

Inspiring women

MIND | BODY



PROTECTING YOURSELF FROM THE SUN

TIPS TO HELP PROTECT
YOURSELF FROM THE
SUN YEAR ROUND | *PG. 6*

HOW TO BE A TOURIST IN YOUR OWN TOWN

THERE'S SO MUCH TO SEE
RIGHT WHERE YOU
LIVE | *PG. 20*



SWIMMING WITH THE SHARKS

SHARK TANK WINNER,
NICKEY RAMSEY'S INSPIRING
JOURNEY FROM POVERTY TO
PROSPERITY | *PG. 12*

THE ORGANIC BENEFIT

WHICH FOODS ARE
WORTH THE INVESTMENT
AND WHY | *PG. 28*

Letter *from* Franciscan

Hello!

Tiny sprouts are starting to break through the freshly thawed ground. Each day the sun is peeking down more and more from beyond the gray cloud cover that weighed heavy on us all winter. The snow is always beautiful, but it is fair to say that after six months of cold weather, we are ready for God to bring on the sunshine. Check out this year's first issue—be sure to look for pointers on safe ways to be out in the sun, how to maximize your mental health, yummy spring recipes and of course... *inspiring women!*

Make sure you take your time reading through this quarter's issue—you are not going to want to miss a morsel. Especially those bunless cheeseburger bites—yum! Can't you just smell the grill getting fired up? From body odor to graceful aging to deconstructed diets, we've got all the details for you.

At Inspiring Women, we want you to have access to articles and tips that truly make your life better, all the while being sure that what you're consuming is centered around Christ. It is difficult to find positive and encouraging content, which is why we strive to bring you uplifting ideas and topics twice a year in our magazine and all year round on our social media pages! Join us on Facebook, Instagram and Pinterest if you haven't already by searching @inspiringwomenFH.

We hope you feel so inspired after reading this issue that you use that encouragement to uplift and inspire others! Happy spring!



04	Strength Through Your Sisters <i>Finding strength together</i>
06	Protecting Yourself From the Sun <i>Tips to help protect yourself from the sun year round</i>
08	Ask a Doc: Women and Heart Attacks <i>Get healthcare advice from a Franciscan doctor</i>
10	Mid-Day Brain Breaks <i>Take time to re-energize and refocus</i>
11	Get the Most Out of Therapy <i>Tips to help you get the most out of every session</i>
12	Swimming With the Sharks <i>Shark Tank winner, Nickey Ramsey's inspiring journey from poverty to prosperity</i>
19	Red, White and Blue Yogurt Pops <i>Our recommended go-to for a refreshing summer treat</i>
20	How to be a Tourist in Your Own Town <i>There's so much to see right where you live</i>
23	Is Your Body Odor Telling You Something? <i>Tips to assess what's going on when things are smelling off</i>
24	How to Accept Aging <i>Change your outlook on age and ease your concerns about "getting old"</i>
26	Ask a Doc: Prenatal Health <i>Get healthcare advice from a Franciscan doctor</i>
28	The Organic Benefit <i>Which foods are worth the investment and why</i>
30	Women in Crisis <i>How to help when others are hurting</i>
32	Diet Plans Deconstructed <i>A few fundamental concepts that transcend fat loss fads</i>
34	Kitchen Conversion Chart <i>Use this conversion chart when baking up your favorite recipes</i>
35	Bunless Cheeseburger Bites <i>Make burger night bite-sized with these low-carb cheeseburger skewers</i>

Strength Through Your Sisters

“As iron sharpens iron, so one
person sharpens another.”

Proverbs 27:17, NIV

Standing in the strength of our Lord, you are as strong as iron. Under pressure, you may bend, but you never break. You stand up to the toughest challenges and show the world the resiliency that comes with knowing God. But some days, that bending feels unending. Everything around you is heating up, you're melting down and help feels far away.

Iron sharpens iron. Sometimes in our tough moments, we forget there are other believers—our sisters—who can sharpen us, toughen us and hold us up. In our moments of strength, sometimes we forget our sisters in Christ are out there searching for the support we've needed in the past.

Walk into your week remembering that those around you can be inspired by your faith and your faith can be strengthened by their stories. Send a text to your confidant from college. Write a letter to your bestie from Bible study. Sit down and call up that pal who feels like a sister. When you let your network of believers in on what's going on in your life and offer up your time and heart, everyone will be stronger for it.

protecting yourself from the sun

Spending time in the sun can boost your mood and vitamin D levels, but catching too many rays could lead to skin cancer. It's important to protect yourself from the harmful effects of UV light, and there's more to it than applying sunscreen every time you go to the pool. Follow these tips year round to protect yourself from the sun.

BASICS OF SUN PROTECTION

The best thing you can do to protect your skin is to keep it covered with long sleeves, pants and hats. Dry, tightly woven fabrics will also protect you better than loose or wet fabrics. However, sunscreen is the best protection for exposed skin. Don't forget, the sun can still harm you on cloudy or cold days. Being near water can also make UV rays more intense. When it comes to your eyes, sunglasses do a lot more than keep you from squinting. They protect your eyes from harmful UV rays and can help reduce the chance of getting cataracts. Find a cute pair, and it's a win-win.

ALL ABOUT SUNSCREEN

When searching for a sunscreen, any SPF will help protect you, but aim for SPF 30 or higher for the best protection. You should be applying a nickel-sized amount of sunscreen to your face and enough to cover your palm for the rest of your body (about 1.5 oz total) to make sure you're protected. And while it may seem like the more sunscreen you apply the better, be advised that sunscreen is not recommended for babies six months old and younger. Instead, keep them covered or out of the sun completely.

When it comes to coverage, lotions are better than sprays because it's easier to miss spots or not apply enough sunscreen when you're spraying. There are also concerns over inhaling spray sunscreens, although the FDA does not have guidelines on any potential health concerns at this time. When in doubt, go with the lotion, and don't forget to reapply every two hours!

TREATING A SUNBURN

If you do end up with a sunburn that makes you look like a lobster, there are a few steps you can take to recover faster. Cool showers can ease pain. A gentle moisturizer that contains ingredients like aloe soothes the skin. Lavender and melaleuca essential oils can also provide tremendous relief and help prevent blisters. If blisters do form, resist the urge to pop them and give them time to heal. Your skin may peel and if it does, be gentle with it to avoid making your pain worse.

A sunburn is not fun on its own, but you may also find that you're dehydrated. Sunburns draw water to the skin's surface so be sure to drink extra water and stay out of the sun as much as possible while your skin heals. If your sunburn is especially painful, your doctor may prescribe a corticosteroid cream to give you some relief. Remember, sunburns increase your risk of skin cancer so avoid them as much as you can and see your doctor if your symptoms are severe.

Enjoy your time in the sun but keep these tips in mind to protect your skin for years to come.



WOMEN & HEART ATTACKS

ASK A DOC



Polly Moore, MD, FACC

Cardiologist

Franciscan Physician Network
Indiana Heart Physicians

Wish your doctor was on speed dial? We talked with some experts at Franciscan Health to answer your most pressing questions. This is what they had to say!

**FIND A
FRANCISCAN DOC**



1. What is a heart attack?

A heart attack happens when the flow of blood to your heart suddenly becomes blocked. This is dangerous because if your heart can't get enough oxygen, the muscle can begin to die.

2. What puts women at risk for a heart attack?

Some major factors that make a heart attack more likely include:

- Diabetes
- Depression
- High blood pressure
- High cholesterol
- Inflammatory diseases
- Menopause
- Obesity
- Pregnancy complications

3. What are the signs of a heart attack in women?

Women can still have classic chest pain but some may have atypical symptoms unrelated to chest pain, such as:

- Dizziness
- Heartburn
- Nausea or vomiting
- Neck, jaw, shoulder or abdominal discomfort
- Shortness of breath



Have questions you'd like to see answered in future issues? Visit inspiringwomen.org/ask-a-doc or scan the QR and submit them today!



Nationally Recognized Heart Care



HEART CARE
That's Personal

There's only one you. And your spouse, sisters, brothers, coworkers, friends, children and neighbors... they all know it. That one heart you've got is loved by a lot of people.

That's why we're here to help. Don't let heart disease get in the way of you being you. Discover our personalized approach to diagnose, treat and manage various heart conditions with a nationally renowned team of cardiovascular experts across Indiana.



Franciscan HEALTH

FranciscanHealth.org/HeartCare

MID-DAY BRAIN BREAKS



Taking breaks during the day can help boost productivity, enhance blood and oxygen flow to our brains and give us a fresh perspective on complex problems. There's just one issue: we forget to take them.

Making a pot of coffee and scrolling through social media does not count. We're talking about setting intentional time to energize and restore the ability to focus, concentrate and be productive. Before you reach burnout, schedule some of these mini-breaks into your calendar and make time for your most important asset—you!

Find a partner.

It can be hard to pull yourself away from your desk, but it can be much easier when you have a coworker you like spending time with. Create a break routine with them: go for a brisk walk, run out for a quick coffee-to-go or find a quiet place to have a nice chat. It's a great way to get to know colleagues and connect with those around you while allowing your thoughts to refocus.



Take a "no tech" walk.

Leave your cellphone in your office and head outdoors. Let your mind wander and recharge while getting in a bit of movement.



Delete your to-do list.

Okay, maybe not the entire list, but consider crossing out the items that won't make or break your day or deadlines. Give yourself some grace and permission to let go of unimportant tasks or move them to tomorrow.

Compile a playlist.

The quickest way to change your mood is with music. From your favorite movie soundtracks to the tunes you can't help but sing along to, pop in your earbuds and take a few moments to escape into your favorite songs.

Stretch it out.

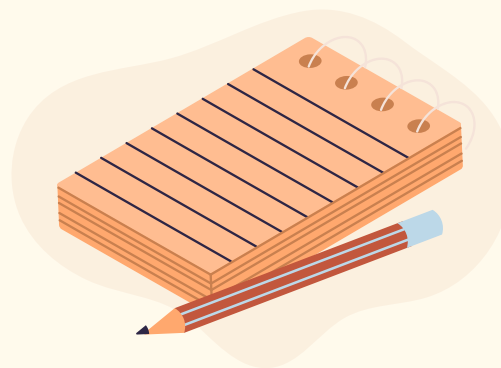
If you feel tension in your head, neck or shoulders, give this a try: slowly roll your head toward your right shoulder. Hold for 20 to 30 seconds, then slowly raise your head and repeat on the opposite side. Finish by dropping your chin to your chest and holding for as long as you need to feel stretched and relaxed.

Get the Most Out of Therapy

Therapy can be intimidating. Once you get there, you may feel like a deer in headlights. The truth is that you're not alone. Whether you're new to therapy or a seasoned pro, these tips can help you get the most out of your sessions.

01. Make a list

Therapy has a way of making your mind go blank. It may already be difficult to talk about yourself, but it can be even harder to keep track of what you want to discuss with your therapist. Make it as easy as possible by creating a list between sessions. Your list can be in the form of a journal, a sticky note on your desk or even the notes app on your phone. Whenever something weighs on you, add it to the list. You'll be prepared the next time your therapist asks what's on your mind.



02. Get comfortable

It takes time to build a relationship with your therapist and feel comfortable talking about your struggles. A few small changes may make it easier to open up in therapy. Try making yourself a calming thermos of tea to bring to your appointment and if you're coming straight from work, bring a pair of comfortable shoes or a cozy sweater to change into. Before you go into your session, do a few stretches while you listen to music. These practices can help your body relax and encourage your mind to follow.



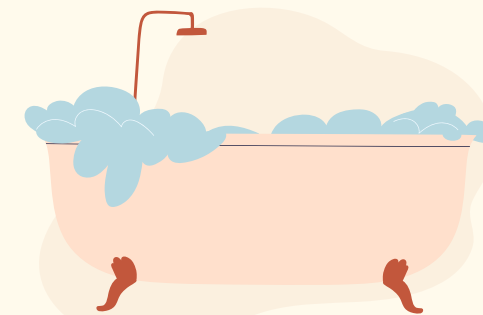
03. Take notes

Your therapist will listen, but they may also provide some excellent tips for tackling the stressors in your life. It can be tough to remember every piece of advice or book they recommend so have no shame in bringing a notebook to jot down their best insights. If you combine this tip with your list of topics during the week, it can be a great way to look back on where you're improving and what areas you need to focus on.



04. Reward yourself

Progress in therapy can look different for everyone. You may break a bad habit, stand up to a toxic person in your life or maybe just let your emotions out and cry. Celebrate those victories! Therapy can feel draining even when you're making progress so help yourself look forward to sessions with little rewards. Go get your favorite coffee as a treat or take a bath to wind down the night after your session. It might even be a sign from the universe to commit to that girls' night out you keep rescheduling. Small rewards can help reinforce that therapy is meant to create a positive impact in your life.



Swimming with the SHARKS

Shark Tank Winner, Nickey Ramsey's Inspiring Journey from Poverty to Prosperity

From surviving homelessness as a teen to promoting her business on prime time TV, Nickey Ramsey's story of ambition, altruism and triumph will surely leave you inspired.



AT FIRST GLANCE, Purdue University alumna and breakout entrepreneur Nickey

Ramsey comes across as a woman who has been thriving her whole life. Confident yet humble, classy and personable, anyone meeting Nickey for the first time would never know the battles she endured and the struggles she overcame in the past.

Nickey's tale is one of an ambitious woman born into poverty who—through hard work, resourcefulness and faith in God—overcame her circumstances and went on to become a successful inventor and entrepreneur.

BORN INTO STRUGGLE

Nickey was one of three daughters born to an impoverished family in Greenville, Mississippi.

“We grew up in a very low socioeconomic environment,” Nickey explains. “My dad was a drug addict and an alcoholic and worked as a sharecropper. My mom worked at a gas station. We really had it rough. But when you have it rough like that as a kid, you don’t even realize how bad it is because you haven’t experienced enough to know what a ‘normal’ family dynamic is supposed to be like.”

Nickey’s parents divorced while she was young. As she grew older, she began to notice how her circumstances differed from other families.

“There would be times when the gas bill wasn’t paid, so I would be huddled around a little electric space heater in the dead of winter. There were times when we didn’t have basic necessities like toilet paper in the house, so we would have to ask relatives for help. Sometimes we would go over to a relative’s house just to stay warm for the night,” Nickey recalls.

Looking back, Nickey notes that a lack of resources is only half the struggle faced by children growing up in poverty.

“Poverty is something that impacts your mental health,” Nickey explains. “In order to be successful, people who come from situations like mine have to unlearn the self-limiting beliefs that poverty instills.” She would soon discover that she would have to advocate for herself to break out of her family’s cycle of generational poverty.

When it comes to mental fortitude, Nickey’s upbringing did include one advantage: a strong and grounding faith. “I grew up knowing God,” she says.

There was a church bus that came through our neighborhood on Sundays and picked us up. I owe all the foundations of my faith to the people on that church bus. They gave me the bridge.

Looking back now, Nickey can see the many bridges that people helped her build to get to where she is now. However, before crossing the next bridge on her journey out of poverty, Nickey would face her greatest trial yet.

HOMELESS IN THE HOOSIER STATE

When she was a teenager, Nickey, her mother and her sisters moved from rural Mississippi to Evansville, Indiana to live with her aunt and uncle. Although Nickey’s mother had made the move with hopes of better circumstances for the family, their new environment was hardly better than the last.

“In Evansville, I was exposed to all kinds of illegal activity,” Nickey explains. “Some of my cousins were already involved with drugs and crime. Sometimes you’d have a crack-addict knocking on the door at 2 a.m. We were in the middle of the projects—the ghetto.”

After a year in Indiana, Nickey’s mother was ready to return to her home state. Now in high school, Nickey was faced with a choice: move back with her mom and sisters to Mississippi or stay behind at another uncle’s house in Indiana.

Despite the harsh conditions in Evansville, Nickey didn’t want to leave. “I felt like there was no future waiting for me back in Mississippi,” she says. “Back where I grew up, it seemed like every teenage girl was getting pregnant or dropping out of school to work a dead-end job. I chose to stay in Indiana so I could focus on finishing high school, getting into college and making a better life for myself.”

Nickey’s mother accepted the arrangement and let her stay behind. Unfortunately, there are no safe bets in the unstable conditions brought on by poverty. Nickey’s fate soon took a turn for the worse when it came to her plans to finish high school in good standing.

“One morning, my uncle’s girlfriend woke me up in a panic, saying he had threatened to shoot her. I went with her downstairs, where he reached under a pillow cushion and pulled his gun on her. I was so scared, I was ready to run right out the door—I knew he had a history of violence,” Nickey explained he had been convicted of murder and incarcerated in the past.

Luckily, the situation didn’t escalate from there. Nickey did, however, leave feeling traumatized and later vented about the confrontation to her cousin. Word that Nickey had spoken of the encounter soon got back around to her uncle, who kicked her out of the house in retribution. Now homeless and separated from the rest of her family, Nickey was left to fend for herself.

HOPE ON THE HORIZON

Ever-resourceful, Nickey found ways to hide her homelessness as she continued attending high school.

“I was embarrassed to be homeless,” she admits. “And when you’re a teenager, it’s really hard to reach out for help when you’re embarrassed. So, initially, I didn’t tell anyone.”

Then, one day—as she lay on the cold, unfurnished floor of the abandoned apartment unit she was using for shelter—Nickey turned to her faith for the strength she needed to reach out. “I was just like, ‘Okay, God, I really need you right now—and the Holy Spirit in my heart told me to go to my school counselor and talk to her about it.’”

Nickey’s school counselor sprung into action, calling on her connections at every homeless shelter in the district. The counselor put Nickey into contact

with a shelter where she’d be able to stay while she finished her last year of high school.

“It’s crazy, because this is how God works,” Nickey explains, shaking her head in disbelief. “The shelter only had one opening, and it was already promised to someone who was about to get out of prison.” Rather than give up and turn angry or resentful, Nickey held onto her trust that God was leading her down the right path. With the last bit of gas that her school counselor had bought her, Nickey drove her dilapidated car to the shelter, hoping for a miracle. “It turned out the other person never showed up for their slot, which meant I was able to stay there for a year and finish high school.”

After graduating, Nickey attended a local community college before transferring to Purdue. As a college student, Nickey finally experienced a taste of life without poverty’s many pressures. Of course, college students face pressures of their own, like the rigors of coursework coupled with the challenge of making friends in a new setting. Here, Nickey found support from Purdue’s Horizons program.

“The Horizons program is for first-generation college students,” Nickey explains. “They provide you with the support you need to be successful in the higher learning environment.” Nickey feels the program was pivotal for her transition into college. “Going into it, I had very poor self-esteem,” Nickey recalls. “Growing up, I never knew if I would even have the chance to go to college, let alone be successful at it, you know? But I always knew it was my ticket to a better life.”

“So, once I was there, I worked really hard. And with the help of my support network at Purdue, I learned the habits you need to get good grades: how to study for tests, how to retain what you read from your textbooks and things like that. Skills that kids who grow up in ‘normal’ households probably take for granted.”



Nickey's hard work paid off. She excelled in her studies, going on to earn a master's degree in speech-language pathology and securing a job as a traveling speech therapist. At last, Nickey's journey out of generational poverty had come to an end. And yet, her story was only beginning.

OUT OF THE MOUTHS OF BABIES

Now married and breastfeeding her second child, Nickey's travel-heavy job had already given her headaches when it came to managing her milk supply. To make matters worse, her second child had been born with a lip and tongue tie that made it difficult for him to latch while nursing. This meant that Nickey had to pump and store her breastmilk after every feeding—and that meant using copious amounts of breastmilk storage bags.

Nickey found herself going through countless disposable plastic bags, never satisfied with the durability they offered, the waste they created or the potentially toxic compounds that might be lurking inside their materials. That dissatisfaction led to the birth of an ingenious new idea.

One pivotal night, while rocking her newborn to sleep, a thought about breastmilk storage popped into Nickey's head: What if a reusable, non-plastic breastmilk bag was available to use instead?

But when Nickey searched the marketplace for the reusable silicone milk bag she desired, she was shocked to discover no such option existed. Sensing other mothers were also in need of this innovative milk storage option she'd envisioned, Nickey set out to create the product herself.

"My mindset at the time wasn't to build a business; it was to help all the breastfeeding mothers who might need this alternative," Nickey explains. "I thought, if there's just one other woman out there wishing this existed, it's worth pursuing this idea."

Nickey reached out to a friend with a background in engineering to help her bring the idea to life. What began with her sketch on a sheet of notebook paper, promptly turned into a blueprint for a prototype.

Nickey then started to research how to get a prototype manufactured. She tried one company and laughed as she explained how horrible it turned out. But she wasn't going to give up that easily. Using her savvy social media skills, she started doing research and sending DMs (direct messages) to other companies that also sold products for children, trying to find information on their manufacturers.

Nickey believes that in our current society, there are no longer gate-keepers to these kinds of opportunities. Social media enables anyone willing to learn with endless resources and possibilities of connection, you just have to dive into it.

Nickey was surprised when a business owner was willing to share the manufacturer they used to make children's plates, which she discovered in their boutique in Lafayette, IN. She then reached out to the manufacturer and after a lot of trial and error, they were miraculously able to produce the exact prototype she had envisioned. With all the pieces falling so neatly together, Nickey's idea quickly turned into obsession.



Easily label bags with Junobie's dry erase markers.



Bags can be used for both milk and snacks!



The patented bag sliders help keep your liquid gold protected.



The Junobie Silicone Milk Box is the perfect solution for safely storing your breast milk.

Nickey gushes about the support network that enabled her to get to this step in the process including her husband, friends and mentors. Even her kids, Journey and Noble, make the list as they inspired the name of her soon to be rapidly growing business: Junobie. "My husband, who's always so supportive, thought I was crazy," Nickey laughs. "He said, 'You just spent all this money on grad school and now you're gonna go make milk bags?' He thought I was having some sort of early midlife crisis," she joked, "but he could tell how important it was to me and has always had my back."

READY FOR PRIME TIME

One thing led to another, and soon Nickey was the head of her very own reusable milk bag startup, Junobie. Utilizing her social media skills once more, Nickey promoted her new silicone milk bags online. Before long, one simple idea had taken off into a full-fledged business. Now, Nickey was faced with the kind of problem businesses want to have: the market's demand exceeded her supply chain's bandwidth, and investors were needed to help take the company to the next level.

Nickey had already completed a circuit of investment pitch competitions in Indianapolis—and even secured grant money from Cook Medical that covered her product patent's attorney fees. Leaning into that experience, Nickey was able to secure a spot on NBC's *Shark Tank*. It was her big shot at pitching her products to the star CEOs she knew could make or break her business.

DON'T CRY OVER SPILLED MILK

With lots of pacing around her Los Angeles hotel room, it was a sleepless night of nerves and jet lag before Nickey's big TV pitch.

"I remember rehearsing my pitch into the wee hours of the morning," Nickey recalls. "I told myself, 'There's no way I'm messing this up.' My pitch had to be *flawless*."

On set, Nickey anxiously waited for her turn to meet the sharks. The process of shooting the show can be grueling, with

Nickey giving her pitch on NBC's *Shark Tank* in February 2022.



many contestants' pitches being filmed in one day and discussions between judges on the panel going on much longer than the show's final cut suggests. All the while, Nickey could hear the other contestants' muffled pitches through the studio wall.

At last, it was her turn. Now, Nickey's tension reached new heights as one of the studio's producers saw Nickey preparing her products for the pitch and very seriously asked, "you're not going to spill that milk all over my set, are you?"

"I knew right then and there that I was gonna spill the milk," Nickey laughed. Sure enough, the presentation was a messy affair for *Shark Tank's* podium. But otherwise, the pitch went as smoothly as Nickey had intended. The show's judges were impressed with her product, life story and natural business sense, and British celebrity businesswoman, Emma Grede, offered Nickey the round of funding she was after.

A NEW WORLD FOR WORKING MOTHERS

Her victory on *Shark Tank* marked the beginning of what Nickey calls "a movement entailing a bold paradigm shift for society at large."

"Right now, we're trying to make changes on the corporate side of things. We want to help companies design lactation spaces for their workers. We also want to consult with businesses about supporting the parents on their staff with proper milk storage equipment

and resources. We're seeing lots of companies being sued because they don't understand the rights that breastfeeding mothers have in the workplace, and we want to help them prevent that from happening while also helping working mothers breastfeed and pump more easily."

Breastfeeding is hard and moms need all the support they can get. Nickey finds that most mothers want to breastfeed but just don't have the support: working mothers especially. Junobie strives to provide an abundance of innovative and safe breastfeeding products, infant feeding tools and to also be an encouraging and uplifting resource for breastfeeding moms.

With an abundance of knowledge on breastfeeding and the will to make things happen, nobody is better equipped to change the breastfeeding business world for the better than Nickey Ramsey. The Junobie website features not only their innovative products, but a blog with dozens of articles to help mothers on their journey of feeding their babies, which is really what this is all about.



Nickey with some of the moms who have enjoyed her reusable breastmilk bags.



Junobie.com

Expecting? Already nursing? Have breastfeeding friends or family? Junobie's website is a treasure trove of lactation knowledge and resources. **Check it out by scanning the QR code!**

Red, White & Blue Yogurt Pops

If you're looking for a refreshing treat this summer, these yogurt pops are our recommended go-to.

PREP: 10 minutes • COOK: Until frozen • SERVES: 10

Ingredients

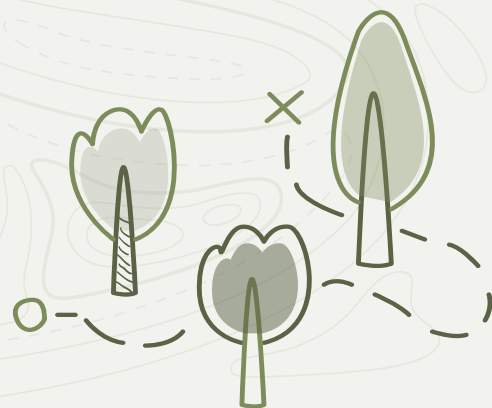
- 1 $\frac{3}{4}$ cups 2% milk, divided
- 2 Tb honey
- $\frac{1}{4}$ tsp vanilla extract
- 1 $\frac{1}{2}$ cups raspberries
- 1 cup blueberries
- 10 freezer pop molds or 10 paper cups (3 ounces each)
- 10 wooden popsicle sticks

Directions

- 1 | **IN A MICROWAVE**, warm 1/4 cup of milk then stir in honey until blended. Stir in vanilla and the remaining milk.
- 2 | **DIVIDE** berries among popsicle molds, cover with milk mixture and top with holders. If using cups, top with foil and insert sticks through the foil.
- 3 | **FREEZE** until firm.

HOW TO BE A TOURIST IN YOUR OWN TOWN

THERE'S SO MUCH TO SEE RIGHT WHERE YOU LIVE!



Want to get away?

Many of us dream of taking an exciting vacation but feel like we'll never have enough time or money to live out those dreams. Epic itineraries filled with beach days, skiing in the mountains or hiking national parks sound like great ways to spend a few days, don't they? But let's be honest: how often do we take trips like these? Not often enough. That's precisely why it can be helpful to get into a travel mindset without wandering too far away from home.

Believe it or not, trips that involve zero packing, dashes through the airport or time zone changes can be just as fun as exotic, faraway adventures. Exploring where you live can be a rewarding way to learn more about the area. You can be a tourist in your town and sleep peacefully in your bed when the day is done. Plus, you don't break the bank. That sounds like the perfect getaway!

If you live in a popular travel destination, it may be a regular thing to be surrounded by visitors whose faces light up as they point to landmarks or pose for selfies in front of that popular fountain. If you only venture out and see the things earmarked for out-of-towners when friends and family descend, get out there and experience what your area has to offer ASAP.



What to see first?

Well, what you see and do depends on where you live, what you love to do and what you're open to experiencing. Starting

with a historical tour can help you learn the stories of your town, learn how and why it was founded, see notable buildings and find iconic places to photograph. You might have an idea of the history of your area, yet these tours are a great way to fill in the missing facts. You may also gain a new appreciation for your surroundings and see your city in a whole new light.

Most hotels have a brochure kiosk in their lobby. That's a goldmine of information, activities and to-dos at your fingertips. Reach for ones that pique your curiosity, or take one of each and investigate them thoroughly. The sea of marketing brochures is there for you: a potential visitor. Don't be shy; ask someone at the hotel front desk what they recommend visitors "must-see" when they're in town for a day.

You can also start with a bit of internet research: what is your area known for? Is there a lavender farm close by that encourages agritourism? If you love to walk on the wild side, how about visiting the nearest animal sanctuary? What about your local sports teams? Have you ever been to one of the high school, college or pro games? If there is something only your city offers, take advantage of the opportunity to enjoy it.

Dress and plan for the day

Be ready for action. If you're heading to the dunes at Lake Michigan, grab your towels, sunscreen and beach umbrella. Considering the Riverwalk or Indianapolis Zoo? That means comfy shoes, layered clothing and—most likely—a vote on where to stop for lunch.



Visiting sites such as these may be easier to navigate by having a plan of action in place. Have you always wanted to hike the dunes? Do that before you settle onto the beach. Can't miss seeing the giraffes or the day will fall flat? Head to favorite exhibits or must-do activities first, then let others fill in your timeline.

Bringing along kiddos

With younger ones, it's important to make things straightforward. Have as much fun as possible by sightseeing without a restricted schedule. No one wants to buy tickets to a planetarium show only to have it be the most expensive afternoon nap because everyone slept through it. For your teens who may be dragging their heels and would rather play video games, let them be in on the planning. If they have no earthly clue what to see or do, give them a list of three activities and research them together. Although they may roll their eyes and act uninterested, you'll be creating moments that matter and can never be replaced by an afternoon of gaming.

One-Tank Wander

Make reservations at the latest swanky restaurant, hit the jazz club for a night of music and dancing, book a stay at that boutique hotel or wander around downtown.

If you want to get a bit out of your comfort zone, consider a one-tank getaway to a destination you've always wanted to explore. Pack a picnic and your hiking boots and make the drive to the nearest state park. Visit that greasy spoon a few towns over you just saw featured on that diner destination show. You don't have to travel far to find your fun.



IS YOUR Body Odor TELLING YOU SOMETHING?

Are you smelling different lately? The cause may be as simple as your diet or as severe as a serious health condition. Use these tips to assess what's going on when things are smelling off.

6 COMMON CAUSES OF UNUSUAL BODY ODOR

DIET

Certain foods—not necessarily unhealthy ones—can make your body smell different. Cruciferous vegetables like cabbage and broccoli are the biggest culprits here.

STRESS

Periods of intense stress can throw off your natural aroma. It's your body's way of telling you (and those around you) that your current high-pressure lifestyle may not be sustainable.

UNDIAGNOSED DIABETES

A build-up of glucose in the blood from untreated diabetes may give your scent an unusual sweetness.

GLAND/ORGAN TROUBLE

Liver, kidney and thyroid conditions each come with a smell that's both subtle yet distinct. Talk to your doctor if you suspect this may be the cause.

ALCOHOL

Too much booze could make you reek as your body purges toxins. Alcohol itself—not the drink containing it—is the main offender here. Whether you drank too much beer or too much vodka makes no difference.

HORMONAL CHANGES

From puberty to menopause, shifts in hormones come with shifts in scent. Another potential cause to run by your doctor.

MAKE SENSE OF OTHERS' SCENTS

In her article for *Time*, scientist Sarah Everts writes:

"Whether we like it or not, humans do smell each other, and we can glean useful social cues and health information from the body odor of others, albeit sometimes unconsciously."

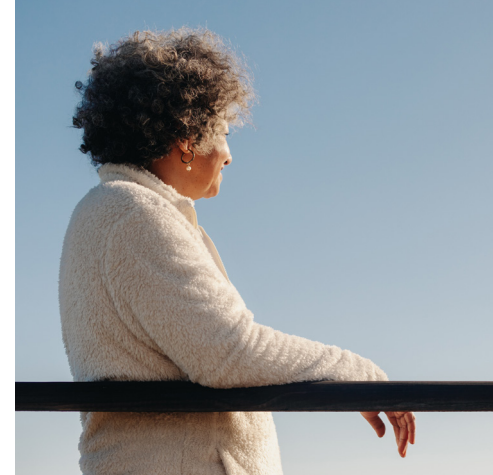
Here are some clues for what other people's body odors may be telling you:

THEY'RE SICK Studies show that our perception of a person's scent is more likely to be negative when they're fighting an infection.

YOU HAVE COMPATIBLE IMMUNE SYSTEMS If they're someone of the opposite gender, a pleasant scent may indicate that your offspring would have strong natural protection against pathogens.

THEY'D MAKE A GOOD FRIEND Whether male or female, people who smell good to us from the start tend to be more compatible with our personalities.





Tips to Help Accept *Aging*

1 Appreciate your experience

Look back on the past with grateful eyes and find reasons to celebrate your accumulated wisdom. Have you made it through struggles and hardships over the years, all the while discovering how resilient you can be? Have you achieved things that make you proud, forever reminding you of your inner potential? These moments and memories shape your self-image and, year after year, that image grows sharper. In most cases, young people only have blurred perceptions of themselves—they do not yet know the true extent of their capabilities. Recognize that only time can put these traits into clearer focus, and there is value beyond measure in the time you've had to get to know yourself better.

2 Become a mentor

What if, rather than lamenting the passing of your youth, you passed on your hard-won wisdom to someone else? Mentorship programs are a great way to reach young people that need a little guidance, and being a source of guidance can help you reconnect with your youth while helping someone else. If you have younger nieces, nephews, or cousins in your family, mentoring them is a great place to start as well.

3 Learn something new

On the other side of the mentoring coin is learning something new from someone else. Don't fall for the myth that you can't teach an "old" dog new tricks. Taking up a new skill, hobby or even investing yourself in a new professional direction will revitalize your mind as well as your mindset toward your age. In addition to learning something new, you'll also be reminded that your brain is still capable of growing in meaningful ways.

At the end of the day...

The importance of your age is decided by your attitude. You can spend the rest of your life pining for your younger days, or you can embrace that life is an ever-changing, ongoing process of growth. Perhaps that, in a nutshell, is the best mentality to have when it comes to the passing of time: you haven't just aged, you've grown.

How to Accept *Aging*

Change your outlook on age and ease your concerns about "getting old"

Have you ever heard a young person say, "I feel old?" What does it mean to "feel" older than you are? And why do we so rarely hear senior citizens say the opposite—that they "feel" young? What is "old" and what is "young," anyway? Who decides where those lines are drawn, and why should it make a difference to you?

The truth is that it shouldn't make a difference to you. Why treat yourself differently based on the number of years you've been around?

Of course, it's a premise that's easier said than done. Women in particular experience a lot of external pressure based on age. With a little shift in your mindset, however, you can start to see your age as something working in your favor, rather than against you.

PRENATAL HEALTH

ASK A DOC



Kourtney Morris, MD
OB/GYN

Wish your doctor was on speed dial? We talked with some experts at Franciscan Health to answer your most pressing questions. This is what they had to say!

FIND A FRANCISCAN DOC



1. I'm pretty sure I'm pregnant. When should I start seeing a prenatal care specialist?

Congratulations! You should see an obstetrician or OB/GYN within eight weeks of your last menstrual period. Make an appointment today if you haven't already.

2. This isn't my first pregnancy and I'm confident about my health. Can I wait until later to see a prenatal specialist?

Absolutely not. Early screenings are critical for catching complications that could harm you or your baby. Reach out to a healthcare provider as soon as you suspect you're pregnant no matter how many successful pregnancies you've had in the past.

3. What prenatal complications should I be on the lookout for?

As healthcare providers, we are really good at catching physical complications like preeclampsia and gestational diabetes, but we need a little more help from you to identify mental health concerns like prenatal depression and anxiety. Please speak up if your mental health is suffering during your pregnancy. It's often the most overlooked area in prenatal care.



Have questions you'd like to see answered in future issues? Visit inspiringwomen.org/ask-a-doc or scan the QR and submit them today!



GET BACK TO FEELING AMAZING

Get In, Get Out, Get Better.

When minor illnesses or injuries suddenly arise, it can feel like an inconvenience. But it's going to be okay –

The sooner you get in, get treatment and get answers, the sooner you can go from feeling yucky to feeling some relief.

In-person and virtual visits!



FranciscanExpressCare.org

The Organic Benefit

Which foods are worth the investment and why

Thinking about adding more organic foods to your diet? On the outside, foods grown organically look pretty much the same. It may leave you scratching your head as to the perks of buying organic at a price difference that seems difficult to swallow.

When it comes to health, adding more fruits and vegetables to your diet is always recommended. You want to eat organic, but how can you afford all the produce needed to meet the daily requirements? Not to mention deciphering which foods contain large amounts of chemicals, pesticides, hormones and antibiotics. We're here to help you prioritize what's important to add to your grocery list, what isn't and why sometimes buying local is your best bet overall.

Organic must-haves

When possible, reach for these organic-certified foods: animal products (dairy, eggs, meat), apples, baby food, celery, cherries, nectarines, peaches, pears, peppers, potatoes, raspberries, spinach and strawberries. Why these? Many fruits and vegetables listed have thin skin, meaning pesticides can leach inside. For example, when it comes to conventionally grown celery, 96% contains insecticide residue. In a 2017 sample, the FDA found that 38% of imported celery violated pesticide residue government standards: not good.

If adding organic choices to your grocery cart is too expensive, do not let that deter you from the produce aisle. The vitamins, minerals, nutrients and antioxidants that non-organic fruit and veggies contain are still beneficial and essential to overall health.

Traditionally grown and good-to-go

You can feel good about buying these foods lower in pesticide residue and easier on the wallet: asparagus, avocados, broccoli, cabbage, cauliflower, eggplant, frozen peas, kiwi, melons, mushrooms, onions, papayas, pineapple and sweet corn. It's a huge plus for your budget and a win for eating healthy without breaking the bank.

Organic animal products

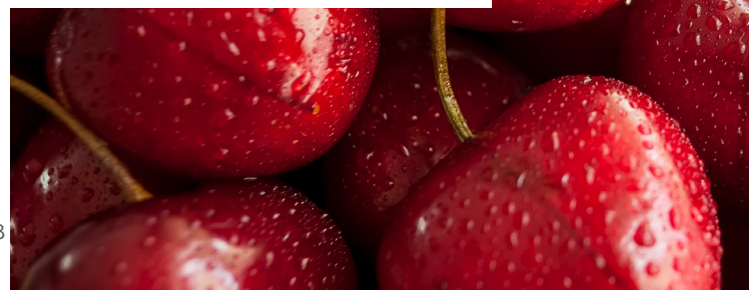
Yes, really! Organic livestock raised for meat, eggs and dairy products must be raised in conditions that mimic their natural behaviors and habitats. Antibiotic and growth hormone-free, these animals live their days grazing in pastures or are fed organic feed and forage. How the food we eat is grown or raised has a significant impact on our mental, emotional and physical health. Those with environmental or food allergies often turn to organics to lessen or prevent symptoms.

Show the ecosystem some love

Foods produced following organic principles are kinder to the planet. Pesticide-free produce equals fewer toxins in the soil. That's the kind of dirt we love to hear about because a better environment means healthier living for all.

Buy local

Many organic products are imported from other parts of the country and globe, and organic regulations differ from state to state and country to country. Choose local organics first. When not available, consider locally grown products and produce even if not officially organic. The majority are farmed and raised with organic principles in mind, meaning you're picking up the freshest product possible and investing in your local community.



WOMEN IN CRISIS

How to Help When Others Are Hurting

Managing our own stress can be a struggle. When someone we care about is going through a crisis, it can hit us especially hard. Troubles come in many forms: a difficult breakup, job change, health challenges or anything that disrupts your daily life. Knowing how to help can be a little tricky—we all have different needs and ways of coping. No cookie-cutter solution exists for every friend in crisis, but there are ways to be there for someone when they are in need of support.



1. LISTEN

Sometimes we're unsure of what to say, and it can be difficult to find the right words. Maybe you think your advice seems empty, or you have none to give. We can't solve every problem, and some problems are not ours to solve. Sometimes the best thing we can do for someone else is to listen. It seems like a small offering, yet it's a gesture that can make all the difference. Lending an ear and intentionally listening can be better than the best advice in the world. Walking side by side with someone during tremendous hardship demonstrates that you are there for them during their best times and at their lowest points too.

2. OFFER ADVICE ONLY IF ASKED

It can be hard not to jump in with solutions or words of wisdom. Unsolicited advice can be interpreted as if someone's feelings are being dismissed or judged. This is a time to validate feelings rather than sum everything up that's hurting the one you care about. While listening, you might hear someone say they're frightened, sad, unsure or nervous—whatever describes their feelings. Tell them you hear them in your response. You could say: "I can see why you're sad, and it makes sense you feel that way." Not only will you reflect that you've heard what they've said, but it also reassures you are providing your undivided attention. Rather than saying, "Everything will be fine," or "God doesn't give you what you can't handle," a gentle "I don't know what to say, but I am here for you," provides comfort without judgment.

3. HOW CAN YOU HELP?

If you are not sure how to help, ask! How we would want someone to help us through a problem or situation may be extremely different from what someone else needs. You may be one to vent to friends immediately, whereas they might process things alone before talking. Asking open-ended questions can help you determine how someone feels and perhaps clue you in as to how you can help. The best way you can offer assistance is by always showing compassion.

4. LEND A HAND

Making decisions or remembering to-dos in the midst of a crisis can be draining and drop off the radar altogether. Offering your help is a great way to lend a hand. Jumping in when you know what's on your friend's plate is even better. Take over carpool for the week, make a second lasagna for them while making one for your family or leave a coffee on their doorstep with a note. Not everyone can accept help, even when offered. Other times, naming ways someone could jump in and take over is one more thing to worry about. Show you care by simply showing up.

5. CHANGE OF SCENERY

Sometimes, getting out of the house can make all the difference. Things that generally relieve stress—going on a walk, meeting a friend for lunch or binging the newest release—fall by the wayside. Treat them to dinner, or if being away from home causes more anxiety, take a stroll around their block. Being present makes a big difference. It's a way to express that you care, show that you value your friend and that they are loved.

6. CHECK ON THEM... AGAIN

You may have a string of texts that have gone unanswered yet continue to reach out. Texting a heart emoji is plenty when you don't have words or just want them to know you're thinking of them. Don't push having a conversation. That type of pressure can make people snap or feel more reclusive. They'll let you know when they are ready to open up. Keep checking in because emotional support means everything.

7. SUGGEST RESOURCES

It can be so hard when someone we deeply care about is struggling. Being a friend doesn't mean you have all the answers or should make critical decisions for them. Yet, there are times when someone needs more than just a good listener. Emotional pain can be too heavy to bear when not trained for a crisis. When you sense additional resources are critical, point them in the right direction or seek information for yourself. Support groups, therapists or other community programs are essential places to turn to during difficult times.

If you are concerned for a loved one's immediate safety or wellbeing, there are trained specialists ready to help.

- **Call 911.** In a life-threatening emergency that involves mental health, notify the operator you need someone trained in crisis intervention.
- **National Suicide Prevention Hotline.** Call [988](tel:988) to speak with a trained counselor.
- **Crisis Text Line.** To connect with a crisis counselor, text [NAMI to 741-741](tel:741741) to receive help via text message.
- **National Sexual Assault Hotline.** To talk with a trained staff member in your area, call [800-656-HOPE \(4673\)](tel:800656HOPE) for free services. Crisis chat is also available at hotline.rainn.org.
- **National Domestic Violence Hotline.** For confidential support for anyone seeking resources or information, call [800-799-SAFE \(7233\)](tel:800799SAFE).
- **Franciscan Health.** Our dedicated team of doctors and specialists are here to help your mind, body and spirit. Find free resources or a network health professional near you online at franciscanhealth.org.

DIET PLANS

DECONSTRUCTED

Keto, vegan, South Beach and more—so many diets to choose from! And when every year seems to bring another nutritional trend, dieting can feel overwhelming. Here are a few fundamental concepts that transcend fat-loss fads.

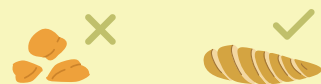
More Protein, Please!

The cornerstone of any functional diet plan is protein. Protein is the macronutrient of pure value. It helps your muscles recover after exercise, strengthens your immune system and keeps you feeling fuller for longer than simple carbohydrates or fats. Here are some great sources of protein for your diet:

- Fish** White meat chicken
- Low-fat yogurt, milk & cheese**
- Beans** Lean beef

Keep it Clean

Processed food products like chicken nuggets and deli meats are so saturated with unhealthy additives, they bear almost no nutritional resemblance to their unprocessed counterparts. **When deciding what to eat, always go for the closest you can get to your ingredients' natural state.**



Prep for Success

What are the most vital keys to accomplishing something? Having a plan and being prepared! That's where **batch cooking and meal prep** come in handy. Here's why:

Convenience Many people resort to fast food and take-out because they live busy, hectic lives without much time to cook. But if you can put aside just one evening per week to do all your cooking in advance, you'll find yourself with a fridge full of meals ready to eat on the go.

Investment Thoughts of delicious but unhealthy food can tempt our taste buds and sway us from our weight loss goals. But when you've already invested the time, energy and money into cooking your meals ahead of time, those temptations will hold less power over you.

Over age 45? Early detection saves lives.

45 IS THE NEW 50

Colorectal cancer is the 2nd leading cause of cancer death... **but it is preventable.** A colonoscopy can find and remove polyps **before they become cancerous** and symptoms develop.

Screening colonoscopies are covered by most insurance plans.

GET THE FACTS

Screenings are recommended beginning at age 45.

Most colorectal cancers occur in people with no family history.

Colorectal cancer doesn't always cause symptoms.

A colonoscopy is the gold standard for colorectal cancer screenings.

GET SCREENED! SCHEDULE A COLONOSCOPY

SCHEDULE A COLONOSCOPY

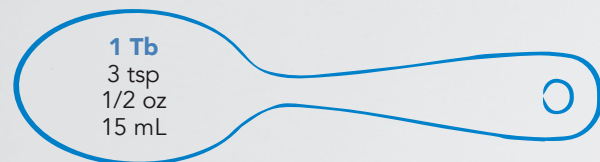
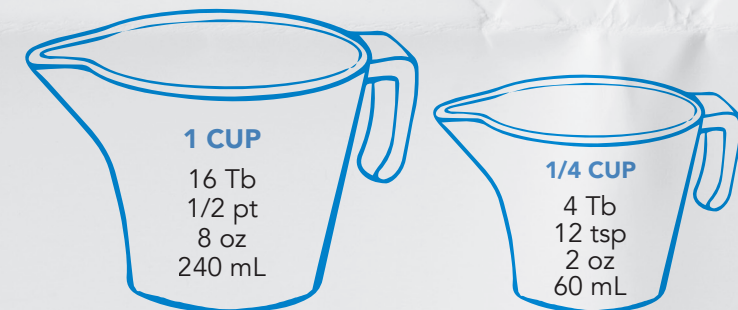
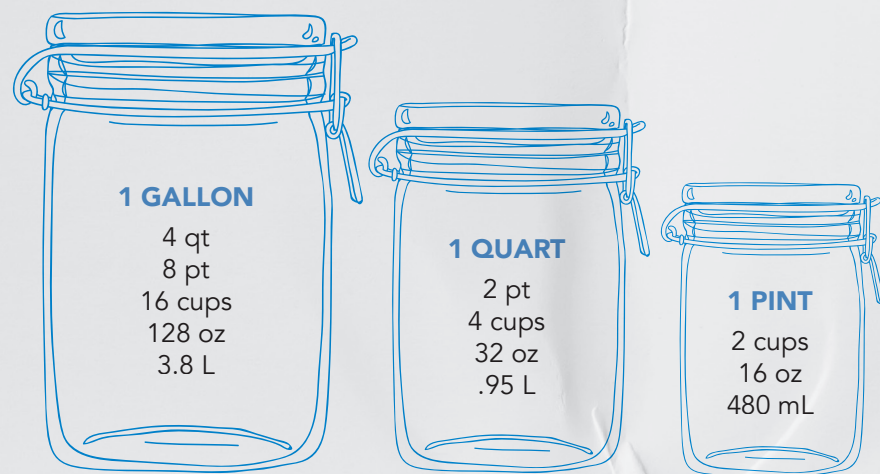


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FranciscanHealth.org/ColonCare



Kitchen Conversions



MEASURING EQUIVALENT

tsp = teaspoon
 Tb = tablespoon
 pt = pint
 qt = quart
 oz = ounces
 L = Liter
 mL = milliliter
 lb = pound
 g = gram

1/16 tsp = dash
 1/8 tsp = a pinch
 3 tsp = 1 Tb
 1/8 cup = 2 Tb
 1/4 cup = 4 Tb
 1/3 cup = 5 Tb + 1 tsp
 1/2 cup = 8 Tb
 3/4 cup = 12 Tb
 1 cup = 16 Tb

1 STICK OF BUTTER

Volume = 1/2 cup / 125 mL
 Weight = 1/4 lb (4 oz) / 115 g

OVEN TEMPERATURE FAHRENHEIT TO CELSIUS

275 °F = 140 °C
 300 °F = 150 °C
 325 °F = 165 °C
 350 °F = 180 °C
 375 °F = 190 °C
 400 °F = 200 °C
 425 °F = 220 °C
 450 °F = 230 °C
 475 °F = 240 °C

Substitutions

HERBS:

1 Tb fresh = 1 tsp dry

EGGS:

1 Tb ground flax or chia seeds + 3 Tb water
 4 Tb applesauce
 1/2 of a medium mashed banana

1 CUP BUTTERMILK

1 Tb lemon juice or vinegar + enough milk to equal 1 cup (for baking, let stand for a few minutes before using)

1 CUP OF SUGAR

3/4 cup honey
 3/4 cup maple syrup
 2/3 cup agave nectar
 1 tsp stevia

Bunless Cheeseburger Bites

PREP: 10 minutes • COOK: 15 minutes • SERVES: 10

Ingredients

- 1 lb. ground beef
- 5 slices cheddar cheese, quartered
- 1/2 cup plain breadcrumbs
- 6 lettuce leaves, divided
- 1 large egg
- 1 cup dill pickle chips
- 2 cloves garlic, minced
- 1 pint cherry tomatoes, halved
- 1 Tb Worcestershire sauce
- Kosher salt
- 1 Tb yellow mustard
- Ground black pepper
- 1 Tb vegetable oil

Directions

- 1 | **IN A LARGE BOWL**, combine ground beef, breadcrumbs, egg, garlic, Worcestershire sauce, mustard, salt and pepper. Mix until fully incorporated then form into small, meatball-sized patties.
- 2 | **IN A LARGE SKILLET** over medium heat, heat vegetable oil. Cook patties for 6 to 8 minutes, flipping halfway.
- 3 | **TOP EACH PATTY** with a cheese square and cover the skillet with a lid until the cheese is melted.
- 4 | **ON TOOTHPICKS** or small skewers, add mini patties, lettuce, pickles and tomatoes then serve.



We want to hear from you!

Inspiring Women would love to feature your favorite recipes in future issues! Visit inspiringwomen.org/share-recipe or scan the QR code to submit your favorite tried and true dishes!

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