

Mid-Willamette Valley

MONTHLY

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The Nutrition  
Issue

The  
**Truth**  
about **Food**

March 2009

# Ready, Set, Juice?

by Rachel Bucci

No offense to the Department of Agriculture, but most people probably eat too many meals on the run to meet the recommended daily allowance of two cups of fruit and 2 ½ cups of vegetables. So it's no surprise that some people fill up on fruit and veggie juices and call it a wash.

Not so fast, says Rebecca Tryon, certified nutritional counselor at Well-spring Medical Center in Woodburn. While there are health benefits to be gained from extracting juice, which is full of vitamins and other nutrients, Tryon says that we shouldn't accept juice as a replacement for the real deal.

"You aren't getting the fiber, for one. And the high sugar content of juiced fruit can lead to blood-sugar spikes," she says. "We don't really know why eating the whole food is better, but research finds that there is something about the whole plant, the molecules work together, synergize and are bet-

ter metabolized. There is a reason they make a whole package."

If you do want to get some of your fruits and veggies in juiced form, Tryon offers these suggestions:

Drink a fruit-and-vegetable blend. Seeing that veggies tend to be much lower in sugar, a 50-50 blend of fruit and vegetable juice will cut your sugar intake.

Drink veggies you aren't likely to eat. "Juicing is a great way to get the nutrients like vitamin K and chlorophyll from greens like kale, chard, celery and parsley," she says.

Use the pulp to get the fiber your body needs. Tryon suggests adding veggie pulp to scrambled eggs or a frittata, while fruit pulp can be added to muffins.

Don't forget smoothies. "They incorporate the whole food, and are especially nutritious with additions like yogurt, flax and protein powder," Tryon says.



■ If you have a passion for helping others adopt healthy habits, the **Salem YMCA** is seeking health and wellness volunteers. Training is provided. For more information, call 503.399.2765.

■ The **Confederated Tribes of Grand Ronde** recently received \$500,000 for a new dental clinic addition from the federal Housing and Urban Development Indian Community Block Grant Program.

■ Let It Shine Cleaning has joined **Cleaning for a Reason**, a nonprofit offering free professional housecleaning services to women undergoing cancer treatment. For more information, visit [letitshinecleaning.com](http://letitshinecleaning.com).



# Knock, Knock... *Who's there? Hasya!*

by Rachel Bucci

Giggles, belly laughs, side-splitting howls and other forms of cracking up are not what you usually expect to hear in a yoga class. But in Andrea Crisp's Hasya Yoga sessions, any other sounds would be just plain weird. In fact, with Hasya Yoga, also known as Laughter Yoga, that's what it's all about.

Laughter Yoga was founded in 1995 by Dr. Madan Kataria, a physician in Mumbai, India. Today there are about 6,000 laughter clubs worldwide, including the one led by Crisp, a holistic health counselor and Laughter Yoga teacher with Soaring Eagle Wellness in Portland.

Laughter clubs are usually free and bring together a teacher and a group of participants for a playful and energizing practice that harnesses the healing powers and health benefits of laughter. Sessions feature clapping and rhythmic chanting as participants move around the room making lots of eye contact. Laughter exercises, such as pretending to talk on a cell phone

and hearing something funny on the other end, are meant to encourage even more laughter.

"Eye contact is a big part of it. Laughter is contagious," Crisp says. "And there is a bit of acting that goes into it. Research shows that it doesn't matter if you are faking a smile or laughter—you get the same benefits. Your brain doesn't know the difference.

The benefits from the exercise and laughter, which is a form of deep breathing, include, lowered blood pressure, a stronger immune system, and more energy. Crisp says studies also show that laughter releases endorphins and produces serotonin, easing pain, depression and anxiety. She is also quick to point out that laughter offers plenty of emotional and spiritual benefits as well.

Crisp is so sure about the benefits of laughter that she offers corporate team building exercises, and sessions for seniors and kids.

## News & Notes

■ **Oregon state health officials** are asking homeowners to test their dwellings for radon, an invisible odorless gas that can cause lung cancer. For more information, call 971.673.0490.

■ **Justin Rothboeck**, a law student at Willamette University, is spending a year eating only foods that are locally grown. Follow the ups and downs of his experiment at [salem diet.blogspot.com](http://salem diet.blogspot.com).

■ For every 10 calories burned at **Salem's Fitness Together Studios** and its clients will donate one penny to United Way programs that help fight childhood obesity. The goal 2,000,009 calories.