



# Patrones de Salud

Maria Enriqueta Briones originally from Nuevo Leon, Mexico, is one of our patrons of health who ranked 3<sup>rd</sup> highest in difference of A1c over the span of 12 months, among a group of 330 participants for a research study conducted in Nuestra Clinica del Valle (NCDV). 10 years ago, when she began to feel ill, she was referred to NCDV to consult with a doctor. Before that initial consultation, Maria was not aware she had diabetes. On September 16, 2016, Maria agreed to participate in a study program named Si Texas. Her health was monitored every 6 months and optimistically improved with the support of NCDV's Si Texas program. Blanca Casas, NCDV's Nutritionist was instrumental according to Mrs. Briones in decreasing her A1c levels. It was through Blanca's guidance in meal planning and nutrition education that Maria was able to discipline herself for a healthier lifestyle. When Maria first enrolled into the study, her HbA1c started out at 12.2. 12 months later, Maria's A1c was 7.4, a 4.4 difference over the course of 12 months. When we asked Maria if she had set any new goals for herself now that the study is over, she responded with a plan to bring her latest A1c reading below 6.5%. Maria expressed she felt invigorated with her accomplishment and plans to continue to live her life to the fullest.

## 7 Ways of Managing Anxiety

### Mental Health

#### Support

Create a list of people you can call or text when you are feeling anxious.

#### Self-Care

Taking care of yourself is one of the most important skills that can help manage anxiety.

#### Exercise

Physical activity can help reduce stress and anxiety. Try heading out for a brisk walk, run, or hike whenever you're feeling anxious.

#### Journaling

Write down your anxious thoughts. Getting them out of your mind and onto paper can reduce anxious feelings.

#### Sleep

Catch those Zs. Anxiety can put a damper on your mood. Sleep can help you fight that funk.

#### Listen

Cue up your favorite song or podcast to shift your focus, improve your mood, and help you relax.

#### Breathing

Practice breathing exercises to help slow down your anxious thoughts.

## How exercise improves Blood Pressure

### Health

A tip to living a healthier lifestyle is to do cardiovascular activity on a regular basis. It is recommended to do cardio 3 times a week for about 30 minutes each session. How does exercise help with high blood pressure?

- When one walks at a fast pace or runs, more volume of blood flows through the body.
- After exercise, the arteries remain widen and the heart slows down. This means that the heart is working less and delivers more blood to the body.
- The more conditioned one is, the longer the arteries remain widen and therefore making blood flow efficient.

**Disclaimer: You should always consult with your Medical Provider, before beginning any exercise regime.**



## Wellness Classes

### Alton – Alton Recreation Center

349 Dawes Ave, Alton, TX 78573 **Tuesday, Wednesday & Thursday 8:00AM**

### Mercedes – Primera Iglesia Rosa de Saron RGV Inc.

101 N. Georgia Ave Mercedes, TX 78570 **Monday, Tuesday & Thursday 8:00AM**

### Alamo – P2 Community Resource Center

1429 S Tower Rd, Alamo TX 78516 **Monday, Wednesday & Friday 8:30AM**

### Rio Grande City – Methodist Community Center

312 E 4th St, Rio Grande City, TX 78582 **Tuesday, Wednesday & Thursday 8:00AM**

## Recipe of the Month

### Mango Ginger Kale Green Smoothie

#### Ingredients:

- optional: 1 cup ice
- 2 cups (~ 60 g) kale, packed, fresh or frozen (organic when possible)
- 1 cup (165 g) ripe frozen mango cubes (organic when possible)
- 1 cup (150 g) ripe frozen peaches (organic when possible)
- 1 Tbsp (6 g) minced fresh ginger
- 1 1/2 - 2 lemons or limes, juiced (~1/4 cup or 60 ml)
- 1 1/2 - 2 cups (360 - 480 ml) filtered water
- optional: 1 Tbsp (15 ml) maple syrup (depending on sweetness of fruit)



#### Instructions:

1. Add ice to the blender first and crush. Then add kale, mango, peaches, ginger, lemon juice (starting with 1 lemon (2 Tbsp or 30 ml) and working your way up) and 1 cup water (240 ml) to start. The amount of water will depend on how many of your ingredients are frozen.
2. Blend until smooth, only adding water a little at a time as needed, and scraping down the sides/mixing as needed.
3. Once well blended, taste and adjust seasonings as needed. If too tart, add more fruit or a little maple syrup (optional). For more zing, add ginger. And for more acidity, add more lemon juice. To make it thicker/colder, add more ice. Blend as needed.
4. Divide between two serving glasses and enjoy immediately. Best when fresh, though leftovers will keep covered in the refrigerator for 24 hours.

## What are Antioxidants?

Antioxidants fight against free radicals (waste products) in the body; they help protect against diseases, stressors, toxins, and *improve your overall health.*

### Eat More Antioxidants From:

- Plant-based foods
- Colorful fruits and vegetables
- Nuts
- Seeds
- Whole grains
- Legumes
- Herbs and Spices

## Nutrition



## Events

### Alamo Wellness Class Challenge

Come join and learn how to establish a healthy routine and balance your diet and health. Our goal is to maintain or improve the health of individuals at high risk of type 2 diabetes by preventing or delaying the onset of the disease and associated complications through Education, Screening, and Support Staff.

When: September 24, 2018  
Where: 1429 S Tower Rd, Alamo TX 78516

