



Wolf Rinke Associates, Inc.

READ AND GROW RICH

The eNewsletter for Savvy Nutrition Professionals

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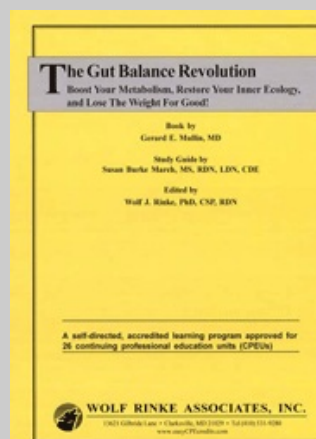
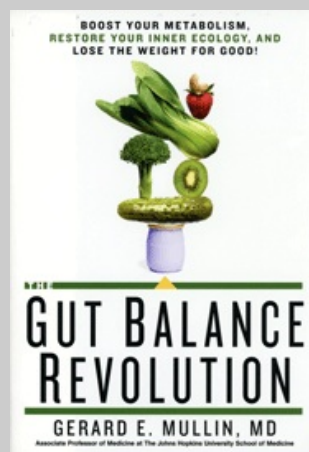
INSIGHT BREAK

"Things we do for us die with us. Things we do for others live for eternity."

--Norman Vincent Peale

1. NEW CPE PROGRAM--HOT OFF THE PRESS

1. NEW CPE PROGRAM--HOT OFF THE PRESS



C276	26 CPEUs	HARD COPY	\$174.95 NEW	Add to Cart
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The Gut Balance Revolution: Boost Your Metabolism, Restore Your Inner Ecology, and Lose the Weight For Good!

Book by Gerard E. Mullin, MD, Study Guide by Susan Burke March, MS, RDN, LDN, CDE, C276, 26 CPEUs, \$174.95.

Recent cutting-edge research shows that human intestinal microbiota influence metabolism, appetite, energy, hormones, inflammation, and insulin resistance. Provides a science-based program to restore and retain weight loss by achieving a balanced gut flora that burns fat and restores health. More specifically you will be able to:

- Recognize the interrelationship between gut microflora, inflammation and obesity.
- Instruct patients how to rebalance gut microbiome to achieve permanent weight loss.
- Identify specific health issues associated with the overuse of antibiotics.
- Recommend strategies for incorporating probiotic and prebiotic foods into the diet.
- Recognize how the bacteria that reside in the gut can influence health and immunity.

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:

2000, 5000, 5220, 5370

Suggested Performance Indicators for the Prof. Dev. Portfolio:

8.1.2; 8.1.5; 8.3.6; 10.2.5

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2. HOW TO SAVE UP TO 16% ON CPEUs

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3. NUTRITION NEWS YOU CAN USE

Recommendations for Sodium Restrictions May Need to be Changed

Analysis of data from 833 patients in the Heart Failure Adherence and Retention Trial revealed a significant risk of death or hospitalization with sodium restrictions of less than 2,500 mg/day. The authors concluded: "In symptomatic patients with chronic HF [heart failure], sodium restriction may have a detrimental impact on outcome."

ACTION STEPS: For in-depth information about sodium enter the keyword "sodium" in the search field at www.easyCPEcredits.com and find 11 CPE programs to choose from, including *Blood Pressure Down: The 10-Step Plan to Lower Your Blood Pressure in 4 Weeks Without Prescription Drugs*, C254, 20 CPEUs, which is currently on sale (SAVE \$20.00) at <http://www.wolfrinke.com/CEFILES/C254CPEprogram.html>.

4. HOW TO STAY SANE IN AN INSANE WORLD

By Wolf J. Rinke, PhD, RDN, CSP

ISIS attacks in Paris, San Bernardino, and Brussels. Ongoing wars in Syria, Iraq and Afghanistan. The Zika virus going rampant. Staying sane has become a major challenge for many of us. And yet, keeping our sanity--even being positive--has become more important than ever. Why? Because becoming negative will sap your energy and begin to move you down the slippery slope of depression. Here are seven things you can do that will help you stay sane in an insane world:

1. Nourish an attitude of gratitude

No matter what you lose during any tragedy focus on what you have left, not on what you have lost. One way to do this is to draw a line down the middle of a piece of paper. Label the left column "What's gone," the right column, "What's left." Now fill out both columns. No matter how tragic your loss, you will find much that you can be thankful for. Now use your mental energy to develop an attitude of gratitude by focusing on all you have left. If you need help with this visit the poor part of your city or better yet volunteer at a homeless shelter. To refresh my gratitude I just think back to my last visit to the Pacific Rim. Usually the client booked me in a five star hotel, which makes any of our five star hotels pale in comparison. I still remember this super opulent hotel in Jakarta. It had a marble driveway. Not concrete, not flagstones--marble. (Now you can imagine what the inside looked like.) When I looked out of my 29th story window I saw many other super-modern high-rise buildings. I also saw a garbage dump on the horizon swarming with people. People who were living on the dump in cardboard "houses" and foraging for scraps of food. Stop right now, and be grateful for all the abundance that surrounds you. And if you still find that difficult to do, just remember, our garbage disposers "eat" better than two thirds of the people on this planet.

2. Love deeply

The song is absolutely correct, "people who love people are the luckiest people in the world." Start by developing a strong bond and lifetime relationship with a significant other. Having been happily married to my Superwoman for over 48 years I can attest that she is by far my biggest source of positive energy. (She got that name because she is a one-in-a-million wife, mother, and business partner.) If you don't have such a relationship, make getting it, one of your top three fire-in-the-belly goals, because such a partner is even more important during these challenging times. Extend that same level of love to other members of your family and your close friends. The greater your circle of loving relationships--the greater your positive energy. And according to several research studies, those relationships will help you live longer. Transform this concept into action tonight when you put your children to bed. Give each one a really big hug and tell him/her from the bottom of your heart: "I love you, and I'm very proud to be your parent." And then shut up. Do not continue the sentence with "but" because it erases everything you have said before. (In other words, take your "but" out of your mouth.) Repeat that exercise with your significant other. Your spouse and children are the most important people in your life. So do not waste another day, tell them tonight just how much you love them!

3. Treat your "bodymind" like a temple

That's what Dr. Candance Pert, the author of "Molecules of Emotions: The Science Behind Mind-Body Medicine," calls our body and mind because her work has unequivocally demonstrated that the mind and the body are one. She has also proved that thoughts are things--things that manifest themselves in the body and in your life. So if you think "bad" or negative thoughts then that will have a negative impact on your body and your immune system. And of course the reverse is true. Since

the mind can have only one thought at a time, get in the habit of monitoring your thoughts and self-talk by asking: "Is what I'm thinking about right now negative?" If it is, it will give you a case of "stinking thinking" and decrease the quality of your health. On the other hand positive thoughts--like love, kindness and appreciation--will move you in a positive direction. So be kind to yourself and tear yourself away from the TV, especially the local news, purveyors of stinking thinking. Instead treat yourself to whatever truly helps you get in a positive frame of mind, may it be a hot tub, a movie or a walk in the woods.

4. Laugh more

Laughter is even more important during tough times. So go ahead and laugh right now. Can't seem to get it going? Start with the "humor break" in paragraph #5. If that does not do it for you, go to the bathroom, stick your tongue out, wiggle your nose and make the silliest face you can possibly come up with and get yourself to laugh. If you need even more help join a laughing club. Or consult with a "certified laughter leader." (Hey, I'm not making this stuff up!) A good way to nurture this is to laugh more at yourself. It will cause you to take yourself less seriously--which is a great start because you are not nearly as important as you think. (I'm including myself in that statement; so don't get bent out of shape). Laughter has innumerable benefits, it turns on your endorphins and other internal "drugs" that are far more powerful than anything that you can ingest--legally or illegally.

5. Give more of what you want

A short cut to staying sane is making other people feel better about themselves. Why? Because it is one of the immutable laws of this universe--"whatever you want more of, you have to give it first." (You can take this one to the bank.) Make people feel good and you will feel better. Hate people and you will live in a hateful world. Love people the way they are, and you will experience more love. Trust people and they will...I'm sure you are catching on. One of the most important things you can do during tough times is to listen actively--to your children, loved ones and co-workers. To really listen you have to learn to make your own mind quiet and give the other party your undivided 111% attention. In other words, listening actively every day will keep the psychiatrist away.

6. Develop "learned optimism"

Professor Marty Seligman of the University of Pennsylvania has had a tremendous influence on getting psychologists to focus on the good stuff--what he calls practicing "positive psychology." His research has demonstrated that we can learn to be more optimistic by developing a "positive explanatory style (PES)." The way you do that is by focusing on the good stuff, especially when bad things happen to you. In other words you master the art of "fake it until you make it" by finding the good in the bad. Research has shown that people who have developed their PES are able to evaluate "reality" more clearly and process "bad" news more effectively than people with a negative explanatory style (NES)--just the opposite of what most people assume. They are also able to accept what cannot be changed and move on more quickly than those with a NES. In short, a PES will inoculate you against the negative attitude virus and his big cousin--depression.

7. Keep hope alive

Hope is an incredibly powerful emotion. Without it you not only become negative and depressed--you die. No one has told that story more powerfully than Dr. Victor Frankl in his book "Man's Search for Meaning" in which he detailed the role of hope in surviving the German concentration camps. So be sure to never give up hope, no matter how bleak it gets. And even more important, be sure not to confuse inconveniences with problems. Because many of the "problems" that we get ourselves all worked up about are just inconveniences. When you are in the middle of one of these, a great diagnostic is to ask yourself "How will I feel about this in five years from now." And then act accordingly. To deal more effectively with the *real* tragedies, such as losing a member of your family, turn to the source of hope and inspiration that works for you. It may be religion, spirituality, meditation or reading a great motivational CPE program such as *Beat the Blues*. (Just had to sneak that in.) It will help you keep hope alive and stay sane in an insane world.

Source: Rinke, WJ, *Beat the Blues: How to Manage Stress and Balance Your Life*, 2nd Edition, 2013, (C242) approved for 28 CPEUs, available at <http://www.wolfrinke.com/CEFILES/C242CPEcourse.html>. (Currently on sale-SAVE \$20.00.)

5. HUMOR BREAK

According to a news release, the world will come to an end in three days. In three days, everything will be deluged by water and everyone will drown.

After hearing this, the Pope goes on television and proclaims, "Don't worry, if you turn to Christ, you will be saved."

The head of the Zen community also goes on TV and says, "Don't worry, if you put your faith in Buddha, you will be saved."

Then the head Rabbi of Israel appears on TV and says, "Not to worry folks, we have three days to learn how to swim under water." (That's what I call PES.)

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.

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