

Health and Wealth Newsletter
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REXALL.COM HEALTH AND WEALTH NEWSLETTER
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Healthy Kitchen

These tasty side dishes can help control your blood sugar

- An average American born in 2000 has a one in three chance of developing diabetes.
- Simple sugars may contribute to rapid rises in blood glucose levels.
- Eating high-fiber foods may help balance blood glucose levels.

Sources: US Centers for Disease Control, American Diabetes Association

Every year, 1 million Americans aged 20 years or older are diagnosed with diabetes, a disease characterized by high levels of blood glucose. According to the National Institutes of Health, an additional 16 million people suffer from

"impaired glucose tolerance," or IGT, a condition in which the blood glucose levels are elevated, although not high enough to be classified as diabetes. With our typical high-sugar American diet, it's no surprise that diabetes and IGT are on the rise.

Fortunately, keeping your blood glucose levels in balance is often as simple as adjusting your eating habits. While foods high in simple sugars (e.g., candy, soda, peanut butter, canned soup) can increase your blood glucose levels, research shows that fiber-rich diets that include vegetables, whole grains and fruits can help control blood sugar levels in most people, and may prevent health complications (such as heart disease or kidney disease) in those who already have diabetes. It's also a good idea to take a nutritional supplement that contains, in particular, the vitamins C, E and B-complex, and the mineral chromium, all of which are thought to help maintain blood glucose balance. Choosing dishes that are high in fiber, however, can make a world of difference to your blood glucose levels. The following side-dish recipes offer a delicious way to eat your way to good health:

Fruity Autumn Salad

The fruit in this salad has natural sugar, but the fiber content of unpeeled fruit helps keep blood glucose in balance.

- 4 red apples (for example, McIntosh, Cortland or Ida Red)
- 2 Bartlett pears
- 1/2 pound red grapes
- 1/2 cup walnut pieces
- 1 cup vanilla yogurt
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1 tablespoon apple juice

1. Wash and core apples and pears; cut into one-inch chunks.
2. Wash grapes and cut in half.
3. Combine fruit and walnut pieces in a mixing bowl.
4. In a small bowl, mix cinnamon, nutmeg and apple juice with yogurt.
5. Pour yogurt mixture over fruit and nuts, stirring to coat evenly.
6. Chill before serving.

Makes 4-6 servings

Sweet Potato Bake

One medium sweet potato has 3.5 grams of fiber; one cup of raisins has 4 grams of fiber.

- 4 medium sweet potatoes
 - 1 cup sun-dried raisins
 - 2 tsp. butter
 - 2 tbsp lemon juice
 - 2 Tbsp. orange juice
 - 1/2 teaspoon nutmeg
1. Preheat the oven to 350°F.
 2. Spray a medium-sized baking dish with non-stick spray.
 3. Peel and cut sweet potatoes into 1/4-inch slices.

4. Arrange layer of potatoes in the baking dish; then dot with butter and sprinkle with raisins.
5. Repeat Step 4 until all potatoes and raisins are used.
6. Blend orange juice, lemon juice and nutmeg; pour over potatoes and raisins.
7. Bake at 350°F for about 35 minutes, until the potatoes are tender when pierced with a fork.
8. Serve hot.

Makes 3-4 servings

Garlic-Onion Bean Dip

Scientific studies indicate that members of the onion family, such as garlic and scallions, help regulate blood sugar. This recipe's added perk: One cup of pinto beans has a whopping 12.2 grams of fiber.

- 2 cloves garlic, chopped
- 1 bunch scallions, chopped
- One can (15-½ oz) pinto beans, rinsed and drained
- 4-1/2 tsp lemon juice
- 1/4 cup olive oil
- 1/4 tsp salt
- Dash cayenne pepper

1. Sauté garlic and onion in one teaspoon of olive oil.
2. Place beans, garlic and onion in a food processor.
3. Add remaining ingredients; process until well blended but not entirely smooth.
4. Serve with wheat crackers or assorted fresh vegetables.

Makes 6-8 servings

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<> YOUR WEALTH

Living a Winning Life

The conclusion of our interview with Wolf J. Rinke, PhD, author of "The 6 Success Strategies for Winning at Life, Love & Business"

Before embarking on a successful journey, says management consultant and professional speaker Dr. Wolf Rinke, one needs to follow a roadmap; the same is true for our journey through life. In this conclusion of our interview, Dr. Rinke points to the steps along the road that can lead to a winning life.

When is fear helpful and when is it destructive?

Fear is wonderfully helpful if you're sitting in a movie theater and someone screams "Fire!" You don't exactly want to be calm and think about what to do; you want to get yourself out of there. And in that respect, fear is helpful. In just about every other aspect in our lives, though, fear stands in the way of doing what you really want to do. We all fear failure but we also fear success. One is as powerful -- and as much of a hindrance -- as the other. We may fear success because even though we think we desire success, we don't like change. There's a saying: "The only things that like change are diapered babies and cashiers."

The fear of failure is something that will keep holding you back simply because no one likes to fail. But in my personal lexicon, the word failure doesn't exist. By that I mean that when I do something, I get results -- either I get the results I want, or I get the results I don't want, but there is no failure. And it's simple: If you get the results you want, keep doing it. If you get a different result from the one you want, quit doing it. People keep making the same mistake over and over again. So do something different and you'll get different results. There's a wonderful saying: "If you always do what you've always done, you're always going to get what you always got."

What are some suggestions for stamping out the fear?

We all paint terrible pictures in our imaginations and those pictures get in the way of our doing what we need to do. Some people have a fear of flying, for example, but the way to overcome that is to get yourself on a plane. Get yourself to do what you're fearful of doing. Do the thing you fear, and what you fear will be gone.

How can we turn failure into opportunity?

Just about every time I've had a setback in my life, it's caused me to succeed faster. For example, one of my early books was a niche market book and the publisher told us it would be a best seller. But nine months later, he called to say they were discontinuing it. I had retained the copyright on that book so I reworked it -- it became one of the forerunners of a continuing education business. That book was a "failure" but we turned it around and made it a successful business. And it all started because the publisher said "I don't want to print your book anymore." It's true that every cloud has a silver lining, but you have to look for that lining -- look for the opportunity. And the reality is, if you look for an opportunity you're going to find it.

What are the three types of optimists?

The first type is the unrealistic optimist. This person is a dreamer but never wants to pay the price to transform the dreams into reality. The second type is the eternal optimist. This type is best illustrated by the phrase "Don't worry; be happy." His thought is, "Just don't worry about anything and everything will work out." But my experience is no, it won't. You have to do something if you want things to work out. Bad stuff happens to good people, so you have to do something when bad stuff happens.

You want to become the third type of optimist -- the pragmatic optimist, this is what I recommend you work toward. The pragmatic optimist accepts setbacks, tragedy and disaster as the normal order of life. Somehow, we have an illusion that everything is supposed to work out. But if you look at the world and at nature, that's not how it goes. Tragedies are built into the system. So you and I need to accept it as being the way it is and recognize that life is tough -- and then establish systems for finding the good in the bad. That's a selective process. We all have the ability to find that good.

For example, I had a friend who invested all his savings in real estate deal, which eventually went belly up. But he said, "It's not all that bad. My life was boring, and I needed the challenge." It's not what happens to you; it's what you do about it.

What's the most important strategy for success?

It's really two things. One is perseverance. I use the "rule of seven"; that is, don't accept the word "no" until you hear it from the horse's mouth at least seven times. Pursue your dream; keep going after it, and don't accept no as an answer. "No" is just a negotiating position. It's something to talk about and a point at which to focus your mental energy.

The second one is right on par with perseverance: Take action. I'm always amazed by how many people know how to do something right but cease to take action. The reality is, if you know what to do and you don't do it, it won't do you any good. To win at life, love and business you need perseverance and a willingness to take action.

"The 6 Success Strategies for Winning at Life, Love & Business" by Wolf J. Rinke, PhD is available from <http://www.amazon.com>.

QUOTE OF THE WEEK

"Every trial endured and weathered in the right spirit makes a soul nobler and stronger than it was before."

James Buckham

HELP SHAPE FUTURE ISSUES BY TELLING US WHAT YOU THINK

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