

October 2021



Nutrition Corner

Eating After Surgery or Injury

What to Eat for Fast Recovery

Power foods allow for proper repairing and maintaining of tissues, cells and bones. When you experience any type of injury to your body or have a medical procedure — from minimally invasive to major surgery — consuming the right foods can put you on a faster path to getting your body back in functioning order.

The [Cleveland Clinic](#) suggests that diet needs increase when your body fights wounds and infections. When your body is on the mend from an ailment, you should elevate your caloric intake. This includes upping your daily amount of vitamins, minerals and proteins. In a typical day, the Cleveland Clinic suggests you consume the following when your body is in a healing process:

- 5 servings of grains
- 2 servings of vegetables
- 3 servings of fruit
- 5 to 8 servings of protein
- 3 servings of dairy

If you can't meet the above nutritional needs, the Cleveland Clinic advises adding oral nutrition supplements, taking a daily multivitamin that includes minerals, and if necessary, scheduling an appointment with a registered dietitian. As always, it's a good idea to check with a healthcare professional before adding supplements to your diet.

Read the whole article.....

<https://www.verywellfit.com/healing-foods-to-eat-after-injury-4783258>

Rockin Recipe

Healthified Broccoli Cheddar Soup

- 1 bunch broccoli
 - 1 small onion, finely chopped
 - 1 medium red-skinned potato, diced
 - 1/4 cup all-purpose flour
 - 3 cups low-sodium chicken or vegetable broth
 - Kosher salt and freshly ground black pepper
 - 1/4 teaspoon freshly grated nutmeg
 - 1 cup grated extra-sharp Cheddar
 - 1 teaspoon Worcestershire sauce
 - One 12-ounce can fat-free evaporated milk
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- 2 scallions, thinly sliced

Separate the stems and the florets from the broccoli. Trim and discard the bottom of the broccoli stems and peel the tough outer layers. Finely chop the stems and coarsely chop the florets and set aside separately.

Mist a large pot with nonstick cooking spray and heat over medium heat. Add the broccoli stems, onions and potatoes and cook, stirring, until softened, 7 to 10 minutes. Add the flour and cook, stirring, until lightly toasted, about 2 minutes. Stir in the broth and bring to a boil. Reduce the heat to maintain a simmer and continue to cook, stirring occasionally, until thickened and the vegetables are tender, 12 to 15 minutes.

Meanwhile, combine the reserved florets and 1/2 cup water in a small saucepan. Bring to a boil, cover and continue to steam until the florets are bright green and crisp-tender, about 5 minutes. Add the entire contents of the pot with the florets to the soup along with the nutmeg. Stir to combine and remove from the heat. Stir in the Cheddar, Worcestershire and milk. Season with salt and pepper. Garnish with the scallions.

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Is Sweating Good for You?

Yes, in general, breaking a sweat is good for you. If you didn't sweat, you could quickly overheat and faint or experience other heat-related medical problems. You might get severe muscle cramps, feel very weak, and experience flushing of your skin. When you don't sweat at all or enough to cool your body down, it's called anhidrosis or hypohidrosis.⁶

Health experts generally recognize sweating as a good thing because most people sweat when doing activities that improve their overall health. Physical activity has a multitude of proven health benefits and is key to keeping your body healthy as you age.⁷ All types of exercise can cause you to sweat, from walking to weightlifting to high-intensity interval training.

Does Sweat Really 'Detox' You?

Kind of. Sweating does help your body excrete waste, but the amounts are so trace that most experts don't consider sweating a "detox."

However, some research has found sweating to be an effective removal route for certain toxins, including bisphenol A (BPA, a chemical found in single-use water bottles and other plastic items)⁸ and polychlorinated biphenyls (PCBs, another class of chemicals).⁹

Sweating may also help remove heavy metal toxins from the body, according to limited research. Expert opinions differ on this, and more research is needed to confirm the effects¹⁰.

So, while you may feel invigorated after a sweat session, that happy and healthy feeling isn't a product of a "sweat detox" — it's more than likely a product of all the endorphins your body releases in response to exercise

Can You Sweat Too Much?

Like sweating too little, sweating too much can pose health risks. Excessive sweating, medically known as hyperhidrosis, can cause dehydration if body fluids aren't replaced. Every time you sweat a significant amount, such as during exercise or on a hot day, you should take care to drink plenty of fluids with electrolytes.

Watch out for these signs of dehydration:

- Headache
- Fatigue
- Weakness
- Muscle cramps
- Dry mouth and lips
- Dizziness and lightheadedness
- Reduced urination frequency
- Dark-colored urine

Mild dehydration can be remedied with adequate fluid consumption, reduced physical activity and seeking shelter from the hot sun. Severe dehydration may require intravenous fluids. If you think you're experiencing severe dehydration, seek emergency medical care.

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**OCEAN
SPRINGS, MS
PLANET FITNESS**

2200A Bienville Blvd
Ocean Springs, MS 39564
United States

(228) 818-7930

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1810 Government St.
Ocean Springs, MS 39564



Contact Us
1060 Thorn Ave
Ocean Springs, MS 39564

LINDA 228 861-3376
cycology3@gmail.com



Seaside Fitness-Group
Training Studio

703 Bellande Ave
Ocean Springs, MS 39564

(601) 919-6623

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