



## Health, Wealth, Happiness & Spirit

### In This Issue:

- Learning to Love Yourself
- Happiness & Healthy Relationships
- Eating Disorders Awareness Week
- WNY Medical Spotlight: Norma Quijada, MD



Norma Quijada, MD



## Our Mission

Your Health, Wealth, Happiness and Spirit explores the power of overall wellness. We look to push past the boundaries of physical health and explore the aspects of mental health, financial health, and health of the spirit. Our goal is to bring you information and guidance that you can use to live a happy, healthy, and spirited life. We find tips and tricks for the short term as well as more expansive information for the long term. The ever-expanding technology, knowledge, and evolution of the health field, there is a growing supply data to take from. With HWHS we find the information for you and put it all in one place. Every month we bring you new articles on a wide range of topics so you can live a more fulfilled and whole life.

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## A Note From Your Editor

Hello Readers!

You made it through the first month of the new year. We are proud of you! This new year brought so much hope for a better 12 months ahead.

We here at HWHS feel that we can make the best out of this year and really make some positive changes. While it may be too much to tackle the major issues surrounding you, the things we can control are very much attainable.

With a focus on the self and a drive to be the healthiest version of you in all aspects of your life, you can conquer anything. Projecting a positive and healthy energy will allow for a more positive year ahead.

Within this issue we have a detachable middle section with tips and a worksheet on loving yourself. Tear it out and keep it for reference or to practice the techniques.

We understand that things can get overwhelming and seem unattainable, and that is okay. You can truly do anything you set your mind to and you are capable of more than you know you are. Take these next 11 months one breath at a time, one moment at a time, one day at a time. We know you can get through whatever the future brings.

Stay safe and, as always, feel free to write to us at [submit@yourhwhs.com](mailto:submit@yourhwhs.com) for any topics you want covered or to submit feedback.

Sincerely,

Melissa Rothman



Executive-Editor



## Listen to Aphrodite

By: KARI SEEP



Love is undeniably in the air this February as people look for safe ways to celebrate Valentine's Day with the ones they love. It's surprising to think that when we compare ideas of love and romance today, they are not too different from ancient Greek ideologies about love which are represented through the Goddess of love, Aphrodite. Many of the traditions of Valentine's Day stem from this powerful Goddess and the stories about her existence.

Aphrodite is known for being the goddess of love, fertility, and beauty. Aphrodite was love personified, and she was well known in mythology to use her mesmerizing beauty to excite gods and men around her into doing what she wants, thus she creating the power for herself to rule over all living creation. According to Greek myth, she was the embodiment of love and associated herself with strong symbols of love. The main symbols Aphrodite is associated with include roses,

doves, and swans. These symbols of love are still recognized today as romantic and are often times incorporated into major weddings.

Aphrodite seemed to know how powerful of an emotion love is because she has such powerful quotes about love and its strength, among the most moving is "Love is the most powerful motivator in the world. It spurs mortals to greatness. Their noblest and bravest acts are done for love." These words are especially powerful when we reflect and apply them to the world today. Despite the chaos in the world, if we can look past and motivate ourselves with love, we will never feel like our lives are meaningless, and we will continue to have motivation to be more and do more for the people we love.

This Valentine's Day, listen to Aphrodite's powerful words and find love within yourself, allow this love to be the motivation to bring a happy and healthy new year.

**"Love is the most powerful motivator in the world. It spurs mortals to greatness. Their noblest and bravest acts are done for love"**

# Maintaining a Healthy Blood Sugar Level

By: AYESHA KHAN

It is important to keep blood sugar levels normal to prevent and avoid very costly health issues. Glucose, at normal levels, is the necessary fuel for the cells in our body and helps our body to function and perform tasks, but it can be very detrimental at low and high levels.

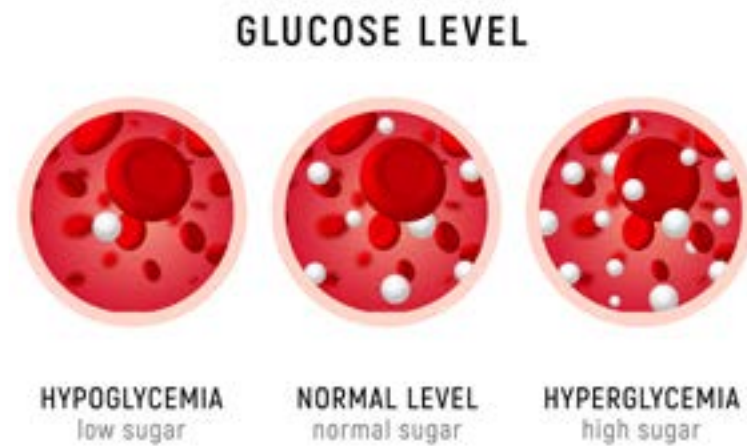
Normal blood sugar remains less than 100 mg/dL after not eating for at least 8 hours and less than 140 mg/dL 2 hours after eating. For people without diabetes, their blood sugar levels are around 60 to 90 mg/dL before meals.

High blood sugar levels can lead to very serious and long-term complications. High blood sugar (hyperglycemia) can have many causes such as eating more than expected, being sick and not getting enough insulin. Some symptoms of high blood sugar include feeling very tired, thirsty, having blurry vision, and the need to urinate more often. High blood sugar levels can permanently damage the pancreas as it can slowly erode the ability of cells in the pancreas to make insulin. High blood sugar can also result in atherosclerosis, which is the hardening of blood vessels. Most of the body can be affected and harmed by high blood sugar.

The blood vessels can be damaged and cause issues such as: kidney failure/disease, strokes, heart attacks, nerve damage, vision problems/blindness, poor circulation to legs and feet, erectile dysfunction, slow wound healing, and a weakened immune system.

One should talk to their doctor about keeping their blood sugar levels within range. To treat high blood sugar, it is suggested to be more active, take medicine as instructed by their doctor, follow one's diabetes meal plan, check blood sugar as instructed by doctor, and talk to their doctor about the right insulin to use.

People may also experience lower blood



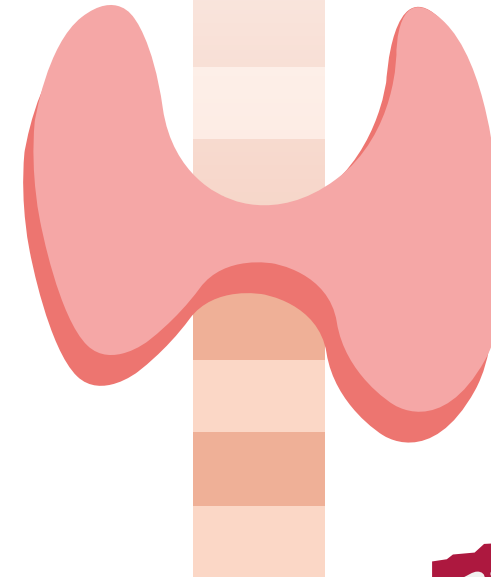
sugar. Low blood sugar (hypoglycemia) can be due to many causes such as drinking alcohol or not eating enough. However, many people's glucose does not fall below 60 as the liver keeps the levels normal by converting muscle and fat into sugar. Some signs of low blood sugar include shaking, sweating, anxiety, hunger, irritability, and dizziness. Like high blood sugar, low blood sugar can be dangerous, so it is important to properly treat it.

To treat low blood sugar, make sure you are taking the necessary amount of glucose tablets, drink fruit juice, drink regular soda, or eat some pieces of hard candy. Wait some time and then check sugar level again and repeat one of the treatments again until blood sugar is above 60 mg/dL or above.

To conclude, it is essential to keep one's blood sugars normal to avoid these health complications. Some tips that one can do to help manage blood sugar levels include:

- Eating a healthy diet
- Getting regular physical activity
- Tracking blood sugar levels and noting what makes it go up/down
- No skipping meals
- Eating foods with less calories, saturated fat, trans fat, sugar, and salt
- Drinking enough water
- Controlling food portions
- Limiting alcohol intake

# Norma Quijada is part of WNY Medical as our Endocrinology MD



WNY MEDICAL, PC

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Dr. Quijada specializes in endocrinology, diabetes, metabolism, and internal medicine. She went to college at Southwestern University in the Philippines from 1978-1990, ultimately making her way to Buffalo, NY to complete her residency in 1994.

Norma was a member of the Independent Health Association Clinical Advisory Group from 1999-2004, as well as the Mercy Hospital Pharmacy & Therapeutics Committee from 2001-2010.

In her spare time, Dr. Quijada enjoys oil painting, gardening, karaoke singing, and treadmill exercising 3 times a week.

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# Learning To Love Yourself: A Beginners Guide



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# Learning to Love Yourself

By: OLIVER HIBBARD

Loving yourself is one of the most important things to keep in mind when trying to live a successful and fun filled life. It may be difficult sometimes to take a step back and realize all the good you bring to the world, or even give yourself praise at all. Gaining confidence in your daily life will require practicing near constant mindfulness about recognizing the positive aspects of your life and how to mend the negative aspects. Although finding the confidence to accept the person you are and see what aspects of your life need growth may be intimidating initially, you will find that at the end of this process you will see a new found sparkle in your eyes and a pep in your step.

When learning to love ourselves we must realize what we do right and what we could improve on in our lives. Reflecting on our skills and downfalls can better help us understand our decision process and subconscious behaviors.

This reflection process can be done by asking yourself; what is my greatest achievement? What is my biggest failure and what did I learn from it? What are some things I am good at? What is one aspect of my life that I could change for the better?

Another good way to gain an outside perspective of your personality is to do some of your favorite activities for one night then try something new the next as an effort to expand your interests and hobbies. You could also call up an old friend and reminisce about the good times, this will help you remember what mindset and decision making processes you used in the past and how that has evolved.

Self-love is something that a doctor cannot give you in a pill form. It is something you must work towards and gradually find what aspects of life make you happy and feel confident. You must be willing to grow and accept self-criticism, otherwise this process will be fruitless, and the best version of yourself will not become a reality. However, striving to be the best version of yourself everyday is beyond wishful thinking, and putting too much pressure on yourself.

The key to self-love and confidence building is simple; you must be willing to accept the person you are and recognize all the light you bring to the world and focus on how to shine brighter.

## 6 STEPS TO LOVING YOURSELF

### 1. FEELING PAIN AND ACCEPTING RESPONSIBILITY

Be mindful of your breath, allow it to be present in your body and embrace all feelings. Move towards them, not away. Learn from them.

### 2. INTENT TO LEARN

Make a commitment to learning about your emotions; all of them. Even the ones that cause pain.

### 3. LEARN YOUR FALSE BELIEFS

This step is a deep and compassionate one. It delves into your belief system and asks your inner child why you feel and react like you do. The answer should come from within; trust your intuition. Once you understand the "why" you can begin to understand the false beliefs leading to self-abandonment.

### 4. STARTING DIALOGUE WITH HIGHER SELF

It is not as difficult to connect with your higher self as you think. Being open to learning to love yourself is the key. Answers can be immediate or gradual and can come in words, dreams, or imagery. Keeping an open mind and heart will allow answers to come more easily.

### 5. TAKING LOVING ACTION

Now that you have opened up to pain, began to learn, started an inner dialogue, and started to listen to your higher self. In this step, you begin to take action on those answers you identified in the previous step. These may be small at first and will add up over time.

### 6. EVALUATING YOUR ACTION AND BEGIN AGAIN

Once a loving action is taken, re-checking to see if your negative associations with it are healing or reacting the same. You may need to re-visit all the previous steps until you feel at peace with the past.

Learning to love yourself is key to creating a joyful life, filled with positive and connected relationships.

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### OVERALL MOOD

1 2 3 4 5

### 10 THINGS I AM GRATEFUL FOR

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### 5 THINGS I AM GOOD AT

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### 3 THINGS I ACCOMPLISHED THIS PAST WEEK

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### GIVE YOURSELF A COMPLIMENT



# LOVE YOURSELF

# Happiness and Healthy Relationships

By: CALEB LONG

To live a long life filled with good health and happy memories sounds like a dream. Of course, we all want this. But the question remains, what leads to such a great life? In a Ted Talk with over 18 million views, a Harvard Medical School professor of psychiatry, named Robert Waldinger, gave the world some insight into how a great life is achieved.

Dr. Waldinger is the most recent director of a Harvard longitudinal study that has followed 268 Harvard sophomores, and their eventual families, since 1938. The goal of this study was to reveal clues to leading healthy and happy lives. After following these students and their families for over 80 years, researchers have collected a plethora of data on physical and mental health throughout the lifespan.

Some of these Harvard graduates went on to live highly successful lives with great careers and families. A few notable graduates that were studied include President John F. Kennedy and Washington Post editor Ben Bradlee. The eventual offspring of these 268 graduates were also studied and so were their wives. The wives and the daughters were the first women in the study, as Harvard was still a men-only school when the study began. The study later expanded to not only study Harvard students, but to also study 456 Boston inner-city residents in the 1970s. While some of the people studied went on to become successful doctors, businessmen, and lawyers, others ended up as alcoholics and schizophrenics.

The findings from this study came as a surprise to the researchers. Dr. Waldinger told the audience, "The surprising finding is that our relationships and how happy we are in our relationships has a powerful influence on our health." The study found that the presence of strong relationships with family, friends, and community were the leading predictor for a happy and healthy life in



the long run. Dr Waldinger explains his findings saying, "When we gathered together everything we knew about them at age 50, it wasn't their middle-aged cholesterol levels that predicted how they were going to grow old, it was how satisfied they were in their relationships. The people who were the most satisfied in their relationships at age 50 were the healthiest at age 80."

While this study shows that strong meaningful relationships are the greatest factor for having a happy and healthy life, that does not mean that you should neglect the importance of your physical and mental health. It is the balance of all three of these areas in your life that will lead to health and happiness. Go out and create meaningful connections with people. Tell your family that you love them and ask your friends to spend time together. Nobody can be their best without the support and love of others.

For more visit [Ted Talks](#) and [Harvard Gazette](#)

# Activity Corner

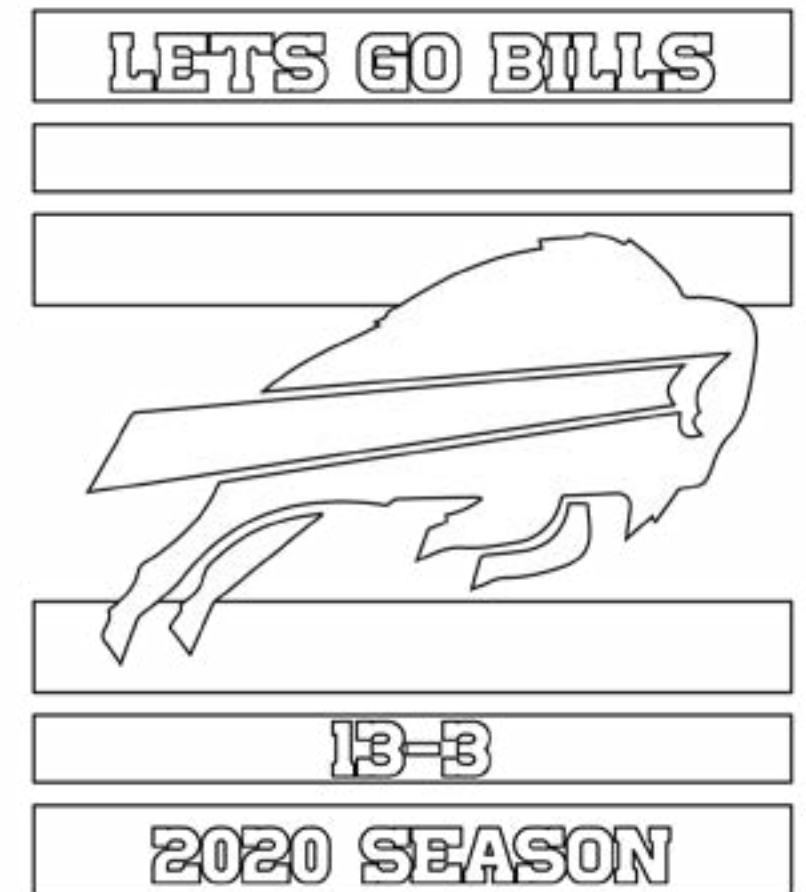


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- Love
- Abraham Lincoln
- Lunar New Year
- George Washington
- Mindfulness
- Self Care
- Valentines
- Chocolate
- Buffalo Bills
- Positivity
- Lake Effect
- Wind
- Superbowl Sunday
- Learn
- Presidents Day
- Wisdom

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 U H C E Y E C A R E M O N T H

January Solution



# Eating Disorders Awareness Week

By: LAUREN TRAUTWEIN



The last week of February is National Eating Disorders Awareness week. This week is important because there are a lot of misconceptions about the who, what, when, and why of eating disorders that need to be addressed in order to remove the stigma for those suffering, and educate others on what to look for in a person who may be struggling. Let's start with the what.

What are eating disorders? Common eating disorders include Anorexia, Bulimia, and binge eating. People often have a general understanding that eating disorders occur from an attempt to lose weight. This may mean not consuming enough calories to sustain your body, either by starving oneself or purging in order to avoid processing the calories. However, eating disorders encompass a wider range of symptoms. Those who binge eat may be unable to control themselves from consuming excess calories when they experience stress.

Eating disorders may present themselves in small ways as well. This could include severely restricting the types of food one eats, or not eating in front of others. Eating disorders can be summarized as an unhealthy relationship with food, on either end of the spectrum.

The media often portrays those who suffer from eating disorders as young females. But they certainly are not the only ones who suffer from eating disorders. Anywhere between 25-40% of people who suffer from eating disorders are male. Males are less likely to seek help for the same symptoms as females due to stereotypes. It is not all youth either.

While the average age for onset is between 16-24, symptoms may arise at any age, particularly when pressures about size or beauty are present. Increased education on who eating disorders can affect will lead to those who need help receiving it without fear of judgement.

The rate of eating disorders has doubled since the 1960s and while there are many factors, one of the main contributors is a greater access to media. It is no secret that media, particularly television, focuses on an unattainable standard of beauty that targets youth in particular. One of the greatest issues for youth in the media is the lack of representation. While there are plenty of "teen dramas" on television, it is rare for a true teenager to act in these shows. When teenagers see a fully developed adult play a pubescent teenager, they are bound to find inadequacies in themselves. Even commercials are filled with beauty products to "stay young" and lose weight. Additionally, clothing is not made equal. Popular styles are difficult to find in plus sizes. The pressure to fit the media standards, rather than love the body you are in, is constant. Unrealistic portrayals of teenagers, and even grown adults, in the media, rather than a diverse representation of all body types leads to dissatisfaction that can lead to the disorders.

It is important to recognize the misconceptions and causes of eating disorders in order to recognize the signs. Not only can this lead to a greater recognition of symptoms, but a greater acceptance for those who are struggling with an eating disorder.

Anywhere between  
25-40% of people  
who suffer from  
eating disorders  
are male.

## COMMON SIGNS:

Someone is Suffering From an Eating Disorder



### Not interested in eating at meal times

While everyone has a poor appetite occasionally, if you notice someone often tells you they aren't hungry for dinner or will eat later, this may be a concern, particularly if you never see them actually eat dinner or the portions are very small.

### Rushing to the bathroom after meals

If you notice a loved one goes to the bathroom right after eating, it may be to throw up the calories they just consumed, or from anxiety of eating. Pay attention to increased gum chewing or use of breath mints.

### Excessive exercise

An unhealthy urge to exercise after eating, especially coupled with consuming limited calories, is cause for concern. The compulsive need to get rid of calories may show itself in exercise rather than purging.

### Interest in different foods

If a loved one suddenly has a new interest in different foods, particularly vegetarian or vegan foods, or refuses to eat what others are eating, this may be a sign of an eating disorder, especially in consideration with other symptoms.



Health Tips with  
WNY Medical's  
Riffat Sadiq, MD

There are many types of disorders that can affect people in their day to day lives.

Disorders like anxiety and depression can affect different people in different ways. Sometimes with anxiety you will see a person becoming very nervous. Their heart rate will start rising along with increased sweating. This can be a normal reaction for someone who has anxiety, but these reactions need to be monitored as they can become worse very quickly.

Anxiety also goes hand in hand with depression and it is very common to be diagnosed with both, known as a "mood disorder". The sadness combined with the anxiety symptoms, plus a loss of appetite, can be very dangerous to the body's and mind's health. These symptoms and reactions should be carefully watched, and if they increase in intensity or are persistent for at least two weeks, please reach out to your provider.



A Sit Down with  
Faizan Haq,  
Communication  
Educator &  
Entrepreneur

### Is Time, Money?

People often say time is money. In fact money is time. Let's do it better than that. Money is a resource with which you buy time and this is why. As a society, we like to get paid hourly or we hire people on a per hour rate; we buy their time. Then we expect during that paid time period to achieve certain goals with specific skill sets which can have monetary value. And with that monetary value that's created, we sell services; this is how businesses work. Money is Time. We also invest a lot of money in technology and gadgets so they can help us save time. The money spent on technology we use to buy time for ourselves, whether to do more work or for leisure. The challenge is to see how you are spending your currency of time and what you are buying in return. This currency, in its basic unit, comes in finite supply. Basic unit such as years, months and weeks to even days, hours and seconds. If you are a worker who is getting paid hourly and let's suppose you make \$20 an hour and you end up spending \$10 dollars on a cup of coffee. You just turned half an hour of life unit into a cup of coffee. Was it worth it?

## Media Corner: Alice in Borderland

By: WEBSTER TILTON

I want you to try a difficult thought experiment. Imagine the Hunger Games movies were aimed at an adult audience and contained a few original ideas and were good. I know, it's a stretch. But if you were to take a Young Adult (YA) premise and ditch the requirements of the YA genre that render most of it inherently awful (painfully stupid villains, child characters who are exempt from suffering, and spoon feeding us the plot), you might really have something.

And this is what we get with Alice in Borderland, on Netflix. It's a series that earns its M rating but doesn't overdo it and manages to stay interesting right up through the end. My verdict up front is a solid recommendation. It falls short of perfect but not by much. Binge it at your earliest convenience.

Alice in Borderland takes place in present day Tokyo. And the very first thing you should do is switch the English voice dub back over to the original Japanese and turn on the subtitles. After you do that, sit back and enjoy a wild ride that includes all of the following:

- 1) Genuinely surprising plot twists
- 2) arcs for every major character
- 3) several original-ish ideas (or at least ideas that I've never seen done exactly that way before)
- 4) a depressingly accurate picture of what might happen to actual humans were they to find themselves in this situation
- 5) an arc for the show itself, by which I mean it moves beyond its original premise and expands outward in scope while also digging into the interesting backstories of the characters
- 6) high production value on every level (visuals, sets, sound, CGI, etc...) and
- 7) good acting.

I stop short of calling it great acting and this might not be entirely fair. I understand that the source material for this show is a graphic novel; a medium not known for its characters acting like real human beings. So, for all I know, the cast might be nailing it. Or, more likely, it's just slightly hammy acting

"But let me back up; the central problem with young adult fiction is that all of the adults are required to be painfully stupid so that a teenager can outsmart them."

at times. Not nearly enough to be a problem, but enough to be noticeable and drag the show back from the precipice of greatness to the plateau of 'very good'.

The general idea is that three Tokyo slackers are blowing off adulthood because they're having a bad day and find themselves somehow in an alternate Tokyo with, apparently, nobody else but themselves in it. That changes soon as they see a massive display on a building directing them toward a 'game'. For lack of any better ideas, they follow directions and quickly find themselves playing for their lives.

The show repeats this a few times but never to the point of killing the gimmick. You get a good amount of these 'games' but not so much as to get repetitive or dull. The series shifts gears into the protagonists trying to figure out how they got where they are, who is running the games, and why all of this is happening. It's excellent storytelling. The show uses each scene for multiple purposes. There's an injury to one of the main characters early on that makes him a liability, but rather than simply using this to generate some cheap drama it becomes a vehicle for his character arc and turns him from a not very interesting character into a really compelling one, all while moving the larger plot forward with respect to figuring out the nature of the games.

Alternate Tokyo seems to have swept up the good along with the bad so the mix of character



types is colorful and keeps things fresh. The show contains more than a bit of the blunt-fisted, endlessly repetitive message of The Walking Dead, namely that humans are far crueler and nastier to each other than the world is to them. But unlike The Walking Dead with its endlessly bleak and depressing slog where there's never any hope and things just always get worse; Alice in Borderland occasionally shows the characters making some real progress. By the end of the season, we actually know something about why this is all happening which makes all the brutal sacrifices meaningful. And yes, I'm aware that TWD leaves the zombies deliberately unexplained because the 'walkers' are just an excuse to study what happens to the characters. I just happen to think that that's bad storytelling.

I binged this thing all Christmas Eve and for several hours after I regained consciousness on what was still technically Christmas Morning. It's a one or two session job at most, because you simply won't want to stop.

"...rather than simply using this to generate some cheap drama it becomes a vehicle for his character arc and turns him from a not very interesting character into a really compelling one.."

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# Recipe of the Month

crispy chipotle chicken tacos with cilantro lime ranch.



## Ingredients

- 2 tablespoons extra virgin olive oil
- 1 pound ground chicken, beef, or turkey
- 1 yellow onion, chopped
- 2-3 teaspoons chipotle chili powder
- 2 teaspoons smoked paprika
- 1 1/2 teaspoons ground cumin
- 1 teaspoon garlic powder
- 1/2 teaspoon crushed red pepper
- 1/2 teaspoon dried oregano
- 1/4 cup fresh cilantro, chopped
- 2 cups shredded Mexican cheese
- taco shells

## Cilantro Lime Ranch

- 1 cup sour cream or plain Greek yogurt
- 3/4 cup fresh cilantro, finely chopped
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/4 cup pickled jalapeños, chopped
- juice from 2 limes

## Directions

### Step 1

Preheat the oven to 425 degrees F.

### Step 2

In a large skillet, heat the olive oil over high heat. When the oil shimmers, add the ground meat and onion. Cook, breaking up the meat as it cooks, until it is browned, about 5 minutes. Add the chipotle chili powder, paprika, cumin, garlic powder, red pepper flakes, oregano, and salt. Add 3/4 cup water. Reduce the heat to medium and simmer until the sauce has thickened slightly around the meat, about 10 minutes. Remove from the heat and stir in the cilantro.

### Step 3

Line the taco shells up on a sheet pan or in a 9x13 inch baking dish. Transfer to the oven and bake 5 minutes. Evenly divide the meat among each taco shell and top with cheese. Bake 10 minutes, until the cheese has melted.

### Step 4

Meanwhile, make the ranch. Combine all ingredients in a glass jar and shake or stir until creamy.

### Step 5

Serve the tacos topped with ranch, avocado, red onion, and any other desired toppings.

visit [halfbakedharvest.com](http://halfbakedharvest.com) for more recipes

# New Year New Workout

The Start of the new year means New Year resolutions, and we're here to give you a workout plan that will help you ease into your resolution.

First we will start slow and then pick it up towards the end of the month. This 4 week plan is simple, its just going to be cardio. We want to keep that heart rate high and burn those calories. Whether the holidays got away from you or you want to just kick it into a new gear, this will help anyone in whatever situation they are in.

**Week 1:** lets ease you into this once per day for 5 days, Monday - Friday. Rest up well Saturday and Sunday and try to avoid binge eating.

**Week 2:** we want to increase this to twice a day and keeping our Monday - Friday schedule

**Week 3:** you might have guessed we are uping this to 3 times per day, but no we are going to keep it twice a day, but now for 6 days a week. Monday - Saturday and rest up Sunday.

**Week 4:** hopefully you made it through, now we will bump this up to repeating every interval 3 times before moving onto the next. Keep our Monday - Saturday plan and sweat as much as you can.

## 4 WEEK PLAN

### 2 MINUTE INTERVALS

1 min: jumping jacks  
1 min: side to side leaps  
- rest 30 seconds -  
1 min: run in place  
1 min: shuffle side to side

### 1 MINUTE INTERVALS

1 min: Mountain Climbers  
1 min: Burpees  
15 second: rest  
1 min: High knee run  
15 second: rest  
1 min: squat jumps side to side

### 30 SECOND INTERVALS

30 seconds: jumping jacks  
15 seconds: rest  
30 seconds: squat jumps  
15 seconds: rest  
30 seconds: jumping lunges  
15 second: rest  
30 seconds: jumping lunges



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