however. The honey wasp, native to Mexico, also can produce honey. (Sources: Golden Blossom Honey and Inverse)

• Honey will take on the flavor of the nectar from which it was made. This nectar also will affect the color and the consistency of the honey. (Source: National Honey Board)

Honey has a sweet and rich history. At times honey has been referred to as "the nectar of the gods," and it is still enjoyed for pleasure and medicinal reasons today.



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# THINK ABOUT IT!

## DISCUSSING FUNERAL AND/OR FINAL PLANS CAN BE THERAPEUTIC!

- *Relieve The Burden Of Surviving Family Members.*
- *Peace Of Mind, Knowing Your Wishes Are Recorded As Planned.*
- *Funeral Expenses Need Not Be Paid For In Advance To Preplan.*
- *It Is Easier For Survivors If Veteran Info, Vital Record Info (Family History), Insurances, Cemetery Info, Etc. Are All Discussed and Recorded.*

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### HEALTHY HEART WORD FIND

Find the hidden words in this puzzle:

ARTERIES	EXERCISE	PULSE
BEAT	HEART	PUMP
BLOOD	MUSCLE	RHYTHM
CHEST	OXYGEN	VEINS

Z F L G P E B R E A W P  
R H G A L T J L R W U R  
R T Z C V W A T O L L F  
L I S D V B E E S O F H  
A U R D E R M E B N D L  
M H T S I E J H E A R T  
P N Y E N B L S T P C O  
M E S A S C R Q J Y H L  
U G E S I C R E X E H R  
P Y M N I T R D H O J R  
C X T S E H C Q E W V C  
C O G J P N P U Y T L X