

Health and wellness tips for your work and life, presented by:



Your solution for a healthier workforce.



Researchers Link New Danger to E-cigarettes

The use of electronic cigarettes or e-cigarettes has grown exponentially in recent years—especially among young adults in the United States.

The liquid used in e-cigarettes contains nicotine and other harmful chemicals, including heavy metals and carcinogens. The liquid nicotine used in e-cigarettes comes in thousands of different flavors, many of which are appealing - and harmful - to teenagers.

Researchers from the University of California, San Diego found that popular fruity vape flavors appear to contain the highest levels of cancer-causing materials. The [study](#) recommends that parents warn teens of the dangers associated with e-cigarettes to discourage usage.



A Healthier Mind Equals a Healthier Heart

Mental health can have a dramatic effect on heart health and vice versa. Even though the brain and the heart are located far from one another in the body, they are intrinsically connected and have a significant impact on how the other functions.

In honor of Mental Health Month, here are some simple meditation tips that, if used properly, can help reduce stress levels and, in turn, improve heart health.

- Go to a quiet environment and sit or lie down in a comfortable position. Then, focus your attention on one thing such as a word, phrase or sound. Repeat that one thing over and over again for 20 minutes.
- Focus your attention on the muscle groups in your feet and slowly move through each group until you reach your head. As you go through each muscle group, try to imagine that you are actually breathing through those organs. As you “exhale,” release the tension from the group.
- Breathing deeply from your abdomen rather than your chest increases your oxygen intake, increases your lung capacity and energy levels, speed the healing process of many disorders, and relieve anxiety, insomnia and stress.
- A final meditation exercise is to imagine that you are clearing your body of the toxins that you want to get rid of. Concentrate on releasing that energy, which will ultimately reduce the tension in your mind.

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Mediterranean Quinoa Salad

3 cups cooked quinoa, cooled
2 Tbsp. lemon juice
1 tsp. fresh garlic (minced)
½ tsp. salt
¼ cup red bell peppers (diced)
2 Tbsp. red onions (diced)
⅛ cup black olives (sliced)
1 Tbsp. parsley (chopped)
2 cups low-sodium chicken broth
2 Tbsp. red wine vinegar
1 ½ Tbsp. extra virgin olive oil
⅛ tsp. ground pepper
2 Tbsp. green onions (diced)
½ cup cherry tomatoes (halved)
2 Tbsp. Feta cheese (crumbled)

Preparations

1. In a small mixing bowl, combine lemon juice, vinegar, garlic, olive oil, salt and ground pepper to make dressing.

2. Combine red peppers, green onions, red onions, tomatoes, and olives in a large mixing bowl. Mix well.

3. Add dressing to vegetable mixture. Mix in cooled quinoa. Fold in feta cheese and parsley. Cover and refrigerate for about two hours. Serve chilled.

Nutritional Information (per serving – 3/4 cup)

Total Calories	166
Total Fat	6 g
Protein	7 g
Carbohydrates	23 g
Dietary Fiber	3 g
Saturated Fat	1 g
Sodium	278 mg
Total Sugars	3 g

Source: USDA



May is Food Allergy Action Month

A food allergy occurs when the body has a specific immune response to certain foods. Sometimes, the body's response can be severe or life-threatening. Food allergies are a growing food safety and public health concern, according to the CDC. It is also estimated that between 4 and 6 percent of U.S. children are affected by some type of food allergy.

Among other things, Food Allergy Action Month was created to spread awareness about what food allergies are, how to recognize them and how to help someone who is having an allergic reaction. Common symptoms of an allergic reaction to food include the following:

- A tingling sensation in the mouth
- Swelling of the lips, tongue and throat
- Itching, hives and a rash throughout the body
- Cramping, diarrhea or vomiting
- Wheezing and difficulty breathing
- Dizziness or lightheadedness
- Loss of consciousness

These 8 Foods Cause the Most Food Allergies



1. Peanuts



2. Milk



3. Shellfish



4. Soy



5. Eggs



6. Wheat



7. Tree nuts



8. Fish