

News For Health Nuts

...‘Cause We’re Crazy About Feeling Good!

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Table of Contents

1	Mid-Winter Blues
2	Stress Management (For Dummies!) Business Spotlight Coming Events
3	Cholesterol Management
4	Party, Party, Party! Let's Talk Business News FROM Health Nuts

Mid-Winter Blues

So.... Who's ready for spring? Yeah. Me too. I'm tired of dark and cold and snow. I'm ready for sun and warmth. Capri pants and flip-flops. Running outside and sending the kids outside to play.

So what do you do when you're craving sun and can't stand another day of winter? Here are a few ideas!

1. Travel

If you choose to travel somewhere warm at this time of year, it can be hard to come home to the cold and snow. Many years ago I made the mistake of traveling to visit my parents in Georgia in April. I vowed NEVER to do that again, because it was just soooo hard to come home.

February is a little different though, because most of the US is having winter too. A short trip can lighten up the winter blues by giving a little novelty. Columbus, Toledo, Cincinnati, Niagara Falls, Detroit, and Pittsburgh are options for short weekend jaunts to relieve midwinter boredom.

2. Get ready for spring and summer

What do you love about spring? Are you a gardener? Pull out your seed catalog and start planning! Now is the time to start seeds, and thinking about planting beds and mulch and all the things that go into getting the garden ready for the growing season.

Are you a runner? Got any races planned? Do you play a summer sport like softball or baseball? Even rec leagues require a little preparation. Pull out your gear and start thinking about the season. Did you get a little soft over the winter? Time to get serious about training and polishing up your skills!

If you're planning a fun summer vacation you might also do some digging about your destination. Can you find a great restaurant to plan a nice dinner for while you're there? How about a unique attraction that isn't available at home? Daydream away!

3. Enjoy winter while it lasts:

I'm not a winter sport girl. If you are, more power to you!

Stress Management (For Dummies?)

Originally posted on [February 1, 2014](#)

LOL! I had a request for a blog post about maintaining mental health while juggling too many responsibilities, and I couldn't resist! Thanks for the request, Natalie!

So usually when we're under [stress](#) it's because we're trying to manage more responsibilities than we feel comfortable managing. Being super-busy isn't a problem if you love what you're doing and know you're doing a good job, right? You get stressed out when you feel like it's more than you can handle.

Since Natalie already mentioned "too many responsibilities" that's a given. When you're juggling too many responsibilities the obvious solution is to prioritize the responsibilities and see if there's a way to delegate some to people other than YOU.

As a professional and a small-business entrepreneur, it is easy for me to get overwhelmed with all the things on my to-do list. Writing blog posts, publishing my newsletter, catching up with my clients, answering phone calls, the list goes on. Oh, yeah, and there's my low-stress "day job" too. (If you're new to the blog I'm a practicing full-time family doctor.) I finally wised up and began to find ways to recruit others to do jobs that don't require my direct effort, so I can focus on the stuff that only I can do.

I used to produce my newsletter completely in-house. I had them printed at my local print shop, then brought them home and stuffed/sealed/stamped/mailed them myself. My epiphany came when my wonderful printer [Rick](#) at [PostNet](#) said "Dr. Jen, you know we can do all that for you. Your time is more valuable than that." He was right! Since I outsourced to him, my income from my business has actually increased! I'm supporting a great local business and have more time to focus on creating great content for my clients.

For the tasks that truly require YOUR attention (i.e. no one else has the training or expertise to do them) you have to prioritize them. Schedule them. Focus on ONLY that task for a single block of time. Multitasking is a good way to screw up more than one thing at a time. Intense focus on ONE task at a time is the best way to get that task done right, the first time, in the minimum amount of time.

Continued on Page 3

Business Spotlight

My good friend Jenny Pitts is in the Spotlight this month. She is an amazing lady who is a Zumba instructor and is having great success with Shaklee 180.

I went to her Zumba class last Wednesday and am amazed that she has lost ONLY 30 lbs in the last 4 months! She rocks! (AND she kicked my butt!)

Her classes are at Footnotes Dance Studio in Sagamore Hills on Mondays at 7:15 PM and Wednesdays at 7:30 PM, the Home Family club in Parma Hts on Tuesdays at 8:00 PM, and Cleveland Fitness Club in Middleburg Hts on Sunday mornings at 10:30.

If you want more information or would like to take one of her classes, please email her at jfmusicjf@live.com.

Her website is <http://jfilippelli.zumba.com/>

Want your business highlighted in this newsletter? Let me know!

Coming Events...

We have two events in February and March:

Shaklee 180 Turnaround Events

- Saturday, February 8 at 2:30
- Saturday, March 1 at 2:30
- Saturday, March 22 at 2:30

Turnaround Events take place at State Road Family Practice.

Have an idea for an event to share with other Health Nuts? Please call and let me know! I do need some lead time for publishing purposes, so advance notice would be great!

Want more information like this? Want to stay up-to-date and also receive this newsletter via email? Visit my website and subscribe!

www.jenniferwurstmtd.com

Cholesterol Management

Many of the people I see in the office are found to have high cholesterol. Other than diet and exercise, Shaklee offers three options for reduction of high cholesterol.

Shaklee 180

Obviously, weight loss is very effective for reducing cholesterol. I talked in the last two newsletters about the Shaklee 180 weight loss program so I won't focus on that here.

Cholesterol Reduction Complex

Each daily serving of Shaklee's Cholesterol Reduction Complex contains 2000 mg of plant sterols and stanols. These compounds are structurally similar to cholesterol and bind to the intestinal receptors that absorb cholesterol. This binding keeps cholesterol from being absorbed from the intestinal contents.

Cholesterol in the blood comes from two sources: dietary cholesterol, and cholesterol produced in the person's own liver. One big use for cholesterol in the body is in the production of bile salts. Bile is a soapy substance that helps the body absorb dietary fat. Plant sterols and stanols block the absorption of not only dietary cholesterol but also keeps the intestines from REABSORBING the cholesterol in bile salts. As such, even those who eat little or no dietary cholesterol can benefit from extra plant sterols and stanols.

OmegaGuard

Most people know that fish oil helps lower cholesterol. A lot of fish oil supplements contain contaminants though.

Shaklee's OmegaGuard is a highly concentrated and pure fish oil supplement containing 1200 mg in two little capsules. The multistep molecular distillation process removes lead, mercury, arsenic, cadmium, dioxins, and PCBs, and other contaminants. You know you're only getting the stuff you want, and nothing that you don't.

OmegaGuard is also specially coated so you don't get the "fish burp" that so many patients complain about!

Continued from Page 2

I find that one-hour blocks followed by a 10 or 15-minute break is my sweet spot for productivity. Yours may be different. Turn OFF the phone, close your door and put out the "Do Not Disturb" sign, close down your email server and Facebook, get rid of distractions and really FOCUS for that hour. You'll be shocked how your productivity improves.

There are tons of great productivity books out there, but the ones I've read are basically reiterations of the same concepts. 1. If a task doesn't absolutely REQUIRE your training and expertise to do it, you SHOULD'N'T do it. 2. If you are going to do a task, you should schedule the time it needs and focus only on that task. Big projects should be broken down into one- or two-hour tasks that are easier to schedule.

Speaking of scheduling tasks, one major important task to schedule is DOWN TIME! I am not very good at that. I usually do at least a little work on SOMETHING every day. I'm getting better though! Russ and I are scheduling more date nights, and I'm getting better at enforcing my own bedtime, LOL! Making sure you're taking time to recharge and spend time with friends and family is very important. Letting yourself get overwhelmed and burned out won't help with stress management!

Keep an eye on your mood and sleep pattern. Do you find yourself grouchy and snapping at your staff and/or coworkers, or you're not sleeping well? It might be time to consider whether the stress is getting to you. Medication can help you cope, especially if delegation isn't possible (i.e. the boss won't let you). I (and many of my patients) have found that Shaklee's [Stress Relief Complex](#) also helps when the stress starts to climb.

You can find much more information about the physiology and management of stress, especially WITHOUT medications, on my website at <http://www.jenniferwurstmd.com/shaklee-family/supplement-suggestions/stress>

Want to read more info like this? Go to www.jenniferwurstmd.com

Party, Party, Party!

Home parties are all the rage lately, and I was thinking we should get in on it!

Want to have a party? A Shaklee Healthy Home Party is a way to have fun and earn rewards. We can share the benefits of The Shaklee Difference with your friends and family, helping them to Create Healthy Lives.

If you would like to schedule a Healthy Home Party please call and let me know. I would like to schedule one for you! Call me at 888-741-9153!

Let's Talk Business

Have you been thinking about starting a small business? Looking for a second job, a second income, a way to build some time freedom?

I am looking for people who want to build a business in 2014. Shaklee is a great company to work with, and I'd like to show you why!

- Over 350 health and wellness products
- Over 100 research studies published in peer-reviewed journals
- 350 tests for contaminants on EVERY lot of botanicals used to produce our products. If it's contaminated, Shaklee won't use it (but other companies will...)
- Over 100,000 quality tests on finished products every year
- Third-party testing confirms what Shaklee SAYS is in there, IS in there.
- No-questions-asked money-back guarantee means you can recommend products with confidence

Let me show you why Shaklee is the number-one natural-nutrition company in the USA, and how Shaklee can help you create the life you want!

Have a Suggestion?

Please feel free to contact Dr. Jen and request future topics for the newsletter! Want to learn more about something? Let me know by calling me at 888-741-9153.

News FROM Health Nuts!

Melody S. isn't feeling well lately. Prayers would be appreciated.

Bonnie B.'s whole family has been sick with this upper respiratory crud. Yuck!

Kim K. is enjoying using Shaklee's Get Clean products, knowing her house is squeaky-clean WITHOUT harmful chemicals or allergy-triggering fumes!

Linda B. is a little stressed out with her work as a home health nurse. Try to take a little time to relax, Linda!

Helen F. had her knee replaced recently! Don't think she'll be doing Zumba with her daughter Jenny anytime soon!

Carol L. has lost 15 pounds with Shaklee 180! Go Carol!!

Prayers for Kathy H, please. A close family member just passed away and she's struggling.

Lori H. is enjoying the balmy weather in Florida. Lucky duck!

Brenda C. had surgery in December and is finally feeling back to normal!

Agnes M. got some relief from terrible leg cramps with Chewable Cal Mag. Yay!

Amanda L. lost some weight and now doesn't need her blood pressure pills! Double Yay!