



- **Matter of Balance** – Don't miss the next Matter of Balance class offered in Grand Haven. Classes will be from 5 to 7 p.m. in the Grand Haven Community Center starting September 10. Contact Health Educator Brianne Parrish to register at 616.514.3652 or brianne.parrish@nhbp.org.
- **Diabetes PATH** – Be sure to register for the next Diabetes PATH class! Classes will be held Tuesdays from 10 a.m. to noon starting September 11 at the Grand Rapids Health Facility. Contact Health Educator Brianne Parrish to register at 616.514.3652 or brianne.parrish@nhbp.org.



News



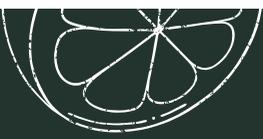
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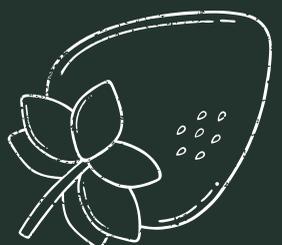
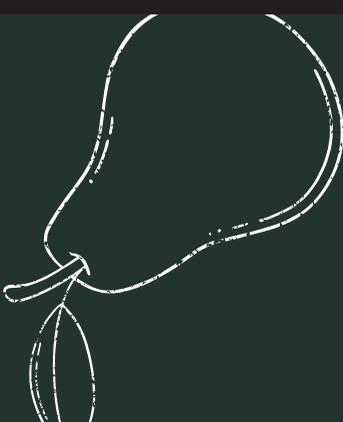
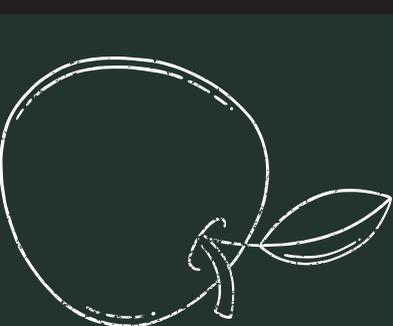
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Mno-Bmadzewen



Recipe: Tatanka Truck Fried Wild Rice Bowl

Ingredients:

- 2 tablespoons sunflower oil or vegetable oil
- ½ cup minced zucchini or summer squash
- ½ cup minced turnip
- 1 cup chopped onion
- 3 cups cooked Wild Rice
- 2 tablespoons Maple Syrup mixed with 1/3 cup water (may substitute syrup with honey or agave)
- Salt to taste



Instructions:

1. In a large skillet, heat the oil over medium-high and sauté the squash, turnip and onion until tender, for about 5 to 8 minutes.
2. Add the Wild Rice and cook for about 1 minute, then season with the Maple Syrup and salt.
3. This can be served with or topped with a variety of things including roasted vegetables or smoked meats.

TIPS FOR INCREASING YOUR WATER INTAKE

Summer is the time for being outdoors. However, summertime can also be the season of increased dehydration as many of us forget to drink enough water. Warmer weather can lead to excessive sweating and if these fluids are not replaced, dehydration can occur. The symptoms of mild dehydration include: thirst, headache, dry mouth and eyes, dizziness, fatigue and dark-colored urine. Severe dehydration may cause all of these symptoms, in addition to low blood pressure, sunken eyes, weak pulse and/or rapid heartbeat and confusion.

One way to tell if you are becoming dehydrated is by listening to your body. If you are thirsty, it's likely you are already dehydrated and you should drink more water. Another way to tell if you are not adequately hydrated is to lightly pinch the skin on the back of your hand. Hold the skin for two seconds and then release. Skin that is quick to return to normal is a sign of adequate hydration. If it takes longer for skin to return to normal, that is a sign of possible dehydration.

Water is essential for all bodily functions. About 60% of your body weight is made up of water! It flushes out toxins from your organs, carries nutrients to your cells, cushions your joints and helps digest the food that you eat. How much water you need varies depending on how active you are and what climate you live in. However, even if you are not active, your body will still lose water through breathing, sweating and other bodily functions. For men, it is recommended to drink a total of 13 cups of fluids per day. For women, it is recommended to drink 9 cups per day. If you are outside on a hot day or doing something that makes you sweat more, you will need to drink more fluids than recommended in order to stay hydrated. Keep in mind that some conditions such as heart failure or particular types of kidney disease may require you to limit your fluid intake, so talk to your doctor about what is right for you.

1. **Re-usable water bottles** – Fill a water bottle in the morning and take it with you when you go to work or have errands to run where access to water may not be the easiest.
2. **Drink water before meals and snacks** – Creating the habit of drinking a half glass of water before each meal or snack helps increase your intake, while also aiding in digestion.
3. **Mix it up** – Add lemon slices or berries if you are not a fan of plain water.
4. **Replace other drinks** – Beverages such as soda, sports drinks and juice can all be high in sugar and artificial sweeteners. Replace these items with water to increase your daily intake.
5. **Eating water** – Drinking is not the only way to consume water. Many veggies and fruits, such as tomatoes, watermelons, cucumbers and celery, are all foods with a high water content.
6. **Carbonated water** – Trick your mind if you're craving the bubbly feel of soda and try different varieties of carbonated water. There are many options and flavors to choose from at most grocery stores, just make sure to avoid any with artificial sweeteners.
7. **Unsweetened tea** – Sipping on herbal or fruit teas is a great way to increase water intake. Green tea has the added boost of being a superfood known for its antioxidant power.
8. **Set a timer** – Sometimes life can get busy. If you find yourself consumed by a busy schedule set a reminder on your smartphone or computer to take regular water breaks.