



cayenne

wellness center and children's foundation

A Quarterly Newsletter

Issue No 2 - Summer 2008

An easier way of eating: the 3-4-4 nutritional method of eating

Healthier employees require less medical care and have lower health benefit costs. To maintain benefit costs an increase employee satisfaction, it is essential to implement and endorse a successful health promotion program

Page 1 and 3



Manager's Guide to Trauma and Grief: Tips for Creating a Supportive Environment

A traumatic event can upset our sense of stability and suddenly make life unpredictable and unfamiliar. How can you support a grieving or traumatized employee while meeting work responsibilities?

Page 2



Cayenne Wellness Center

208 South Louise Street

Glendale, CA 91205

818.377.5120

info@cayennewellness.com

Open Sunday - Friday by appointment only

Quote:

Sex is good, but not as good as fresh, sweet corn.

Garrison Keillor



An easier way of eating: The 3-4-4 Nutritional Method

Media has flooded our existence with fad diets, ways of slimming down and how to look like a particular celebrity, since they seem to be the authority these days on health and wellness. But what really works? What can you do as an employer to support healthy habits which lead to productivity, less absenteeism, and better attitude? 3-4-4, which stands for breakfast, lunch and dinner, is a proven method and doesn't require counting calories, carrying cards or counting points.

What is 3-4-4?

3-4-4 stands for breakfast - lunch - dinner. For breakfast you eat foods from three food groups; for lunch you eat food from four food groups, and for dinner you eat foods from four food groups.

3-4-4 encompasses all the vitamins, minerals, other nutrients and phytochemicals necessary for optimum health.

By eating the 3-4-4 way, you are guaranteed that each day, you have covered the gamut of all the food groups, vitamins and minerals.

How was it developed?

After working with survivors of breast cancer, the number one regret that women reported was that they wished they had paid more attention to the way they ate. With this in mind and two years of research later, Dr. Rowley put together an all encompassing way of eating - taking the challenge out of having to remember whether the person ate enough foods that have this vitamin or that mineral. Dr. Rowley wanted to make it simple and a 'no brainer'. And the results, 3-4-4.

So how does one adopt this method?

For breakfast, one must eat foods from three food groups: a fresh fruit, a dried fruit and a starch. For lunch, one must eat foods from four food groups: a fresh fruit, a green vegetable, an orange vegetable, and protein and starch. Same for dinner. One must eat foods from four food groups: a fresh fruit, a green vegetable, an orange vegetable, and a protein and starch.

For example:

Breakfast (3)

- banana (fresh fruit)
- raisins (dried fruit)
- oatmeal (starch)

continued at the top of page 3



Manager's Guide to Tackling Trauma and Grief: Tips for Creating a Supportive Environment

A traumatic event can upset our sense of stability and suddenly make life unpredictable and unfamiliar. How can you support a grieving or traumatized employee while meeting work responsibilities? Understanding what the employee is experiencing and identifying techniques to help them cope makes the process easier.

In the workplace, a grieving or traumatized employee may display the following symptoms:

1. Reduced productivity
2. Inability to concentrate
3. Irritability
4. Disorganization
5. Decreased ability to handle stress
6. Lack of emotion
7. Overworking

Your timely, sensitive support can result in reduced absenteeism, a faster return to normal productivity and a stronger sense of loyalty and trust. You can create a supportive workplace by:

- Using caution when assigning new tasks to the employee.
- Considering a temporary adjustment to the employee's duties.
- Asking how you can help and expressing sympathy for their loss.
- Preventing exhaustion through adequate staffing and setting clear priorities.

- Sharing public information with other employees, such as memorial service dates or stress resources.

- Encouraging employees to provide support (such as meals, visits or cards) to the bereaved or traumatized employee.

- Refraining from giving unsolicited advice or trivializing their pain.

- Implementing policies for life insurance benefits, bereavement leave, reduced or flexible hours, telecommuting, emergency loans, leave-sharing and condolence gifts.

- Showing appreciation for co-workers who assume the extra workload.

- Respecting the employee's confidential information.

- Creating a disaster plan.

- Ensuring that the employee has basic necessities of shelter, food and medical care.

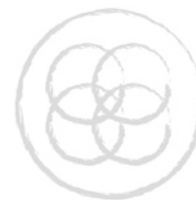
Most grief and trauma symptoms lessen over time. However, the employee may benefit from professional help if their symptoms worsen or last longer than a month.

Cayenne Wellness Center offers resources to help you and your employees with stress, anxiety, traumatic events and more. If your company is one of the corporations already participating in our EAP Health and Wellness program, give us a call or place a friendly reminder in the employees mail box to contact us.

As a CWC Corporate Member, you would pay an annual fee which would include receiving our quarterly newsletter and a CWC professional presenting a health and wellness seminar twice a year to your employees. Membership would also include participating in Cayenne Wellness Center's EAP program. Current research has substantiated organizations that have an Employee Assistance Program (EAP) save significant dollars through early intervention and prevention efforts, as well as creating a sense of caring for the employees. The savings is often realized through increased productivity and reduced health claims.

Start a healthy weight culture in your company by spreading the word and increasing awareness. To provide your employees with these resources, direct them to our website at www.cayennewellness.com.

For more information on how Cayenne Wellness Center can educate, support and provide wellness programs to your employees, contact us at: 818.377.5170 or via email at: info@cayennewellness.com.



3-4-4 method of eating (continued)

For example:

Lunch (4)

- raspberries and kiwi fruit (fresh fruit)
- green leafy salad (green vegetable) with
- carrots (orange vegetable) & beets and
- tofu (protein) or chicken (protein)
- steamed brown rice

Dinner (4)

- mango (fresh fruit)
- asparagus (green vegetable)
- baked yam (orange vegetable)
- black bean & rice tacos (protein and starch)

As you can see, 3-4-4 is easy and has you eating 'real food'. If you want to lose weight and feel great without taking chances with your health, consider 3-4-4.

Cayenne Wellness Center (CWC) has a Healthy Eating Plan for Individuals based on Dr. Rowley's 3-4-4 nutritional method. CWC offers a 4 week or 8 week plan which includes individual sessions, an exercise plan, a health food market tour, lessons on how to stock your kitchen, and follow up sessions to monitor your progress.

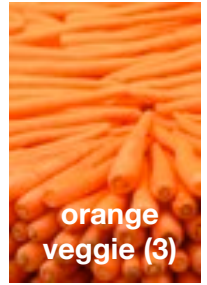
Start a healthy weight culture in your company by spreading the word and increasing awareness. To provide your employees with these resources, please direct them to our website at: www.cayennewellness.com. One of our professionals will be happy to give you a health and wellness seminar.

For more information on how Cayenne Wellness Center can support the health, well being and productivity of your employees, contact us at: 818.377.5170 or via email at: info@cayennewellness.com.

Lunch and Dinner



fruit (1)



orange veggie (3)



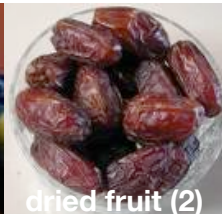
green veggie (2)



black bean/rice (4)



fresh fruit (1)



dried fruit (2)



grain (3)

Breakfast

Dr. Rowley's 3-4-4 nutritional method of eating will soon be in print. Reserve your book now and/or find out how to schedule a lecture and pre-book signing. To reach Dr. Rowley directly, email her at: carolyn@cayennewellness.com otherwise, call the Center at 818.377.5120. We thank you in advance for your support.

Chew well!

Annual Fee Schedule for the EAP Health and Wellness Corporate Program

For 1 - 25 employees¹, the cost of your annual membership is \$1,800.00. This includes receiving our quarterly newsletter and a Cayenne Wellness Center (CWC) professional presenting a health and wellness seminar twice a year to your employees at your office. Your membership also includes a CWC trained professional available to offer holistic psychotherapy twelve times² a year to your employees, either at our Glendale office or at yours.

For 25 - 50 employees¹, the cost of your annual membership is: \$3,240.00 (a 10% savings) and would include all of the above, offering 24 (instead of 12) psychotherapy sessions to your employees, either at our Glendale office or at yours.

For 50+ employees, the cost of your annual membership is: \$4,860.00 (a 10% savings) and would include all of the above, offering 36 psychotherapy sessions.

¹ The number of employees is not the number you employee but the maximum number of employees to attend the seminars.

² EAP program consists of offering a total of twelve psychotherapy sessions throughout the year. Contact us if you wish to purchase more sessions for your employees.

Cayenne Wellness Center and Children's Foundation (a non profit organization) mission statement reads:

Cayenne Wellness Center is dedicated to health promotion and disease prevention in children, adolescents, their families and the general population. The mission of Cayenne Wellness Center is to improve the nutritional and mental health of the public. We achieve this mission through education, research, and public awareness initiatives and community outreach programs that promote good nutrition and mental health. We practice the science of helping people make changes in their lifestyle to improve their overall health and quality of life emotionally, physically, and spiritually.