

# hapitimes



## Tension Headaches and Migraines What's the Difference?

Headaches are the most common form of pain, according to the National Institutes of Health. They're a major reason why people miss work or school or visit a doctor.

**Tension headaches** (the most common type of headache) are caused by tight muscles in the shoulders, neck, scalp and jaw. They may be related to stress, depression or anxiety and may occur more often in people who work too much, sleep too little, miss meals or drink alcoholic beverages.

**Migraine headaches**, which affect about 12% of Americans, involve moderate to severe

throbbing pain, often on one side of the head. During a migraine, people are sensitive to light and sound and may feel nauseated. Some people have visual disturbances before a migraine. Anxiety, stress, lack of food or sleep, exposure to light, or hormonal changes (in women) can trigger migraines. Genes that control the activity of some brain cells may play a role in causing migraines.

If you are troubled by headaches of any kind, talk with your doctor to get a diagnosis and to discuss treatment.

*Source: National Institutes of Health*

## Irritable Bowel Syndrome Can Diet Make a Difference?

Irritable bowel syndrome (IBS) is a group of symptoms, including pain or discomfort in your abdomen and changes in your bowel-movement patterns, that occur together. If you've been diagnosed with IBS, talk with your doctor about how adjusting your diet may help.

Certain foods or drinks may make symptoms worse:

- High-fat foods
- Some milk products
- Drinks with alcohol or caffeine
- Drinks with large amounts of artificial sweeteners
- Beans, cabbage and other gas-causing foods
- Gluten-containing foods (for some people)

- Fermentable carbs (fructose, honey, apples, pears, mangoes, cherries, etc.)

To learn if certain foods trigger your symptoms, keep a diary and track:

- What you eat daily
- Your symptoms
- When symptoms occur

Take your notes to your doctor and talk about which foods seem to make your symptoms worse. You may need to avoid these foods or eat less of them.

*Sources: National Institute of Diabetes and Digestive and Kidney Diseases; UptoDate.com*



### Events at the Landmark

Chef KJ in the house! Our favorite local chef will be at The Landmark to offer a free adult cooking class: June 14 at 5:30 pm.... Save the date for the Summer Jam event June 17 at The Landmark. Details coming soon!

### In the Garden

Green and spicy: Recent harvests from our on-site community garden include green beans, onions, and jalapenos. Surplus vegetables have been set aside for use in cooking classes coming up soon....

### On the Field



Above, Hapi students who participated in May's plank challenge. Next up: We are starting alphabet exercise. Here's how it works: We distribute a worksheet with the alphabet, with an exercise for each letter. Each student begins by circling the letters in their first name and practices one or two letter exercises per day during fitness time.

### In the Classroom

We have been reading Shel Silverstein poems with the kids to inspire them. Do the kids have the write stuff? They will try their own hand at poetry this month!



We asked the kids: What's your favorite summertime exercise? Their answer: Basketball!



### Chef KJ's Citrus Shrimp Salad

#### INGREDIENTS

- 5 oz. spring salad mix
- 1 mango, peeled and diced
- 1/2 pound strawberries
- 1 tomato, diced
- 1 red onion, diced
- 1 pound cooked shrimp

#### Dressing:

- Juice of one lemon
- 1 clove of garlic, chopped
- 2 tbsp. white wine vinegar
- 1/2 cup grapeseed oil

#### INSTRUCTIONS

Mix dressing in a bowl or food processor.

Toss dressing with salad ingredients and shrimp.

### The Landmark Property Deal:

\$299 move-in special for 2 bedrooms!  
(approved credit only)