

WELCOA\* | MAY 2022

# WELL BALANCED<sup>o</sup>

*Self-Care Strategies*  
FOR LIVING YOUR  
HEALTHIEST LIFE

HOW TO HELP SOMEONE  
**STRUGGLING**  
**WITH ADDICTION**

---

SIGNS YOU MAY  
NOT HAVE A  
**HEALTHY**  
**APPROACH**  
TO EXERCISE

---

IS IT TIME YOU SAW  
**AN ALLERGIST?**

---



# BBQ JACKFRUIT

Is that a pulled pork sandwich? Nope! This plant-based barbecued sandwich is made with canned green jackfruit. This under-ripe fruit can shapeshift into a shredded and toothsome sandwich filling. Pop it on a bun, and load it up with toppings like mustard, pickles, onions, or cabbage slaw.

## Sandwich

20 ounces young green jackfruit, canned in water or brine	½ teaspoon coriander
2 teaspoons canola oil, divided	¼ teaspoon salt
½ cup chopped onions	1 Tablespoon tahini
1 clove garlic, minced	¼ cup barbecue sauce, plus more as needed
½ teaspoon cumin	2 or 3 burger buns
½ teaspoon ancho chili powder	

### DIRECTIONS:

Drain canned young green jackfruit in a colander. Rinse well with water. Move the jackfruit to a clean, dry kitchen towel. Wrap the jackfruit in the towel, and wring it dry until all of the water/brine comes out.

Move the dried-off jackfruit to a food processor. Pulse 4 or 5 times until it's fully broken up and shredded.

Bring a large non-stick skillet to medium heat with one teaspoon of oil. Spread the jackfruit across the skillet. Allow it to brown for about 4 minutes. Move the jackfruit to one side of the skillet. Then add the remaining teaspoon of oil to the empty side of the skillet. Add the chopped onions and minced garlic. Sauté for a minute or two, until fragrant. Then incorporate it with the jackfruit using a spatula.

Season the jackfruit with cumin, ancho chili powder, coriander, and salt. Stir to incorporate and let it cook for about a minute. Then add tahini and stir.

Pour ¼ cup of barbecue sauce into the jackfruit mixture. Stir to get everything evenly mixed. Cook a minute or two longer, until the sauce is warm.

Put the barbecued jackfruit on warmed burger buns, along with a drizzle of barbecue sauce, and your choice of toppings.

**SERVINGS:** 2-3 people

### NUTRITION INFO:

Calories 263, Fat 7g, Carbs 43g, Protein 6g, Sodium 700mg



*From the Kitchen of* **CADRY NELSON** // Cadry is the writer, photographer, and recipe creator at Cadry's Kitchen, a vegan food and lifestyle blog. She shares plant-based comfort food classics that are ready in about 30 minutes. Cadry has been featured on Today, NBC News, Mashable, Reader's Digest, Shape, and Huffington Post. For more, visit [cadryskitchen.com](http://cadryskitchen.com).





# NOSH IN Nature

Spring is the ultimate time for taking lunch outdoors. It's not too buggy or muggy, like the humid month of August, and winter is still close enough in the rearview mirror to make you really appreciate each day you can spend with your feet in the grass.

So pack up that picnic basket, throw down a blanket, and make mealtime an event.

Whether you're hiking somewhere picturesque like a beach or riverbank, or only going as far as your backyard or local park, having a picnic makes supper something to celebrate. Plus, with spring vegetables at their peak, your outdoor extravaganza can be colorful, fiber fueled, and nutrient-dense.

## Lean Into Those Salad Days

Salads are a great way to pack in the best of the season. Make a mason jar salad, starting with the dressing at the bottom, followed by heavier ingredients, and then light leafy greens on top. When it's time to eat, just shake to distribute the dressing.

For something heartier, make a pasta salad with crunchy carrots, radishes, bell peppers, and green onions. Toss it in a vinaigrette or peanut sauce. Don't forget to add some beans for added protein. Chickpeas or black beans are especially nice in salads, and they hold up well in the cooler.

## The Main Event

Sandwiches and wraps are an ideal main course. No cutlery required.

Use whole-grain bread or tortillas for sandwiches and wraps that are easy to transport, as well as a good source of fiber, vitamins, and minerals.

Fill them with a spread like hummus, baba ganoush, olive tapenade, muhammara, or homemade pesto. (I like to make my own pesto in the food processor with a mix of fresh basil and cilantro, pistachios, garlic, a squeeze of lemon, pinch of salt, and a dollop of miso paste for umami and probiotics.)

Once you have a spread, add your choice of crunchy vegetables like romaine, cucumber, bell pepper, red pickled onions, dill pickles, sprouts, cilantro, and/or spinach.

## Stay Hydrated

Of course, with the warmer temperatures, it's important to stay hydrated. You can pack plain water, or make it a little more festive by infusing it with fruits and vegetables for spa-style water.

Add sliced cucumber, lemon, and/or oranges to a big jug of water. If you like, a few sprigs of fresh mint goes nicely here as well. The vegetables, fruits, and herbs infuse the water in a way that feels refreshing and special. To serve, pour it over ice.

Another drink option is sun tea or tea sweetened with fruit juice. I especially like iced Rooibos with a splash of peach juice or apple juice. Or cut English breakfast tea with lemonade for an Arnold Palmer.



**About CADRY NELSON //** Cadry is the writer, photographer, and recipe creator at Cadry's Kitchen, a vegan food and lifestyle blog. She shares plant-based comfort food classics that are ready in about 30 minutes. Cadry has been featured on Today, NBC News, Mashable, Reader's Digest, Shape, and Huffington Post. For more, visit [cadryskitchen.com](http://cadryskitchen.com).

# THE 21ST CENTURY TAKE ON SUBSTANCE ADDICTION:

## WHAT YOU NEED TO KNOW & WHAT YOU CAN DO



Whether you realize it or not, it's likely that you know someone who is struggling with addiction. In 2018, the Substance Abuse and Mental Health Services Administration (SAMHSA) estimated that 21 million Americans had at least one addiction. Perhaps even worse, only about 10 percent of them received treatment.

According to the National Institute on Drug Use, untreated drug and alcohol use contributes to tens of thousands of deaths every year and impacts millions of lives. Although we've come a long way in removing the stigma behind addiction, it certainly still exists. Even though the medical community has identified addiction or substance abuse disorder as a chronic mental health condition many still view addiction as a moral weakness or flawed character. These misconceptions perpetuate feelings of shame and can ultimately deter millions of Americans from getting the life-saving treatment they need.

Understanding the facts and having the right information and strategies is key to removing the stigma around addiction, and more importantly, making sure those who need help

receive it. Here's what you need to know if you have a friend, loved one, or colleague who may be struggling with addiction.

### Recognize the Signs and Remove the Stigma

The American Psychiatric Association defines a substance use disorder (SUD) as the strong compulsion to get and use substances, even though negative and dangerous consequences are likely to occur. Addiction has been described as a medical disorder or mental health condition that affects the brain and changes one's behavior. Substances including alcohol, illicit drugs, prescription medications, and even some over-the-counter medicines may fuel the development of an addiction.

It's important to point out that a healthy person can usually identify a harmful behavior and eliminate or reduce it. This is not the case with someone with an addiction. Someone struggling with SUD can't simply just tap into their "willpower" to stop.

It's also important to note that those with SUD often try to hide their behavior and downplay their problem. Here are some common warning signs to watch for:

- » Lack of control, or inability to stay away from a substance or behavior
- » Deterioration of physical appearance, personal grooming habits
- » Sudden weight loss or weight gain
- » Frequently getting into legal trouble, including fights, accidents, illegal activities, and driving under the influence
- » Neglecting responsibilities at work, school, or home, including neglecting one's children
- » Sudden change in friends, favorite hangouts, and hobbies
- » Appearing fearful, anxious, or paranoid, with no reason
- » Periods of unusual increased energy, nervousness, or instability
- » Unexplained change in personality or attitude

Many people who notice these signs often stay silent, as they believe it's not their business or place to raise attention to a possible SUD.



But raising the issue is part of removing the stigma and something we should all feel compelled to do. After all, if you thought a friend may have cancer or some other serious health condition, you would strongly encourage them to get help and treatment, right?!

This isn't to say that bringing up addiction issues with a friend or loved one is easy. If you're in this situation keep these do's and don'ts in mind.

### Do

- » Tell them you're bringing this up because you care; this isn't judgment.
- » Tell them what you've observed. This could include their behavior and the negative consequences you've noticed.
- » Tell them you respect their privacy, are a trusted friend, and you're here to support them.

### Don't

- » Judge or give ultimatums like, "If you don't get help, I'm going to tell your family about this". This may lead the person to withdraw and further hide the behavior.

- » Ask them why they "just can't stop?" Remember, addiction is a disease that people don't have full control over. Asking them why they can't stop can contribute to feelings of shame and embarrassment.
- » Expect immediate change. It takes some time to admit addiction problems and seek treatment.

Encourage your friend or loved one to talk to their doctor. There are several effective treatment options available—check out the back cover to learn more.



About 20% of Americans who have depression or an anxiety disorder also have a substance use disorder.

## Ask the Expert...

### I'm living with someone who's struggling with addiction. How can I cope?

Being in a relationship with a person who has an addiction is very stressful. Just as addicts need professional support, so do the people who are living with them. There are many resources that exist for this purpose. Support groups like Al-Anon or Nar-Anon are a few examples. The Substance Abuse and Mental Health Services Administration (SAMHSA) also offers a variety of resources designed to provide insight and support for families of addicts.

WELL BALANCED™ has an impeccable reputation for providing trustworthy information to improve your well-being and create healthier work cultures. Our network of physicians, dietitians, wellness professionals, and more are here to answer your crucial health questions.

**Have a question?** Ask our experts by going to [welcoa.org/expert](https://www.welcoa.org/expert). If your question is selected we will contact you directly with your answer and it will be featured in an upcoming issue.

*All questions are handled in confidence and will not, without prior consent, be disclosed or used by WELL BALANCED™ or its contributors.*



# SHOULD I SEE MY DOCTOR FOR MY Seasonal Allergies?



Fresh cut grass, flowers blossoming, trees blooming—spring can certainly be a sight for sore eyes. But, if you're one of the millions of people who have seasonal allergies, spring isn't such a welcome sight. To be sure, seasonal allergies can make you feel downright miserable!

## What Causes Seasonal Allergies?

You can blame pollen if you suffer from seasonal allergies. Pollen is a harmless powdery substance made by trees, weeds, and grasses. If you have seasonal allergies, your body mistakes pollen for something dangerous, kicking your immune system into high gear. Your immune response has one goal: eliminate this dangerous enemy. As your body works to rid of this perceived invader you may experience several unpleasant symptoms like congestion, sneezing, watery eyes, and wheezing.

## When Should I See a Doctor?

Most seasonal allergies can be managed with some specific strategies (see the Seasonal Self-Care section). However, it's a good idea to seek professional medical care if:

- » Your allergies are causing symptoms such as chronic sinus infections, nasal congestion, tightness in your chest, or difficulty breathing.
- » You experience symptoms several months out of the year.
- » Antihistamines and over-the-counter medications do not control your allergy symptoms or create unacceptable side effects, such as drowsiness.
- » Your allergies are interfering with your ability to carry on day-to-day activities.

Your doctor may recommend a skin or blood test to identify the specific allergens triggering your symptoms. The results of these tests can also help determine the treatments that will work best for you.



## FACT OR FICTION?

There's a common belief that desert climates can cure or eliminate seasonal allergies. This is largely a myth. Grass and ragweed pollens are found nearly everywhere. Moving to a different climate may curb your symptoms, but your relief could be short-lived. You may have reactions to the allergens in your new environment after you move.

## Seasonal Self-Care

If you suffer from seasonal allergies, you may think that dealing with sneezing, itchy eyes, and congestion are just a fact of life. But this doesn't have to be the case. Fortunately, there are several self-care strategies that may help keep your symptoms at bay.

**Keep your car and home windows shut.** It's tempting to open the windows for some fresh air on a nice spring day, but opening the windows allows pollen and allergens to come right in.

**Change your furnace/air conditioner filter every three months and consider investing in an air purifier.** Air purifiers are designed to clean the air in a room by trapping allergens and pushing filtered, clean air back into the space.

**Be strategic if you're spending time outdoors.** More pollen is in the air on hot, dry, windy days. On cool, damp, rainy days, most pollen is washed to the ground. If possible, try to avoid being outdoors on dry, windy days.

**Consider over-the-counter allergy meds.** Nasal corticosteroid sprays and OTC allergy medications like Claritin® may help. Talk to your doctor if you have any questions or concerns about OTC medications.



# DO YOU HAVE A Healthy Relationship WITH EXERCISE?

Having a positive relationship with exercise is critical to your overall health and well-being. Indeed, the way you approach exercise can ensure you enjoy physical activity, maintain, or increase your fitness, and feel good.

When it comes to exercise, the goal is to reap the benefits of physical activity and to feel better—both physically and mentally. However, the following signs indicate physical activity might be transitioning to an unhealthy habit, obsession, or a dangerous compulsion:

- » Maintaining a rigid exercise regimen despite dangerous weather conditions or threats to physical health
- » Only working out to burn calories or lose weight
- » Experiencing persistent fear, anxiety, or stress if you can't exercise
- » Working out to punish yourself for food intake or what you perceive to be true about your body (i.e., "I need to work out because I don't like the shape of my stomach")
- » Feeling constant fatigue and exhaustion from spending too much time working out

## Maintain & Enhance Your Relationship

A healthy relationship with exercise is one that's flexible, enjoyable, compatible with the rest of one's life, and challenging enough to increase fitness without overtaxing one's body. Here are some ways you can help ensure you achieve and maintain this type of healthy relationship.

**Listen to your body, look for patterns, and adjust when needed.** Take note of how you feel after physical activity. Do you feel energized? Weak? Strong? How your body feels after exercise provides key details you should pay attention to. If you don't feel good after a workout (aside from occasional soreness or tight muscles) adjust the intensity or move on to a different type of activity.

**Identify a few different activities you enjoy and alternate between them.** Alternating activities or cross-training allows you to work different muscles while giving other muscles a rest. For example, you could bike one day, working your lower body, and then do resistance training on your upper body the next day. Alternating also gives you a mental break from the monotony of repeating the same activity day in and day out.

**View exercise as a source of strength, not punishment.** Exercise should not feel like or be viewed as punishment. Rather, exercise should be viewed as a tool that enables your body and mind to become stronger and healthier.

**Understand it's not "all or nothing."** It's a great idea to schedule and carve out time for exercise into your daily routine. Of course, life happens, and even the best laid out intentions can get derailed. Those who have a healthy relationship with exercise realize this and can adapt. This can mean focusing on other ways to squeeze in some physical activity like taking a quick walk, taking the stairs instead of the elevator, or doing some push-ups before bed.



Federal physical activity guidelines recommend that adults get at least 150 minutes of moderate activity (like brisk walking) or 75 minutes of vigorous exercise (like running) each week. It's also recommended that adults perform muscle-strengthening activities like lifting weights or body-resistance activities like push-ups at least twice a week.



# STRUGGLING WITH + Addiction? x

## YOUR COMMUNITY IS HERE TO HELP

There are several community resources available to help those who are impacted by or suffering from substance addiction. The Substance Abuse and Mental Health Services Administration (SAMHSA) is one great example. SAMHSA offers a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. You can call the National Helpline at 1-800-662-4357 or via text message: 435748. The service provides referrals to local treatment facilities, support groups, and community-based organizations. You can also find out more on their website: <https://www.samhsa.gov>.

the treatment of alcohol dependence and other substance use disorders.

**Cognitive-behavioral therapy (CBT):** With CBT a professional will help addicts focus on understanding how their beliefs and feelings influence their behaviors. The aim of CBT is to help people change the thought and behavior patterns that contribute to addiction.

**Online therapy:** Research suggests that online therapy can also be an effective treatment option for substance use disorders. Such programs often incorporate elements of CBT and structured conversations to help people think about how their life will improve by ending their addiction.

### What Are Common Treatment Options?

Treatment for addiction has come a long way over the years, and there are several options available. Here's a look at some common options. Keep in mind that treatment can include a combination of these options:

**Community Reinforcement and Family Training (CRAFT):** CRAFT is designed for family members of persons who abuse alcohol or drugs. It's a method for helping families get help for addicted loved ones. It has replaced traditional interventions as the preferred method of helping people with addiction get the help they need, such as therapy.

**Medications:** The Food and Drug Administration (FDA) has approved several medications to help curb cravings and withdrawal symptoms. Some of these medications include Vivitrol (naltrexone), Campral (acamprosate), and Suboxone (buprenorphine and naloxone). These medications can only be prescribed by a professional and have shown to be effective in

**Support groups:** Twelve-step and peer support groups can help a person get and stay sober. These groups are not "one-size-fits-all" and may take a variety of approaches. Some promote total abstinence, while others focus on moderation. Many support groups offer in-person meetings, but online support groups are also available.



### ALCOHOL USE DISORDER

Alcohol is the most widely abused substance in the US, yet alcoholism is often left untreated. Alcohol use disorder (AUD) is defined as a chronic brain disorder marked by compulsive drinking, loss of control over alcohol use, and negative emotions when not drinking. AUD can be mild, moderate, or severe. Recovery is possible regardless of severity.