



READ AND GROW RICH

The eNewsletter for Savvy Nutrition Professionals
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INSIGHT BREAK

"Attitudes are like the common cold--they are catching."

—Wolf J. Rinke

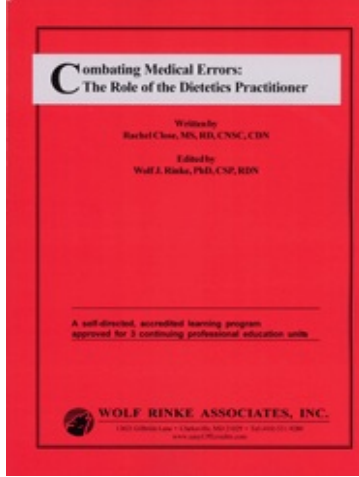
Source: *Make it a Winning Life* Perpetual Calendar,

[Learn more > http://www.wolfrinke.com/calendar.html](http://www.wolfrinke.com/calendar.html)

1. NEW CPE PROGRAMS-HOT OFF THE PRESS

Combating Medical Errors: The Role of the Dietetics Practitioner

Rachel Close, MS, RD, CNSC, CDN



C282	3 CPEUs	HARD COPY	\$29.95	Add to Cart
C282E	3 CPEUs	ELECTRONIC	\$24.95	Add to Cart

Manual with 1 Reporting Form, 30 pgs.

An informative medical errors CPE program which meets the Florida Licensure requirements. More specifically you will be able to:

- Apply the national safety goals and practices to achieve improved safety.
- Apply protocols for identifying medical errors and appropriately address them to decrease the rate of incidences.
- Describe how dietetics practitioners can contribute to a culture of safety and help minimize medical errors.

For more information [click here.](#)

Approved by [CDR](#), [CBDM](#)

Osteoporosis Prevention and Treatment, 3rd Edition

K. M. Chapman-Novakofski, PhD, RD, LD



C283	9 CPEUs	HARD COPY	\$79.95	Add to Cart
C283E	9 CPEUs	ELECTRONIC	\$74.95	Add to Cart

Manual with 1 Reporting Form, 85 pgs.

Completely revised and updated information will enable you to:

- provide comprehensive nutrition counseling for the prevention and treatment of osteoporosis
- recommend appropriate biochemical, physical or dietary assessments to determine risk factors for osteoporosis
- counsel clients regarding nutritional modifications that are important in the prevention and treatment of osteoporosis
- provide clients with information regarding the role of physical activity in bone health
- explain the expected effects of pharmacologic agents and supplements in the prevention and treatment of osteoporosis counsel clients about supplements and their role in bone health

For more information and customer comments, [click here](#).

Approved by [CDR](#), [CBDM](#)

Reminder: Meet your 5 year ethics requirement with our **FREE Ethics CPE program, C237E**, 2 CPEUs. Developed in collaboration with CDR. Free with purchase of any CPE Program, [available in electronic format only!](#)

2. FOR HALLOWEEN-WE'VE SWEETENED YOUR BREW WITH SOME SAVINGS FOR YOU!!

FREE: ETHICS PROGRAM (See details above)

FREE SHIPPING & COUPONS for order totals >\$200

See Bargain Corner for **MANY CPEs ON SALE! Big Markdowns!!!!**

CAN APPLY ALL SAVINGS TOGETHER FOR HUGE SAVINGS!!!



Save 5% on orders over \$200*
plus get FREE Shipping (USA only)
Coupon Code: 5%FALL2016
 Online only. Expires 12/15/16

Save 10% on orders over \$350*
plus get FREE shipping (USA only)
Coupon Code: 10%FALL2016
 Online only. Expires 12/15/16

3. NUTRITION NEWS YOU CAN USE

Calcium Supplements Appear to Increase the Risk of Heart Disease

A recent study of 5448 adults free of clinically diagnosed CVD (52% female; aged 45-84 years) assessed total calcium intake from diet (using a food frequency questionnaire) and calcium supplements (by a medication inventory). The findings showed that calcium supplements "may increase the risk for incident CAC [coronary artery calcification]," which contributes to the risk of a heart attack. The same did not appear to be the case when calcium was obtained from food, such as dairy products, leafy green vegetables and fortified cereal and juices This study adds to the nearly decade-long debate about whether calcium supplements do more harm than good.

ACTION STEPS: Help your patients become more knowledgeable about how to prevent heart disease. When you enter the keywords "prevent heart disease" in the search field at www.easyCPEcredits.com you will find eight different CPE programs on this topic, including our latest ***Osteoporosis Prevention and Treatment, 3rd Edition***, C283.(See paragraph #1.)

Source: Anderson, JJB, et al. Calcium Intake From Diet and Supplements and the Risk of Coronary Artery Calcification and its Progression Among Older Adults: 10-Year Follow-up of the Multi-Ethnic Study of Atherosclerosis (MESA), *J Am Heart Assoc.* 2016; 5: e003815, originally published October 11, 2016, <http://jaha.ahajournals.org/content/5/10/e003815.abstract?related->

4. HOW TO BUILD AND MAINTAIN A POSITIVE ATTITUDE--PART I BY WOLF J. RINKE, PHD, RDN, CSP

With the overwhelming negativity during this election I feel compelled to once again share specific strategies you can use to build and maintain a positive attitude. But first...

Why attitude?

From personal and painful experiences I have found that attitude is much more important than aptitude. People who cultivate consistently positive attitudes expect great things...work hard for those things...and are more likely to achieve them. In fact, research by psychologist Martin Seligman at the University of Pennsylvania revealed that optimistic people—those who have developed what he calls a positive explanatory style (PES)—are happier, healthier and more successful than those with a negative outlook (NES).

A relatively new branch of medicine—psychoneuroimmunology—studies the relationship between mental attitude and health. Physicians have found that a positive attitude can result in faster recovery from surgery and burns...more resistance to arthritis and cancer...improved immune function, and yes help you live a healthier, happier and even wealthier life! The reason is that our brain produces substances—neuropeptides—which transmit chemical messages that "manage" our immune system. When you think positively, these messages enhance your immune system and enable you to stay healthy. On the other hand when you are depressed, they tell your body, why bother?As a result you get even more depressed and it becomes a vicious downward cycle. Instead you can choose to build and maintain a positive attitude. Here's how:

* **Start your day softly.** Use a clock radio that wakes you up with soft and pleasant music. Don't wake up to a loud clanking alarm. Think about it: why start your day "alarmed"?

* **Start slowly.** Allow yourself enough time to prepare for the day's activities at a civilized pace. Instead of getting up at the last possible moment, get up at least 15 minutes earlier than you have to. Your body won't be able to tell that you got 15 minutes less sleep, however your day will unfold in a much more positive and unhurried way, and make you feel better.

* **Focus on the good stuff.** Each day think of three specific things you can be grateful for while sitting on the "throne." Here is what I typically think of: First, I'm grateful to be in love with my "Superwoman"—the young lady I've been happily married to for almost 50 years. Second, I'm proud to be a parent of two successful daughters, and a grandparent to two absolutely wonderful grand-daughters, and third, I'm grateful to be in a profession that enables me to help others improve the quality of their lives. (Come to think of it the last one applies to you as well.) Do this every day! Don't worry about how original you are. I'm not, and it works for me.

* **Take advantage of the "throne."** Keep a positive, motivational book in your bathroom near the throne. (A great one is "Make it a Winning Life: Success Strategies for Life, Love and Business," by yours truly, available at <http://wolfrinke.com/MIWL.html>. Or any of the "Chicken Soup" books by Jack Canfield and Mark Victor Hansen). Any time you feel down, turn to an inspirational part and give yourself an instant positive "check-up-from-the neck-up."

* **Start positively.** Think about the positive things you expect to accomplish today. Don't listen to the local news about who killed whom or worry about your own problems while you are getting your day started. Instead focus on the good stuff that you expect to have happen today—because whatever you focus on, you tend to get. (That's referred to as selective perception.)

* **Exercise.** Do it for about 30 minutes/day or until you sweat. (Given that you are likely a woman, I know that you don't sweat, you glisten. Are you smiling?) In cool temperatures it means that you are probably close to 80 percent maximum heart rate. I know it's tough. However, for every hour you exercise you will add about two hours to your life expectancy plus you improve the quality of your life in your later years.

* **Make yourself laugh.** If you read the paper while eating breakfast, skip the "stinking thinking" local news. Skim the headlines to keep yourself informed. Most importantly, read the comics before you put the paper away, and be sure to make yourself laugh. Yes, I said MAKE yourself laugh! Laughter is powerful way to stimulate endorphins which will help you feel better, faster. (Need help? Go to the "Humor Break" in Section 6.)

* **Make the most of your commute.** Listen to motivational or educational programs on your way to work. It will make your commute appear much shorter and get you motivated for another great day. (What's not to like?)

* **Give love.** Find something positive to say to your spouse and children and be sure to tell them how much you love them before they or you leave home. Don't pick on them as the last thing you do before you see them off to work or school. The "recency effect" will cause them to remember it for a disproportionately long time.

In the next issue I will share several other hard hitting strategies to enable you to maintain a positive attitude. In the meantime, if you like more in depth help read my *Develop a Positive Attitude: Live a Healthier and More Productive Life* CPE program. It is approved for 10 CPEUs and is available at <http://www.wolfrinke.com/CEFILES/C230CPEcourse.html>.

Here is what one reviewer had to say about this powerful CPE program:
"This self-directed learning program is more than just a "how-to" for developing a positive attitude; it also provides a roadmap for success in life that can be used by anyone."

—Richard F. Patterson, EdD, RD, Assistant Dean, College of Health and Human Services and Associate Professor, Hospitality Management and Dietetics, Western Kentucky University, Bowling Green, Kentucky.

5. HUMOR BREAK

A Prayer for the Day

So far today God, I've done alright.
I haven't gossiped, I haven't lost my temper,
haven't been greedy, grumpy, nasty, selfish or overindulgent.
I'm very thankful for that.
But, in a few minutes God,
I'm going to get out of bed,
and from then on I'm probably going to need a lot more help.

Source: *Make it a Winning Life* Perpetual Calendar,
<http://www.wolfrinke.com/calendar.html>



Monday: Missed the snooze – hit the ooze button.

6. ABOUT THE EDITOR

Dr. Wolf J. Rinke, RDN, CSP is the president of Wolf Rinke Associates—an accredited provider of high quality easy to use CPE home study programs for nutrition professionals since 1990, available at www.easyCPEcredits.com.

If you have questions, or would like him to address a specific issue or topic in this eNewsletter please e-mail him at WolfRinke@aol.com.

7. PRIVACY STATEMENT AND SUBSCRIPTION INFORMATION

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