

GOOD NEIGHBOR SCRIPT™

INSPIRATION FOR LIVING WELL FROM *GOOD NEIGHBOR PHARMACY*



6 Ways to Maximize Your Health: Mind, Body and Spirit

What if instead of trying to make sweeping changes in your life to improve your health you could make a series of small tweaks that would allow you to maximize your overall health, your mind, body and spirit?

Health is a package deal. Focusing on your mind can help you safeguard your overall mental health, reduce stress and improve your outlook on life.

Mind

1. Slow time down by resting more.

We've all experienced the phenomenon of time moving more quickly the older we get. A study by Duke University professor Adrian Bejan found that this phenomenon is due to how your brain processes the images of daily life. When you're young and experiencing a lot of novel stimuli, time seems to slow down. Bejan has found the best thing you can do to slow down your perception of time is to get enough sleep and mental rest. "Productive days happen when the body and mind are rested, after periods of regular sleep, when in the morning you look in the mirror and you see a younger you, not a tired you," he writes.

2. Start a mindful habit.

Hobby crafts, like knitting, hand-sewing, coloring in adult coloring books or hand lettering, can function as a kind of moving meditation. Research shows that repetitive motions like these can help you focus and reduce stress, in the same way meditation can. The added benefit is that these types of activities also tap into creativity. One study found that participating in these types of mindful crafts can also reduce the risk for developing mild cognitive impairment.

Body

3. Schedule your screenings.

You know all of those screenings you've been putting off scheduling? There is no better time to schedule your screenings for everything from breast cancer to heart disease to diabetes.

The Department of Health and Human Services maintains a comprehensive list, organized by age and gender (you can also ask your doctor).

4. Add stretches to your day.

So many of us sit hunched at desks, which causes our muscles to get shorter and tighter. Short, tight muscles can eventually lead to pain and injury. One simple way to counteract the effect of sitting hunched for much of the day is to do some basic stretches at your desk or kitchen table. Specifically, you might try a standing back extension called the "one stretch," which a recent Japanese study found may help improve or prevent low back pain. To do this stretch, stand with your feet slightly apart. Slowly stretch backward (without bending your knees) while exhaling for three seconds. You can place your hands at your low back for support. Repeat one to two times.

Spirit

5. Start a gratitude journal.

Each day, try writing down one thing you're grateful for, either in a journal or on a slip of paper you drop into a jar. According to a report by The Greater Good Science Center at UC Berkeley, people who make an effort to focus on gratitude tend to be happier and more satisfied with their lives. They are less driven by materialism, and not at as much of a risk of burnout.

6. Be more honest.

We often avoid being honest with friends and loved ones because we overestimate how difficult it will be, and fear that it will have disastrous consequences. However, a recent study by two psychologists who research honesty and lying found the opposite. "We find that people significantly mispredict the consequences of communicating honestly. The experience of being honest is far more pleasurable, leads to greater levels of social connection, and does less relational harm than individuals expect," the authors write.

Health & Fitness

3 Ways to Keep Binge Watching from Ruining Your Sleep

With streaming services and video on demand, it's never been easier to watch what you want, when you want. Whether you just need a break or want to get up to speed on the show everyone's been talking about for the last two (or three or four) seasons, catching up on the latest shows can have substantial impacts on your sleep.

There are steps you can take to mitigate the following sleep-disrupting effects of binge watching.

1. Get up regularly. Sedentary behavior, including sitting for too long, increases your risk of insomnia and sleep disturbance, according to research from the University of Illinois at Urbana-Champaign. To break up long stretches of sitting, watch your favorite show while standing up, exercising or even doing chores. Don't skip all the commercials: Use them as a cue to get up and move.

2. Block blue light. Electronics emit short-wave blue light which affects your body's production of melatonin, the chemical that controls your body's ability to fall asleep and stay asleep, reports the Harvard Health Letter. For sleep-friendly viewing, set blue light filters on your electronics or download apps that do the same.

3. Resist the urge to binge-snack. Tasty treats can exacerbate issues like heartburn, a common digestive issue. Heartburn, in turn, contributes to insomnia and restless leg syndrome. You also may eat later than you normally do, which interferes with your sleep cycle. To keep from indulging too much, keep healthier, less binge-worthy snacks on hand, like carrots or celery sticks. And be sure to stop eating at least two hours before you plan on going to bed. This gives your body time to digest the food, preventing heartburn and insomnia.



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Prep Time
25 minutes

Cook Time
40 minutes

Total Time
1 hour 5 minutes

Serves
4

March Recipe Stuffed Peppers With Ground Chicken, Quinoa and Vegetables

Stuffed bell peppers are a fun way to present a vegetable-packed, balanced meal. Here, the peppers are halved lengthwise and piled with a chicken-quinoa-vegetable filling that cooks evenly and tenderly.

Ingredients

¾ cup uncooked quinoa
2 cups low-sodium chicken broth
4 large bell peppers
¾ pound ground chicken
1 medium yellow onion
2 cups frozen mixed vegetables
(usually corn, carrots, peas and green beans), thawed
3 tablespoons tomato paste
1 egg, beaten
1 teaspoon dried oregano
Salt and pepper
2 tablespoons fresh parsley

Tools

Measuring cups
Medium pot with lid
Mesh sieve
Cutting board
Chef's knife
Sheet pan
Large mixing bowl
Measuring spoons

Instructions

1. Cook the quinoa.

Combine the quinoa and chicken broth in a medium pot. Bring everything to a boil, then reduce it to a simmer, cover and cook for 15 minutes. Drain any excess liquid.

2. Prepare the bell peppers.

While the quinoa is cooking, heat the oven to 375 degrees. Cut each bell pepper in half lengthwise, and scrape out the seeds and white piths. Set the eight bell pepper halves cut-side up on a sheet pan. In a large mixing bowl, combine the cooked quinoa with all the remaining ingredients except the parsley. Season with salt and pepper. Use your hands to mix everything together. Spoon the mixture evenly into the bell pepper halves, then shape the mixture into a dome. (It will be heaping, which is OK.) Bake for 40 minutes, until the bell pepper is soft, and the chicken is cooked through.

3. Serve.

Sprinkle the parsley over the stuffed peppers, and serve two to a plate.

Hids Can!

- Measure quinoa.
- Measure chicken broth.
- Mix chicken and quinoa filling.
- Fill peppers.

Ask a Pharmacist What Are Some Key Cancer Risk Factors I Should Be Aware Of?

Some of the most common risk factors for cancer include sun exposure, aging, tobacco use, exposure to chemicals and radiation, alcohol consumption, family history and a poor diet. Some causes of cancer can be prevented, but others, such as family history or aging, cannot. Research indicates up to 15 percent of all cancers may come from a family history. Avoiding potential causes is the simplest method to help prevent cancer. You can reduce your risk of developing cancer by quitting smoking, watching sun exposure (use sunscreen), following safety precautions when working with dangerous chemicals, drinking in moderation and eating a balanced diet.



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What we eat can greatly influence how healthy we are and how healthy we will be in the future. Diets low in fat and high in fiber, with plenty of fruits and vegetables, may help lower our cancer risk, especially in the gastrointestinal and respiratory tracts. Eat five or more servings of fruits and vegetables every day. Choose unprocessed, plant-based foods such as breads, cereals, rice, pasta or beans several times per day. Limit your intake of high-fat foods and limit your consumption of meat, especially high-fat meats. Try to restrict red meats to one serving per day. Limit your consumption of alcohol to no more than one drink per day for women and no more than two drinks per day for men. You should also strive to be physically active, and achieve and maintain a healthy weight. While there is no guarantee you will not get cancer, this is a good prescription to keep you healthy and reduce your risk.

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Local Love Katy Medical Complex Pharmacy HOUSTON, TEXAS

"They are our patients.
They are our customers.
They are our friends."



How many years has Katy Medical Complex Pharmacy been in business?

Katy Medical Complex Pharmacy has been in business for 14 years.

What has been the most significant change within your pharmacy over the past five years?

Our biggest change over the past five years was opening our long-term care pharmacy to better serve our assisted living patients.

What are your favorite ways to get involved with your community?

We love to have luncheons with local medical providers. We also provide vaccinations, flu and strep screenings and patient education.

How do your patients and community shape your offerings?

We want to meet the needs of our neighbors in nearby communities, whether that involves going to an assisted living facility and giving vaccinations or attending hormone education classes at a local provider's office to meet new patients. Whatever our patients need, we do our best to provide it.

What keeps your patients coming back?

Our customer service! There are pharmacies on every corner in our community. We try to go the extra mile so that our patients don't mind driving a little further to come to our pharmacy. We always greet our patients with a smile, provide short wait times and build relationships with them. We really do care about our customers.

What do you think your patients love most about your pharmacy?

Fast, friendly and consistent service. They know they can trust us to give them the advice and guidance they need concerning their healthcare and that we will always take the time to talk to them and make sure their needs are met.

What does Locally Loved mean to you?

Sincerity and caring for our patients. They are our patients. They are our customers. They are our friends.