

“Stall Talk”

Copies can be obtained by logging onto eHR or by contacting Angela Deem, adeem@scgov.net or 650-9908

Does your heart sense your emotional state?

Emotions and the heart

Recent studies define a critical link between the heart and brain. The heart is in a constant two-way dialogue with the brain — our emotions change the signals the brain sends to the heart and the heart responds in complex ways. However, we now know that the heart sends more information to the brain than the brain sends to the heart. This research explains how the heart responds to emotional and mental reactions and why certain emotions stress the body and drain our energy. As we experience feelings like anger, frustration, anxiety and insecurity, our heart rhythm patterns become more erratic. These erratic patterns are sent to the emotional centers in the brain, which it recognizes as negative or stressful feelings. These signals create the actual feelings we experience in the heart area and the body. The erratic heart rhythms also block our ability to think clearly.

Many studies have found that the risk of developing heart disease is significantly increased for people who often experience stressful emotions such as irritation, anger or frustration. These emotions create a chain reaction in the body — stress hormone levels increase, blood vessels constrict, blood pressure rises, and the immune system is weakened. If we consistently experience these emotions, it can put a strain on the heart and other organs, and eventually lead to serious health problems. Visit the link below to view the video of Dr. Erminia Guarneri on the *Today Show* and learn more

<http://www.msnbc.msn.com/id/11023208>



Asian Salmon Toss

Ingredients:

Salad

- 8 cups shredded red-leaf lettuce
- 1/2 cup sliced mushrooms
- 2 carrots, shredded
- 1 cup thinly sliced cucumber
- 1/2 cup thinly sliced daikon radish
- 1/3 cup honey-roasted peanuts, chopped
- 8 oz salmon fillet, cooked, chilled and chopped

Dressing

- 1/4 cup light sesame oil
- 2 tbsp vinegar
- 2 tsp light soy sauce
- 1 tsp sugar
- 1/8 tsp white pepper

Instructions:

In a large bowl whisk together the ingredients for the dressing. Add the ingredients for the salad and toss.

Nutrients per serving: 330 calories, 25 g total fat, 8 g carbohydrates, 15 g protein. Makes 4 servings

Recipe courtesy of K. Shaddix, CCC, RD. Oxygen magazine

Salty Taste Preference Linked to Birth Weight

Researchers from the Monell Chemical Sense Center found that individual differences in salty taste acceptance by 2-month-old infants were inversely related to birth weight. Lighter-birth weight infants showed greater acceptance of salt-water solutions than did babies who were heavier at birth.

The United States lags in the world when it comes to healthy life expectancy, ranking 28th after other major industrialized nations, including France, Germany, and the United Kingdom.

Medpage Today