

Bartley Center Wellness News – 64

April 12, 2006

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Wellness News quiz:

1. Scientists estimate the sea level will rise by 19 inches by 2100, though it could rise as much as 37 inches. True/False
2. Humor increases energy and is good for mental health. True/False
3. If not prevented or if left untreated, osteoporosis can progress painlessly until a bone breaks. True/False
4. Who said - "If in our daily life we can smile, if we can be peaceful and happy, not only we, but everyone will profit from it. This is the most basic kind of peace work."

Answers are below in the reading material.

1. April 22 - Earth Day

Conserve the Earth's Resources

You can make a difference in protecting the Earth's resources. Here are some resource-saving tips from Environmental Defense:

1. Eat fish caught in an environmentally responsible manner to help keep the marine ecosystem healthy.
2. When buying a car, choose one in your class with the highest fuel efficiency rating.
3. Check the air pressure in your tires once a month. Properly inflating your tires improves gas mileage.
4. Use fluorescent lights. According to the Environmental Protection Agency, a new compact fluorescent bulb uses 75% less energy than a standard incandescent and lasts about 10 times as long.
5. Reduce your purchases of disposable and overpackaged items or reuse more of what you already have. It's easy!

20 Climate Change Facts

1. By 2030 the number of automobiles in the world will increase by 50%.
2. The world consumes two barrels of oil for every barrel discovered.
3. It took 125 years to consume the first trillion barrels of oil – the world will consume the next trillion in only 30 years.
4. In 20 years the world will consume 40% more oil than it does today.
5. During the last one hundred years the global temperature has warmed by an average of 0.6°C.

6. It is predicted that global temperatures in 2100 will be 5.8°C warmer than they were in 1990. This will make the Earth warmer than it has been in 50 million years.
7. The current pace of sea-level rise is three times the historical rate, and appears to be accelerating.
8. Scientists estimate the sea level will rise by 19 inches by 2100, though it could rise as much as 37 inches.
9. Much of the United States has already warmed, by as much as 4°F.
10. None of the lower 48 states in the U.S. experienced below average temperatures in 2002.
11. Since the beginning of the Industrial Revolution, carbon dioxide (a green house gas linked to climate change) in the atmosphere has increased by 31%.
12. Diseases such as malaria are predicted to spread as the world grows warmer, due to the carriers of disease spreading out over a larger geographical area.
13. Of particular concern is the stability of the West Antarctic Ice Sheet. A sudden collapse would raise sea levels 16-20 feet, though the likelihood of such a collapse before the year 2100 is low.
14. Despite natural emissions of carbon dioxide (CO₂) emitted by volcanoes, for example, human activities are now adding about 7 billion metric tons of carbon into the atmosphere every year.
15. New energy discoveries are mainly occurring in places where resources are difficult to extract—physically, technically, economically, and politically.
16. Oil production is in decline in 33 of the 48 largest oil producing countries,³ yet energy demand is increasing around the globe as economies grow and nations develop.
17. Oil and gas currently provide more than half of the world's energy supply, and according to the International Energy Agency, they—along with coal (which also releases CO₂)—will continue to be the major sources of energy well into the 21st century unless things are changed.
18. The International Energy Agency estimates that the world will need to invest \$16 trillion over the next three decades to maintain and expand energy supply.
19. Over half the world's oil supplies lie in just 5 countries.
20. Agriculture and biodiversity are already being impacted by global warming. 10% of all known plant species are under threat of extinction.

9-step recovery plan to combat the nation's oil addiction:

Kathleen Rogers, President of Earth Day Network (www.earthday.net) issued a 9-step recovery plan to combat the nation's oil addiction. "Oil addiction can happen to anyone" stated Rogers "For too long people have not faced up to their addiction and the consequences are now obvious. Your oil addiction not only ruins your life and the life of your families, but the lives of most of the world's inhabitants. We want people to know there is a light at the end of the oil rig. Despite the fact that we have close to 300 million Americans who are addicted to oil, together we will be able to overcome it."

The plan is as follows:

Step 1: Admit you are an addict. Like most addicts, you probably have no idea what harm you are actually causing. Despite the shock of having a spotlight turned on your behavior on national television, Google "climate change" or "oil addiction" and you will see the thousands of articles that have been written about your addiction over the past twenty years.

Step 2: Do a searching and fearless inventory of your life. Start by taking a look around. Carry out a personal energy audit of your life. Look for wasteful and/or excessive use of energy including the use of large, gas-hungry vehicles, houses that are 10 times larger than necessary and other evidence of profligate lifestyles.

Step 3: Turn Yourself Over to a Higher Power. Ask your main energy provider where your power comes from and if you could switch to "green power."

Step 4: Believe that a power greater than you can restore us to sanity. Ask yourself what your national, state, and local government representatives, including your mayor, has been doing to control this addiction. If you do not feel they are doing enough let them know and vote for leaders who have a plan of their own to help you fight this addiction. Check their campaign contributors list for evidence of insincerity.

Step 5: Make a decision to turn your will over to the care of someone more powerful (and less addicted). Is this really all your fault? Do you feel you need to lean on a force more powerful than yourself? 2008 is just around the corner. You can make combating oil addiction one of the major topics of debate in the 2008 Presidential elections.

Step 6: Make of list of people that we have harmed and be willing to make amends to all of them. Start with the Inuits, the polar bears, the residents of Greenland, Small Island Nations, New Orleans (and possibly Miami).

Step 7: Make direct amends to such people wherever possible, except when to do so would injure them or others. There is no need to fly to these locations to make a personal apology.

Step 8: Realize that nothing but continuous action on the preceding steps can make a difference. Your dependence on oil will not disappear overnight. Start with mandatory caps on your consumption and demand it of all Americans.

Step 9: Carry the message forward. The more people fighting the addiction, the more impressive the results will be. Host an Earth Day (April 22nd) Party or attend one of thousands across the United States to let people know how widespread the addiction is and how they too can fight it.

Want to know the impact you have on the Earth's resources?

To find out, take the free online quiz "Your Ecological Footprint" at the Earth Day Network website www.earthday.net.

Sources: "Top Five Tips," Environmental Defense, www.getgreen.com and Earth Day Network, www.earthday.net.

2. Energize Yourself

Find yourself dragging by the midday? Here are some tips to help you *rev up* and *energize*:

1. Get 6-8 hours of sleep each night.
2. Eat balanced, nutritious meals and healthy snacks and remember that a good breakfast is a great way to "jump-start" your day.
3. Take mini breaks to stand up, stretch and move around to get your blood flowing.
4. Do some deep breathing.
5. Go for a short walk to get some fresh air.
6. Drink enough water so you don't get dehydrated.
7. Laugh and have some fun. Humor increases energy and is good for mental health.
8. Manage and reduce your stress. Stress can really sap your energy.

2. Give Your Bones a Boost

NATIONAL OSTEOPOROSIS AWARENESS PREVENTION MONTH

One in two women and one in four men over age 50 will have an osteoporosis-related fracture according to the National Osteoporosis Foundation. Osteoporosis is a disease in which bones

become fragile and more likely to break. If not prevented or if left untreated, osteoporosis can progress painlessly until a bone breaks. Resulting fractures of the hip and spine can be life-threatening. Keeping bones healthy is important for all ages. The critical years for building bone mass are from about age 9 to age 30. About age 30, as part of the natural aging process, your bones begin to break down faster than new bone is formed. With the proper diet, exercise, not smoking, and limiting or not drinking alcohol, you can slow the bone loss.

To maintain healthy bones:

- **Eat a calcium-rich diet** that includes 1,000-1,300 mg of calcium daily depending your age. Calcium is found in dairy products, tofu, fortified orange juice, canned salmon and leafy green vegetables and is also available in supplements.
- **Get 400—800 IU of vitamin D daily.** It is found in fortified dairy and other food products and is produced when your skin is exposed to sunlight. It is also available in supplements. Vitamin D aids in calcium absorption.
- **Do at least 30 minutes of weight-bearing exercise daily** such as walking, stair climbing and weight lifting to strengthen your muscles and bones and slow bone loss. Children need 60 minutes a day of physical activity.
- **If you smoke, quit.** Smoking accelerates bone loss.
- **Drink alcohol in moderation, if you drink.** Heavy alcohol use can cause bone loss.
- **Maintain a healthy weight.** Being under weight increases the risk of bone loss and fractures.

For more information on bone health, see the National Osteoporosis Foundation website at <http://www.nof.org>.

4. Quotes:

"If in our daily life we can smile, if we can be peaceful and happy, not only we, but everyone will profit from it. This is the most basic kind of peace work." - Thich Nhat Hanh

"Don't judge each day by the harvest you reap but by the seeds that you plant. " - Robert Louis Stevenson

"Complaining is good for you as long as you're not complaining to the person you're complaining about." - Lynn Johnston

"Character - the willingness to accept responsibility for one's own life - is the source from which self respect springs." - Joan Didion

"Art is contemplation. It is the pleasure of the mind which searches into nature and which there divines the spirit of which nature herself is animated." - Auguste Rodin

"Life is just a bowl of pits." - Rodney Dangerfield

"These days an income is something you can't live without--or within." - Tom Wilson

"Happiness is nothing more than good health and a bad memory." - Albert Schweitzer

"Failure is not the only punishment for laziness; there is also the success of others." - Jules Renard

5. A Wellness Challenge - keep it simple: find and preserve the simplicity in well-being, live healthy by eating healthy and participating in regular, meaningful physical exercise. Not only does it sound simple, it is simple.