



Wolf Rinke Associates, Inc.

# READ AND GROW RICH

The eNewsletter for Savvy Nutrition Professionals

Vol. 8 No. 4, April 2016 Copyright 2016 by Wolf J. Rinke, PhD, RDN, CSP

<http://www.easyCPEcredits.com>

## IN THIS ISSUE

Feel free to forward this eNewsletter to other Nutrition Professionals.  
To get your own FREE subscription go to the end of this eNL.

### In This Issue:

1. NEW CPE PROGRAM--HOT OFF THE PRESS
2. HOW TO SAVE UP TO 16% ON CPEUs
3. NUTRITION NEWS YOU CAN USE
4. SLEEP: HELP PATIENTS ACHIEVE PEAK PERFORMANCE AND LOSE WEIGHT
5. HUMOR BREAK
6. ABOUT THE EDITOR
7. PRIVACY STATEMENT AND SUBSCRIPTION INFORMATION

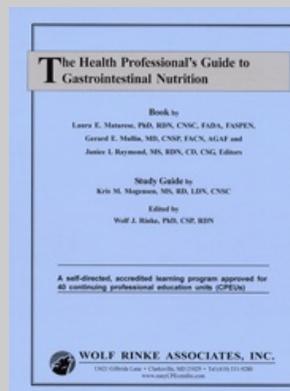
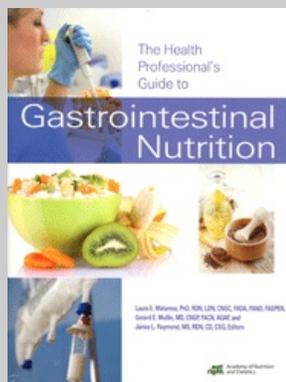
## INSIGHT BREAK

"Sleep is the golden chain that ties health and our bodies together."

--Thomas Dekker

## 1. NEW CPE PROGRAM--HOT OFF THE PRESS

### 1. NEW CPE PROGRAM-HOT OFF THE PRESS



C275	40 CPEUs	HARD COPY	\$239.95	<a href="#">Add to Cart</a>
------	----------	-----------	----------	-----------------------------

***The Health Professional's Guide to Gastrointestinal Nutrition,***

Book by Laura E. Matarese, PhD, RDN, CNSC, FADA, FASPEN, Gerard E. Mullin, MD, CNSP, FACN, AGAF and Janice L Raymond, MS, RDN, CD, CSG, Editors; Study Guide by Kris M. Mogensen, MS, RD, LDN, CNSC, C275, 40 CPEUs, \$239.95.

Book, 356 pgs, and study guide, 43 pgs. This comprehensive CPE program is, according to one reviewer, "...an excellent tool for RDs who would like to learn about or brush up on Gastrointestinal (GI) Nutrition [and is also] beneficial for clinicians preparing for [the] CNSC exam." Topics include tests and procedures; nutrition assessment; GI tract disorders; liver and exocrine disorders; gastrointestinal surgery and oncology; a variety of therapeutic interventions, including enteral and parenteral nutrition, probiotics and nutraceuticals, as well as eating disorders, obesity, food allergies, and nutrition therapies for GI problems. You will learn how to:

- Design appropriate nutrition support regimens for patients with GI and related diseases;
- Determine type of malnutrition using the AND/ASPEN etiology-based characteristics;
- Evaluate role of herbal and other nutritional supplements in the management of GI diseases;
- Plan appropriate enteral and parenteral feeding regimens for patients with GI and related diseases;
- Assess risks of micronutrient deficiencies in various GI diseases; plus much, much more.

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

**Approved/Accepted by CDR, CBDM**

For RDNs/RDs & NDTRs/DTRs:

Suggested Learning Need Codes for the Prof. Dev. Portfolio:

3000, 5000, 5010, 5220

Suggested Performance Indicators for the Prof. Dev. Portfolio:

8.1.1; 8.1.5; 8.3.6; 10.2.1

**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](http://www.easyCPEcredits.com) to get the coupon code.

Now you can save even more by ordering e-courses at <http://www.wolfrinke.com/CEFILES/ecourses.htm>

Coupons expire 5/20/16.

**3. NUTRITION NEWS YOU CAN USE****Getting enough sleep may help patients/clients lose weight**

An extensive review of the literature, regarding the role of partial sleep deprivation on energy balance and weight regulation, found that there is an inverse relationship between obesity and sleep duration. The authors concluded that it may be prudent for dietetic practitioners to evaluate "sleep patterns and recommend[ing] regular, sufficient sleep for individuals striving to manage weight."

**ACTION STEPS:** To help your patients get adequate sleep, and lose or maintain weight, read the article below. For additional strategies enter the keywords "weight loss" in the search field at [www.easyCPEcredits.com](http://www.easyCPEcredits.com) and find 26 CPE programs to choose from.

Source: Shlisky JD, et al. Partial sleep deprivation and energy balance in adults: an emerging issue for consideration by dietetics practitioners, *J Acad Nutr Diet*. 2012, 112(11):1785-97. doi:

## 4. SLEEP: HELP PATIENTS ACHIEVE PEAK PERFORMANCE AND LOSE WEIGHT By Wolf J. Rinke, PhD, RDN, CSP

Researchers tell us that most of us do not get enough sleep. According to one estimate, 10% to 15% of American's are suffering from chronic, long-term sleep deprivation, mostly insomnia and nightmares. The National Sleep Foundation maintains that Americans sleep almost two fewer hours a night than 40 years ago, with the average person sleeping far less than seven hours per night. Even though patients may tell you that they are doing just fine, research tells us that to achieve peak performance the body requires 7-9 hours of sleep. (That's for most adults. Children, pregnant woman and older adults need more sleep.) Consistently sleeping less than 7-9 hours appears to result in lower productivity, more accidents, higher levels of stress, and weight gain. For example research at the University of Pennsylvania found that people who slept less than six hours a night had serious lapses in attention. Cognitive performance deficits included a reduced ability to pay attention and to react in a timely manner during such tasks as driving. Other deficits included the reduced ability to multi-task, to think quickly and to avoid making mistakes. Those lapses got worse as the week progressed. Getting six hours of sleep per night for two weeks was equivalent to staying up for 24 hours straight. Yet these subjects were not aware of how severely sleep deprived they actually were, putting them at even greater risk of harm.

Plus a lack of sleep may also result in weight gain. Scientific evidence presented at a meeting of sleep researchers in Boston, found that sleep deprivation increases activity in areas of the brain that seek out pleasure - including that provided by high calorie junk food. To make matters worse, sleepiness also seemed to dampen activity in other brain regions that usually serve to inhibit this type of craving. These findings, which are based on studies using functional magnetic resonance imaging (fMRI), appear to affirm previous studies which have established a link between sleep deprivation and obesity. (See paragraph #3 above.)

And it's not only the number of hours of sleep, it's also the quality of sleep. For example, during times of high stress, such as the period after 9/11, some people slept less well while others had sleep disturbing nightmares, or were unable to sleep at all. (The National Sleep Foundation found that over 75 percent of the people they surveyed after 9/11 experienced at least one sleep disorder several times a week.) Again researchers have found that high levels of stress tend to disrupt the second half of a night's sleep. And once one wakes up at two or three in the morning, it's difficult to fall back into a restful sleep. Inadequate amounts of restful, rejuvenating sleep will, according to the National Sleep Foundation, have a negative effect on emotions, mood, memory, concentration and even the ability to make high quality decisions. Repeat that pattern several nights a week and patients/clients will likely experience more severe effects such as feeling short tempered, anxious or upset. It may even lead to depression. According to Timothy Roehrs, director of the Henry Ford Hospital of Sleep Disorders and Research Center in Detroit and the National Sleep Foundation, here are eight strategies that will enable you and your patients/clients to get more quality ZZZZZs.

### 1 Maintain a Regular Sleep Schedule

To get the most from sleep, go to bed and get up at approximately the same time, every day. Also, if you have insomnia, you may want to avoid napping. If you do feel you need a nap, take a power nap of no more than about 20 minutes. Although this is good advice, Superwoman (that's my wife and business partner of over 40 years) and I allow ourselves the luxury of a short power nap on Saturday and sleeping in on Sundays. And why not? Some of the research evidence suggests that one is able to "store" some sleep.

## 2. Wind Down

Be sure to create a wind-down phase before going to sleep. What appears to work well is reading, especially if it is a boring book, listening to soft music, meditating, cuddling with your partner, soaking in a warm bath or listening to "soft" music. When we are at home, Superwoman and I typically read till about 8 p.m. We record the local news (we only watch the weather), the national and international (CNN) news and our favorite shows--that way we can skip the commercials--and watch our favorite shows until we are ready to go to bed at about 10:30 p.m. Then we read in bed until we get drowsy (usually about 15 minutes) and with any degree of luck, we have another restful night. Avoid exercising (see #7 below) arguing, scary movies or books, checking your electronic gadgets, and watching TV--especially the local news--right before going to sleep.

## 3. Get Out the "Blankie"

Make your bed into a comfort zone, such as warm down blankets in the winter, fuzzy pajamas, and your favorite pillow. Anything that gives comfort, even a childhood "blankie." (Hey, who's going to know?) And while I'm thinking of it, don't use your bed for anything else except the two S's: sleep and sex.

## 4. Create a "Quiet" Zone

Make sure that your bedroom is as comfortable, calm, dark and quiet as you can make it. Install heavy curtains, shades, or double pane windows. If all else fails get a set of earplugs--the gel type i.e. Mack's ([www.MacksEarplugs.com](http://www.MacksEarplugs.com)) work best for us--and a dark mask. You may also want to try a soothing CD with very quiet mood music or the sound of a burbling brook.

## 5. Invest In a High Quality Large Mattress

Think about it, you spend a third of your life in bed. Marcela and I spent over 20 years of our married life on a full size mattress-not even a queen size. That just does not make any sense! (Hey who said that I don't do stupid stuff?) Now we sleep on a very spacious, soft, quality king size mattress. Because Marcela has been suffering with back problems, we tried a wide variety of mattresses, even one that was so hard they called it "Granite." (I'm not making this up.) And what we finally found, after we wasted a lot of money, is that a soft, cushiony, spacious mattress works best for us.

## 6. Eat as Early as Possible

Avoid eating before going to bed. In fact, eat your main meal as early as possible in the day. It will help with weight-control, and enable you to sleep better at night. Also be sure to avoid high fat snacks, caffeine, nicotine and alcohol late in the day (after 7 pm).

## 7. Exercise

Participate in a regular aerobic exercise program for at least five days a week. Since it stimulates your metabolic rate, avoid this type of exercise three hours before going to bed.

## 8. Don't Fight It

If you find yourself unable to sleep for about 30 minutes, don't fight it. Get up, get a warm glass of milk (yes, it actually works), watch a boring TV program or read something that will calm you down. (That's how I catch up on all my professional journals. They work like magic.)

## 9. Don't Take Worries to Bed

When there is too much to do--and too much to think about--sleep will likely suffer. To help restore peace, consider healthy ways to manage stress. Start with the basics, such as getting organized, setting priorities, and delegating tasks. Give yourself permission to take a break when you need one. Share a good laugh with an old friend. Before bed, jot down what's on your mind and then set it aside

for tomorrow. (Lots of other stress reduction techniques in *Beat the Blues* (C242)--see source note below.)

If all of this does not help achieve restful sleep, there may be an underlying medical problem such as clinical depression, apnea or narcolepsy, and it's time to see a doctor.

Source: Rinke, WJ, *Beat the Blues: How to Manage Stress and Balance Your Life*, 2<sup>nd</sup> Edition, 2013, (C242) approved for 28 CPEUs, available at <http://www.wolfrinke.com/CEFILES/C242CPEcourse.html>.

## 5. HUMOR BREAK

### Funny signs:

In an office:

"TOILET OUT OF ORDER. PLEASE USE FLOOR BELOW."

In a Laundromat:

"AUTOMATIC WASHING MACHINES: PLEASE REMOVE ALL YOUR CLOTHES WHEN THE LIGHT GOES OUT."

In a London department store:

"BARGAIN BASEMENT UPSTAIRS."

## 6. 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](mailto:WolfRinke@aol.com).

## 7. PRIVACY STATEMENT AND SUBSCRIPTION INFORMATION

We will not make your name or e-mail address available to anyone. Period!

If this was forwarded to you and you would like to receive your own FREE subscription join our mailing list below.

Wolf J Rinke, PhD, RDN, CSP  
**Wolf Rinke Associates, Inc.**  
410-531-9280

[Join Our Mailing List!](#)

**Save up  
to 16%**

**The more you buy, the more you save!!!**

10% off orders over \$350 or

5% off orders over \$200.

Plus FREE shipping.

It's easy to SAVE. [Click here](#) to go to our website.

Valid for ALL products ordered online only.

Offer Expires: May 20, 2016