



INSIDE THIS ISSUE:

- **Yes, I CAM**
- **Are You Getting Enough Sleep?**
- **Hello, Organic Sunscreen**
- **The Dangers of Eating Too Much Salt**
- **Who Are You?: Marlene Her**
- **Recipe of the Month: Farro Salad with Beets**
- **What's Going on in June?**



Do you take fish oil pills or practice yoga? Then unknowingly you are participating in CAM. What is exactly CAM? CAM is the acronym for complementary and alternative medicine, which is a comprised of diverse medical and health care systems, practices and products that are not generally considered to be a part of conventional medicine¹. According to the National Center for Complementary and Alternative Medicine (NCCAM) 4 out of every 10 adult in the United States practices some sort of CAM treatment and 1 out of 9 children are also using some form of CAM². In the U.S., CAM use is predominantly used by women and individuals with high levels of education and incomes. Although these groups are seen to use CAM practices the most, it is very important that all individuals understand what CAM is as well as how its practices can be applied to treat any ailment.

As it is stated, the "C" in CAM stands for "complimentary," which means that CAM practices should be used with conventional medicine and treatments that your doctor may recommend. CAM practices are different than alternative medicine, which is medicine

used instead of conventional medicine. Examples of CAM include: acupuncture, reiki and yoga to even the ingestion of natural products such as fish oil, St. John's Worth and herbs. Like conventional practices of medicine, CAM affects everyone differently. Before using any form of CAM, it is vital to consult your doctor.

There are 5 categories of CAM: whole body medicine systems, mind-body medicine, biologically based practices, manipulative and body-based practices and energy medicine. Whole body medicine systems is built upon complete systems of theory and practice and are said to have evolved from earlier conventional medicinal approaches. An example would be homeopathic medicine and naturopathic medicine. Mind-body medicine is a form of CAM that uses many techniques to increase the mind's ability to affect the body functions and symptoms. This CAM method can be seen as the "it's all in your mind" approach to treatment. It is largely seen in mainstream treatments such as patient support groups and cognitive-behavioral therapy, as well as meditation, prayer and other therapies that use creative outlets such as art, music and dance. Biologically based practices is the practice of using natural substances, herbs natural foods and vitamins as a form of treatment, i.e. using shark cartilage to treat cancer or St. John's Worth to treat depression. Manipulative and body-based practices is the CAM method that uses manipulation and/or movement of one or more parts of the body such as chiropractic or message practices. Finally, energy medicine is therapy that involves energy fields.

Full scientific studies on these categories of CAM are in the process of determining their

added value to conventional treatments, but it is still recommended that patients looking into CAM methods of treatment should still consult their doctor as well and ask themselves:

- Why am I considering the treatment?
- What am I comfortable with?
- What are the risks of CAM?
- How will it affect my body?
- How will it affect the effectiveness of the medication I am already taking?
- What will be the benefits of using CAM?
- Can I afford to use CAM methods?

Individuals practicing CAM have stated that they have benefited from these practices because a CAM practitioner uses a holistic approach to their healing. Some individuals see more of a result because CAM requires the attention of a professional CAM practitioner. Be alert and do not fall for any fraudulent quick fix CAM sham. It is vital that anyone considering using a CAM method do his/her homework on the method of choice and consult their doctor before he is able to say, "Yes, I CAM. Do you?"

References

1. <http://nccam.nih.gov/health/whaticam/D347.pdf>
2. <http://nccam.nih.gov/news/camstats/2007/camuse.pdf>
3. <http://www.webmd.com/balance/tc/complementary-medicine-topic-overview?page=2>

Written by: Enid Picart

Are You Getting Enough Sleep?

The National Sleep Foundation found that 74% of Americans are not getting enough sleep. The stress of everyday life can keep one from sleeping. Sleep is needed because it helps boost the immune system and helps the brain relax. Getting enough sleep helps the body regenerate and function properly.

The National Sleep Foundation has found that the consequences of sleep deprivation can lead to increase risk of motor vehicle accidents, diabetes and heart problems. When people do not sleep enough, they feel groggy and sleepy. The National Commission on Sleep Disorders found that sleep deprivation cost \$150 billion dollars each year because it leads to higher stress levels in workers thus, decreasing work productivity.



Sleep is essential especially for young children. Children should get about ten to eleven hours of sleep every night Adults should get an average of seven to nine hours of sleep every night.

Some tips for all ages getting a good night sleep include: establishing a routine sleep pattern, not drinking or eating caffeine before going to sleep, not reading or watching TV in bed, and sleeping on comfortable pillows and mattresses.

Establishing a regular sleep pattern can help one be more alert in the morning. When people get enough sleep, they feel refreshed and have more energy throughout the day.

References

1. <http://www.impactlab.com/2006/05/18/sleep-statistics/>
2. <http://www.sleepfoundation.org/>
3. <http://www.mayoclinic.com/health/how-many-hours-of-sleep-are-enough/AN01487>

Written by: Dee Cha





WHERE ARE THE 2009-2010 AMERICORPS MEMBERS?

Ariel Backman

Golden Valley Health Centers (Merced)

Ashley Mancini

Inland Behavioral and Health Services

Inc. (San Bernardino)

Barbara Obena

Golden Valley Health Centers (Merced)

Blanca Fernandez

Clinica Sierra Vista (Bakersfield)

Carla Morales

Clinica Sierra Vista (Bakersfield)

Dee Cha

Clinica Sierra Vista (Fresno)

Enid Picart

Merced County Health Care Consortium

(Merced)

Marlene Her

Community Medical Centers (Stockton)

Ismah Jawed

Family Health Center (Chico)

Jennifer Xiong

Golden Valley Health Centers (Merced)

Karissa Garza

United Health Centers (Parlier)

Paloma Morales

Clinica Sierra Vista (Bakersfield)

Stephanie Garza

Central Valley Health Network (Fresno)

Zoe Doyle

Central Valley Health Network

(Sacramento)

Hello, Organic Sunscreen

Summer is right around the corner and so is increased exposure to the sun's UVA/UVB ultraviolet radiation. UVA is the form of ultraviolet radiation that damages the skin with long-term effects such as premature skin aging. UVB rays cause sunburns and together these two can cause 90% of wrinkles, premature aging as well as skin cancer in both men and women (3). It is necessary to protect ourselves from UVA/UVB rays by either wearing clothing that reduces skin exposure to the sun or staying indoors.

In the Central Valley, temperatures can get up to 100F and with our busy lives, we can't always afford to stay indoors all day because of the sun. There is, of course, an alternative to this dilemma - good ol' sunscreen. However, instead of using an excessive chemically based sunscreen, you should try organic sunscreen.

Organic sunscreens are not 100% chemical free or naturally produced, but they do contain a complex mixture of organic molecules and natural ingredients (rather than chemicals) that blend together to provide the necessary photoprotective qualities against UVA/UVB rays. Natural products such as shea butter, lavender, aloe vera, carrot seed oil and jojoba oil, xanthan gum, lecithin and glycerine are just a few of the ingredients that can be found in organic sunscreens that give complete protection from the sun. In addition to their sun protection property the chemicals found in organic sunscreens restore moisture and soothe the skin without the carcinogenic chemicals that are in most inorganic sunscreens.

Most inorganic sunscreen have a myriad of chemicals that are carcinogenic and you should think twice before using sunscreen with any of the following ingredients:

- TEA, DEA, MEA can cause liver and kidney cancer. It can also be corrosive to eyes and cause allergic reactions.
- Formaldehyde can be irritating to the eyes and throat and cause allergic reactions.

- Diazolidinyl and imidazolidinyl urea is carcinogenic.
- FD&C color pigments are carcinogenic and can cause skin sensitivity.
- Nitrosating agents, lanolin, mineral oil and talc are also known ingredients



that can cause cancer.

Organic Sunscreen Recipe

Ingredients

- Sesame oil 2 1/2 oz
- Beewax 1/2 oz
- Coconut oil 1 1/2 oz
- Green tea 4 oz
- Distilled water 4 oz
- Zinc oxide or benzoin 2 tsps
- Wheat germ oil 1 tsp
- Antiseptic essential oil 10 to 20 drops
- Vitamin C powder 1 tsp
- Vitamin A 200 IU

Preparation

At first, heat the double boiler to medium temperature. Mix coconut oil, sesame oil and beeswax. Warm the contents over medium heat. Now pour the green tea or distilled water after removing the heat. Stir well with electric handle, till it becomes smooth and thick. Now add wheat germ oil, vitamin C, zinc oxide and vitamin A to the mixture. Blend well. Cool and store it in air tight container or in refrigerator.

If the above recipe is a little too much perhaps purchasing any of the following reputable sunscreens at Whole Foods, Trader Joes, your local health food store or online is right up your alley.

- Soleo Organics Sunscreen Organic chemical free sunscreen SPF 30+
- Keys Soap Solar Rx Cosmetic Sunblock, SPF 30
- Marie Veronique Organics Creme de Jour Tinted SPF 30 (light face screen made with non-micronized zinc oxide)
- UV Natural Sunscreen SPF 30+
- Trukid Sunny Days Facestick Mineral Sunscreen UVA/UVB Broad Spectrum SPF 30+
- Tropical Sands SPF 30 Sunscreen Lotion
- Organic Lavender Sunscreen SPF 30

Organic sunscreen is also safe for babies. According to the American Academy of Pediatrics (AAP) recommends California Baby® sunscreen, which is the perfect product for babies with sensitive skin. It is also the ideal product for babies, sensitive to allergies and fragrance. Other good brands include:

- Badger Sunscreen SPF 30
- Purple Prairie Botanicals Sun Stick SPF 30
- Devita International solar protective moisturizer SPF 30.

Not all organic sunscreens are actually 100% safe; however, you skin and body will thank you for trying to use the best to protect it from harmful UVA/UVB rays. Remember to always use sunscreen that is SPF 30 or higher, apply sunscreen 15mins before sun exposure and remember to reapply organic sunscreen every 1 to 2 hours.

References:

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2. <http://ezinearticles.com/?What-is-Organic-Sunscreen?&id=1044827>
3. <http://behealthyandrelax.com/2009/06/251/>
4. http://www.associatedcontent.com/article/1600190/harmful-ingredients_to_avoid_in_sunscreen.html?cat=5

The Dangers of Eating Too Much Salt

Salt is important in the body because it helps regulate blood pressure and is used in the transmission of electrical impulses, which is necessary for carrying information to different parts of the body. Even though the body needs salt, too much salt can cause problems to one's health. The American Heart Association recommends eating less than 1,500 mg of sodium per day. Too much salt can lead to high blood pressure which can increase one's risk of strokes or heart attacks. The American Heart Association has found that 75% of salt intake comes from processed foods. Processed foods include canned soups, fruits and vegetables.

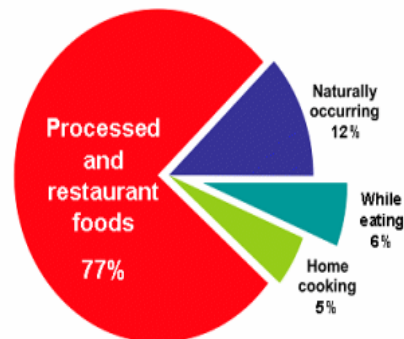
Some ways to reduce salt intake include: eating fresh vegetables and fruits rather than canned vegetables and fruits, not having a salt shaker at the table, reading labels on packaged food, and buying unsalted food items. It is important to read food packaging labels because it has the amount of servings listed and a breakdown of the different ingredients in the food.

When preparing food at home, one can control the amount of salt being used. Using salt in moderation can reduce the risk of high blood pressure or stroke.

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1. Mattes, RD, Donnelly, D. Relative contributions of dietary sodium sources. *Journal of the American College of Nutrition*. 1991 Aug;10(4):383-393.
2. <http://www.gov.mb.ca/healthyliving/nutrition/pubs/salt.pdf>
3. <http://www.gov.mb.ca/healthyliving/nutrition/pubs/salt.pdf>
4. <http://www.americanheart.org/presenter.jhtml?identifier=2106>
5. <http://www.cdc.gov/salt/food.htm>

Most Sodium Comes from Processed and Restaurant Foods



Written By: Dee Cha

Who Are You?



Marlene Her is in her second term as a Community HealthCorps member. Her position as a Health Educator Extern allows her to be involved with various projects at her health center as well as interact with a wide variety of health professionals from . All the knowledge she has gained at her health center has helped her develop a strong background in the healthcare field. This experience will help her as she continues to pursue professional training in health care.

Q: What is the name of your position and what do you do?

I am a Health Educator Extern with Community Medical Centers. My responsibilities often include participating in staff/planning meetings, working on grant deliverables, research, coordinating CMC's employee walking program, and organizing the health education department's monthly news letter.

Q: What do you like about working at your health center?

My AmeriCorps position has given me the opportunity to work alongside with a variety of people including directors, physicians, pharmacists, physician assistant, nurses, and a wide range of patients. This experience has added to my depth of knowledge about community health centers and the volumes of work, planning, and organization that goes into them.

Q: What have you learned working at your health center?

The process of delivering of quality care must involve the meeting the needs voiced by the patients themselves.

Q: What do you think has been a challenge working as an AmeriCorps member?

The biggest challenge as an AmeriCorps member is managing finances, time and the bigger picture of an AmeriCorps experience.

Q: What is your future professional goal?

I want to pursue a profession that contributes to health care. I'm still undecided about the specifics at this point.

Name:
Marlene Her

Health Center:
Community
Medical Centers

Position:
Health Educator
Extern

Interview By: Barbara Obena

Recipe of the Month: Farro Salad with Beets



Instructions:

1. Bring 2 quarts water to a boil in a medium saucepan. Fill a bowl with ice water. When the water comes to a boil, add salt to taste and the greens. Blanch for two minutes, and transfer to the ice water. Allow to cool for a few minutes, then drain and squeeze out excess water. Chop coarsely and set aside.
2. Bring the water back to a boil, and add the farro. Reduce the heat, cover and simmer 45 minutes, stirring from time to time, or until the farro is tender. Remove from the heat and allow the grains to swell in the cooking water for 10 minutes, then drain.
3. While the farro is cooking, make the vinaigrette. Whisk together the vinegars, salt, garlic and mustard. Whisk in the oil(s). Add to the farro. Peel and dice the beets and add, along with the beet greens, feta or goat cheese, herbs and walnuts. Toss together, and serve warm or room temperature with a little more cheese sprinkled over the top if you wish.

Source:

http://www.nytimes.com/2009/03/27/health/nutrition/27recipehealth.html?_r=1

*Brought to you by:
Ariel Backman*

Ingredients:

- 2 medium or 3 small beets (any color) with greens (the greens stemmed and washed in two changes of water)
- 1 cup farro, soaked for one hour in water to cover and drained
- Salt, preferably kosher salt, to taste
- 2 tablespoons sherry vinegar
- 1 teaspoon balsamic vinegar
- 1 small garlic clove, minced or pureed
- 1 teaspoon Dijon mustard
- 1/2 cup extra virgin olive oil (may substitute 1 to 2 tablespoons walnut oil for 1 to 2 tablespoons olive oil)
- 1/2 cup broken walnut pieces
- 2 ounces feta or goat cheese, crumbled (more if desired for garnish)
- 1/4 cup chopped fresh herbs, such as parsley, tarragon, marjoram, chives, mint

What's Going on in June?

The Whole Month:

Lou Gehrig's Disease Awareness, National Athletic Therapy, National Spina Bifida and Hydrocephalus Awareness, Seniors Month, Stroke Awareness

National Events:

- June 2nd: Clean Air Day
- June 5th: World Environment Day
- June 6th: National Cancer Survivors Day
- June 26th: International Day Against Drug Abuse and Illicit Trafficking



Source: <http://www.hc-sc.gc.ca/ahc-asc/conferences/calend/index-eng.php#apr>



Central Valley Health Network

Incorporated in 1998, the Central Valley Health Network (CVHN) is a consortium of 12 Federally Qualified Health Center corporations that provide comprehensive preventive primary care services and advocate on behalf of low-income and medically underserved families throughout the northern, Central Valley and Inland Empire areas of California. In most Central Valley communities, CVHN members are the only safety net provider.

CVHN's mission is to facilitate community health centers' strength in the marketplace and to support member's effective delivery of high quality and accessible health care. CVHN staff support members through:

advocacy, technical assistance, program development and administration, and training.

The AmeriCorps Informer is a monthly publication written, edited and reviewed by current AmeriCorps members throughout CVHN. Its purpose is to provide insightful and informative news and current events to our members. The newsletter also serves as a means to stay informed about events or changes happening within the organization. It also introduces all AmeriCorps members to the entire network therefore encouraging networking and collaboration opportunities.

2000 O Street, Suite 100
Sacramento, CA 95811
Phone: 916.552.2846

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