

JUNE  
2021

## THE HEALTH BENEFITS OF olive oil

Oils are high in fat and calories — so why does olive oil have a reputation as a health food? Not all fats are unhealthy if you consume small to moderate amounts. Extra virgin olive oil is a healthy choice because:

- It's high in monounsaturated fats. These fats help lower bad cholesterol, decreasing the risk of heart disease and stroke.
- It's low in saturated fat. Eating high amounts of saturated fat can raise cholesterol levels. When you replace saturated fats with healthier ones like olive oil, you can lower your risk of heart disease. Examples of foods with high saturated fats include fatty meat, cream, lard, butter and cheese.

Use extra virgin olive oil in place of lard, butter or coconut oil to increase healthy fats in your diet.

Source: American Heart Association

# 5 things to know about natural anxiety remedies

Nearly everyone has anxiety at times. Stressful situations and important events can make you feel edgy or anxious.

Sometimes, however, anxiety becomes a health problem. It happens frequently and it interferes with your life. This is called an anxiety disorder. If this happens to you, see your doctor. Treatments can help, including therapy and medications. Don't try natural remedies for an anxiety disorder unless your doctor recommends it.

People who have mild anxiety or occasional stress may look for "natural" or complementary health remedies.



**1. Acupuncture** is a popular natural anxiety treatment. It involves placing thin needles into the top layer of skin in certain points on the body. If you decide to try acupuncture, see a licensed practitioner who uses sterile, single-use needles.

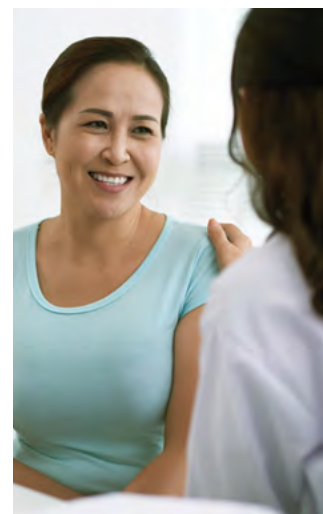
**2. Massage therapy** can be relaxing and can feel good on tight, tense muscles. It may help some people with mild stress or occasional anxiety.



**3. Mindfulness meditation** is a practice of focusing on the present moment. It involves breathing, guided imagery and other methods. It may benefit people who have occasional stress or anxious feelings.

**4. Relaxation techniques** like deep breathing or relaxing music can lower anxiety before stressful events like medical procedures.

**5. Don't try herbs or dietary supplements** without talking to your doctor first. Most of them haven't been proven to help with stress or anxiety. And some can cause health problems or have dangerous interactions with medications.



If you have anxiety or stress, talk with your health care provider. Together, you can find treatments or options that will help you live a healthy life.





# 5 ways to change habits

Our habits influence our health in many ways. You might have habits that help you stay healthy, such as taking a walk every day. Or you might have some habits you want to change, such as smoking or eating too much sugar.



Changing a habit takes time and effort, but you can do it. These tips will help you stay on track as you work toward healthy change:

1. **Change only one thing at time.** Trying to overhaul many parts of your life is hard. It can cause stress and make you worry about failure. Don't change too many things at once.
2. **Know why you're making the change.** If you don't have a good reason, it can be hard to stay motivated. Keep a reason (or two) in mind as you work toward change. For instance, maybe you want to be able to run in a race. Or perhaps you want to lose weight so you can feel healthier or manage a health problem.
3. **Get the support or skills you need.** If you need help to quit smoking, your doctor can help you find tools to help. If you need help with changing eating habits, ask your doctor about nutrition help. Look for community resources and support groups.
4. **Expect setbacks.** Nearly everyone has setbacks when they try to change a habit. This is normal. When this happens, remember why you're making the change. Then put the setback behind you and start again.
5. **Avoid tempting situations.** Certain things in your immediate environment can make you want to go back to your old habits. Figure out what these things are, and stay away from them. If you know you have trouble with "all you can eat" restaurants, don't go to them. If you're trying to quit smoking, avoid situations that make you crave cigarettes.



**FINALLY, MAKE SURE YOUR GOAL IS REALISTIC.  
HEALTHY GOALS SHOULD BE SMART:**

- **Specific:** Avoid vague statements like, "eat healthier."
- **Measurable:** Track milestones and know when you have met them.
- **Action-oriented:** Commit to your change and take action to meet it.
- **Realistic:** Avoid lofty, difficult changes.
- **Time-based:** Give yourself a deadline to meet certain steps toward your goal.

# *Shopping around for contact lenses*

Many people wear contact lenses. But you don't have to buy your contacts from your eye care provider. You can choose to get your contacts prescription from your provider and then shop around for lenses.

## **GET AN EYE EXAM**

Before you go shopping for lenses, make sure your eyes are healthy. See your eye care provider regularly. Your provider might be an optometrist or ophthalmologist, depending on your needs.

During your visit, your provider will check your eyes and determine your contact lens prescription.



## **GETTING YOUR PRESCRIPTION**

Your eye care prescriber can give you your prescription after your exam. Your provider cannot charge you for your prescription. You may have to pay for the eye exam and contact lens fitting.

## **WHAT SHOULD MY PRESCRIPTION INCLUDE?**

Your contact lens prescription must include:

- Your name
- Date of your eye exam
- Date of prescription
- Doctor's name, mailing address, phone number and fax number
- Power, material, and/or manufacturer of the prescribed lens
- Base curve of the lens
- Diameter of the lens, when needed

Source: Federal Trade Commission