



MAGAZINE

DECEMBER 2023

5 THINGS TO KNOW
BEFORE YOU START
EYE EXERCISES

8 WAYS TO GET
MORE
FIBER
INTO YOUR DIET

SUPERFOODS
FOR FLU SEASON

10 OVER-THE-COUNTER
MEDICATIONS THAT
CAN BECOME RISKY
AFTER 50

WHAT HAPPENS
TO YOUR BODY
WHEN YOU EAT
TOO MUCH?

**GREATEST
SCIENTISTS**

*Elizabeth
Blackwell*



WELCOME

to the Floridacare Family

Prevention rather than cure should be the watchword of each person for their health care, in order to avoid risk factors that can lead us to suffer from a disease. We must promote a healthy physical and mental lifestyle, and that is the objective of this magazine, that whoever reads it, can know the importance of preventive health.

You can start using your plan right away, but please note that you must present your membership card and photo ID at the time of service to verify your eligibility. For general questions, appointment assistance, or customer service, call 305-294-9292, between 8:30 am to 5:00 pm. We encourage our new members to take a moment and familiarize themselves with this booklet so that you can better understand how Floridacare works. The more informed you are about the excellent services and exclusive prices that Floridacare offers you, the better your experience will be. Remember that your health is the most precious gift you have. Thank you for trusting Floridacare to protect your family's health.



Why is wellness important?

Over the past year, we have all experienced new challenges that have affected our physical, mental, and social well-being. Many of us have felt tired and stressed, which is why wellness and self-care are more important than ever. Below, we share some new ideas to achieve your well-being in all its dimensions and you can nourish your mind and body.

1. Do exercises
2. Drink water regularly.
3. Track your fitness.
4. Take multivitamins.
5. At the office, stand up every 30 minutes.
6. Go outside
7. Get enough sleep.
8. Eat organic food if possible.
9. Practice gratitude.
10. Read books
11. Eat more fruits and vegetables.
12. Correct your posture.
13. Take a daily probiotic.
14. Get vaccinated.
15. Minimize sugar intake.
16. Meditate.
17. Listen to music.
18. Share with friends and family.
19. Do not abuse electronic equipment
20. Organize your days.



5 THINGS TO KNOW BEFORE YOU START EYE EXERCISE

Should you be exercising your eyes? Here's what experts say about vision therapy programs that claim to improve your eyesight

Maybe you've seen social media posts, smartphone apps or ads promoting eye exercises as a way to ease eye strain, improve your vision or banish wrinkles. Some even promise to eliminate the need for glasses or contacts. While there are some eye exercises that can be beneficial, experts say it's important to know that there's no scientific evidence showing that a regimen of eye exercises can "fix" your eyesight.

"No scientific evidence shows any effectiveness to the self-help stuff you might find on the internet," says Ron Benner, president of the American Optometric Association and an optometrist in Laurel, Montana. "You need to differentiate that from doctor-prescribed vision therapy." Vision therapy is a specific type of program that doctors may prescribe to help with certain eye conditions, but those conditions mostly affect younger patients, Benner says.

Here's five more things you need to know before you start eye exercises:

1. Eye exercises won't correct most vision problems

While eye exercises are unlikely to cause any harm, there is also no proof that eye exercises or vision training can make your eyesight sharper, the American Academy of Ophthalmology says.

Problems that require corrective lenses such as nearsightedness, farsightedness or astigmatism are caused by the structure or shape of the eye – not a muscle weakness – so exercises are unlikely to have any benefit, Benner says.

Exercises also won't help you ditch your reading

glasses. Presbyopia, the condition that makes it difficult to focus on close-up objects as you age, happens when the lens thickens with age and gets stiffer. Strengthening your eye muscles won't make your lens any more flexible, Benner says.

Other conditions that affect vision including cataracts and macular degeneration also can't be treated with exercises, he says.

"There are no real exercises to help with the eyesight problems that tend to come with getting older," Benner says.

for 24 hours.

2. Visual pencil pushups and other therapies can help with certain conditions

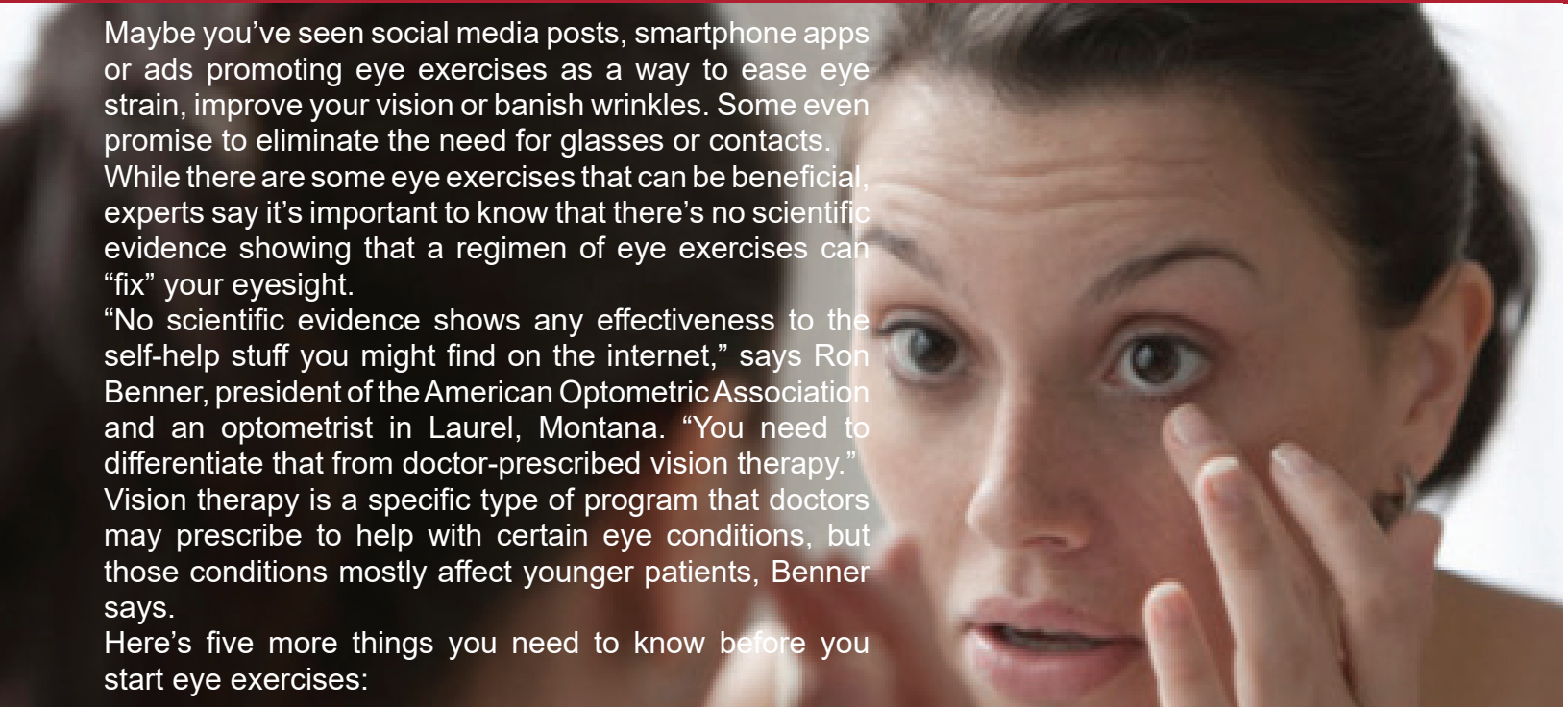
If a patient has one of a few specific conditions, mostly related to eye muscle control, doctor-prescribed exercises called vision therapy may help. Studies show eye exercises are effective in treating a condition called convergence insufficiency, says Ethan Greenberg, an ophthalmologist with M Health Fairview and an assistant professor at the University of Minnesota Medical School.

That's when the eyes don't work together to focus on close-up objects, and studies show the condition can improve if patients do an exercise called "pencil pushups," in which they stare at a pencil as they

hold it closer and further away from their nose.

"That's the only thing that definitely shows evidence of using exercises to improve vision," Greenberg says. "All other exercises that are sometimes touted by optometrists/vision therapists do not have much support within the ophthalmology community."

Eye providers may also prescribe vision therapy for crossed eyes, a lazy eye, double vision or poor depth perception, Benner says. Some small studies also suggest that eye exercises could help improve nearsightedness in children whose eyes are still growing



3. Eye exercises can help with eye strain

If you spend a lot of time staring at your computer or phone, you can “exercise” your eyes to help prevent digital eye strain.

Symptoms include red, watery or irritated eyes, heavy eyelids, blurred vision, headache or eye spasms. Many older adults also develop a condition called dry eye that is exacerbated by screen time. The easiest, most proven exercise you can do to ease eye strain is to follow what’s called the 20-20-20 rule, experts say: After 20 minutes of looking at a screen, take a 20-second break and look at something 20 feet away.

“When you do close work, you’re pointing your eyeballs toward each other, and that really does put strain on the muscle systems,” Benner says. “They fatigue after a while. Giving them a rest is vital to making sure they stay comfortable.”

If you have dry eye, Christopher Starr, a spokesperson for the American Academy of

Ophthalmology and an ophthalmologist at Weill Cornell Medicine, also recommends adding a fourth step to the exercise: squeezing your eyes



shut for 20 seconds, which “distributes tears across the ocular surface and rewets your eyes.”

4. The best exercises for your eyes may be those that work your whole body

If you really want to protect your vision, exercising your body may be a better bet than exercising your eyes. Research shows that people who exercise regularly are less likely to develop serious eye diseases.

In one study of more than 3,800 people, researchers found that people who exercised three times a week were significantly less likely to develop age-related macular degeneration than people who didn’t exercise.

Another study published in *Medicine & Science in Sports & Exercise* found that regular exercise was linked to a 53 percent lower risk of glaucoma, a serious eye disease that can damage the optic nerve and cause vision loss or blindness if left untreated.

Exercise also helps people with diabetes manage the condition and reduce the risk of complications, including diabetic retinopathy. Diabetic retinopathy is the leading cause of vision loss among working age adults, the academy says.

5. Don’t forget your annual eye exam

Benner worries that people who invest in eye exercise apps and programs may put off seeing a doctor who can diagnose what is really causing their vision problems.

If you have dry eye, for example, your optometrist may be able to relieve your symptoms with a treatment to plug your tear ducts. An eye exam is also important for diagnosing age-related eye diseases such as

cataracts, diabetic retinopathy, glaucoma and macular degeneration, which can erode eyesight if they aren’t identified early.

“Exercises are not the answer for eyes getting older,” Benner says. “Instead, make sure your eyes are healthy. Make sure you have the proper correction on. You’ve got to start with that comprehensive eye exam.”





SUPERFOODS FOR FLU SEASON

What to eat or drink to build a stronger defense this winter

The saying “you are what you eat” applies to your entire body, but it’s especially important when it comes to your immune system during flu season. “As we get older, our immunity starts to decline, but if we get the right nutrients, we can help our immune systems do their jobs to protect us against viruses like the flu,” says Samantha Heller, a New York City nutritionist.

You can keep it in tip-top shape this flu season — which may be a doozy — if you focus on a plant-based diet rich in whole, unprocessed foods, Heller says.

Here are eight foods that nutritionists recommend for flu season.

1. Green tea

Whether these particular tea leaves can really fend off the flu has been a source of debate among health researchers for years. But a meta-analysis published in July of 2021 in the journal *Molecules* looked at more than eight studies involving more than 5,000 participants to conclude there really is ample evidence to believe the beverage — and specifically, the catechins that provide its antioxidant power — can help your immune system fend off influenza.



2. Sweet potatoes

They’re a great source of beta-carotene, a phytonutrient that helps your body make vitamin A. “It supports respiratory health by increasing the number of immune cells in the body,” explains Anna Taylor, lead outpatient clinical dietitian at the Cleveland Clinic’s Center for Human Nutrition. This is especially important for older adults, as our bodies make fewer immune cells as we age, she adds.

Instead of cooking them with butter or brown sugar, Taylor recommends that you roast them with olive oil, oregano and black pepper. “You’ll get additional benefits from the spices, but you’re not loading up on sugar and saturated fat, both of which suppress your immune system,” she says.





3. Berries

They're a rich source of vitamin C, which stimulates production of infection-fighting white blood cells, Taylor says. A 2018 review of studies found that berries increased levels of disease-fighting cells in older adults, such as natural killer cells and T-cells. They also contain flavonoids, substances that have antioxidant properties and protect all your cells — including your immune system cells — from damage, she adds.

It's easy to incorporate berries into your diet: "Add them to your morning yogurt or oatmeal, or even cook them and throw them on your French toast instead of maple syrup," Taylor recommends.

4. Beans

Chickpeas, black beans, kidney beans — they're all rich in vitamin B12, a nutrient many older adults are low in, Heller says. "People over the age of 50 don't absorb vitamin B12 as well in their body, but your immune system needs it to fight disease and repair damaged cells to keep you healthy," Heller explains.

Beans are also high in zinc, which helps boost your body's production of white blood cells, Taylor says. "Zinc deficiency has been linked to immune system dysfunction," she says. Taylor recommends at least a half a cup of cooked beans three times a week. You can throw them into soups, salads or even rice dishes. For a healthy crunchy snack, roast chickpeas in some olive oil.



5. Nuts and seeds

These foods are rich in vitamin E, which plays a key role in your immune system by supporting the growth of germ-fighting T-cells, says Lauri Wright, chair of the Department of Nutrition and Dietetics at the University of North Florida. They're also a good source of omega-6 fatty acids. Walnuts are an especially good choice, as research shows they have a very positive effect on your gut microbiome, says Kate Cohen, a registered dietitian nutritionist with the Ellison Institute for Transformative Medicine at the University of Southern California. They also have more alpha-linolenic acid — an essential fatty acid important for immune function — than any other type of nut.

6. Salmon

It's not plant-based, but it is one of the few foods that provides vitamin D, which plays a huge role in regulating your immune system, says Jennifer McDaniel, owner of McDaniel Nutrition Therapy in Clayton, Missouri. A 2020 study published in the journal JAMA Network Open found that people who had untreated vitamin D deficiency were almost twice as likely to test positive for COVID-19 as patients who had sufficient levels of the vitamin. A 6-ounce salmon filet has about 600 international units (IU) of vitamin D, which is close to the 800 IU that is recommended daily for people 70 and older. Another bonus: It's rich in omega-3 fatty acids, which have also been shown to strengthen your immune system.

If you're not a fan of fish, McDaniel suggests marinating it in brown sugar and Dijon mustard for 45 minutes, then throwing it on the grill. "It mellows out that fishy taste, and it gives it a smoky flavor," she explains. Canned salmon counts, too: Throw it over a salad for a quick meal, she says.



7. Garlic

It's rich in a compound called alliin, which may be the source of its immune-boosting properties, notes Libby Mills, a Philadelphia nutritionist and spokesperson for the Academy of Nutrition and Dietetics. A 2020 review published in the journal Medical Hypotheses found that garlic itself seems to stimulate cells related to immune system function. Another study published in the Journal of Nutrition found that people given about 2½ grams of aged garlic extract for 90 days not only had higher levels of immune system cells, but they also had fewer symptoms of cold and flu, and missed fewer workdays due to these respiratory illnesses, than a control group. At the very least, if you eat enough of it, you'll probably keep people away from you, Mills jokes.

Although there's probably not enough research to support taking a garlic supplement, Mills recommends that you cook with it in the colder winter months. You can make your own pasta sauce with tomatoes and garlic, since vitamin C is itself an antioxidant that helps the immune system she says.



8. Kefir

Recent research, including a 2021 study published in *Biomedicine & Pharmacotherapy*, suggests that certain compounds found in fermented dairy such as kefir (which is like a thin yogurt) have anti-inflammatory properties that can help the immune system fight viral infections. The probiotics found in kefir and other fermented foods also help to calm chronic inflammation, according to Harvard Health. “Fermented dairy is rich in probiotics, which seem to have a positive effect on the immune system,” Mills explains.





WHAT HAPPENS TO YOUR BODY WHEN YOU EAT TOO MUCH?

Most of us overeat occasionally. Here's why you feel so bad when you binge, and what can help you feel better

Have you ever eaten so much that you felt like your stomach would explode? Almost all of us can recall times we've eaten past the point of fullness, whether overindulging at a favorite fast-food restaurant or gorging on a holiday meal.

Overeating often seems to happen around the holidays, when we gather with family for celebrations that revolve around special foods we may not eat on a regular basis. "It's easy to get swept up in the joy and celebration of the holiday, or to turn to food as a way of managing anxiety and stress — both are things that contribute to overeating," says Kate Craigen, director of clinical integrity and a clinical psychologist at Monte Nido & Affiliates, a national eating disorder treatment organization.

If it becomes a habit, frequent overeating — especially of unhealthy foods — can lead to an eating disorder or excess weight gain. Carrying too much weight increases your risk of heart issues, stroke, type 2 diabetes, breathing problems, many types of cancer and premature death.

But even in the short term, overeating has an effect on your body, experts say. Here are six things that happen to your body when you eat too much, and what you can do to feel better.

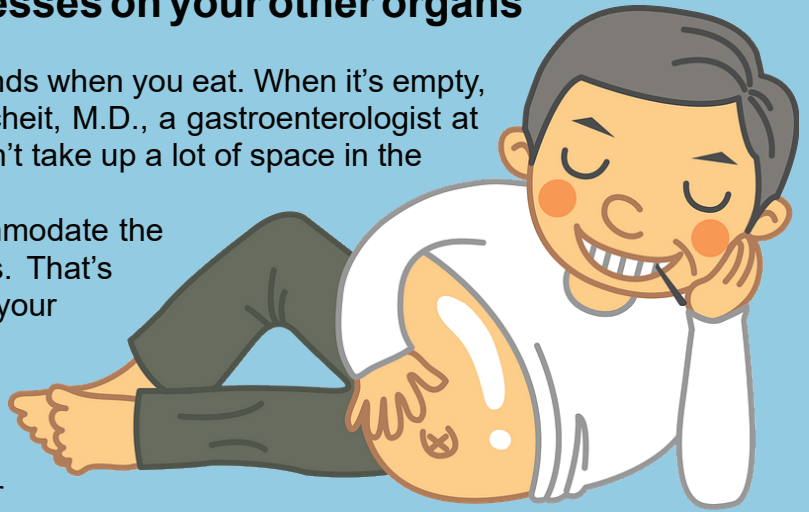


1. Your stomach expands and presses on your other organs

Think of your stomach as a balloon that expands when you eat. When it's empty, it looks a lot like a raisin, says Matthew Hoscheit, M.D., a gastroenterologist at Cleveland Clinic: "It's shriveled up, so it doesn't take up a lot of space in the abdomen."

As you eat, your stomach stretches to accommodate the extra food, and your whole abdomen swells. That's why you start to feel like you need to undo your top button or belt, says Jennifer Earles, a registered dietitian for Novant Health Bariatrics Solutions in Charlotte.

If you keep eating, your stomach expands so much that it starts pressing on your other internal organs. "It's an uncomfortable feeling," Earles says.



2. Your metabolism revs up



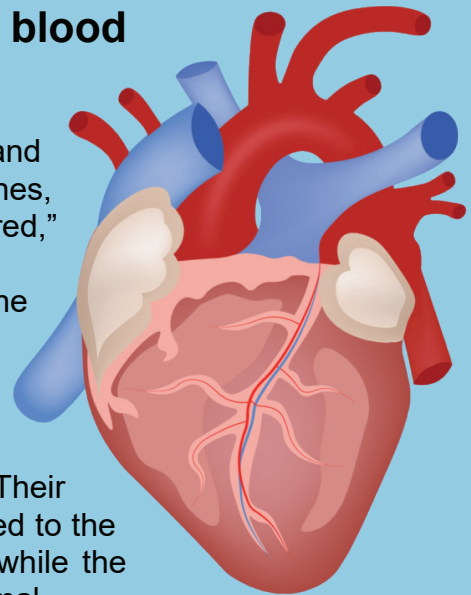
To help your body break down all that food, your metabolism will temporarily speed up after a big meal, says Brittany Werner, a registered dietitian and director of coaching with Working Against Gravity, an online nutrition coaching company. That switch into overdrive can cause some people to temporarily feel hot, sweaty or dizzy after eating too much, Werner says. "That's your body trying to do its job," she explains.

3. Your heart pumps harder to send extra blood to your digestive system

When you eat too much, your body diverts blood flow and energy away from your brain and other organs to the intestines, Hoscheit says. "That's part of the reason why you feel tired," he adds.

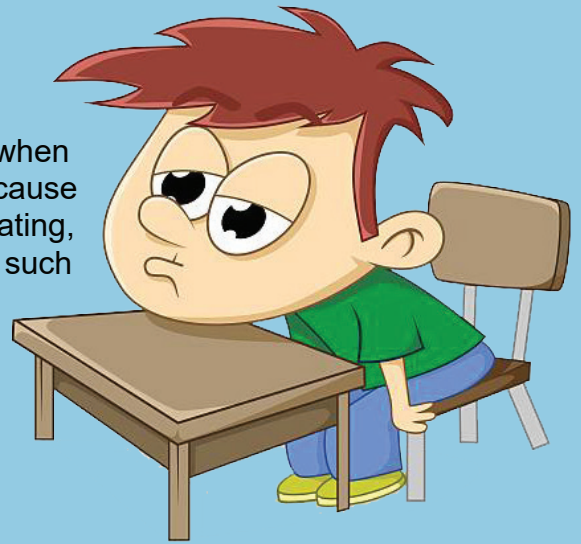
Your heart also beats faster for several hours to pump the extra blood your body needs for digestion.

One study divided people into two groups: one group that ate a small meal and another that ate a meal two and a half times larger. The study found that people who ate the larger meal produced twice as much blood. Their heart rates were also significantly more elevated compared to the smaller-meal group, and remained high two hours later, while the heart rates of the small-meal group had gone back to normal.

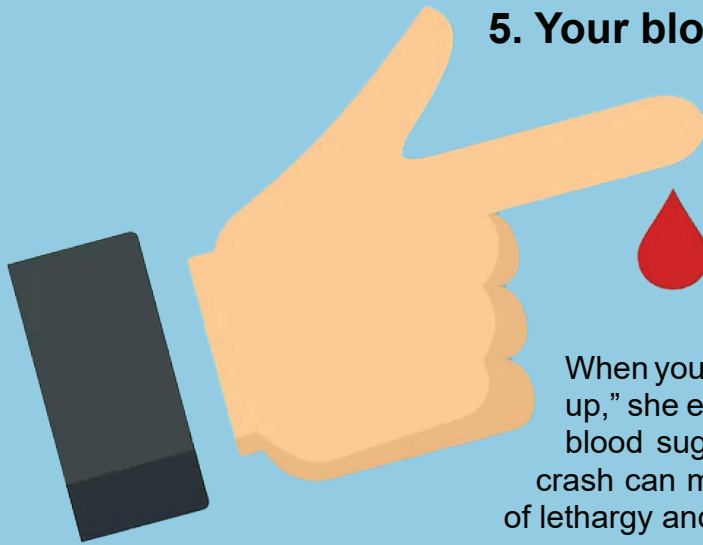


4. You feel tired and sluggish

You've probably noticed that you don't have a lot of energy when your stomach is stuffed. A dip in energy level is normal because your body is working so hard to digest the food. After eating, your organs also release extra enzymes and hormones such as leptin and serotonin that can contribute to fatigue, Hoscheit says. One study showed you may feel sleepy and lethargic for up to four hours after overeating.



5. Your blood sugar may spike, then crash



When you eat, your blood sugar (glucose) rises, especially if you eat foods high in sugar and carbohydrates. That prompts your body to release a hormone called insulin to move glucose out of your bloodstream and into your cells, where it can be used for energy, Werner says.

When you eat too much too quickly, “your body can’t keep up,” she explains. “If it can’t release enough insulin, your blood sugar spikes and then crashes afterward.” That crash can make you feel jittery and contribute to feelings of lethargy and fatigue.

6. You may experience heartburn and acid reflux

It's common for people to experience heartburn and bloating after overeating, Hoscheit says. Heartburn happens when stomach acid and other stomach contents flow up into your esophagus, creating an unpleasant burning feeling in your chest.

When your stomach is stretched out by too much food, the muscle that separates your esophagus from your stomach can temporarily loosen.

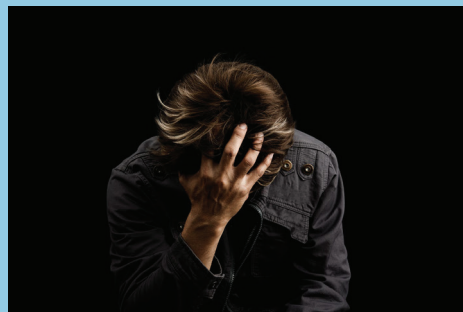
If you've already packed a lot of food into your stomach, “the food has to go somewhere, so it refluxes back into the esophagus,” Hoscheit says.



How to feel better after eating too much

The good news is that most people feel fine a few hours after they eat too much. And as long as it's not a regular occurrence, studies show the body bounces back from a single episode of overeating pretty quickly. Here are a few steps you can take to ease your discomfort the next time you find yourself feeling uncomfortably full and bloated.

- Don't beat yourself up. "There is no reason to feel bad about yourself or have food shame," Werner says, noting that most of us overeat at least occasionally. "What's done is done. Look forward and learn lessons from the past."



- Stay upright. When you don't feel well, you may be inclined to nap or lounge on the couch, but remaining standing for a while aids the natural flow of digestion, Earles says. It also lowers the risk of heartburn and acid reflux.

- Get moving. Some light activity, such as a walk around the block, can help ease discomfort and prompt your body to start burning off the extra calories. "It also helps regulate that blood sugar back down, so it doesn't crash too soon ... which is going to make you feel better," Earles says.



- Drink water. Mixing liquids with solids eases the digestion process for the stomach and can help prevent constipation. "Think about a blender — it's easier to blend up solids if you add water," Hoscheit says.

- Try ginger or peppermint products. Both home remedies have been shown to help soothe the stomach, Hoscheit says. They come in different forms, including teas and lozenges.



- Pop an antacid for heartburn. Over-the-counter antacids help neutralize stomach acid and can provide quick relief from heartburn symptoms.

8 *Ways to Get* **MORE FIBER** *Into Your diet.*

Fiber can help digestion,
lower cholesterol and
may help you live longer.



If you are like most Americans, you probably don't get enough fiber in your diet. A mere 7 percent of Americans eat enough fiber.

"There's really an epidemic of fiber deficiency," says Michael Greger, the physician behind nutritionfacts.org and author of the forthcoming book *How Not to Age*.

Fiber is the part of plant foods your body can't digest. And even though your body can't absorb it, it plays a critical role in your health.

This is especially true for people over age 50. Most people know that older adults are more prone to constipation, which can be prevented by eating more fiber. But the stomachs of older adults also produce less acid, and the intestines may start to have a harder time moving food through, which can affect nutrient absorption, says Michelle Kwan, a research assistant at the Chinese University of Hong Kong and coauthor of a 2021 paper "Healthy Diet for Healthy Aging" in the journal *Nutrients*. "Consuming an adequate amount of fiber can help compensate for these changes," she says.

But fiber does so much more than support healthy digestion.

It can help you live longer. Really. A 2015 analysis in the *American Journal of Epidemiology* found that people eating high-fiber diets had a significantly lower risk of death — from all causes. It also can help you age better. Regularly eating a high-fiber diet has been linked to successful aging — defined as a lack of memory problems, disability, depression and chronic diseases, according to a 10-year study of more than 1,600 participants published in the *Journal of Gerontology* in 2016. It's even associated with less damage to white matter in the brain, which can affect memory and balance as you age.

Lower cholesterol, blood pressure, blood sugar and inflammation, as well as lowered risk of heart disease, diabetes, depression, stroke and possibly colorectal cancer are all also linked with a high-fiber diet.

There's one more benefit: It can help manage weight. In fact, a lack of fiber may be one of the biggest hurdles to losing weight, according to *The Whole Body Reset* by AARP editor Stephen Perrine. That's because fiber can block calorie absorption and help you feel full longer.

The average amount of fiber older adults eat is just 16.1 grams, Kwan says. Here's how much should you be eating:











- Men over age 50: 30 grams/day
- Women over age 50: 21 grams/day

Part of the challenge is that appetites tend to decrease with age. But an even bigger cause is that the American diet is heavy on meat and dairy, which have no fiber, and refined flours, which have minimal fiber.

Fiber comes exclusively from plants. There are two types, and many foods contain both.

- Soluble fiber becomes gel-like in water. It's helpful for managing cholesterol, blood sugar and weight. Oats, peas, beans, apples and citrus are all good sources of soluble fiber.
- Insoluble fiber doesn't dissolve in water. Instead, it draws in water. This kind of fiber is especially helpful for preventing constipation because it adds bulk. Think whole wheat, nuts, beans (again!), cauliflower and green beans.

There are plenty of low-effort ways to add fiber to your diet that are tastier than chomping on celery sticks and more effective than pounding powdered drink supplements, which often don't give you the same benefits as fiber from whole foods. Here are eight of them.

soluble FIBER		VS	insoluble FIBER	
absorbs water			adds bulk	
	chia seeds			bran cereals
	sweet potatoes			whole grains
	flax seeds			corn
	broccoli			green beans
	oats			fruits with skin

8 *Ways to Get* MORE FIBER *Into Your diet.*



1. Shower your food with seeds

Try adding chia seeds or ground flaxseeds to your morning yogurt, oatmeal or smoothie. You can also mix them whole into baked goods, coatings for meat and fish, and with breadcrumbs in meatloaf and casseroles. One tablespoon of chia seeds has 4 grams of fiber, and a tablespoon of flaxseed has 3 grams. Sunflower seeds (3 grams per ¼ cup) are also great. Eat them straight, toss them on a salad, mix them into granola, stir them into yogurt or sprinkle them on top of breads and muffins.

2. Swap your pasta

You've got regular pasta (3 grams of fiber per 2 oz serving), whole grain pasta (7 grams per serving) and chickpea pasta, which has about 8 grams per serving. Bonus: Chickpea pasta is also packed with protein, so even if you're skipping the meatballs, you're not missing out. With a hearty sauce, you won't notice it's any different than your standard pasta. There are also some more unusual ones available, such as lentil, edamame and even black bean pastas. And don't forget Japanese soba noodles and other pastas made from buckwheat.



3. Take a (bean) dip

Seven-layer dip, cowboy caviar and garlic-rosemary-cannellini bean dip are all easy ways to sneak in some fiber. Pair them with lentil chips, seedy crackers or carrot sticks for an extra dose of fiber and crunch.



4. Bulk up your salads

Greens like kale, green cabbage and brussels sprouts make a solid, fiber-filled base for your salad, but you can really take it to the next level by tossing in a quarter cup of some quinoa (5 grams of fiber), bulgur wheat (5 grams) or pearl barley (6 grams) to add fiber and make your salads more filling.

5. Don't skip dessert

Go for a little something sweet at the end of a meal, as long as that dessert is dark chocolate. An ounce of dark chocolate, which has less sugar and fat than milk chocolate (the darker, the better), packs about 4 grams of fiber. Plus it's full of heart-healthy flavonols, a type of antioxidant, and minerals such as iron, zinc, magnesium and phosphorus. Chocolate also has a lot of calories, so don't overdo it if you are trying to watch your weight.



6. Splurge on fancy avocado toast

Did you know that one avocado satisfies as much as a third of your daily fiber requirement? Try adding a few slices to sandwiches and salads, or alongside eggs at breakfast. You can even swap out butter for avocado in baked goods. Bonus: You'll also be getting a dose of healthy fat and a bunch of vitamins and minerals.

7. Tour the tropics (fruit-wise)

Two small kiwis have about 4 grams of fiber (and double your daily vitamin C requirement). A cup of chopped dragon fruit has almost 6 grams of fiber. And a cup of chopped guava has almost 9 grams. The queen of them all, at least cup-for-cup, is passion fruit: One cup packs a whopping 24.5 grams of fiber. To be fair though, a single passion fruit, which is rather small, has about 2 grams.



8 *Ways to Get* MORE FIBER *Into Your diet.*



8. Explore global cuisines

Branch out and cook a new recipe or dine at a new restaurant. Some to try:

- **Ethiopian:** Try the Ethiopian staple of misir wat with injera. It's a saucy red lentil dish with berbere and nigella spices (found in any Ethiopian market). Use the injera — a tangy, spongy flatbread made from fiber-packed teff flour — as a utensil.
- **Indian:** South Asian cuisine also excels at lentils, as well as dried chickpeas and beans, collectively known as dal.
- **Italian:** Toss some whole-wheat or chickpea pasta with a twist on pesto. The green sauce is traditionally made with basil, garlic and pine nuts. Instead, swap fava bean or pea pesto for basil, or pumpkin seeds instead of pine nuts to increase the fiber.
- **Puerto Rico:** Stewed beans, called habichuelas guisadas, is a comforting and common companion to rice in Puerto Rico. Pink beans, which are super-high in fiber, are traditional, but the easily adaptable recipe works well with red, pinto or black beans too. Plus, the dish typically has high-fiber pumpkin, potato and carrots too.

If you're inspired to start eating more fiber, you'll want to ramp it up over the course of several weeks. Too much too fast can cause gas and bloating. And for those with certain health conditions, such as irritable bowel syndrome, diverticulitis and Crohn's disease, be sure to check with your doctor first, as low-fiber diets are often temporarily preferred for minimizing symptoms.

For more suggestions of high fiber foods, check out the USDA's Dietary Guidelines' rankings of the highest fiber foods. If you get stuck, just remember: whole grains, legumes, berries and seeds. You can't go wrong.

Healthy Food



Creamy White Bean Tomato Soup

YIELDS:

4

PREP TIME:

15 min

COOK TIME

20 min

TOTAL TIME:

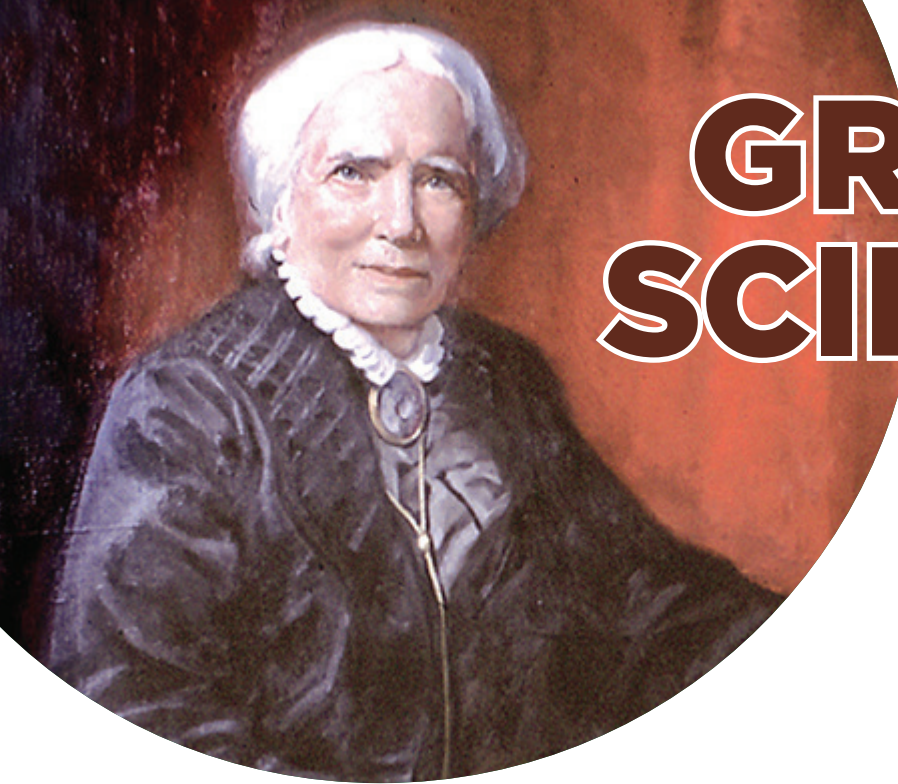
35 min

INGREDIENTS:

- 1 tbsp. extra-virgin olive oil
- 1 small yellow onion, chopped
- 3 cloves garlic, finely chopped
- 1/4 c. tomato paste
- 1 (28-oz.) can whole peeled tomatoes
- 2 c. low-sodium chicken broth
- 2 (15-oz.) cans cannellini beans, rinsed, drained, divided
- 1 tsp. dried oregano
- Pinch of crushed red pepper flakes
- Kosher salt
- Freshly ground black pepper
- 3 c. packed baby spinach
- 1/2 c. grated Parmesan, plus more for serving
- 1/2 c. heavy cream

DIRECTIONS:

1. In a large pot over medium heat, heat oil. Add onion and cook, stirring, until softened, about 8 minutes. Add garlic and cook, stirring, until fragrant, about 1 minute more. Add tomato paste and cook, stirring, until onions are coated and paste slightly darkens, about 2 minutes.
2. Stir in tomatoes, broth, and 1 cup beans until combined. Add oregano and red pepper flakes; season with salt and black pepper. Bring to a boil, then reduce heat to medium-low and bring to a simmer. Cook, stirring occasionally, until slightly reduced and flavors have melded, about 20 minutes.
3. Remove pot from heat and carefully puree with an immersion blender until smooth. Alternatively, transfer soup to a standard blender and blend, stopping to allow steam to escape very carefully every 10 seconds, until smooth.
4. Return soup to medium-low heat. Add spinach, Parmesan, cream, and remaining beans. Bring to a simmer and cook, stirring occasionally, until spinach is wilted and cheese is melted and incorporated, about 10 minutes more.
5. Divide soup among bowls. Top with croutons and more Parmesan.



GREATEST SCIENTISTS

*Elizabeth
Blackwell*

- Born: 1821, Bristol
- Died: 1910, Hastings

Elizabeth Blackwell was a British physician and the first woman to receive a medical degree in the United States. As a girl, she moved with her family to the United States, where she first worked as a teacher. Despite widespread opposition, she later decided to attend medical college and graduated first in her class. She created a medical school for women in the late 1860s, eventually returning to England and setting up a private practice.

Physician and educator Blackwell was born on February 3, 1821, in Bristol, England. Brought up in a liberal household that stressed education, Blackwell eventually broke into the field of medicine to become the first woman to graduate from medical school in the United States.

In 1832, Blackwell and her family moved to the United States, first settling in New York and later moving to Cincinnati, Ohio. After her father's death in 1838, Blackwell (who was versed in French and German), her mother and two older sisters all worked as

educators to make ends meet.

While in her mid-20s, Blackwell had a friend suffering from a terminal disease who had felt embarrassed going to male doctors, lamenting that she would have fared better having a female physician. Deeply affected by her friend's words and struggling with an affair of the heart as well, Blackwell opted to pursue a career in medicine. But the road to becoming a doctor was not an easy one. As some other women did at the time, she studied independently with doctors before getting accepted in 1847 to Geneva Medical College in upstate New York. Her acceptance was deemed by the student body as an administrative practical joke.

Yet a serious Blackwell showed up to pursue her studies, with her admittance creating community uproar due to the prejudices of the time over women receiving a formal education in medicine.

She was ostracized by educators and patients alike at times, though it was also reported that uncouth male students became particularly studious and mature in her presence.

Blackwell held firm despite myriad challenges, earning the respect of many of her peers and eventually writing her doctoral thesis on typhus fever. Ranked first in her class, Blackwell graduated in 1849, becoming the first woman to become a doctor of medicine in the contemporary era.

Blackwell returned to Europe and worked in London and Paris. She focused on midwifery at La Maternité, where she contracted a disease during a procedure on an infant that left her blind in one eye; she was thus unable to practice surgery as she had wished. Blackwell later returned to New York City and established a private practice, at first struggling financially again due to the prejudices of the day.

In the mid-1850s, she opened a clinic that became known as the New York Dispensary for Poor Women and Children. With help from her sister and fellow doctor Emily Blackwell, who worked as a surgeon, and physician Marie Zakrzewska, Blackwell also established the New York Infirmary for Indigent Women and Children in 1857, an institution that would last for more than a century. At the end of the decade, while lecturing in England, she became the first woman listed on the British Medical Register.

Having maintained that clean sanitary conditions were an important aspect of health, especially in war, Blackwell helped establish the U.S. Sanitary Commission in 1861 under the auspices of President Abraham Lincoln. In the late 1860s, Blackwell opened a medical school for women. The students of the Women's

Medical College of the New York Infirmary thus had a comprehensive, highly structured and competitive curriculum. One of the school's students for a brief time was Sophia Jex-Blake, who would later open a medical school for women in London.

Soon after establishing the college, Blackwell returned to England. She set up a private practice and served as a lecturer at the London School of Medicine for Women. She eventually moved to Hastings, England.

Elizabeth Blackwell died at her home there on May 31, 1910. A grand visionary who created opportunities for female physicians of the future, Blackwell published several books over the course of her career, including her 1895 autobiography *Pioneer Work in Opening the Medical Profession to Women*.



CENTRUM HEALTH

MEDICAL CENTERS

The home of our Floridacare members.

MIAMI GARDENS

4767 NW 183 Street
Miami Gardens, FL 33055

WEST HIALEAH

900 West 49th St, #308
Hialeah, FL 33012

EAST HIALEAH

4218 East 4th Ave
Hialeah, FL 33013

BLUE LAGOON

7200 NW 7 Street # 202
Miami, FL 33126

LITTLE HAVANA

1149 SW 27 Ave
Miami, FL 33135

LITTLE HAVANA

434 SW 12 Ave, Ste 100
Miami, FL 33130

CORAL WAY

11825 SW 26 Street
Miami, FL 33175

EUREKA

10980 SW 184th Street
Miami, FL 33157

HOMESTEAD

28610 SW 157 Ave
Homestead, FL 33033





OUR DENTAL PARTNERS



BRACES

BRIDGES

DEEP CLEANING

CROWNS

DENTURES

EXTRACTIONS

FILLINGS

FLUORIDE

GUM THERAPY

IMPLANTS

INVISALIGN

ORAL SURGERY

ROOT CANAL

SEALANT

VENEERS

WHITENING

MOUTH GUARDS

Dr. Lisset Gata

Lisset Gata, DDS

9240 SW 72nd St, Suite 115
Miami, FL. 33173
Ph: 305-595-0557



Merry Christmas

www.floridacare.com

305-294-9292