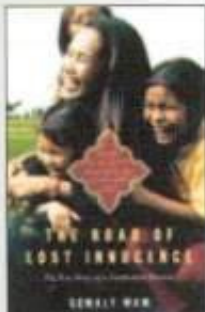


Giving Back

Each month, we'll highlight a way to "give back."

After reading the book *The Road of Lost Innocence* (Spiegel and Grau, 2008), by Somaly Mam, Margie Zable Fisher was moved to action.



Born in a village deep in the Cambodian forest, Somaly Mam was sold into sexual slavery by her grandfather when she was twelve years old. For the next decade she was shuttled through the brothels that make up the sprawling sex trade of Southeast Asia. Trapped in this dangerous and desperate world, she suffered the brutality and horrors of human trafficking - rape, torture, and deprivation - until she managed to escape with the help of a French aid worker. Emboldened by her newfound freedom, education, and security, Somaly blossomed but remained haunted by the girls in the brothels she left behind.

The Road of Lost Innocence recounts the experiences of her early life and tells the story of her awakening as an activist and her harrowing and brave fight against the powerful and corrupt forces that steal the lives of these girls. She has orchestrated raids on brothels and rescued sex workers, some as young as five and six; she has built shelters, started schools, and founded an organization that has so far saved more than four thousand women and children in Cambodia, Thailand, Vietnam, and Laos.

Somaly created a non-profit foundation to help these sex slaves in Cambodia. You can learn more at www.somaly.org.

Health is Wealth

Recipe for a Healthy "Power Breakfast"



It's hard to find healthy recipes that are also fast, easy and filling. So WBO Digest interviewed California-based Rona Lewis, a personal fitness trainer and great cook, who shared a recipe from her upcoming cookbook.

Outrageous Oatmeal

Prep Time: 5 minutes
Cook Time: 3 minutes
Serves 1

This is my favorite carbohydrate breakfast. It's a great meal for kids and adults who want a hot breakfast that will keep them full ALL morning. When I eat this, I can go for at least 4 hours without needing a mid-morning snack. That's because of the high protein content. The sugar is from the blueberries, which are low on the glycemic index and have a ton of antioxidants. Also, if you're going to have starchy carbohydrates, eat them in the morning so they'll be digested and the energy from them used during the day. Eat this, then you'll have lots of energy for a 3 or 4 mile run!

Ingredients:

- ¾ c plain quick cooking oatmeal (I like McCann's)
- 1 cup water, more or less
- ½ c blueberries
- A sprinkle of cinnamon
- ½ scoop (22 g) vanilla or banana flavored protein powder
- 2 Tbs toasted almond slivers (optional)

Place the oatmeal in a microwaveable bowl. Pour the water over it, just enough so that the oatmeal absorbs most of it. Place in the microwave for 2 minutes. When done, stir. Mix in all other ingredients. I like the optional almonds as they add a nice crunch. While they add about 150 calories and 15 grams of fat, remember your body needs this healthy fat. Plus, they have vitamin E and manganese.

Rona Lewis is the author of the new cookbook *Does This Cookbook Make Me Look Fat?*, available at www.doesthiscookbookmakemelookfat.com and at Amazon.com.

Stay Healthy Tips — Two Ways to Stop or Prevent a Cold

As soon as you feel the first symptoms of a cold (scratchy throat, runny nose, sneezing), take action. If you can breathe through your nose, the likelihood of developing complications is greatly reduced. Use decongestant sprays or saline rinses, tablets, or antihistamines to do that.

(source: Good Housekeeping, January, 2009)

Drinking any type of alcohol cleans up free radicals before they can damage healthy white blood cells. This reduces resistance to cold and flu viruses by 83%.

(source: First Magazine, January 5, 2009)

