



Magic City Enterprises Wellness Newsletter

March
2015

This Months Issue:

- Diets and Fads (what works?)
- Hand washing tips from the CDC
- Recipe Corner
- The Biggest Loser Event
- Resources
- Important MCE dates

March Calendar

March 1-31
Brain Injury Awareness Month

March 1-31
National Developmental Disabilities Awareness Month

March 2-8
National Sleep Awareness week

March 8-14
National Pulmonary Rehabilitation Week

March 24
American Diabetes Alert Day

Diets and Fads (What works?)

Fad diets can change your weight, but working out changes your body. When looking to shed a few pounds people often are turning to popular diets mainstreamed through Youtube and Facebook. The diets look appealing and there are several testimonies from users claiming they are miracle workers. Let's take a closer look at some of these popular diets as many of them can be dangerous to your body and some just end up adding on more weight. Let's take a look at the most popular fad diets out there.

Five Bite Diet

This diet allows you to eat whatever you want -- but only five bites of it. On this diet, developed by obesity doctor Alwin Lewis, M.D., you skip breakfast and eat only five bites of food for lunch and five more for dinner. The idea of eating what you want within moderation is okay but you still have to round out your tied with nutrient dense foods. This diet also doesn't mention what a bite entails. If you are taking 5 giant bites of food you could still be consuming up to 900 to 1000 calories a day.

The Master Cleanse/Lemonade Diet

This diet has been around for decades, and there are a ton of variations. Pretty much all involve subsisting for days on

only lemon juice, maple syrup and cayenne pepper mixed in water. The ingredients in this cleanse are just mostly diuretics. This will only have you shedding water weight. Once you start eating solid foods again, you will gain all the weight back. Common side effects include fatigue, nausea, dizziness and dehydration. Plus anytime you reduce your calories your body feels the need to get nutrients from somewhere and so it eats the muscle. Not the part of your body you want gone.

The Cabbage Soup Diet

The grandmother of all fad diets, the bulk of this plan is fat-free cabbage soup, eaten two to three times a day for a week along with other low-calorie foods such as bananas and skim milk. In the short term, it does yield weight loss. This happens by eating low-calorie foods and you have a diet full of fiber. Overtime though it lacks protein so it won't help preserve lean body mass. Plus it's been reported that this diet can bloat you and make you have gas.

The HCG Diet

This edge-of-starvation diet limits you to about 500 calories a day while taking human chorionic gon-

adotropin (HCG), a hormone those proponents tout as a powerful appetite suppressant. However, there's no evidence that HCG does more than act as a placebo. Yes, you'll lose weight, but only due to the extreme calorie restriction. Though a health care provider may legally give you HCG injections, they're typically used to treat fertility issues in women and the FDA has not approved them for weight loss. As for over-the-counter homeopathic products that supposedly contain HCG? Those are illegal. So the ones you are buying over the counter most likely are an artificial HCG and most likely have fillers as opposed to the actual genetic hormone.

After my investigation into these popular fads, I still think that the only way to lose weight and transform your body is through exercise and eating right. Remember you're not dieting; you're making a healthy lifestyle change.

sources I used; Mayoclinic.com and-
www.huffingtonpost.com/2014/07/22/worst-fad-diets_n_5592013.html this has more fad diets.

Hand washing tips from the CDC

When should you wash your hands?

- * Before, during and after preparing food
- * Before eating food
- * Before and after caring for someone who is sick
- * Before and after treating a cut or wound
- * After using the toilet or cleaning up after someone who has used the toilet
- * After blowing your nose, coughing, or sneezing
- * After touching garbage

How should you wash your hands?

- * Wet hands with cleaning, running water, apply soap
- * Lather hands. Be sure to lather backs of hands, between fingers and under nails
- * Scrub for at least 20 seconds, long enough to hum "Happy Birthday" twice
- * Rinse hands well under clean, running water
- * Dry using a clean paper towel or air dry

Gluten Free Chocolate Banana Muffins



This Recipe Serves 14

Ingredients

¼ cup canola oil
 ½ cup sugar
 1 teaspoon vanilla extract
 2 medium ripe bananas, mashed
 2 eggs
 1 cup all-purpose Gluten-Free Baking Mix (such as King Arthur Baking Mix)
 ½ cup quinoa flakes
 ½ cup cocoa powder
 1 tablespoon water

2 tablespoons mini chocolate chips
 Instructions

Preheat the oven to 350 degrees F. Line muffin tins with muffin papers and spray the papers with cooking spray. In a large bowl, mix together the oil, sugar, and vanilla. Add the bananas and eggs one at a time. Mix well. Stir in the baking mix, quinoa flakes, cocoa powder, and water. Spoon the batter into 14 muffin cups. Top each muffin with mini chocolate chips (distribute evenly over all muffins.)

Bake for 20-22 minutes or until a toothpick inserted in the center comes out clean.

Remove from the oven and let the muffins cool in the pan for 10 minutes. Remove the muffins from the pan and cool completely on a wire rack.

MAKE IT GLUTEN-FREE: Confirm ingredients are gluten-free and this recipe can be gluten-free.

"Live life, you deserve to be fully alive."



The Biggest Loser Event

Magic City's Biggest Loser Event has started!!

March marks the second month that our Biggest Loser Event has been going. The second **Confidential** weigh in will be on March 2nd at 1750 Westland 2nd. If you are a registered participant please contact Shay Ingram to arrange a time to weigh in and track your progress.

Resources

National Domestic Violence Hotline
 (800)799-SAFE (7233)

American Association of Poison Control Centers
 (800) 222-1222

National Suicide Prevention Lifeline
 (800)273-TALK (8255)

NEDA (National Eating Disorders Hotline)
 Helpline
 (800) 931-2237.

Alcohol and Drug Helpline
 (800) 821-4357

National Help Line for Substance Abuse
 (800) 262-2463

Families Anonymous
 (800) 736-9805

Important MCE Dates

Magic City Enterprises (MCE) would like to invite all MCE participants, Staff and their families and supporters to our 4th annual Disability Awareness Walk March 28th at Frontier Mall. Registration starts at 9:00 am; the walk begins at 10:00 am.

Enjoy live entertainment

Food and refreshments

Free Disability Awareness Walk T-shirts

Donations accepted for MCE

Citizens Creation will have a photo booth set up to

take professional 5x7 pictures for \$5.00. They are donating half the proceeds to activities for MCE participants.

Easter basket raffle

Free Family fun event for all ages

Please contact Thor Romero

(Tromero@mcewyo.org or 307-637-8869 ex 264) for sign up and T-shirt sizes. Sizes are: Small, Medium, Large, XLarge, XXXLarge, and XXXLarge also children's sizes.



To join the MCE Wellness committee contact Mandy Liley on Ext 225