

SPECIAL
POINTS OF INTEREST:

- Recycling program at LSUHSC
- Benefits of Ketone diet
- Low risk drinking guidelines for men and women
- Using free weights to achieve fitness goals
- PAL annual resource fair aiming to empower students
- Wellness Center Services information

INSIDE
THIS ISSUE:

- The Ketone diet 2
- Rethinking drinking in big easy 2
- Jerk BBQ Ribs Recipe 3
- Spaghetti Squash Pad Thai recipe 3
- PAL annual resource fair 4
- When you hear QEP, think IPE! 4
- How to use free weights 5

Welcome to 2015!

It is the start of a new term and new year, spring 2015! I would like to welcome back the current students and faculty along with new incoming students, as well as any new faculty and staff. We bring to you another issue of *The Healthy Balance* filled with exciting information.

First, allow me to introduce myself as the new Editor-in-Chief of *The Healthy Balance*; my name is Swornim and I am a Graduate student from the Neuroscience Department here at LSUHSC-NO. I have taken over the responsibilities from our previous Editor-in-Chief, John Maxi, who is now the of the President of the Graduate Studies Student Government Association. We are also happy to announce that the recycling program is well



underway on campus. We hope that everyone will participate and help us keep the program alive. Previously, we explored different diets like the Paleo diet and Mediterranean Diet. We continue the diet series by including a Ketone Diet in this issue. Included is a delicious recipe so you can try it out for yourself!

You can also try out the recipe for low carb and tasty Spaghetti Squash

Pad Thai. In this issue, we have information from the Campus Assistance Program about keeping our drinking habits in check. You can find more details inside this issue. Also, don't forget to visit the wellness center and work on your body. In line with achieving fitness, don't forget to get more information on using free weights to achieve your particular goals. Lastly, Peer Advocate Liaison (PAL) is holding its annual resource fair, which includes many programs and resources to help the students facing personal or academic difficulties.

Remember to be fit, be healthy, and be balanced!

-Swornim M Shrestha, Editor

Recycling on Campus

By Swornim Shrestha

On behalf of the Student Government, I am pleased to announce that the recycling program is well underway here at LSUHSC. Currently, it is restricted to MEB building, with the long term goal of campus wide implementation. Please look for recycling bins near elevators. These are located in every floor of the MEB building. The new bins are silver with green lettering, as pictured here. There is also a large, blue recycling bin located behind the atrium coffee shop. The recycling program will accept



anything accepted by the City of New Orleans recycling program, including all plastics that are marked as recyclable (numbers 1-7), cans, and paper. Please be sure not to place any Styrofoam or food-contained items in the bins. Please avoid adding waste to bins that are already full. Also, refrain from putting any non-recyclable waste in these cans as it may lead to termination of the program! Please follow these simple rules and spread the information to your peers about the recycling program. Recycling success depends on you!






Rethinking Drinking in the Big Easy By Lauren Garnier

“For individuals who have difficulty maintaining those low-risk drinking levels, it is often safest to quit.”

New Orleans is known for many things: the Mardi Gras, the French Quarter, excellent restaurants, and Saints games at the Superdome. Alcohol can generally be found in abundance at all of these venues and events, which does not pose a problem for most individuals. However, according to the National Institute on Alcohol Abuse and Alcoholism (NIAAA), about 18 million Americans have alcoholism or related problems which can make drinking dangerous or even deadly. Social drinking, sometimes to excess is considered a part of New Orleans Culture; however, the NIAAA reports that about 70% of US adults drink within low-risk level or not at all. Drinking at higher-risk levels often can put individuals at risk for legal problems, physical injuries, relation-

ship difficulties, occupational or educational problems, and numerous health problems including alcohol use disorders. So how can you reduce your risk of harm? See the graphic below for specific low-risk drinking guidelines for men and women. For individuals who have difficulty maintaining those low-risk drinking levels, it is often safest to quit. If you are

thinking about making a change to your drinking habits, visit <http://rethinkingdrinking.niaaa.nih.gov/> for more information and resources, or contact the LSUHSC Campus Assistance Program at (504) 568-8888 for an assessment. From NIAAA website (regarding the graphic below):

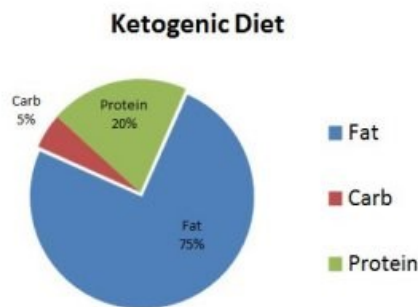
Low-risk drinking limits		MEN	WOMEN
	On any single DAY	No more than 4  drinks on any day	No more than 3  drinks on any day
	Per WEEK	No more than 14  drinks per week	No more than 7  drinks per week

To stay low risk, keep within BOTH the single-day AND weekly limits.

Ketone Diet By Maggie Coleman



“People with kidney or heart disease should check with their doctors before starting a Ketone diet.”



The Ketone diet is named for the way it changes energy use in the body, putting the dieter into a metabolic state called ketosis. Ketosis is when the body uses ketones compounds derived from fatty acid breakdown instead of glucose for fuel. Normally, the body almost exclusively uses glucose over ketones when glucose is available, which is why the

components of the diet severely limit glucose intake. The macronutrient percentages of the ketone diet are approximately 75% fat, 20% protein and 5% carbohydrates per day, but vary based on the goal of the dieter. Typically, calories are not restricted, but carbohydrates are limited to 20-60 grams per day. More well-known “low-carb” diets include the Atkins and low-glycemic index diet.

The Ketone diet has been shown to improve various medical conditions. It was originally developed in the 1920s by a physician as a treatment for epilepsy. When anticonvulsive medications were developed in the 1940s, the diet became less widely used for seizure preven-

tion. More recently, there have been studies suggesting that the ketone diet could be beneficial for patients with conditions such as Alzheimer’s and Parkinson’s Disease. There is also evidence that low carbohydrate/Ketone diets can benefit those with diabetes and those who wish to lose weight. People with kidney or heart disease should check with their doctors before starting a Ketone diet. For more information, go to: <http://www.charliefoundation.org/explore-ketogenic-diet/explore-1/introducing-the-diet>.

Try something new! By Rebecca Crawford

Jerk BBQ Ribs

Here is a ketone diet recipe everyone will enjoy.

Serves: 6 (~4 ribs per serving)

Net Carbs: ~ 3 g

What you need: *For the ribs:* 1 cup Carribean jerk seasoning (found in spice aisle), 1 rack Pork ribs. *For the BBQ sauce:* 2 tbsp Ginger (fresh), 2 tbsp Orange zest, 1 tbsp Dijon mustard, 1/4 cup Tamari, 1 tbsp Worcestershire sauce, 3 tbsp Sugar substitute, 1 tsp Xanthan gum, 2 tbsp Rice wine vinegar, 1/4 cup White vinegar, 1/4 cup Orange juice, & 1/4 cup Water.

What to do: 1) Coat the ribs generously with Jerk seasoning. Bake in the oven at 325 degrees (F) for 3 hours or until tender.

2) Combine the tamari, water, ginger, orange zest, orange juice, rice wine vinegar, white vinegar, Worcestershire sauce, and dijon mustard in a small saucepan. 3) Bring to a boil, and simmer for 8 min. 4) Strain the sauce to remove ginger and orange zest. 5) Add strained sauce back to pan and add sweetener and xanthan gum until smooth. 6) Simmer for another 5 min until thickened. 7) Coat ribs generously with sauce and bake at 375F for another 30 minutes. 8) Let rest for 10 minutes and serve!

Serve with wilted greens, a salad, or roasted veggies for an amazing dinner!

Feel free to substitute soy sauce for tamari, and sugar or honey if

you're not doing the ketone diet.

Adapted from: I breathe, I'm hungry



Image courtesy:

www.ibreatheimhungry.com

"Serve with wilted greens, a salad, or roasted veggies for an amazing dinner!"

Spaghetti Squash Pad Thai



Image courtesy:

Rebecca Crawford

Enjoy this awesome meal for dinner and lunch!

Serves: 4

What you need: 1 medium spaghetti squash, seeds removed and cut into halves (about 4 cups), 2 tablespoons coconut oil, 1 medium onion, finely chopped (about 1 cup), 1 head broccoli, chopped (about 2 cups), 1 1/2 cups of your favorite greens (spinach, kale, collards, bok choy), 6 scallions, white and green parts thinly sliced (about 3/4 cup), 1/4 teaspoon red pepper flakes, 1 cup cashews, toasted and chopped, 1/4 cup peanut dressing. *Peanut dressing:* 1 tablespoon lime juice, 1/2 tablespoon fresh ginger, peeled and minced, 1/2 teaspoon fresh garlic, minced, 1/2 teaspoon rice wine vinegar, 1/8 cup roasted almond butter, 1/4 cup coconut milk

What to do: 1) Roast spaghetti squash until tender (45-60 min at 400) (Tip: Use freshly sharpened knife) 2) Make the peanut dressing: whisk all ingredients together until combined (a blender works too!) Store the extra for topping and dipping later. 3) Once spaghetti squash is cool, remove from skin 4) Heat coconut oil in a skillet over medium heat, sauté the onion until translucent. 5) Add broccoli and sauté for about 10 minutes (or until softened) 6) Add greens and allow to wilt 7) Add spaghetti squash and onions, stir briefly 8) Serve hot, with peanut dressing and cashews over the top.

Adapted from Popsugar

Peer advocate Liason Program! By Scott Embley

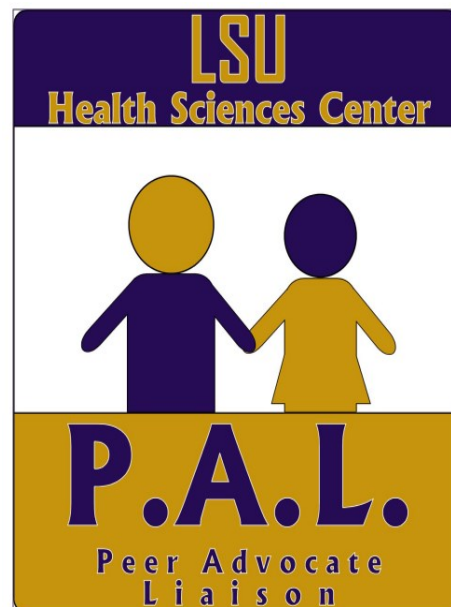
The Peer Advocate Liaison (PAL) Program's annual resource fair is Thursday, February 12, 2015 from 11:00 am – 1:00 pm in the MEB seminar room 4. LSUHSC – NO has many behavioral, health and wellness programs/resources available to students. The well-being of the students within the LSUHSC-NO community is important and the PAL program is bringing those resources together to remind students of their availability.

Programs/resources that will be in attendance include: Campus Police, CAP, off-campus counseling (Bonnie Adelsberg), Communication Disorders, Occupational Therapy, Rehabilitation Counseling, Smoking Cessation, Student Health, Wellness Center, The Alcohol Center of Excellence, ILH Sexual Assault Nurse, Metropolitan

Center for Woman and Children, Blue Cross / Blue Shield (Student Health Insurance) and others.

The primary goal of the PAL program is to empower students to direct their classmates and friends to appropriate resources when they are in need or in a time of crisis. Students having academic problems or problems with depression, alcohol, drugs, or relationships can go to their PAL representative in the search for help. PALs act as temporary liaisons between students and the campus resources that can assist them.

For more information about PAL, please visit the website: <http://www.lsuhs.edu/orgs/campushealth/pal.aspx>



For more information contact:

LSUHSC Campus Assistance Program
1542 Tulane Ave. Office 866
New Orleans, LA 70112
(504) 568-8888
cap@lsuhsc.edu

When you hear QEP, think IPE! By Rebecca Crawford

This year, LSUHSC is being re-accredited by the Southern Association of Colleges and Schools – Commission on Colleges (SACSCOC). This is a big deal! SACSCOC is the regional body for accreditation in 11 Southern States. Accreditation by SACSCOC is required for each professional accreditation bodies for all of the programs at LSUHSC (except Graduate Studies) and to obtain federal student loans.

A major part of the re-accreditation process is the Quality Enhancement Plan (QEP), a plan to assess and address institutional



needs and student learning outcomes. The QEP for 2015 is Inter-professional Education (IPE). IPE is "when students from two or more professions learn about, from and with each other to enable effective

collaboration and improve health outcomes." Currently, there are IPE opportunities at LSUHSC, IPE elective (INTER281) and the simulation-based learning opportunities in many programs. The next step is to make IPE a focus here at LSUHSC to improve the collaboration of our many talented students. So, be on the lookout for upcoming changes, and remember, QEP=IPE.

Important dates:

February 16, 2015 – QEP due to SACSCOC

March 24-26, 2015 – On-site peer review



LSU Health Science Center Wellness Center

Stanislaus Hall – Floors 3 and 4

Direct Line – 504-568-3700

Fax – 504-568-3720

Email – wellness@lsuhsc.edu

Web – www.lsuhscc.edu

Manager – Nijel Baron, nbaron@lsuhsc.edu
or via text 504-234-4800

LIKE US ON FACEBOOK!

Be healthy, be fit, be balanced!



Happy New Year!

Now that the break is over, we hope that everyone is ready to get back into their workout routines at the wellness center. There is something for everyone here from free weights to pilates reformer classes. By appointment, we also offer a free fitness assessment and exercise orientation to get you jump started or to see if you are still on track. For those of us that need more one on one training, affordable TRX and personal training packages are available. Our mission at the wellness center is to educate and encourage you along your wellness journey. Contact us today! We look forward to working with you!

- Nijel Baron

If you are interested in submitting an article for publication, have an idea of something you would like to see covered in an upcoming issue or just want to give some feedback please contact Swornim Shrestha (sshre3@lsuhsc.edu).

How to Use Free Weights to Achieve Your New Year's Resolution By John Maxi

Meeting your goals, particularly, fitness goals is about picking the right training plan. Lifting weights is a great way to achieve a variety of goals from building your strength and muscle to simply losing your weight. Traditionally, lifting heavy weight combined with low repetitions (reps) builds muscle size and strength while low weight combined with high repetitions increases endurance and aids in fat loss. The basis of this is the neural-metabolic continuum of weight lifting. Low-weight/high rep lifting is on the metabolic end of the spectrum. In this type of workout, fatigue is a result of tiring the muscles themselves. This is done by performing more reps per set, doing fewer sets, and taking shorter rests. This kind of

lifting can increase strength, increase muscle size (about 12 reps/set), and increase fat loss (100-150 reps). On the neural end of the spectrum are high weight/low reps routines (4-8 reps). This type of lifting focuses on training the nervous system to recruit and synchronize more motor units to lift more weight. This is done by doing fewer reps, more sets, and taking longer rests. This training routine will help increase strength more than metabolic lifting. Alternate between metabolic and neural focused weight training each month to get the most benefit from weight lifting. For more information, see www.bodybuilding.com or www.trainingscience.net.



Photo Courtesy: John Maxi