

## Thyroid Awareness

Understanding your thyroid is important because so many critical processes inside your body rely on that tiny gland. Did you know that the thyroid has an effect on almost every metabolic process that occurs in your body? It's true! What is a thyroid, anyway? The thyroid is a small, butterfly-shaped gland in the lower front of the neck. A well functioning thyroid makes hormones that help control the function of your brain, heart, kidneys, liver, and even your skin. **Knowing what symptoms to look for, and working with your healthcare provider to ensure that your thyroid gland is healthy, is important to your overall health and well-being.** When the thyroid is working correctly it receives signals from the brain to turn iodine from foods into hormones and sends those hormones throughout your body to keep it functioning smoothly.

If your thyroid overworks and makes too much of the necessary hormones it results in a condition known as hyperthyroidism.

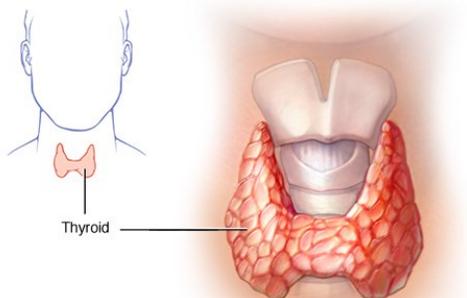
Some symptoms of hyperthyroidism include:

- ◇ An enlarged thyroid gland (goiter)
- ◇ Fast or irregular heart rate
- ◇ Feelings of anxiety or irritability
- ◇ Weight loss, even though some report an increased appetite
- ◇ Inability to tolerate warm temperatures, increased perspiration

If your thyroid doesn't produce enough of the hormones your body needs the condition is called hypothyroidism.

Some symptoms of hypothyroidism include:

- ◇ Fatigue
- ◇ Weight gain and fluid retention
- ◇ Forgetfulness/Difficulty learning
- ◇ Dry hair, nails, and skin
- ◇ Puffy face
- ◇ Sore muscles
- ◇ Depression



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## Stay Healthy ALL Winter!

With cold weather here, it can be hard to stay on track with your health goals. Try some of these winter survival guide tips to stay healthy all winter long:

- **Get enough Vitamin D**— Consume foods with Vitamin D to make up for the lack of sunshine. Fortified dairy products, whole grain cereals and fatty fish like salmon or tuna are great sources of Vitamin D.
- **Boost your immune system**— Eat a balanced diet rich in vitamins like A, C and E to help strengthen your immunity. Try to incorporate foods like sweet potatoes, citrus fruits, spinach and nuts on a regular basis.
- **Move indoors**—If it's too cold to go outside, bring exercise inside. Consider a workout video or go online for tons of free workout routines.
- **Be safe outside**—Avoid injury in these icy, snowy months. Wear water-proof boots with good traction. Always be ready with gloves, a hat and scarf to avoid frostbite.



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For more information, please visit our website:

<http://walshins.com/Resources/Wellness>

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# Wellness Daily News!

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## Protect your Heart

Your heart beats 60 to 100 times a minute, pumping up to 2,000 gallons of blood through your body every day. Because it's such an important muscle, you need to take care of your heart. Here are some nutrition tips for a healthy heart:

- ◇ Eat a variety of fruits and vegetables
- ◇ Opt for whole grains
- ◇ Choose low-fat dairy products
- ◇ Eat lean proteins; such as skinless poultry and fish
- ◇ Include nuts and legumes
- ◇ Limit saturated and trans fat (hint: look for partially hydrogenated oils on the ingredient list of the food label to find hidden trans fats)
- ◇ Reduce consumption of red meat
- ◇ Limit sweet consumption and avoid sugar-sweetened beverages



Visit [choosemyplate.gov](http://choosemyplate.gov) for more healthy eating tips.

### Focus on Sodium:

Too much sodium in your system causes your body to retain water. This puts an extra burden on your heart and blood vessels. In some people, this may lead to or raise high blood pressure. Having less sodium in your diet may help you lower or avoid high blood pressure. People with high blood pressure are more likely to develop heart disease or have a stroke.

On average, American adults eat more than 3,400 milligrams of sodium daily – more than double the American Heart Association's recommended limit of 1,500 milligrams.



\*Source: Centers for Disease Control (CDC)

For more information, please visit our website:

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## Eating Healthy:

### Cauliflower Soup

#### Ingredients:

- 1 TBSP butter
- 1 TBSP all purpose flour
- 1 medium head cauliflower - chopped
- 1/2 cup chopped onions
- 4 cups low-sodium chicken broth
- salt and pepper to taste

#### Directions:

In a medium saucepan, make a roux by melting the butter on low heat. Add the flour and stir about 2 minutes. Add the chicken broth, onions and cauliflower and set heat to medium. Bring to a boil, then cover and simmer over medium-low heat until vegetables are tender (about 20 minutes.) Puree with an immersion blender until smooth. Season with fresh crushed pepper.



#### Nutrition:

4 servings • Size: 1 1/2 cups

Calories: 80

Fat: 3g

Carb: 11g

Fiber: 4.0 g

Protein: 4 g

Sugar: 0 g



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