

# THE SILENT JOURNEY NEWSLETTER<sup>©</sup>

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## Download :30bp today! Track and monitor your BP readings.

In 2017 67.3 percent of the U.S. population owned a smartphone. It goes without saying the majority of people we know use a smartphone.

We use them for games, phone calls, email etc. But do we use them as a vehicle for better living? Sure, we use it as a step counter. And those steps are important.

But how about using your smartphone to improve your health?

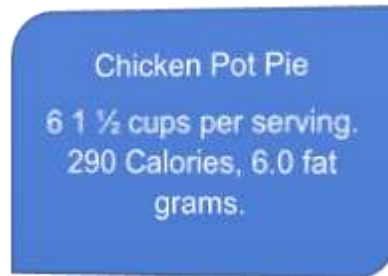
We created :30bp for adults who are struggling to manage their high blood pressure.

:30bp is a tracking app that allows users to set their BP goal, enter their daily, bi-weekly, or weekly BP results. :30bp creates a 30, 60 and 90+ day BP log when you enter your BP readings.

We encourage users to use a blood pressure cuff for accurate blood pressure readings.

:30bp is in the App Store for iPhone users and the Play Store for Android users.

When I was in grade school, I went home for lunch. My elementary school was an old World War II Army barracks. We had no lunchroom. Everyday, rain or shine, the students trekked home for lunch.



Since my mother worked, I would go to my friend's house for lunch. We often had my favorite meal; chicken pot pie. And thus, the reason I chose Chicken Pot Pie as my healthy recipe for this issue.

### Ingredients:

Cooking spray, 16 ounces unseasoned frozen mixed vegetables, any combination, 2/3 cup fat-free, low sodium chicken broth, 2 teaspoons cornstarch, 2 tablespoons cornstarch, 2 tablespoons water, 1 pound chopped cooked chicken breast, cooked without salt, skin and all visible fat discarded.

2/3 cup low-fat buttermilk, 1 large egg, 1 tablespoon trans-fat-free light stick margarine, melted and cooled, 2/3 cup whole-wheat pastry flour, 1/3 cup cornmeal, 2 tablespoons minced fresh parsley, 1 1/2 teaspoons baking powder, 1/4 teaspoon salt.

- 1 Preheat the oven to 425°F, Lightly spray an 11 x 7 x 2 inch glass baking dish with cooking spray.
- 2 In a medium saucepan, prepare the vegetables using the package directions, omitting the salt and margarine. Drain well in a colander. Set aside.
- 3 In the same saucepan, bring the broth to a boil over medium-high heat.
- 4 Put the cornstarch in a small bowl. Add the water, stirring to dissolve. Stir into the broth. Cook for 1 minute, or until the mixture comes to a boil and thickens, stirring frequently. Remove from the heat.
- 5 Stir in the chicken and vegetables. Pour into the baking dish.
- 6 In a medium bowl, whisk together the buttermilk, egg, and margarine. Stir in the remaining ingredients until just combined. Spread the batter over the chicken mixture.
- 7 Bake for 30 to 35 minutes, or until the crust is golden brown and a wooden toothpick inserted in the center of the crust comes out clean.

### The 7 benefits of regular physical activity.

We all want to feel better, be more energized and of course add years to our lives.

Also, we all know the answer to this riddle: **Get More Exercise!**

Still not convinced, or do you need more coaxing? Well, you'll get a few reasons in this short article. Next month, we'll take a deeper dive into this issue.

Here are a few things you can do to get started. One, exercise helps you control weight. When you exercise you can burn calories and it prevents excess weight gain.

Exercise fights health conditions and disease. It also boost high density lipoprotein (HDL) cholesterol, the "good" cholesterol. It decreases unhealthy triglycerides.

Regular exercise helps prevent or manage many health problems.

Info: Mayo Clinic Staff

The majority of the topics in "The Silent Journey" deal with life and death health issues. It may be difficult for some to read. But the reality is, these are life saving subjects that must be dealt with in order to save someone's life.

This week's topic is about recognizing the signs of a Stroke. We'll share the many symptoms of a stroke and what to do to assist a stroke victim.

According to the Stroke Association, every 40 seconds, someone in the United States has a stroke. Rapid response when a stroke happens is the difference between recovery and disability. Everyone must learn the signs of Stroke.

Knowing or quickly identifying when someone is having a stroke is paramount. The acronym for stroke is F.A.S.T. **F**ace Drooping-Does one side of the face droop or is it numb? **A**rm Weakness-Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward? **S**peech Difficulty-Is speech slurred or difficult to understand? **T**ime To Call 911-If someone shows any of these symptoms, even if the symptoms go away, Call 911 right away.

How can you reduce your risk factors for stroke? Know the risk factors and you may save a life. There are only two types of risk factors. The ones you cannot change and those you can change. Those risk factors that can't be changed are; age, gender, heredity, and race. Other factors include, history of previous heart attack, transient ischemic attack (TIA) or stroke.

The risk factors that you can change are as follows. Manage blood pressure, control cholesterol, reduce blood sugar, get active, eat better, lose weight and stop smoking.

For more information about the causes of stroke, go to [www.StrokeAssociation.org](http://www.StrokeAssociation.org).

To access earlier editions of The Silent Journey, go to [www.32ndstreetmedia.com](http://www.32ndstreetmedia.com)

For comments, send an email to [mail@32ndstreetmedia.com](mailto:mail@32ndstreetmedia.com).