

DIY NATURAL BUG REPELLANT

Obviously, you can protect yourself from ticks and other bugs by wearing long pants and long-sleeved shirts, a hat or scarf. Pull your socks up over your pant cuffs and take a soapy shower after being in infested areas. To keep mosquitoes away, use window and door screens and put mosquito netting over infant carriages or strollers. Be aware that mosquitoes like water at dusk, and ticks thrive in uncut grassy areas and the woods.



If you want to keep bugs away from your patio, try planting marigolds, ageratum, bee balm, chrysanthemums, lavender, pennyroyal, and citronella grass. Herbs such as mint, peppermint, rosemary, basil, and garlic will help keep many flying insects at bay.

Nutritionally, you can drink a tablespoon or two of organic apple cider vinegar and eat lots of garlic. Vitamin B1 taken daily is also supposed to help repel insects.

Dogs can usually tolerate a tiny amount of essential oils (try rose geranium) on their collars to repel ticks. Just one drop should do the trick. If not, try increasing the amount by one drop. You can do the same for yourself as an insect repellent. Or try the natural recipes below.

Homemade Insect Repellent Recipe 1:

10-25 drops essential oil. Lavender, rose geranium (for ticks), coriander seeds, peppermint, cajeput and citronella (separately or all together)
2 tablespoons vegetable oil
1 tablespoon aloe vera gel (optional)

Combine the ingredients in a glass jar; stir to blend. Dab a few drops on your skin or clothing.

Homemade Insect Repellent Recipe 2:

25 drops essential oil (see above)
1/4 cup water or organic apple cider vinegar

Combine the ingredients in a glass jar. Shake to blend. Dab some on your skin or clothing. Usually less is best.

Repellent Soap: Add 10-15 drops of essential oils per ounce of liquid Castile. Try essential oils such as lemon balm (citronella), pennyroyal, lavender, and rose geranium. Wash before and after spending time outdoors.

http://www.ehow.com/info_8057546_plants-repel-flying-insects.html#ixzz2W7huUqIC
<http://www.thedailygreen.com/environmental-news/latest/natural-insect-repellents-460608#slide-1>
<http://knowledgeweighsnothing.com/six-insect-repellent-plants-to-grow/>



Immunity Boosting Purple Smoothie

Ingredients:

- 2 cups tightly packed spinach
- 1 cup unsweetened almond milk
- 1 cup iced organic green tea
- 2 cups frozen blueberries
- ½ cup frozen kiwi chunks
- ½ teaspoon freshly grated ginger
- 2 tablespoons chia seeds
- Juice of ½ to 1 lemon
- Mint leaves to taste

Directions:

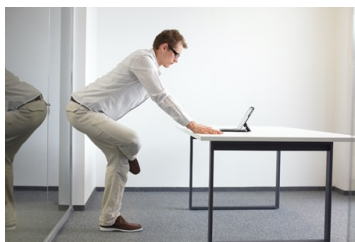
Add the spinach and ginger to a blender with the milk and tea and blend well. Add the frozen fruit, mint, and lemon and blend until smooth.

If the smoothie is too thick, add more tea a little at a time.

Serves 2.

HUMAN MAINTENANCE FOR THE OFFICE PROFESSIONAL

According to Michael Roizen, MD, and Mehmet Oz, MD of realage.com—“Prolonged sitting, it turns out, flips biochemical switches inside muscle cells that boost your odds for heart failure, up your risk for fatal heart disease by 27 percent, and fatal cancers by 21 percent -- even if you exercise regularly.”



A sedentary lifestyle undoubtedly poses risk factors for disease, which is why at Occupational Athletics we advocate some type of activity throughout the day for those that work a sedentary job such as sitting at a desk. We know that lack of movement and looking at a computer screen day in and day out causes stress, and a sedentary lifestyle really takes a toll on the health and wellness of office professionals - especially as they age (which we ALL are...every day).

Practicing **Human Maintenance** by taking a short 10-minute break to stretch a few times a day along with taking a short walk or doing quick exercises has excellent benefits for office workers. It can clear your mind to help you feel refreshed from stress and has both physical and mental benefits including:

- Increased body awareness
- Increased circulation
- Increased flexibility and range of motion
- Better relaxation
- Release of tension
- Improved performance
- Improved posture
- Prevention of injury from repetitive, everyday activities
- Cardiovascular benefits

Another factor to be aware of is “how” do you sit each and every day? It is very important for the setup and design of your workstation to correlate with good posture, comfort, sufficient lighting, etc. in order to avoid aches, pains or other types of discomfort from office work. Log on to the following link to view a checklist from the US Department of Labor to get a better idea of what good office ergonomics entails:

<https://www.osha.gov/SLTC/etools/computerworkstations/checklist.html>

If you need help, Occupational Athletics can assist you with an Ergonomic Evaluation.

COMMON SUNSCREEN MISTAKES

The first sunscreen mistake is not wearing any! Spending too much time in the sun can increase risk for both skin cancer and premature skin aging.

Sun protection factor (SPF) applies only to the sunburn-causing UVB rays, meaning you'll need to look for the words "broad spectrum" so you're also protecting your skin against skin-damaging UVA rays. Here are the most common mistakes!

You only use a couple drops.

Less is *not* more when it comes to protecting yourself from the sun! Many people don't use enough; you want to slather it on and make sure you *thoroughly* cover all

Hearty Garlic Greens



Ingredients:

- 1 ½ pounds autumn hearty greens, well washed, stems removed, and sliced into 3-inch strips
- 3 tablespoons extra-virgin olive oil
- 8 cloves garlic, sliced paper-thin
- 1 pound spinach
- ¼ to ½ teaspoon red pepper flakes

Directions:

1. Bring a large pot of salted water to a boil. Put hearty greens in water and blanch for 4 minutes. Immediately plunge blanched greens into a bowl of ice-cold water to stop the cooking. Drain, squeeze dry, and set aside.
2. Heat oil and garlic in a large skillet over medium-low heat. Cook until the garlic is golden around the edges, 8 to 10 minutes. With a slotted spoon, remove garlic from skillet; set aside.
3. Raise heat to high. Add hearty greens and cook for an additional 5 minutes. Add spinach; season with salt and red pepper flakes. Cook until spinach wilts, stirring frequently (about a minute). Return garlic to pan and stir. The greens can be served immediately or at room temperature.

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Avocado Wasabi “Crab” Wraps



Ingredients:

- 1/2 cup wasabi mayonnaise
- 6 whole wheat tortillas (8 inches)
- 2 packages (8 ounces each) imitation crabmeat
- 1 medium avocado, peeled and thinly sliced
- 1 1/2 cups julienned, peeled jicama
- 1 medium sweet red pepper, julienned
- 1 small cucumber, seeded and julienned
- 3/4 cup bean sprouts

Directions:

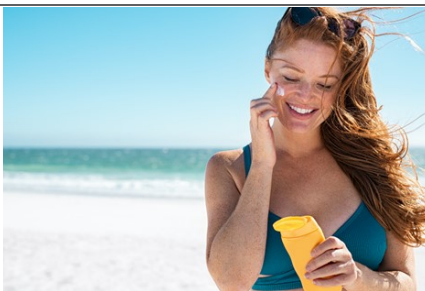
1. Divide the wasabi mayonnaise evenly among the 6 tortillas and spread to within 1/2 inch of edges.
2. Layer with crabmeat, avocado, jicama, red pepper, cucumber and bean sprouts.
3. Roll up tightly.

(Human Maintenance, continued from page 2)

surface areas without missing spots.

You put your sunscreen on at the beginning of the day – and that’s it.

When you’re in the sun, sunscreen will last for about two hours, maybe not even that long. Sweating and swimming cause the sunscreen to wear off even faster, so consider reapplying every hour in those conditions. Also, give sunscreen a few minutes to soak in before heading outside, or when reapplying, let it soak in before getting back in the water.



You’ve been using the same bottle for the past couple summers.

Expiration dates really do matter, because the active ingredients in sunscreen can deteriorate. Also, read the suggested storage conditions on the label because exposure to hot temperatures can hinder effectiveness.

You count on “waterproof” sunscreen while swimming and sweating and don’t reapply afterwards.

The FDA is cracking down on “waterproof” sunscreen, because it doesn’t really exist. According to the FDA, “Water resistance claims on the product’s front label must tell how much time a user can expect to get the declared SPF level of protection while swimming or sweating, based on standard testing. Two times will be permitted on labels: 40 minutes or 80 minutes.”

Also—“Manufacturers cannot make claims that sunscreens are “waterproof” or “sweatproof” or identify their products as “sunblocks.” In addition, sunscreens cannot claim protection immediately on application (for example, “instant protection”) or protection for more than two hours without reapplication, unless they submit data and get approval from FDA.”

You only use sunscreen when it’s sunny and hot.

Just because you can’t see (or feel the heat from) the sun doesn’t mean it’s not doing damage. It happens all the time- it’s a cloudy day so you figure you’re fine and the next thing you know you’re burnt to a crisp. It doesn’t need to be warm or sunny to cause damage, whether you see the damage or not.

You count on using the highest SPF possible for total sun protection.

There’s no way to block out 100 percent of the sun’s rays with sunscreen. It is not final yet, but the FDA has proposed a regulation that would require sunscreen products that have SPF values higher than 50 to be labeled as “SPF 50+.” FDA does not have adequate data demonstrating that products with SPF values higher than 50 provide additional protection compared to products with SPF values of 50.

Don’t forget to take additional precautions - wearing a hat, sunglasses and protective clothing and avoiding the sun during the most intense hours.

Adapted from Huffington Post “8 Sunscreen Mistakes You’re Probably Making”

At the Gameplan for Living, we know that the future of healthcare is in the prevention of illness and injuries.

It is our mission to provide preventative care utilizing sports medicine principles and lifestyle modification training to create an atmosphere of health, safety, and performance to allow employees to enjoy an enhanced quality of life and reach their retirement—and beyond—SUCCESSFULLY!

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Questions / Support:
info@gameplanforliving.com



Skillet Cod, Clams, and Corn with Parsley

By Claire Saffitz, *Bon Appétit*, August 2018

Ingredients:

- 1 1/4 lb. skinless cod fillet, cut into 4 pieces, patted dry
- Kosher salt, freshly ground pepper
- 1/3 cup all-purpose flour
- 4 Tbsp. extra-virgin olive oil, divided
- 1 large shallot, finely chopped
- 1/3 cup dry white wine
- 12 littleneck clams, scrubbed
- 2 medium ears of corn, kernels cut from cobs (1-1 1/4 cups)
- 3 Tbsp. Unsalted butter, cut into pieces
- 1/4 cup chopped parsley
- Lemon wedges (for serving)

Directions:

Season cod all over with salt and pepper. Sprinkle flour over a large plate and, working one at a time, press side of fillet where skin used to be into flour to thoroughly coat. Tap off excess and set on a platter, flour side up.

Heat 2 Tbsp. oil in a large nonstick skillet with a tight-fitting lid over medium. Cook cod, floured side down, shaking skillet occasionally to prevent sticking, until flesh is opaque and starting to flake around the sides and underside is golden brown, 5–7 minutes. Carefully turn cod over and reduce heat to low. Cook until cooked all the way through (flesh should be completely opaque), about 2 minutes (thinner pieces may go more quickly). Place on platter, golden side up; take care not to break up the delicate fillets.

Turn heat back up to medium, pour remaining 2 Tbsp. oil into skillet, and cook shallot, stirring often, until tender and golden, about 2 minutes. Add wine; cook until almost completely evaporated, about 1 minute. Add clams and cover skillet. Cook until clams open, about 5 minutes (some clams might take a few minutes longer). Uncover skillet and transfer clams, discarding any that didn’t open, to platter with cod.

Reduce heat to low and add corn and butter to skillet. Cook, stirring, until butter is melted, sauce is thick and glossy, and corn is tender, about 3 minutes. Spoon corn mixture over fish and clams. Top with parsley; squeeze lemon wedges over.

SERVES 4

<https://www.epicurious.com/recipes/food/views/skillet-cod-clams-and-corn-with-parsley>