



May: Summer Sun is Almost Here!

As the weather warms and spring heats in to summer, it brings BBQ's, picnics, soccer games, and lots of fun in the sun! Be sure to stay hydrated and take good care of yourself by wearing protective sunglasses and using the appropriate sunscreen.



Here's a quick guide to find the best and safest products to protect you and your family from the sun:

- **Don't use old sunscreen.** It deteriorates over time, especially if it gets hot. It expires after about a year – so that means it's probably time to go shopping!
- **Use a sunscreen with a minimum of SPF 15** and a maximum of SPF 50. Studies show that sunscreen with SPF 15 can block about 93% of all incoming UVB rays. SPF 30 blocks 97% and SPF 50 blocks 98%. That's about as good as it gets. Because there is no benefit with a higher SPF, soon manufacturers won't be able to sell SPF over 50.
- **Make sure labels list UVA and UVB** or the term “**broad spectrum**” protection. This means that it's going to protect you from both UVB and UVA rays, which is very important since both contribute to cancer.
- **Avoid products containing oxybenzone and retinyl palminate** to limit exposure to potentially toxic chemicals.
- **Choose lotion versus spray** sunscreens for a more evenly distributed protection, and to avoid inhalation risk.
- **Remember to apply at least an ounce of lotion** (about a shot glass full – that's a lot!) and reapply often. The sun breaks down the ingredients that protect your skin and all sunscreens wear off. Soon no one will be able to advertise lotions as “waterproof” or “sweat proof”. So, reapply every two hours, and after swimming or heavy sweating.
- **Be a shade-seeker.** Keep in mind that no matter how good your sunscreen is, the best protection is staying in the shade and covering up with hats, sunglasses and clothing to protect your skin and eyes.

Most importantly, take time to relax, and get outside to enjoy the summer!

To get a full report on sunscreens including ratings for sun protection and potentially harmful chemicals in sunscreen, check out the **Environmental Working Group's 2013 Sunscreen Buyer's Guide** online, or download the app for free!

Tech Spotlight: Baby-related Apps



Baby-related apps have made all the difference for mom-to-be, Felicity. At 26 weeks, she is enjoying her pregnancy with the aid of three to four apps that she regularly uses. "I thought it would be good to have accessible, handy information on my phone. I love the day-to-day and weekly updates that the apps give," she says.

The *BabyBump* app is one she uses regularly. It's free, detailed and hosts community groups where mothers-to-be can chat and swap information. "It has a constant countdown, as well as a baby names section which lists the origins of names and allows you to record your choices. When the time comes, I'll use the contraction counter and it also has information just for dads," she said.

Health in the Headlines

“Russia's Beef with Australian Beef? Growth Hormone”

America's beef is raised with added growth hormones. Do these hormones affect our health? While conventionally raised beef is considered “safe”, it is not without controversy.

The European Union, Japan, Russia and Australia have all banned the use of growth hormones. The recent news about Russia banning Australian imports is because, reportedly, some beef that was imported actually did contain hormones.

Options for getting beef without hormones:

1. Look for “Naturally Raised” or “Organic” beef on labels. This tells you the cattle have not been given hormones or antibiotics.
2. Know your grower. Do you know anyone who raises beef? Talk to them! Find out who raises their beef without those added hormones.
3. Look online. Go to www.localharvest.org or www.eatwild.com and search for options in your area.

Feature Food: Lamb

For many, lamb is a dish associated with Spring and with Easter dinner. While lamb is a red meat, which is known for saturated fat that contributes to heart disease, it is also a rich source of protein, iron, selenium, zinc, phosphorus and B vitamins. For the leanest, most nutritious lamb, look for 100% grass-fed, organically grown options.

Lamb offers a key amino acid called conjugated linoleic acid, or CLA. Increased intake of this nutrient has been associated with reduced body fat. So if you're thinking about swimsuit season, lamb might be a food to include in your diet to help you build muscle and cut back on body fat. CLAs have also been shown to be beneficial in reducing inflammation in the body and controlling blood glucose levels. Grass-fed beef and lamb are the best sources of CLA, but we also get a small amount from conventionally raised meat as well as dairy products.

Jinx-Proof Braised Lamb Shanks *(recipe makes 6 servings)*

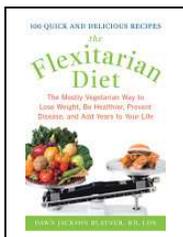


5 1/2 pounds lamb shanks	1 1/2 tablespoons all-purpose flour
2 tablespoons olive oil	4 cloves garlic, minced
Salt and freshly ground black pepper to taste	1/2 cup red wine (optional)
1/2 teaspoon dried rosemary	1 cup chicken broth
1/2 teaspoon dried thyme	1 cup water
1 tablespoon butter	1 tablespoon balsamic vinegar
1 onion, diced	1/8 teaspoon ground cinnamon
1 rib celery, diced	1 teaspoon minced fresh rosemary leaves
1 large carrot, diced	

Directions

1. Preheat oven to 450 degrees F (230 degrees C).
2. Place lamb shanks into a roasting pan and drizzle with olive oil; season with salt, black pepper, dried rosemary, and thyme. Toss lamb shanks to coat with oil and seasonings.
3. Roast in the preheated oven until lamb is browned, about 30 minutes.
4. Reduce oven heat to 325 degrees F (165 degrees C).
5. Melt butter in a saucepan over medium-high heat; cook and stir onion, celery, and carrot in the butter until onion is browned, about 10 minutes. Stir flour into vegetable mixture until combined; mix in garlic. Cook and stir for 1 more minute.
6. Pour red wine into vegetable mixture, stir to combine, and mix in chicken stock, water, balsamic vinegar, and cinnamon. Pour sauce over lamb shanks in the roasting pan. Cover roasting pan with aluminum foil, sealing foil loosely so that the sauce can reduce slightly as it cooks.
7. Bake lamb shanks for 1 hour; flip lamb shanks and place foil back on dish. Continue baking until a fork inserts easily into the meat, about 1 more hour. Transfer lamb shanks to a large bowl, cover with foil, and let rest for 10 minutes.
8. Pour liquid from roasting pan into a saucepan, place over high heat, and boil for 10 minutes. Skim fat as it reduces and thickens slightly. Stir in rosemary, check levels of salt and pepper, and serve lamb shanks with pan sauce.

Featured Book: The Flexitarian Diet



The Mostly Vegetarian Way to Lose Weight, Be Healthier, Prevent Disease, and Add Years to Your Life

What happens when you cross a vegetarian diet with a meat-itarian diet? A Flexitarian!

The Promise: Go meatless most of the time, and you'll lose weight and get healthy with ease.

Author and dietitian, Dawn Jackson Blatner, says that eating mainly plant-based foods is a smart way to cut calories. But she knows not everyone is willing to become 100% vegetarian. Flexitarians ("flexible vegetarians") eat a lot less meat than they used to but don't give it up completely.

What You Can Eat: Nothing is off-limits, but the goal is to add more plant-based foods to your diet while cutting back on meat. There is a short assessment of eating habits that will determine how you begin. The "flex" in flexitarian means that it's all about options and allows for dietary restrictions or preferences.

In addition to menus and recipes, grocery lists are also provided to make shopping easier.

If you'd like to have all the health benefits of a vegetarian diet--but can't imagine giving up meat . . . If you'd like to lose weight, increase energy, and boost your immunity--but can't stand following a bunch of rules and restrictions . . . The Flexitarian Diet is just for you!