



Wolf Rinke Associates, Inc.

READ AND GROW RICH

The eNewsletter for Savvy Nutrition Professionals

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<http://www.easyCPEcredits.com>

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Happy National Nutrition Month and RDN Day (March 9)

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INSIGHT BREAK

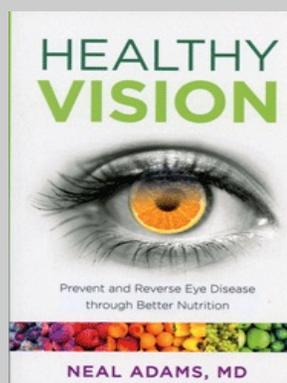
"Opportunities are usually disguised by hard work, so most people don't recognize them."

--Ann Landers, *Make It a Winning Life* Perpetual Calendar,

<http://wolfrinke.com/calendar.html>

1. NEW CPE PROGRAM--HOT OFF THE PRESS

1. NEW CPE PROGRAM-HOT OFF THE PRESS



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|------|----------|-----------|------------------------|-----------------------------|
| C274 | 16 CPEUs | HARD COPY | \$139.95 NEW | Add to Cart |
|------|----------|-----------|------------------------|-----------------------------|

Healthy Vision: Prevent and Reverse Eye Disease through Better Nutrition, Book by Neal Adams, MD, Study Guide by Cynthia Sileo, MS, RDN, C274, 16 CPEUs, \$139.95. (Book, 224 pgs and study guide, 25 pgs.) An overwhelming number of clinical studies have shown that eating specific nutrients can help maintain vision well into old age, alleviate eye conditions, and even reverse the progress of eye diseases. This unique CPE program will enable you to:

- Describe the dangers of over-supplementation to eye health.
- Counsel patients regarding the physiological effects of key nutrients on eye health.
- Recommend key nutrients for the treatment of macular degeneration, retinitis pigmentosa, diabetic retinopathy, macular edema, glaucoma, cataracts, and dry eye.
- Assist patients with choosing specific food sources of nutrients needed for eye health.
- Explain to patients the consequences of lifestyle choices on medical conditions and eye health.

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

Approved/Accepted by CDR, CBDM, NCBDE

For RDNs/RDs & NDTRs/DTRs:

Suggested Learning Need Codes for the Prof. Dev. Portfolio: 2000, 3000, 4000, 4040

Suggested Performance Indicators for the Prof. Dev. Portfolio: 8.1.2, 8.1.4, 8.1.5, 8.3.1

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

2. HOW TO SAVE UP TO 16% ON CPEUs

To save up to 16% on all of our easy to use, high quality CPE programs go to www.easyCPEcredits.com to get the coupon code.

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Coupons expire 5/20/16.

3. NUTRITION NEWS YOU CAN USE

Consumption of Fruits and Vegetables Reduces the Risk of Vision Loss

This 25 year study of >102,000 people over the age of 50, who at start of the study did not have CVD, diabetes, cancer or age-related macular degeneration (AMD) confirmed that those who ate the most vegetables and fruits high in carotenoids were the least likely to develop advanced AMD. For example consuming two or more half-cup servings/week of tomato sauce lowered the risk of AMD by 40% compared to non-consumers. The authors concluded: "Higher intake of bioavailable lutein/zeaxanthin is associated with a long-term reduced risk of advanced AMD. Given that some other carotenoids are also associated with a lower risk, a public health strategy aimed at increasing dietary consumption of a wide variety of fruits and vegetables rich in carotenoids may reduce the incidence of advanced AMD."

ACTION STEPS: To help your patients lower their risk for age-related macular degeneration, enter the keywords "eye disease" in the search field at www.easyCPEcredits.com and find our latest *Healthy Vision: Prevent and Reverse Eye Disease through Better Nutrition*, C274, 16 CPEUs, <http://www.wolfrinke.com/CEFILES/C274CPEcourse.html>. (See "New CPE Program-Hot Off the

Press" above.)

Source: Wu, J. et al, Intakes of Lutein, Zeaxanthin, and Other Carotenoids and Age-Related Macular Degeneration During 2 Decades of Prospective Follow-up, *JAMA Ophthalmol.* 2015;133(12):1415-1424. doi:10.1001/jamaophthalmol.2015.3590, <http://archophth.jamanetwork.com/article.aspx?articleid=2448581&resultClick=3>.

4. BREAK THE CYCLE

By Wolf J. Rinke, PhD, RDN, CSP

During her formative years my daughter Nicole had the habit of consistently placing her cup of milk right on the edge of the table, and right in the vicinity of her elbow. As a Dad, who had been inculcated with a severe case of "perfectionitis"--which causes hardening of the categories--I would admonish her to put the glass in the middle of the table. Of course the next meal the glass was right back where it did *not* belong. I in turn would admonish her to put the glass in the middle of the table. The more often I did that the more frustrated we became. When Nicole finally spilled the milk I did what my parents had done to me. I ranted and raved and told her that she was a clumsy bumbling fool, that she would never learn ad infinitum. At the time that was "my normal response pattern." After all, "the apple does not fall far from the tree."

Having grown up--that's me I'm referring to--I now use the "spilled milk" story in my management and motivational presentations. After all, many of us are in the habit of punishing the actor as opposed to the act. (The actor could be your children, your spouse, your patients/clients or your employees.) To break this destructive cycle we need to develop the habit of asking ourselves a critical diagnostic question: If I rant and rave really well, will the milk pick itself up and jump back into the glass? In other words: does my behavior have a positive impact on the "bottom line?" If the answer is yes, continue. If the answer is NO, which is usually the case, become "future oriented." Because when we punish the actor, instead of the act, we significantly diminish people's perceived worth and self-esteem.

Being future oriented means that you ask: what have you learned from this mistake? If she can explain that, then ask: what are you going to do different the NEXT time? If she has that figured out, then it is your job to help re-build her confidence and self-esteem. You might say something like: I'm glad we both agree that we don't want _____ (whatever the mistake). And I know that I can count on you to be more careful the NEXT time. After all you are an incredible human being with unlimited potential who has been very successful in _____ (describe a *specific* past situation or accomplishment).

After many years I was finally able to break the cycle, which may be the most powerful thing any parent, spouse, nutrition professional or boss can do.

Feedback from a reader relevant for all of us

Wolf,

Thanks for sharing the story about your daughter (see the above). You have reason to be very proud of her. I have a similar situation with my 10-year-old son, Geoffrey, who is an extremely intelligent (IQ=150) but challenging kid. Your advice is quite timely and well taken.

I also wanted to share a story with you that you might find very touching:

One night as I was tucking my two young sons in bed, I began telling them how they should thank God for another great day and how life is short and we need to make the most of each and every day. Then my youngest son, Ben, then 4 years old began to cry and said, "Dad, I don't ever want you to die." I responded, "Oh Ben, don't worry about that. I'm gonna be around for a long time." Still sobbing, Ben then said, "Dad, I'm never going to eat my vegetables again." Puzzled, I asked Ben what vegetables had to do with anything we were talking about. He responded, "Vegetables make you big and strong right?" I said, "Yes, of course, Ben." Then he said, "Well I'm never going to eat my

vegetables again because they will make me big and strong and then you won't be able to hold me." At that point I realized how fortunate I was and that it really had been a great day! Thanks again. I always enjoy reading your eNewsletter and hearing from you. Best of luck to you and your family.

George

Editor: Thanks George for sharing that powerful story with all my readers. Readers keep those e-mails coming!

5. SUCCESS ACTION STEPS

Take Out the Garbage

Are you in the habit of taking out your garbage once a week? Then why do you tend to piggyback lots of verbal garbage that others unload on you?

Make it a habit to unload the garbage in your mind on a regular basis. In fact, use taking out the garbage as the cue to unload the "garbage" in your mind at the same time, and you will be a much happier and nicer person to be around.

Get Rid Of Hate

Some time ago I heard Dave Pelzer talk about the importance of getting rid of hate. According to Pelzer: "Hate is a cancer that kills one cell at a time." By the way Dave has earned the right to talk about this topic. He has forgiven his mother who abused him so severely that he "earned" the unenviable title of the third most abused child in the US.

Get rid of hate in your life, because it takes far more away from you than anyone else. Start right now--make that call, write that letter or do whatever it takes to forgive one of your "enemies!" Repeat that process every day until you no longer have any enemies. YOU will benefit beyond all expectations.

Step Out On "Groundless Ground"

I heard Jamie Clarke, of Calgary, Canada, who reached the top of Mt. Everest after three tries, talk about the importance of perseverance. It is true that no matter what obstacles are in your way right now, you can overcome virtually all of them by taking one step at a time and never giving up. So step out on groundless ground, do whatever it takes, pay any price, hang in there and you too will get more of what you want.

6. HUMOR BREAK

Dog For Sale

A guy is driving around the back woods of Montana and he sees a sign in front of a broken down shanty-style house: "Talking Dog For Sale." He rings the bell and the owner appears and tells him the dog is in the backyard.

The guy goes into the backyard and sees a nice looking Labrador retriever sitting there.

"You talk?" he asks.

"Yep," the Lab replies.

After the guy recovers from the shock of hearing a dog talk, he says "So, what's your story?"

The Lab looks up and says, "Well, I discovered that I could talk when I was pretty young. I wanted to help the government, so I told the CIA.

In no time at all they had me jetting from country to country, sitting in rooms with spies and world leaders; because no one figured a dog would be eavesdropping. So I was one of their most valuable spies for eight years running."

"But the jetting around really tired me out, and I knew I wasn't getting any younger so I decided to settle down, get married, have a mess of puppies, and now I'm just retired."

The guy is amazed. He goes back in and asks the owner what he wants for the dog.

"Ten dollars," says the owner.

"Ten dollars? This dog is amazing! Why on earth are you selling him so cheap?"
"Because he's full of BS. He's never been out of the yard."

7. ABOUT THE EDITOR



Dr. Wolf J. Rinke, RDN, CSP, is the president of Wolf Rinke Associates, Inc.--an accredited provider of easy to use pre-approved CPE self-study programs for nutrition professionals since 1990, available at <http://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.

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