

March 2017

The Stall Street Journal

Time to Change the Clocks

When: Sunday, March 12, 2017



Setting our clocks forward in spring is a real challenge to our body clock. We will lose an hour rather than repeat it, plus we have to adjust our body clock earlier by an hour; the opposite to its natural tendency.

Here is what you can do to adjust to the time change:

1. Bright morning light can help our body clock adjust to daylight saving time in the spring. So, on the Saturday, avoid sleeping late and get into the spring sunshine as early as possible.
2. On the Sunday, get up half an hour later by the new daylight saving time (half an hour earlier by your body clock) and get an hour or two of morning light.

Source: theconversation.com

National Nutrition Month

Eating right doesn't have to be complicated — simply begin to shift to healthier food and beverage choices. These recommendations from the Dietary Guidelines for Americans can help get you started.

- Emphasize fruit, vegetables, whole grains and low-fat or fat-free milk and milk products.
- Include lean meats, poultry, fish, beans, eggs and nuts.
- Make sure your diet is low in saturated fats, trans fats, salt (sodium) and added sugars.

Make Your Calories Count

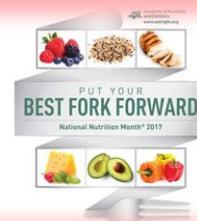
Think nutrient-rich rather than "good" or "bad" foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients, and lower in calories.

Focus on Variety

Eat a variety of foods from all the food groups to get the nutrients your body needs. Fruits and vegetables can be fresh, frozen or canned. Eat more dark green vegetables such as leafy greens and broccoli and orange vegetables including carrots and sweet potatoes. Vary your protein choices with more fish, beans and peas. Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice or pasta every day.

Know Your Fats

Look for foods low in saturated fats and trans fats to help reduce your risk of heart disease. Most of the fats you eat should be monounsaturated and polyunsaturated oils.



Source: eatingright.org

Colorectal Cancer Awareness Month

Excluding skin cancers, colorectal cancer is the third most common cancer diagnosed in both men and women in the United States. The American Cancer Society's estimates for the number of colorectal cancer cases in the United States for 2017 are:

- 95,520 new cases of colon cancer
- 39,910 new cases of rectal cancer



There is no sure way to prevent colorectal cancer. But there are things you can do that might help lower your risk, such as changing the risk factors that you can control.

Screening is the process of looking for cancer or pre-cancer in people who have no symptoms of the disease. Regular colorectal cancer screening is one of the most powerful weapons for preventing colorectal cancer.

Screening is recommended starting at age 50 for people who are not at increased risk of colorectal cancer. There are several different screening options available. People at higher risk, such as those with a strong family history of colorectal cancer, might benefit from starting screening at a younger age.

For more information please visit: www.cancer.org

happy
St. Patrick's
day!

Brought to you by:

Relph Benefit
Advisors