

The Power of Positive Thinking

Here's heartwarming news: People with a family history of heart disease who also had a positive outlook were one-third less likely to have a heart attack or other cardiovascular event within 5 to 25 years than those with a more negative outlook.

That's the finding from Johns Hopkins expert Lisa R. Yanek, M.P.H., and her colleagues. The finding held even in people with family history who had the most risk factors for coronary artery disease. Positive people from the general population were 13 percent less likely than their negative counterparts to have a heart attack or other coronary event.

Hope and Your Heart

The mechanism for the connection between health and positivity remains murky, but researchers suspect that people who are more positive may be better protected against the inflammatory damage of stress. Another possibility is that hope and positivity help people make better health and life decisions and focus more on long-term goals. Studies also find that negative emotions can weaken immune response.

What *is* clear, however, is that there is definitely a strong link between "positivity" and health. Additional studies have found that a positive attitude improves outcomes and life satisfaction across a spectrum of conditions including traumatic brain injury, stroke, and brain tumors.

Can You Boost Your Bright Side?

Although a positive personality is something we're born with and not something we can inherently change, Yanek says, there are steps you can take to improve your outlook and reduce your risk of cardiovascular disease.

Simply smile more.

A University of Kansas study found that smiling — even fake smiling — reduces heart rate and blood pressure during stressful situations. So try a few minutes of YouTube humor therapy when you're stomping your feet waiting in line or fuming over a work or family situation. It's difficult not to smile while watching a favorite funny video.

Practice reframing.

Instead of stressing about a traffic jam, for instance, appreciate the fact that you can afford a car and get to spend a few extra minutes listening to music or the news, accepting that there is absolutely nothing you can do about the traffic.

Build resiliency.

Resiliency is the ability to adapt to stressful and/or negative situations and losses. Experts recommend these key ways to build yours:

- Maintain good relationships with family and friends.
- Accept that change is a part of life.

Take action on problems rather than just hoping they disappear or waiting for them to resolve themselves.

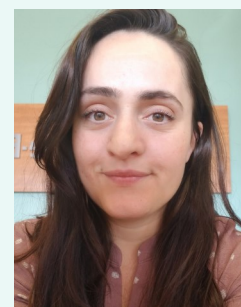
<https://www.hopkinsmedicine.org/health/wellness-and-prevention/the-power-of-positive-thinking> (Last Accessed 7/22/2019)

Consultant of the Month Dexter Ross



I have been in the hearing aid industry for over one year here in beautiful Hawaii. A career in helping people and making a difference is one of the greatest opportunities. There are so many incredible stories I've been blessed to be a part of. One that reminds me of my grandfather is a couple came in for his evaluation, his wife stated that he had stopped participating in church and talking to acquaintances because he cannot understand what they are saying. After fitting him with the correct aids, he is now the lead speaker at church. He socializes with friends and neighbors again while enjoying clear communication with his wife!

PCC of the Month Besa Romero Pira



I was looking for an opportunity to help others for a new career and now I have been with Miracle-Ear for over 6 months. It warms my heart when the patients and their loved ones share how their lives have changed for the better, knowing that I'm a part of making that difference. In my free time I enjoy going hiking and relaxing at the beach.

Low-Carb Cabbage Enchiladas

Prep Time: 10 mins

Cook Time: 20 mins

Total Cook Time: 30 mins

Yields: 4 servings

Ingredients:

- 1 head green cabbage
- 1 tbsp extra-virgin olive oil
- 1 large onion, chopped
- 1 red bell pepper
- Kosher salt
- 2 garlic cloves, minced
- 2 tsp ground cumin
- 2 tsp chili powder
- 3 cup cooked and shredded chicken
- 1 1/3 cup red enchilada sauce, divided
- 2 tbsp chopped cilantro, plus more for garnish
- 1 cup shredded cheddar
- Sour cream, for drizzling



Directions:

1. Preheat oven to 350°. In a large pot, boil 4 cups water. Using tongs, dip each cabbage leaf in water for 30 seconds and place on a paper towel-lined plate to dry.
2. In a large skillet over medium heat, heat oil. Add onion and bell pepper and season with salt. Cook until soft, 5 minutes, then stir in garlic, cumin, and chili powder. Add shredded chicken and 1 cup enchilada sauce and stir until saucy. Turn off heat and stir in cilantro.
3. Place a heaping spoon of chicken mixture into the center of each cabbage leaf. Fold the short sides of the cabbage leaf in first, then roll into a cylinder — like a burrito! Repeat until all chicken mixture is used.
4. Spoon remaining 1/3 cup enchilada sauce over cabbage enchiladas and sprinkle with both cheeses. Bake until melty, about 20 minutes. Garnish with sour cream and more cilantro and serve.

<https://www.delish.com/cooking/recipe-ideas/a20958094/low-carb-cabbage-enchilada-recipe/> (Last Accessed 7/22/2019)

“Part of the Miracle-Ear Promise is our commitment to serve our patients. What helps us as Consultants is the feedback we hear. I always tell my patients to communicate with me on how they are doing with their hearing aids and what I can do to better serve them.”

Dexter Ross— Village Park, HI

Riddle of the Month

What building has the most stories?

Answer: _____

STAY TUNED! Answer will be in our September's Newsletter

Answer to July's Riddle: Dice

