

A monthly wellness newsletter from Better You

national IMMUNIZATION awareness month



August is National Immunization Awareness Month

Immunizations are a safe, cost-effective way to protect yourself and your children from many contagious diseases and illnesses. Getting vaccinated can prevent illness so you don't pay for treatment and miss work or school. They work by introducing a small amount of the virus in order to trigger your body's defense mode. This allows your immune system to create antibodies to help fight the disease or germs.

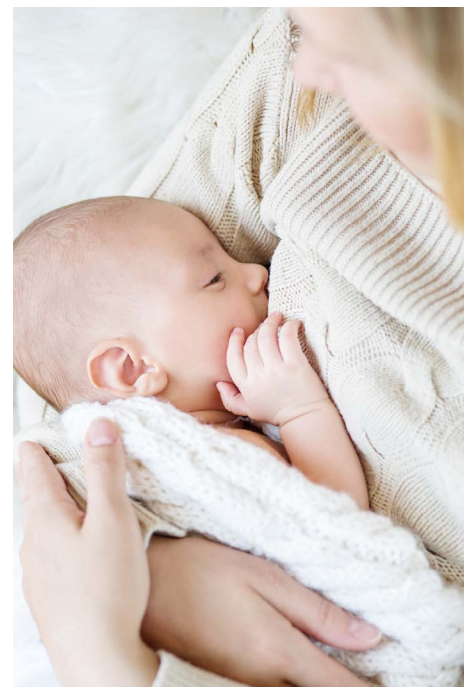
In addition to outbreaks of diseases like measles, immunizations can also help prevent the occurrence of certain types of cancer. For example, Human Papillomavirus (HPV) is the most common cause of cervical cancer, and hepatitis B can increase the risk for developing liver cancer. Making sure you're vaccinated against HPV and hepatitis B can decrease the risk of developing these cancers.

For a complete list of the recommended schedule of immunizations, visit the Centers for Disease Control and Prevention (CDC) website at cdc.gov. Talk to your doctor to make sure you and your loved ones have the protection they need.

Breastfeeding Your Baby is a Healthy Choice

Breastfeeding has many benefits for you and your baby. The decision to breastfeed your baby is a personal one and only you know what is best. Although the American Academy of Pediatrics recommends breastfeeding for at least a year, even breastfeeding for a shorter time can still have a positive impact.

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Benefits for Your Baby:

- Provides the nutrition required to help your baby grow and develop within the first 6 – 12 months of life.
- Delivers antibodies to help prevent conditions like ear infections, food allergies, asthma, eczema, and diarrhea.
- Easy to digest, which means your baby will have less gas, constipation, and feeding problems.
- Helps lower your child's risk for Sudden Infant Death Syndrome (SIDS).

Benefits for You:

- Helps you bond with your baby.
- It's free and doesn't require any preparation.
- May help you lose some of the weight gained during pregnancy.
- Causes your body to release the hormone oxytocin, which helps your uterus contract and return to its normal pre-pregnancy size faster.
- May lower your risk of breast or ovarian cancer.

It's important that you eat a well-balanced diet while you are breastfeeding, so you and the baby get the nutrition you need. Your doctors, nurses, breastfeeding specialists and support groups are resources you can reach out to for help.

To find a resource near you contact **La Leche League** at <http://www.llli.org/web/florida.html>.

For more information, visit acog.org, marchofdimes.org or healthwise.org.

Honey Balsamic Grilled Chicken and Vegetables

Ingredients:

- 1 ½ pound boneless, skinless thin sliced chicken cutlets
- 3 tablespoon homemade pesto (or store bought)
- 1 clove crushed garlic
- 1/4 teaspoon crushed red pepper flakes
- 1/2 lime from ½ lime
- 2 tablespoon olive oil
- 3 tablespoon balsamic vinegar
- 1 tablespoon raw honey
- Kosher salt

- 1 pound asparagus (1 bunch), tough ends removed
- 2 medium zucchini, sliced 1/4 inch thick
- 1 red bell pepper, seeded and sliced into strips
- Olive oil cooking spray

Directions:

1. Marinate chicken with pesto, garlic, red pepper flakes, lime juice and 1/2 teaspoon salt for at least 1 hour, (overnight for best results).
2. Mix oil, balsamic vinegar, honey and 1/4 teaspoon salt in a small bowl.
3. Heat a grill over medium-high heat. Be sure grates are clean and well-oiled to prevent sticking.

4. Put veggies on 1 large grill tray or 2 smaller trays (or cook in batches), spray with olive oil, season with salt and pepper and cook. Turn constantly until the edges are browned, about 6 to 8 minutes. Set aside on a dish.
5. Cook the chicken about 4 to 5 minutes on each side, until grill marks appear and the chicken is cooked through. Transfer to the platter with the veggies and pour the balsamic dressing over everything.

Nutrition:

Servings: 6. Serving Size: 3 oz chicken with veggies.
Calories: 273; Fat: 12 g; Protein: 30 g; Carb: 13 g; Fiber: 3 g; Sugar: 6 g; Sodium: 260 mg; Cholesterol: 85 g.

Recipe and image courtesy of www.skinnytaste.com

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