



HEALTHY HEART

Too Hot to Handle

Tips to Avoid Heat Stroke

As the hot temperature spikes, everyone needs to be reminded of the dangers of being overheated, which can lead to heat stroke. According to [HealthLinkBC](#), there are various ways to lower your risk of having a heat-related illness. They include some of the following:

- Never leave children or pets alone in a parked car as temperatures can shoot up to 52 °C within 20 minutes inside the car when the outside temperature is 34 °C.
- Regularly check on your dependents (older adults, younger children and pets) to ensure they are clear of symptoms of health-related illness. Have bottles of water readily available and visible for them to consume.
- If you work outdoors or choose to exercise in hot environments, drink at least two to four glasses of non-alcoholic fluids each hour. Be sure to take your breaks and ensure they are in the shade.
- Plan your outdoor activity before 11am or after 4pm when the sun's UV rays are weaker.

But keep in mind that even though sunscreen protects against UV rays, it doesn't provide any relief from heat.

- Wear sunscreen with SPF 30 or higher on every body part where the sun can shine. This includes toes, ears, and the back of the neck. Remember to reapply frequently as your excessive sweating dilutes the sunscreen.
- Elect to wear lightweight, light-coloured, loose-fitting clothing and a wide brimmed hat. Parasols are a great option for shade.
- Cool down by taking a shower or bath since fans alone are not effective when temperatures exceed 30 °C.

HEALTHY MIND

Brain Activity

How to Keep Your Mind Young

Age changes your physical appearance. Your brain also undergoes changes although you don't actually see them. While mental decline is the most common consequence of aging, there are things you can do to improve your brain age. An article, published in June 2006 in Harvard Health Publications, cites the following:

1. Be mentally stimulated. Brainy activities, such as word puzzles or math problems, stimulate new connections between nerve cells and may even help generate new brain cells.
2. Get physical exercise. What's good for your physical body is also good for your mental health. Regular exercise increases the amount of tiny blood vessels that carry oxygen-rich blood to the area of the brain that is accountable for the thought process.
3. Eat a proper diet. You've heard of that old adage, "food for thought". Proper nutrition fuels your mind and body. That being said, you should avoid tobacco and limit your alcohol intake.
4. Improve your blood pressure, cholesterol and blood sugar level. There is a strong connection between a healthy body and a healthy mind. Keeping your numbers in check is key to maintaining good mental health.
5. Protect your head. Moderate to severe head injuries can increase the risk of cognitive impairment in old age. For example, concussions increase risk by a factor of 10.
6. Build a good social network. You'll live longer and healthier by having a reliable circle of friends.
7. Take care of your emotions. Strive to be happy, get restful sleep, and keep your daily stressors at bay.

HEALTHY LIVING

Refreshing Goodness

A Cool Recipe

People often say their appetite is suppressed during the summer months. This could be partly because the body is working hard to keep cool by lessening its work load, including digestion. It's little wonder why people opt for cooler food, such as fruits and salads.

Courtesy of BC-based tofu producer, Superior Tofu, this recipe is a hit for those trying to find a moment of relief at the lunch table.

Sesame, Cucumber and Tofu Salad

Makes 4 servings

Ingredients:

- 1 pkg Superior Tofu Organic Extra Firm or Pressed Tofu, cut into small cubes
- 1 cucumber, sliced
- 2 tbsp sesame seeds
- 2 tbsp olive oil

Dressing:

- 1/4 cup soy sauce
- 1/4 cup rice wine vinegar, plus more if needed
- 2 tbsp ginger, minced
- 2 tbsp brown sugar, plus more if needed
- 1 tsp toasted sesame oil
- 2 cloves garlic, minced
- 1/3 cup olive oil

Instructions:

1. Put the soy sauce, vinegar, ginger, brown sugar, sesame oil, red pepper flakes, garlic and 1/3 cup of the olive oil into a blender. Blend until completely emulsified. Taste the dressing and adjust to your taste, adding more vinegar or sugar as needed. Pour half of the dressing into a jar and refrigerate for the salad.
2. Put the tofu cubes into a bowl and pour over the remaining dressing. Cover and refrigerate for at least an hour.
3. Heat the remaining 2 tablespoons olive oil in a nonstick skillet over medium-high heat. Cook the tofu on all sides until nicely browned and crisp, about 10 minutes. Toss in the sesame seeds and cook for another minute. Remove to a paper towel-lined plate.
4. To assemble the salad, put the sliced cucumber and tofu in a bowl. Pour on half the remaining dressing, reserving the rest for later use. Toss to coat. Then sprinkle on the sesame seeds and toss again. Serve immediately.