

“A Glimpse of Medical Wellness Library”



A Birthday Celebration & the Grand Opening of Medical Wellness Library

*“Inspiring Healthy Minds,
One Page at a Time”*



By: Annalucia Innarella, M.D.



MEDICAL WELLNESS LIBRARY

*Inspiring Healthy Minds,
One Page at a Time*

*With care,
Annalucia Innarella, M.D.*

FOUNDER, MEDICAL WELLNESS LIBRARY

Grand Opening Announcement

 **OUR LIBRARY IS OFFICIALLY OPEN!** 

Medical Wellness Library

 Inspiring Healthy Minds, One Page at a Time

 Discover • Learn • Solve • Nourish • Enjoy

 A Birthday Celebration & Grand Opening

 Come Explore Our Growing Library!

 **medicalwellnesslibrary.com**



Welcome to Medical Wellness Library!

Welcome to **Medical Wellness Library**, a place created from many years of learning, teaching, medical education, healthcare experience, creativity, and a simple belief that:

- **Learning is something we can continue throughout every stage of life.**
- **Learning about health should not feel like studying a medical textbook.**

We bring together health education, wellness resources, puzzles, trivia, poetry, multilingual activities, affirmations, practical information, and inspiring content—all in one growing collection, designed to make learning useful—and sometimes simply fun.

Today is especially meaningful because this is more than the opening of a website or a collection of publications.

It is a birthday celebration, a new beginning, and an invitation to learn.

Whether you're interested in learning about health and wellness, enjoy solving puzzles, discovering something new about the human body, exploring nutrition, love learning unusual facts, or simply taking a quiet moment for yourself, we hope you'll find a little something here for you.

This little booklet is your **Welcome Gift and your invitation** to explore what the Library has to offer, and what you'll find inside.

So take your time!

Inside This Grand Opening Edition

Inside, you'll discover fascinating facts about the human body, a little history behind one of the world's favorite puzzles, important health topics, information about living with one kidney, nutritious foods, trivia, poetry, and a small sample of our multilingual collection.

Some pages may teach you something new.

Some may make you smile.

Some may make you say:

“I didn't know that!”

And that's exactly what we hope for.

**So come in. Look around. Explore, and enjoy your first little taste of...
Medical Wellness Library**

“Where learning, wellness, creativity, and curiosity come together”



Free Welcome Gift



A SPECIAL GRAND OPENING GIFT FOR YOU! A Glimpse of Medical Wellness Library



Puzzles



Fascinating Facts



Health & Wellness



Nutrition



Trivia



Inspiration



Multilingual Learning

A little something for every curious mind!



Visit Medical Wellness Library to discover more!

medicalwellnesslibrary.com

TABLE OF CONTENTS

 **Introduction — Welcome to the Library**

 **Inside This Grand Opening Edition**

 **About The Creator**

 **Section 1 — Puzzle Corner:** 5 Things You May Not Know About Sudoku. A little logic, a little fun, and a glimpse into our puzzle collection.

 **Section 2 — The Human Body:** 5 Fascinating Facts about the remarkable body we live in.

 **Section 3 — Health & Wellness:** 5 Topics Worth Knowing. Simple, engaging health information you can use and share.

 **Section 4 — One Kidney:** Understanding a Solitary Kidney & Renal Agenesis. Find out how the body adapts and how kidney health matters.

 **Section 5 — Nutrition Corner:** 10 Anti-Inflammatory Foods. Nourish Your Body. A taste of our nutrition and wellness content.

 **Section 6 — A Little Taste of Trivia.**

Test your knowledge with a few fun and surprising questions.

 **Section 7 — Poetry**
A moment to slow down, reflect, and enjoy beautiful words.

 **Section 8 — Recipes That Fit Your Life.**
Discover how our recipe collections go beyond recipes, with nutrition information, dietary substitutions, and macronutrient guidance designed to help recipes fit your individual needs and lifestyle.

Section 9 — Multilingual Learning

Explore health and wellness vocabulary across languages.



Conclusion — Thank You & Welcome to the Library.

A warm thank-you for celebrating the opening of Medical Wellness Library.



References & Further Reading



Educational Disclaimer



The Meaning Behind Our Logo

ABOUT THE CREATOR

Medical Wellness Library was created by **Annalucia Innarella, M.D.**, a medical educator and healthcare professional with decades of experience in medicine, education, Clinical/Medical Research, healthcare administration, and curriculum development.

Throughout her career, she developed a deep appreciation for the importance of making health information understandable and useful.

Medical Wellness Library grew from that philosophy.

The goal is not simply to provide information, but to create resources that encourage people to **learn, think, ask questions, and become more engaged in their own wellness journey.**

The Library brings together educational guides, wellness resources, puzzles, multilingual activities, recipe collections, poetry, trivia, affirmations, and other practical publications designed for every age, different interests and stages of life.

“...Because learning doesn't have an expiration date...”

SECTION 1: PUZZLE CORNER

5 Things You May Not Know About Sudoku

Sudoku may look like a simple number puzzle, but its history is surprisingly interesting, and here's the best part:

You don't have to be a mathematician to enjoy it!

Sudoku is primarily a logic puzzle. The numbers are symbols used to create a pattern. Solving the puzzle depends on reasoning, observation, elimination, and patience—not complicated mathematics.

A LITTLE PUZZLE TIME

1. Sudoku Wasn't Originally Called Sudoku

Sudoku is one of the world's best-known logic puzzles, but its history is more interesting than many people realize.

The modern Sudoku format first appeared in the United States in May 1979 in Dell Pencil Puzzles and Word Games under the name “**Number Place.**”

2. Sudoku Became Famous in Japan

The puzzle was later introduced in Japan in 1984 by puzzle publisher Maki Kaji and the company Nikoli. The name came from a Japanese phrase meaning, approximately, that the digits must occur only once.

The shorter name Sudoku eventually became the internationally recognized name.

The puzzle is generally credited to Howard Garns, an American architect and puzzle constructor. Years later, the puzzle would travel across the world and become the Sudoku we know today.

Today, Sudoku is enjoyed around the world by children, teenagers, and adults.

3. The First World Sudoku Championship Was Held in Italy

Here's a wonderful connection for our Italian readers!

The first World Sudoku Championship was held in Lucca (province in the region of Tuscany), Italy, in March 2006.

Competitors from around the world gathered to solve Sudoku puzzles and variations under competition conditions.

And yes — Italy became part of Sudoku history!

4. Sudoku Exercises Your Thinking Skills

Sudoku requires you to:

- Look for patterns.
- Remember possibilities.
- Eliminate incorrect choices.
- Concentrate on details.
- Think logically.
- Work patiently toward a solution.

Rather than claiming that Sudoku prevents dementia or guarantees better memory, it is more accurate to say that solving puzzles practices mental skills such as attention, reasoning, pattern recognition, and problem-solving.

And perhaps that's one reason people keep coming back to puzzles:

They're challenging without having to feel like work.

5. Sudoku Isn't Just for Adults

Did you know that some children can begin learning simplified Sudoku concepts as early as around age 4?

For young beginners, Sudoku can be adapted into a much simpler, age-appropriate versions: 4×4 GRID. The grid contains 16 spaces and is divided into: FOUR 2×2 BLOCKS

Instead of using nine numbers, a child can work with four numbers, pictures, colors, or symbols. The basic idea is simple:

Each number or symbol should appear only once in each row, once in each column, and once in each 2×2 block.

A 2020 study of 118 preschool children ages 54–77 months examined their ability to solve simplified Sudoku puzzles. The researchers specifically used pictorial 3×3 and 4×4 grids designed for preschool children. The study found that Sudoku skills varied with age, with the older preschool group performing better.

A simple 4×4 puzzle can introduce children to:

-  Observation
-  Patterns
-  Matching
-  Logical thinking
-  Concentration
-  Problem-solving
-  Following simple rules

The objective is to keep the activity age-appropriate and enjoyable, making thinking fun.

The goal isn't to make a four-year-old solve an adult puzzle.

The goal is to introduce logic and problem-solving through play.

And that's one of the beautiful things about puzzles:

They can grow with us.

From a child's first simple 4×4 number puzzle to a challenging adult Sudoku, there is always another level to discover.

SECTION 2: THE AMAZING HUMAN BODY

5 Fascinating Facts About Your Body

The human body is extraordinary, performs thousands of complicated jobs every moment—often without you even thinking about them.

You don't have to look very far to find something surprising.

Let's take a quick tour of some fascinating facts.

1. Your Brain Is an Incredible Communication Network

Your brain contains **around 86 billion neurons**, (specialized cells that communicate with one another using electrical and chemical signals).

Even though the adult brain weighs only about three pounds, it coordinates movement, sensation, language, memory, emotions, learning, and countless other functions.

Billions of neurons. One extraordinary control center. A tiny organ with enormous responsibilities.

That's a lot of work for something that fits inside your skull.

2. Your Heart Has a Neighbor

Did you know **your lungs aren't identical**?

Your left lung is slightly smaller than your right lung.

That's because your heart occupies space on the left side of your chest.

The right lung has **three lobes**, while the left lung has **two lobes** and a special indentation called the **cardiac notch**, which accommodates the heart. Inside the lungs are millions of tiny air sacs called **alveoli**. These microscopic structures provide the surface where oxygen enters the blood and carbon dioxide leaves it.

Your lungs and heart work together continuously to deliver oxygen throughout your body.

3. Your Kidneys Are Remarkable Filters

Your kidneys filter your blood continuously, helping remove waste and excess substances while maintaining the body's internal balance.

They also play important roles in:

- Blood pressure regulation
- Red blood cell production
- Bone health
- Fluid balance
- Electrolyte balance

Each kidney is approximately the size of a computer mouse.

4. ❤️ The Amazing Human Heart

Your heart is an extraordinary muscular organ that works continuously, beating about 100,000 times each day and pumping thousands of liters of blood through your body.

About the size of your fist, the heart has its own electrical system that helps control each heartbeat—allowing it to continue beating automatically without you having to consciously tell it what to do. Over an average lifetime, the human heart may beat billions of times, delivering oxygen and nutrients to tissues throughout the body while helping remove carbon dioxide and other waste products.

Perhaps most amazingly, your heart begins beating early in development and works tirelessly throughout your life.

5. Your Small Intestine Is Surprisingly Long

Despite being called the small intestine, it is the longest part of your gastrointestinal tract. It measures about 22 feet long.

Its inner surface contains folds and microscopic tiny finger-like structures called villi and microvilli, which greatly increase the surface area available for absorbing nutrients. Your digestive system is essentially a highly organized nutrient-processing system.

If its inner surface could be spread out, it would be roughly comparable to the size of a tennis court.

Small in diameter. Huge in job.

SECTION 3 — HEALTH & WELLNESS

Health is influenced by many factors, including nutrition, physical activity, sleep, stress, environment, genetics, medical conditions, and access to healthcare.

Here are a few conditions and wellness facts worth knowing.

1. Celiac Disease

Celiac disease is an autoimmune disorder triggered by gluten in people who have the condition.

Gluten is a group of proteins found naturally in certain grains, especially **wheat, barley, and rye**.

When a person with celiac disease consumes gluten, the immune response can damage the lining of the small intestine and interfere with nutrient absorption.

Where Can Gluten Be Found?

Common gluten-containing foods include:

- Bread and rolls
- Pastries and baked goods
- Regular wheat-based pasta
- Many cereals
- Pretzels
- Crackers
- Foods made with wheat flour
- Traditional barley beer
- Pizzas

Gluten can also appear unexpectedly in **sauces, soups, seasonings, processed foods, and other packaged products**, so people with celiac disease need to read labels carefully and consider cross-contact during food preparation.

Naturally gluten-free foods include many:

- Fruits
- Vegetables
- Eggs
- Plain meat, poultry, and fish
- Beans and legumes
- Naturally gluten-free grains

However, processed foods and prepared foods still need to be checked carefully.

Important distinction

Celiac disease is different from **non-celiac gluten sensitivity** and **wheat allergy**.

These conditions involve different biological mechanisms and should not automatically be treated as the same condition.

2. 🦋 Chronic Kidney Disease

What Is CKD?

Chronic kidney disease (CKD):

occurs when the kidneys are damaged or their function is reduced over time.

CKD may develop gradually and may cause few or no symptoms during its early stages.

Two major risk factors are:

- **Diabetes**
- **High blood pressure**

Regular medical care and appropriate testing can help identify kidney problems earlier.

That is one reason testing can be so important.

According to the CDC's March 2026 data, approximately 14% of U.S. adults—about 37 million people—are estimated to have CKD.

Why does early awareness matter?

When kidney disease is identified early, healthcare professionals may have more opportunities to identify its cause, monitor kidney function, manage risk factors, and help slow progression.

Knowing your numbers can make a difference.

3. Diabetes

What Is Diabetes?

Diabetes is a chronic condition that affects the way the body handles glucose (blood sugar).

In the United States, diabetes affects tens of millions of people, while many more adults have **prediabetes** without knowing it.

Healthy eating patterns, physical activity, appropriate medical care, and regular monitoring can all play important roles in diabetes management and prevention of complications.

Glucose is an important source of energy, but having too much glucose in the bloodstream over time can damage blood vessels and organs.

According to the CDC's 2026 statistics:

- 40.1 million people in the United States have diabetes.
- That's about 1 in every 8 people.
- More than 1 in 4 adults with diabetes don't know they have it.
- About 115.2 million U.S. adults have prediabetes.
- About 8 in 10 adults with prediabetes don't know they have it.

Why does this matter?

Diabetes can affect many parts of the body, including the heart, blood vessels, eyes, nerves, and kidneys.

For people with prediabetes, early lifestyle changes can reduce the risk of developing type 2 diabetes.

4. Pregnancy

The Body Performs an Extraordinary Transformation

Pregnancy is much more than carrying a growing baby.

A pregnant person's body undergoes major changes involving the heart, blood vessels, kidneys, lungs, hormones, metabolism, and many other systems.

For example, blood volume increases substantially during pregnancy, and cardiac output (the amount of blood the heart pumps each minute) rises by roughly 30–50% depending on the stage and individual circumstances.

The kidneys also adapt.

Renal blood flow and GFR (glomerular filtration rate, a measure of how quickly the kidneys filter blood) increase during normal pregnancy.

And then there's the **placenta**.

The placenta is a temporary organ that helps connect the developing baby with the mother's circulation. It participates in the exchange of oxygen, nutrients, and waste and also produces hormones that support pregnancy.

Pregnancy is truly a whole-body experience.

5. MUSCLE HEALTH AFTER 50

Your Muscles Need Attention, too!

Muscle loss doesn't suddenly begin at age 50.

According to NIH (National Institute of Health), the body naturally begins losing muscle mass around age 30, at a rate of approximately 3–5% every 10 years.

Over time, this can contribute to decreased strength and, in some people, sarcopenia (loss of muscle mass, strength, and physical function).

Muscle strength matters for everyday life.

It helps you:

- Get out of a chair.
- Climb stairs.
- Carry groceries.
- Maintain balance.
- Walk safely.
- Perform everyday activities independently.

The encouraging part?

Aging does not mean you have to stop caring about your muscles.

Appropriate physical activity, resistance exercise, adequate nutrition, and management of medical conditions can all play important roles in maintaining physical function.

SECTION 4 — ONE KIDNEY

Understanding a Solitary Kidney & Renal Agenesis

What is a Solitary Kidney?

Having one kidney is not automatically the same thing as having chronic kidney disease.

Some people are born with one kidney, others have one kidney because of surgery, injury, disease, or kidney donation.

The term solitary kidney or solitary functioning kidney refers to having only one functioning kidney.

What Is Renal Agenesis?

Renal agenesis means that a kidney did not develop during fetal development.

When only one kidney fails to develop, it is called **unilateral renal agenesis**.

NIDDK (National Institute of Diabetes and Digestive and Kidney Disease) and Medical literature estimates that approximately **1 in 1,000 to 2,000 babies** are born each year with kidney agenesis, although estimates vary among populations and studies, and the true number may be higher because some cases are never diagnosed.

Can Someone Live With One Kidney? Yes.

Many people with one healthy functioning kidney live full, active lives. The remaining kidney can adapt to its increased workload.

However, having one kidney does mean that kidney health deserves attention!

.

Possible complications can include:

- Increased protein in the urine.
- Reduced kidney filtration.
- High blood pressure.
- Other kidney or urinary abnormalities in some individuals.

What Should Be Monitored?

Depending on the individual's situation, healthcare professionals may monitor:

-  Blood pressure.
-  Kidney blood tests.
-  Urine for protein or albumin.
-  GFR or other measures of kidney function.
-  Additional testing when medically appropriate.

The Amazing Adaptation of the Kidney

- When only one kidney is functioning, that kidney can adapt.
- It may become somewhat larger and take on additional filtering work.
***This is part of the body's ability to compensate for the loss of the other kidney.
- However, having a solitary kidney is a reason to take kidney health seriously.
- Having one kidney does **not automatically mean a person has chronic kidney disease.**

The important message: One kidney can do an extraordinary job—but it deserves care, monitoring, and respect.

One kidney deserves attention—not fear. A person can have one healthy kidney and normal kidney function.

The important question is not simply: "How many kidneys do I have?"

It is: **"How well is my kidney functioning?"**

SECTION 5 — NUTRITION CORNER

Acute inflammation is part of the body's normal defense and healing process, and the problem is not inflammation itself.

The concern is **chronic inflammation**, which can be associated with many chronic health conditions, and which can persist and contribute to tissue damage and disease.

There is no single official “anti-inflammatory food” or magic diet.

Instead, **research** emphasizes an **overall dietary pattern** rich in vegetables, fruits, legumes, whole grains, nuts, seeds, fish, and healthy unsaturated fats, while limiting highly processed foods and other foods associated with less healthy eating patterns.

Here are ten foods and food groups worth knowing.

10 Foods Often Included in an Anti-Inflammatory Eating Pattern

1. Berries

Berries include strawberries, blueberries, raspberries, and blackberries.

They provide:

- Fiber
- Vitamin C
- Vitamins and minerals
- Polyphenols and other plant compounds

Their colorful pigments are associated with compounds that have antioxidant and anti-inflammatory properties.

A diet rich in fruits and vegetables is associated with better overall health and may help reduce the risk of several chronic conditions.

2. 🥦 Cruciferous Vegetables

Cruciferous vegetables include:

- Broccoli
- Cauliflower
- Brussels sprouts
- Cabbage
- Kale
- Bok choy
- Arugula
- Radishes

Why are they called “cruciferous”?

The word comes from the Latin **crucifer**, meaning “**cross-bearing**.”

Many plants in this family have four-petaled flowers arranged in a shape resembling a cross.

Cruciferous vegetables provide:

- Fiber
- Vitamin C
- Vitamin K
- Folate
- Carotenoids
- Minerals
- Glucosinolates: natural, sulfur-containing compounds

When these vegetables are chopped, chewed, or prepared, glucosinolates can contribute to the formation of biologically active compounds that have been studied for their potential cellular protective effects.

Adding a variety of vegetables to the diet is one of the simplest ways to improve overall dietary quality.

3. 🐟 Fatty Fish

Examples include:

- Salmon
- Sardines
- Mackerel
- Trout
- Herring

Fatty fish provide the long-chain omega-3 fatty acids, particularly:

EPA — eicosapentaenoic acid and **DHA — docosahexaenoic acid**

Omega-3 fatty acids are a type of healthy dietary fat that the body needs for important functions, including heart, brain, and cell health. The body cannot make enough of certain omega-3s on its own, so we obtain them from foods such as fatty fish, walnuts, flaxseeds, and chia seeds.

EPA (eicosapentaenoic acid) is an omega-3 fatty acid that plays a role in cardiovascular health and the body's inflammatory processes.

DHA (docosahexaenoic acid) is an omega-3 fatty acid that is an important structural component of cell membranes, particularly in the **brain and eyes**.

The body can make some omega-3 fatty acids, but it does not efficiently produce enough EPA and DHA to meet all needs.

4. 🫒 Extra-Virgin Olive Oil

Extra-virgin olive oil is a major component of Mediterranean-style eating patterns. It provides mostly **monounsaturated fat**, along with naturally occurring plant compounds.

Where does the world's olive oil come from?

Major olive-oil producing countries and regions include:

- **Spain** — especially Andalusia, with Jaén being one of the world's best-known olive-growing areas
- **Italy** — especially Puglia, Calabria, and Sicily
- **Greece** — especially the Peloponnese and Crete
- **Türkiye**
- **Tunisia**
- **Portugal** — particularly the Alentejo region

Spain is currently the world's largest olive-oil producer.

Rather than searching for one universally “best” producer, it is useful to appreciate the remarkable variety of olive-growing regions, cultivars, climates, and production traditions around the Mediterranean and beyond.

A Taste of the World's Olive-Growing Regions

Extra-virgin olive oil, or **EVOO**, is a minimally processed oil obtained directly from olives and is a major component of Mediterranean-style eating patterns.

The world's olive-oil industry is dominated by Mediterranean and nearby producing countries.

According to the International Olive Council's current production data, **Spain is by far the world's largest producer**, with major production also coming from **Türkiye, Greece, Italy, Tunisia, and Portugal**.

The International Olive Council's **2026 Mario Solinas Quality Awards** also recognized extra-virgin olive oils from Spain, Italy, Tunisia, and China among this year's winners, showing that quality excellence can come from many producing regions.

Spain: Andalusia accounts for approximately 80% of Spanish production.

Italy: Puglia, Calabria, & Sicily are especially important producing regions, and together account for about 80% of Italian production.

Italy is not the world's largest producer, but it has an extraordinary olive-growing tradition and enormous regional diversity.

Greece: the Peloponnese and Crete account for about 65% of Greek production

5. 🌰 Walnuts

Walnuts provide:

- Plant-based omega-3 fatty acid ALA
- Fiber
- Protein
- Minerals
- Polyphenols

They can be a nutritious addition to an overall balanced eating pattern.

Because nuts are calorie-dense, portion size still matters.

6. 🍅 Tomatoes

Tomatoes provide:

- Vitamin C
- Potassium
- Folate
- Carotenoids

One important carotenoid is **lycopene**, the pigment responsible for much of the tomato's red color.

Cooking tomatoes can increase the availability of lycopene, particularly when tomatoes are consumed with a healthy fat such as olive oil.

7. 🥑 Avocado

Avocados provide

- Monounsaturated fat
- Fiber
- Folate
- Potassium
- Vitamin E
- Other vitamins and minerals

Their creamy texture makes them a versatile addition to meals while providing nutrient-dense fats.

8. 🫘 Beans & Legumes

Beans, lentils, and other legumes provide:

- Plant protein
- Fiber
- Folate
- Minerals
- Complex carbohydrates

Regularly including legumes can contribute to a dietary pattern associated with better cardiometabolic health.

9. 🧡 Ginger

Ginger contains naturally occurring compounds called **gingerols** and related substances.

Ginger has been studied for its effects on nausea, digestion, and inflammatory pathways.

Fresh ginger can be added to:

- Teas
- Stir-fries
- Soups
- Sauces
- Smoothies

10. 🌿🌍 Turmeric

Turmeric is a yellow-orange spice traditionally used in many cuisines, and commonly used in South Asian and Middle Eastern cuisines.

Its bright yellow color comes largely from compounds called **curcuminoids**, including curcumin. Turmeric can add flavor and color to foods without requiring large amounts of salt.

Turmeric has been extensively studied for its biological, potential effects on inflammatory pathways.

Remember:

No single food can prevent disease or replace appropriate medical care.

The greatest benefit comes from the **overall pattern of eating**.

However, it should not be presented as a cure or substitute for medical treatment.

Using turmeric as a culinary spice is also very different from taking concentrated supplements.

A GENTLE NUTRITION REMINDER

The foods featured in this section are examples of nutritious foods that may be part of a healthy eating pattern for many people.

They are not recommendations for every individual or every medical condition.

Nutritional needs can vary significantly depending on:

- Kidney function.
- Diabetes status.
- Medical conditions.
- Medications.
- Allergies.
- Age.
- Pregnancy.
- Dietary restrictions.

A food that is nutritious for one person may need to be limited, modified, or avoided by another.

If you have a medical condition or follow a therapeutic diet, discuss significant dietary changes with your physician, registered dietitian, or another qualified healthcare professional.

This information is provided for general educational purposes only and is not intended to diagnose, treat, or replace individualized medical or nutritional advice.

SECTION 6 — ? WELLNESS TRIVIA

How much do you know about your body and health?

Try answering these before looking at the separate answer page.

1. Approximately how many neurons are found in the human brain?

- A. 1 million
- B. 1 billion
- C. 86 billion
- D. 500 billion

2. Which lung has three lobes?

- A. Left
- B. Right
- C. Both
- D. Neither

3. What is the approximate length of the adult small intestine?

- A. 3 feet
- B. 8 feet
- C. 12 feet
- D. 22 feet

4. Which organ is primarily responsible for filtering waste from the blood and producing urine?

- A. Liver
- B. Heart
- C. Kidneys
- D. Pancreas

5. Which nutrient is especially abundant in fatty fish?

- A. Omega-3 fatty acids
- B. Trans fats
- C. Added sugars
- D. Starch

6. Which disease is triggered by gluten in susceptible individuals and can damage the small intestine?

- A. Osteoarthritis
- B. Celiac disease
- C. Asthma
- D. Hypertension

7. What does EPA stand for?

- A. Essential Protein Acid
- B. Eicosapentaenoic Acid
- C. Essential Phosphorus Agent
- D. Erythrocyte Protection Acid

8. What does DHA stand for?

- A. Docosahexaenoic Acid
- B. Dietary Health Acid
- C. Direct Hormone Agent
- D. Docosahexanoic Aldehyde

9. Which vegetable belongs to the cruciferous family?

- A. Broccoli
- B. Banana
- C. Blueberry
- D. Sweet potato

10. Which country is currently the world's largest olive-oil producer?

- A. Spain
- B. Canada
- C. Norway
- D. Australia

TRIVIA ANSWERS

1. C — 86 billion

The human brain contains approximately 86 billion neurons.

2. B — Right

The right lung has three lobes. The left lung has two because space is needed for the heart.

3. D — 22 feet

The adult small intestine is approximately 22 feet long.

4. C — Kidneys

The kidneys filter the blood and produce urine while performing many other important functions.

5. A — Omega-3 fatty acids

Fatty fish are important dietary sources of the long-chain omega-3 fatty acids EPA and DHA.

6. B — Celiac disease

Celiac disease is an autoimmune condition triggered by gluten in susceptible individuals.

7. B — Eicosapentaenoic Acid

EPA is a long-chain omega-3 fatty acid.

8. A — Docosahexaenoic Acid

DHA is a long-chain omega-3 fatty acid that is especially important as a structural component of brain and eye tissues.

9. A — Broccoli

Broccoli is a member of the cruciferous vegetable family.

10. A — Spain

Spain is currently the world's largest olive-oil-producing country.

★ **How did you score?**

5 correct: 🏆 **Library Expert!**

4 correct: 🌟 **Excellent!**

3 correct: 👏 **Great job!**

2 correct: 😊 **You're learning!**

1 correct: 💡 **Now you know something new!**

0 correct: 🎉 **Perfect! You have five new facts to remember!**

SECTION 7 — ✨ A MOMENT FOR THE SOUL

Health is more than laboratory numbers.

Wellness can also include curiosity, creativity, connection, gratitude, laughter, learning, and taking a moment to breathe.

Keep Learning

There is always something new to discover,
something beautiful to notice,
something difficult to understand,
and something wonderful to learn.

We may change with the years,
but our ability to grow does not have to disappear.

Every question can open a door.

Every new skill can create confidence.

Every page we read
can lead us somewhere new.

****Never stop learning. Never stop growing.
Never stop discovering what is possible.****

SECTION 8 — RECIPES THAT FIT YOUR LIFE

Food can be both nourishing and enjoyable.

At the Medical Wellness Library, our recipe collections are designed to be more than a collection of recipes. They are created to help you make informed choices about the foods you prepare and enjoy, and also to make healthy eating practical while recognizing that people have different dietary preferences, nutritional goals, and needs.

Throughout the Medical Wellness Library, you'll find helpful information designed to make each recipe easier to understand and adapt to your individual preferences and lifestyle.

Rather than including a complete recipe in this sampler booklet, we wanted to give you a preview of an important feature you'll find throughout our recipe collections.

What You'll Find in Our Recipe Collections



Nutrition Information

Many recipes include estimated nutrition information such as:

- Calories
- Protein
- Carbohydrates
- Fat
- Fiber
- Sodium
- Sugar

These values will help you understand what a serving contributes to your overall diet. This information can help you better understand what you're eating and make choices that fit your goals.



Dietary Substitutions

Many recipes also include practical substitution ideas/suggestions to accommodate different dietary preferences and lifestyles, such as:



Vegetarian



Vegan



Gluten-Free



Keto or Lower-Carbohydrate

Additional substitutions may be provided when appropriate.

A Note About Macros & Nutrition Information



Understanding Macronutrients

Macronutrients, often called “macros,” are the nutrients your body needs in larger amounts: **protein, carbohydrates, and fat**. Each has important roles in providing energy, supporting body functions, and maintaining overall health.

Understanding the macronutrient content of a recipe can help you make more informed food choices and adjust meals according to your individual needs.

A Helpful Reminder

Nutrition information provided with recipes is generally an **estimate**. Actual values may vary depending on ingredient brands, portion sizes, preparation methods, and substitutions.



At Medical Wellness Library, we believe that recipes should do more than tell you what to cook—they should help you understand the choices you're making.

Because **nutritional values** can vary according to ingredient brands, portion sizes, preparation methods, and substitutions, the numbers provided in our publications are intended as **educational estimates rather than individualized medical or nutritional advice**.

Dietary substitutions can make recipes more flexible, but they do not automatically make a recipe appropriate for every medical condition. Individuals with conditions such as **chronic kidney disease, diabetes, food allergies, celiac disease, or other health concerns and dietary restrictions** should consider their individual nutritional needs and follow recommendations from their healthcare professional or registered dietitian for individualized guidance.

From everyday meals to specialized wellness recipe collections, Medical Wellness Library combines practical recipes with nutrition information to help you make more informed food choices.

SECTION 9 — A LITTLE MULTILINGUAL MOMENT

Medical Wellness Library celebrates learning, and learning can happen in more than one language.

Here are a few simple wellness words:

English	Spanish	Italian
Health	Salud	Salute
Wellness	Bienestar	Benessere
Heart	Corazón	Cuore
Kidney	Riñón	Rene
Brain	Cerebro	Cervello
Water	Agua	Acqua
Food	Alimento	Cibo
Family	Familia	Famiglia
Hope	Esperanza	Speranza
Learning	Aprendizaje	Apprendimento
Health	Salud	Salute

Three languages. One beautiful message:

“Take care of yourself. Keep learning. Keep growing”

CONCLUSION — Thank You for Visiting

Thank you for celebrating our Grand Opening with us.

This little book was created as a taste of the Library—just enough to give you a glimpse of the variety waiting inside.

We're happy to have you here, and we hope you'll come back often.

New resources and collections will continue to be added to the Library.

Explore. Learn. Relax. Take care of yourself.

With gratitude,

Annalucia Innarella, M.D.

Medical Wellness Library

Thank you for being part of our beginning.

THE MEANING BEHIND OUR LOGO

The lotus represents growth, resilience, and the beauty of continuing to learn and flourish, through every stage of life.

Medical Wellness Library

Discover • Learn • Solve • Nourish • Enjoy

REFERENCES & FURTHER READING

The following organizations provide reliable educational information on many of the health topics discussed in this sampler:

[Centers for Disease Control and Prevention \(CDC\)](#)

Kidney disease, diabetes, and general health information.

[National Institute of Diabetes and Digestive and Kidney Diseases \(NIDDK\)](#)

Information about kidney disease, celiac disease, digestion, and related conditions.

[National Kidney Foundation \(NKF\)](#)

Kidney health, chronic kidney disease, nutrition, and kidney-related education.

[Cleveland Clinic](#)

Patient-friendly educational information about anatomy, physiology, and health conditions.

[Harvard T.H. Chan School of Public Health](#)

Nutrition and healthy eating information.

[International Olive Council \(IOC\)](#)

Information about olive oil, olive production, and olive-growing regions.

[World Sudoku Federation \(WSC\)](#)

Information about international Sudoku competitions and Sudoku history.

Further Reading

Readers are encouraged to consult the original organizations and current professional guidelines for the most up-to-date information.

EDUCATIONAL DISCLAIMER

The information provided in **A Little Glimpse of Medical Wellness Library** is intended for general educational and informational purposes only.

It is not intended to diagnose, treat, cure, or prevent any disease or medical condition, and it should not be used as a substitute for professional medical advice, diagnosis, or treatment.

Health information can change as scientific knowledge develops. Individual circumstances also vary significantly. A recommendation that may be appropriate for one person may not be appropriate for another.

Nutrition information and dietary suggestions are especially individual. Nutritional needs may differ based on age, medical conditions, medications, allergies, pregnancy, kidney function, diabetes, cardiovascular health, and other factors.



***The lotus represents growth, resilience, and
the beauty of continuing to learn and flourish,
through every stage of life.***

