



Health & Wellness
MOBILELIFE[®]
February 2008
Today

Heart Healthy Eating
Don't Eat Your Heart Out!

Miles of Smiles
If The Shoe Fits

The Day Tripper
Oak Grove Lake



9



15



16



4

Publisher

David Nichols
Dnichols@mobilelifetoday.com

Editor:

Elizabeth Johnson

Contributing Writers

Gilbert B. Elwyn
Dr. Lisa Silva
George Clements
Ashleigh Millard Sutter
Lorna G. Williams
Tina Salter

Cover Photo by:

Ehsan Namavar

Copyright 2008 © All rights Reserved. Reproduction without permission is prohibited. MOBILELIFE Today is published by MODERNLIFE Publishing. www.mobilelifetoday.com info@mobilelifetoday.com

Sales and freelance writer opportunities are available. Please send inquiries to hr@mobilelifetoday.com.

If you would like your business featured in **MobileLife Today** please contact us at info@mobilelifetoday.com.

Tell us what you think about MOBILELIFE Today info@mobilelifetoday.com

Features

Heart Healthy Eating Don't Eat Your Heart Out 4

Many people begin the New Year by making resolutions to change habits and improve lifestyles. January 1 seems to be a good time to start fresh.

Miles of Smiles 8

As we were admiring an uncharacteristically balmy January day and admiring equally an attractive runner who was taking advantage of it, we were surprised to notice that she was wearing what appeared to be dress flats.

The Day Tripper 10

This is one trip that should not take to much time or gasoline. Oak Grove Lake is located just off Roper Mountain Road.

Contributors

Your Health	13
Your Home	14
Your Money	15
Coffee & Ice Cream	16

Don't Eat Your Heart Out

By Lorna G. Williams

Heat disease is the number one killer of both women and men. Eating a heart healthy diet is the key to helping to reduce your risk factors for heart disease, like high blood pressure, high blood cholesterol, overweight, and obesity. It will also help you control these conditions if you already have them. If you want to have a healthy heart, you have to learn how to eat a healthy heart diet. All of the food you eat affects the health of your heart. Eating a balanced, healthy diet is the first step to heart

healthy eating. This is not only about what you cannot eat, but about what you can and should eat. In fact, heart disease research has shown that adding heart-saving foods is just as important as cutting back on others. Key factors in the American Heart Association's dietary guidelines include eating a variety of foods (including plenty of vegetables, fruits, and whole grain products to get a balance of nutrition) and choosing a diet low in saturated fat, trans fat, and cholesterol.

As a foundation to understanding heart-healthy eating, it is necessary to understand some things about cholesterol.

Cholesterol is a fat-like substance that is essential for life.

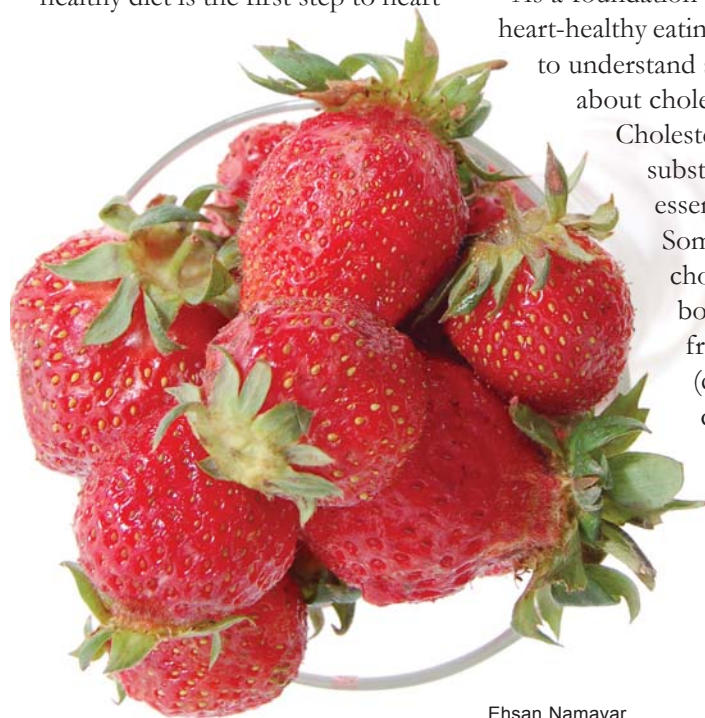
Some of the cholesterol in our bodies comes from food (dietary cholesterol), but your body makes the majority of blood cholesterol. If there is too much blood cholesterol, there is a chance

that cholesterol will build up or form plaque on the walls of the blood vessels and, in time, even clog them. The narrowing of the blood vessels due to plaque accumulation can increase the risk of heart attack or stroke. Cholesterol does not dissolve in the blood and therefore, has to be transported to and from the cells by special carriers called lipoproteins. Cholesterol is composed of several different lipoproteins. LDL (low density lipoprotein) is the "bad" cholesterol. This form of cholesterol can slowly build up on the inner walls of the arteries and can form plaque which may block the arteries and increase the risk of heart disease. An optimal LDL level is less than 100, nearly optimal is 100 – 129, and a level between 130 and 150 is a borderline reading. A LDL level above 150 is considered a high risk for heart disease. HDL (high density lipoprotein) is the "good" cholesterol. Research indicates that HDL carries cholesterol away from the bloodstream and out of the body. A high level of HDL seems to protect against heart disease. A healthy level for men is greater than 40 mg/dL and for women, greater than 50 mg/dL. Triglycerides are the chemical form of fat that is

found in foods as well as in our bodies. Stored fat in our body is made of triglycerides. Extra calories not used immediately for energy are converted to triglycerides and stored in fat cells. If your triglyceride levels are high, you need to lose weight if you are overweight and limit your consumption of sugar. A normal range of triglycerides is less than 150. A simple blood test from your doctor can provide information about these levels in your body.

Whether you need to reverse the effects of years of unhealthy eating or you simply want to fine-tune your present diet to increase overall health, following are some strategies to help you reach your goals. Once you know what foods to emphasize and what foods to limit or avoid, you can create meal plans to help keep you on track.

♥ Limit unhealthy fats and cholesterol and use unsaturated fats instead. Of all the possible dietary changes, limiting how much saturated fat and trans fat you eat is the most important step you can take to reduce your blood cholesterol and lower your risk of coronary artery disease. Saturated fats stimulate cholesterol production in the body. They are typically solid at room temperature



Ehsan Namavar

and mostly found in animal products such as beef, pork, lamb, poultry skin, dairy products such as whole milk, some cheeses, stick butter and margarine, lard, and egg yolks. Trans fats increase the LDL levels in the blood. They come from partially hydrogenated vegetable oils often found in fried foods, processed foods (crackers, mixes, etc.) and commercially baked foods. When you do use fat, choose unsaturated fats (monounsaturated and polyunsaturated). These fats are liquid at room temperature and include olive, corn, canola, and peanut oils. Avocados, walnuts, pecans, almonds, and pumpkin and sunflower seeds also contain unsaturated fats. Studies indicate that these fats may actually help lower total blood cholesterol levels. Remember, however, that moderation in fat intake is essential

as all fats are high in calories. Only animal foods have cholesterol. Avoid high cholesterol foods like organ meats, fatty meats, egg yolks, whole milk, ice cream and cheese.

♥ Increase your fiber intake, especially soluble fiber. Soluble fiber helps to lower blood cholesterol levels in most individuals when added to the diet. Oat bran is the most talked about source of soluble fiber, but dry beans and peas, many vegetables and most fruits also contain soluble fiber.

♥ Choose low-fat protein sources. Lean meat, skinless poultry, fish, low-fat dairy products, and egg whites are some of the best sources of low-fat, low-cholesterol protein. It is strongly recommended that fish be included in the diet at least two times a week. Cold water fish such as salmon, mackerel, herring and lake trout are especially high in omega-3 fatty acids which may help to lower triglycerides in the blood and reduce the risk of sudden cardiac death. Legumes (beans, peas, and lentils) are also good

sources of protein and contain less fat and no cholesterol.

♥ Eat more fruits, vegetables, and whole grains. These foods are good sources

of vitamins and minerals and are high in dietary fiber. Remember that soluble fiber can help lower blood cholesterol and reduce the risk of heart disease.

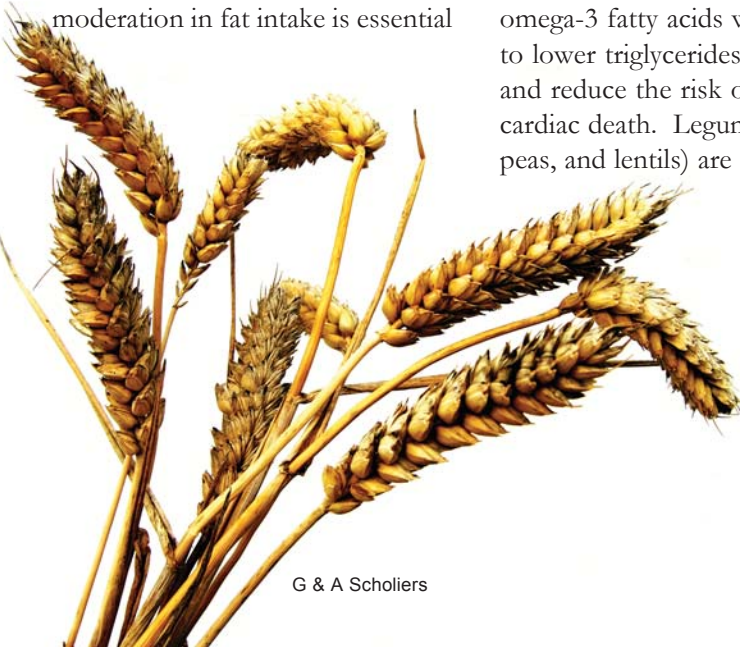
♥ Reduce salt intake. Research suggests that high sodium intake can be related to high blood pressure. A good target for healthy adults is to consume no more than 3000 mg of sodium per day. Low sodium diets may be planned at anywhere from 2000 mg – 500 mg per day. Read labels carefully and look for high sodium ingredients such as salt, sodium chloride, monosodium glutamate, or broth. Do not add salt to your food at the table or when cooking. Limit processed or pre-packaged foods since sodium is often used as a preservative.

♥ Practice moderation and balance. Don't skip meals since skipping meals often leads to overeating. It is even recommended that you eat 5 – 7 small, balanced meals a day to control blood sugars, burn fat calories more efficiently, and regulate cholesterol levels. Knowing which foods to eat is important, but you also need to know how much food to consume. Learn

what proper portion sizes are and keep track of the number of servings that you eat. Overeating can lead to excess calorie, fat, and cholesterol intake.

You now know what foods to incorporate into your diet and which ones to limit or leave out. Create daily menus using the guidelines above. Select foods for each meal and snack, emphasizing vegetables, fruits, and whole grains and limiting animal products and fatty foods. Watch your portion sizes and select a variety of foods to keep things interesting. As you utilize these principles, you will find that heart-healthy eating can be accomplished and can also be enjoyable. With forethought and planning, you can eat with your heart in mind, improving your overall health and reducing your risks for heart disease. **MLT**

G & A Scholiers



If The Shoe Fits

By Gilbert B. Elwyn

As we were admiring an uncharacteristically balmy January day and admiring equally an attractive runner who was taking advantage of it, we were surprised to notice that she was wearing what appeared to be dress flats. The shoes did feature some straps across the tops, which probably served to hold them securely during her run.

We've always said that runners should find whatever works for them and stick with it. Nevertheless, this episode served to remind us that it is time to address an important aspect of running: shoes. (There are a few barefoot runners out there, our advice is to not join their number.)

Running shoes come in an increasingly dazzling display of styles, colors, and high-tech

names. They will probably be your most expensive equipment purchase and, undoubtedly, will be your most important.

A man with a waffle iron invented the original running shoe. Since those shoes took their first tentative steps, gels, air, and many more innovations

have been added, making shoe purchases as mind boggling as filling out tax forms. This means it is time to

put it in the hands of a professional.

Seek out a store, or department, which specializes in running equipment. These are usually run or staffed by runners. The store personnel should check not only your size, but also your stride – you should hear the word “pronation,” which refers to how your feet hit the ground. They might watch

or, possibly, film you as you run, before making suggestions re selection. By the way: the best running shoes for you are not necessarily the newest or highest priced.

Some tips: wear running socks; remember that the shoes should not slip but should not be constrictive; and make sure there is adequate toe room.

Also remember that your feet will swell as you run, so it is best to try on shoes at the end of the day when your feet will closer approximate that situation.

Ask questions: let the salesperson know how the shoes feel. If, after you purchase them, they hurt during a trial period on your carpeting, take them back.

Sometimes ill-fitting shoes will affect more than just your feet. Back, leg, and Achilles pain can also be results of wearing the wrong shoes.

Second hardest bit to swallow: the best shoes for you might not be the most stylish.

Hardest bit to swallow: shoe companies tend to change shoe models and styles with the same frequency as automobile



manufacturers, so, even if you find a shoe that you love, you'll still have to go through this whole process many more times throughout your running life. The good news is that good running stores can help you pick out new shoes based upon your discontinued models. **MLT**

THE TRUMPET FOR HIRE



JOHN HOPPE - 325-6778

Trumpeters Two - Grumpy Old Jazzmen
A Touch of Brass - The Swing Shift Combo
also available for lessons & Free-lance



The Day Tripper Oak Grove Lake

This is one trip that should not take too much time or gasoline. Oak Grove Lake is located just off Roper Mountain Road.

The road, which encircles the lake, is a rolling 9-tenths of a mile – perfect for walking, running, biking, or rollerblading - and you will see many people doing just that.

The lake itself is home to geese and ducks, year-round. Fishing is allowed on specified days. The occasional kayak or canoe also makes an appearance, but no motorized boats are allowed.

Although a residential area surrounds most of Oak Grove Lake, there is enough surviving greenery to provide habitat for a variety of birds and animals and pleasant scenery and some patches of shade for the visitors.

No restroom facilities are provided. Parking areas are located on two sides of the lake, but no parking is allowed after sunset. The lake regulations are posted at one of the parking areas.

Exceptional protection for those

EMOTIONALLY ATTACHED

to their new home. And their money.



Now you can stay emotionally attached to your new home, and your money because Allstate is offering discounts on homeowners' insurance. Call me today to see how much you can save.



Bob Millard
(864) 271-8226
2327B N Pleasantburg
GREENVILLE
bobmillard@allstate.com
Personal Financial
Representative



Ashleigh Millard
Sutter
(864) 862-2575
112 N Main Street
FOUNTAIN INN
asutter@allstate.com
Account Manager



Allstate
You're in good hands.

Call for a free quote

Subject to availability and qualifications. The "Cupped Hands" logo is a registered service mark of Allstate Insurance Company, Allstate Indemnity Company, Northbrook, IL. © 2007 Allstate Insurance Company.

Your Health

By Dr. Lisa Silva

Wealth is Good Health...!

Our children may not be able to scrape up enough money to go to the mall and by designer clothes on their own, but what they do have, money can't buy: boundless energy and glowing good health.

Good health is not gained by accident, nor is it conserved by neglect...it's harder than saving money, but pays dividends that can't be counted.

That's why it is so wise to invest your time in regular chiropractic visits for your children (and yourself). Your body is a unit composed of glands, organs, muscles, blood vessels and nerves, all arranged in systems directed and controlled through the nervous system that stems from the brain and spinal cord. Your chiropractor can help your body maintain its proper functions. The result is continued good health. When imbalances do occur, he or she can locate the cause, rather than the symptoms, by their knowledge of the nervous system and its relation to the

organs and tissues of the body through the spinal column.

Wealth without health creates a dismal outlook on life. You can retain your enthusiasm for each waking moment by the proper care of your body.

Your chiropractor's main concern is continued good health for you and your family. Questions or comments? Call Abundant Life Chiropractic at (864) 292-9853. [MLT](#)

Abundant Life
Chiropractic



Dr. Lisa Silva

For more information please visit Dr. Silva's web site at www.findabundantlife.com.

Condominiums VS Townhomes

In the Greenville, SC, area, the difference between condos and townhomes is not always clear. I've seen many condos for sale that were called townhomes and vice versa. According to Webster, a "condo" is individual ownership of a unit in a multi-unit structure where the land is owned in common. On the other hand, a "townhome" is usually a single-family house (usually with two to three stories) that is connected to a similar house by a common sidewall.

If you are looking for something that is totally maintenance free, a condo is the way to go. In most situations, there is a small patio or yard area with townhomes that you wouldn't with a condo. Many condos do have a deck or balcony of some kind.

There are some developments in the Greenville, SC, area that offer both condos and townhomes. The HOA fee can vary for each one but usually they include the same amenities. Another popular trend in Greenville is the turning of old mills into condominium complexes. There are quite a few of these around town and many of them are affordable and come with great amenities. Depending on the mill, you could be right on a lake or near the center of town. Just let me know if you would like a list of some of the best that Greenville has to offer.

MLT



George Clements
(864) 238-4815
gclements@kw.com
www.homestolive.in



Your Money By Ashleigh Millard Sutter Diamonds Are A Girl's Best Friend

addition of two new employees to our Fountain Inn location.

Travis Bucholtz, a 2003 Marketing Management graduate, joined as a Licensed Account Manager. He will be responsible for reviewing current policies to ensure that our clients are adequately covered.

Emily Bucholtz, a 2008 Interior Design graduate, joined as Assistant Office Manager. She is in charge of customer billing and policy changes. After working in the banking industry for more than five years, she is ready and willing to answer any and all questions you might have about insurance.

At Millard Insurance & Financial Group, we are big enough to know and small enough to care. MLT



Allstate
You're in good hands.

For more information please contact Ashleigh Millard Sutter at 864-862-2575 or www.millardinsurance.net.

Love is in the air! This time of year brings new relationships and new engagements. As all men know, with a new girl comes new expenses - specifically, jewelry. Protecting the beautiful gifts you give is very important, and it could be less than \$5.00 a month to do so.

Call your insurance agent today and ask about covering your prized possessions. Prized possessions could be jewelry, furs, guns, coins, photography equipment, sports equipment, musical instruments, and many other items. At Allstate, we cover your belongings under a Scheduled Personal Property rider. The benefit is that if something happens to your prized possession (i.e. theft, fire, storm damage), the property will be replaced or paid for at the value stated on the most recent bill of sale or appraisal. The best part is there is no deductible. If something happens, you call me up, I pull your most recent appraisal or bill of sale, and we start filing the claim. It's that easy.

Don't let your investment slip away. You worked hard to buy it, so let us work to make sure you keep it.

"New Arrival"

We at Millard Insurance & Financial Group are proud to announce the

Call me today to hear about these new optional features: New Car Replacement, Accident Forgiveness and Deductible Rewards.



Bob Millard
(864) 862-2575
112 N Main Street
FOUNTAIN INN
asutter@allstate.com



Feature is optional and subject to terms and conditions. Available in select states now and in most states by 1/31/06 (subject to regulatory approval where required). Allstate Fire and Casualty Insurance Company, Northbrook, IL. © 2007 Allstate Insurance Company



helping you build your future

• Free Pre-Qualification • Custom Financing

CALL BETHANY ZITLAW

Coffee & Ice Cream

By Dave Wilson

Health Advantages of Coffee!

Part 3

Yes, my bleary-eyed friends, coffee is GOOD for you! There are some variables to this announcement, but in general, the news is good!

I want to finish my 3-part article on the health benefits of coffee. Believe it or not, coffee seems to have a positive effect on diseases such as diabetes, Parkinson's, some cancers and more. It's not just snake-oil.

<http://www.webmd.com/content/article/80/96454.htm>

There is even evidence that coffee can improve your mood and diminish the effects of smoking and heavy drinking - I'm NOT suggesting you take up smoking and heavy-drinking, just that coffee IS good for you!

There is good evidence that tea drinkers get the same benefit. This research is based on both black and green teas, not herbal:
<http://healthlink.mcw.edu/article/954432996.html>

A product available at the Woodruff Rd. location of Spill the Beans is Dr. Wilson's Authentic Indian Chai. Chai is a tea-latte. I am from India; I use tea from the plantations where I was born, in Assam. I grind my own spices to make it fresh and authentic every time. It is never made from a powder or mix (though, we have those available, as well). It is also UN-sweetened so you can sweeten it as much or as little or with whatever sweetener you wish.

Stop by the Woodruff Road location of Spill the Beans for a healthy treat or snack! **MLT**



Konrad Mostert



Sara Haj-Hassan

Dave is part owner of Spill the Beans at 1607 Woodruff Rd. Greenville, and can be found there on most Saturdays connected to the free Wi-Fi access. You can e-mail him at dwilson@chaiguy.net.

Need a Proofreader?

Will look at anything: fiction & non-fiction books, dissertations, sermons, newspaper & magazine articles, web pages (can help with formatting as well)

Pricing starts at \$2/page (documents) or \$20/hour (websites), depending on type of work, length, and deadline

Email Elizabeth Johnson at greenpeach06@gmail.com with job description and time frame.

