

Celebrate! *A Healthy You*

A newsletter devoted to helping individuals of every size live in a healthy body.

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Focus on the Bliss

Taking care of oneself requires discipline. Not discipline in terms of punishment, but rather discipline of learning, order and control. Discipline and care of self seems to be a topic on the minds of health writers today.

In Secrets of Feeding a Healthy Family, Ellyn Satter writes about the importance of discipline in helping yourself and your children to eat well and healthfully. She writes that the discipline of having regular meals, and paying attention while eating leads to healthy eating habits.

Brian Johnson, in his newsletter "PhilosophersNotes," writes about how discipline helps us lead a happier life. He quotes Michael Bernard Beckwith in his book Spiritual Liberation:

"Discipline leads to blissipline... a healthy view of discipline keeps us on track in areas of our life where we've determined to make a change. Discipline is a practice of self-love, self-respect, and surrender that results in freedom."

As adults we practice blissipline in many ways throughout the day. We brush our teeth because we enjoy having clean, white teeth. We go to work because we gain satisfaction and a paycheck. We do laundry so we have fresh, comfortable clothes to wear.

Focusing on the good, the bliss, to be gained by changing a health habit may help us be more successful. Here are some examples of how discipline can lead to blissipline:

Discipline	Blissipline
Get up early to exercise	Feel strong enough to do things you like to do
Pack lunch the night before	Eat a good tasting, low cost meal instead of something unsatisfying from a vending machine
Go to bed at a reasonable time	Feel alert and refreshed the next day
Quit smoking	No more nagging from loved ones about the health risks of smoking; fresher breath
Put the newspaper down and really listening when your loved one wants to talk	Develop a deeper relationship, better communication and understanding
Take a short walk at lunch	Feel more alert and more productive in the afternoon
Think carefully before saying yes	Live a better balanced life with less stress

What change requiring discipline has been on your mind lately? Think about all the benefits you will gain from taking that step. Write them down and put the list where it will remind you of the bliss this change will bring. To paraphrase

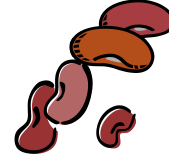
the philosopher Seneca, on the way to developing a new, better habit, focus on the bliss until the things that are pleasant and the things that are good for you become the same.

Make Cooking Simple

When the leaves on trees begin to change color and temperatures turn cooler, warm, hearty meals become appealing once again. Dishes made with dried beans are just right for fall meals, satisfying and filling and low cost. Their mild taste pairs well with stronger flavors and spices like the red pepper in **Italian Pasta with Beans**. Add a crisp lettuce salad and dessert of juicy ripe pears to complete the meal.

Italian Pasta with Beans

- 4 cloves garlic, finely chopped
- 1 bell pepper (green, red, yellow, or orange), seeded and chopped
- 2 tablespoons olive or vegetable oil
- 1 can (14-15 ounces) diced tomatoes
- 1 can (14-15 ounces) black, kidney, pinto or other beans, drained and rinsed
- 1/2 to 1 teaspoon crushed red pepper flakes
- 1 1/2 cups uncooked pasta (macaroni, spirals, shells, bowties, etc)



Heat oil in large skillet over medium-high heat. Add garlic and bell pepper. Cook for one minute. Do not let garlic brown. Add diced tomatoes (do not drain), drained beans and red pepper flakes. Cover the skillet and lower heat. Cook for 10 minutes or until sauce is slightly thickened.

Meanwhile, cook pasta until barely tender in large amount of boiling water. Drain. Serve sauce over pasta.

Makes 4 servings. Nutrition information per serving: 320 calories, 13g protein, 8g fat, 51g carbohydrate, 11g fiber, 36mg vitamin C, 280mg sodium.

This month's handout celebrates beans, a fantastic nutrition bargain. They provide protein, iron, fiber and many other important nutrients for just pennies per serving. While cooking the dried beans does take some time, it needs little attention. A pot of beans can be left to simmer slowly on a back burner while you go about other activities. Canned beans cost a bit more than the dried but are still a great bargain. Rinse them before use to reduce sodium content.

Survey Reminder

If you have not sent in your survey yet, please take a moment to do so. Your answers and comments help us make Celebrate ever more useful to you. Please let us know what you like and what you don't like.

If you've misplaced your copy of the survey, we will be happy to send another one. Linda's contact information is below. The survey is also available online by clicking here:

http://www.surveymonkey.com/s.aspx?sm=oh2kCOwO5fpUhcXyhjBIWw_3d_3d

Words to Consider

"It was not so very long ago that people thought that semiconductors were part-time orchestra leaders and microchips were very, very small snack foods." —Geraldine Ferraro

"It always amazes people to see how little activity it takes to feel better." —Tim Church

"Life is a short walk. There is so little time and so much living to achieve." —John Oliver Killens