

HealthyLife[®] Letter

July 2006

Be Fit



HEFTY NUMBERS

The average American adult weighs 188.3 pounds. That's up 2.5 pounds over last year's mark, as measured in the annual Nutritional DiningStyles[™] Research from ARAMARK, our nation's largest food service company.

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How does your garden grow?

Gardening can provide plenty of physical activity. It all counts toward a daily goal of at least 30 minutes. But some gardening can be more intense and burn more calories.

Vigorous.

(Burns 300-400 calories/hour):

- * Stacking wood.
- * Clearing land.
- * Digging.
- * Tilling with power tools.
- * Mowing with a hand mower.
- * Planting, trimming shrubs with a manual cutter.
- * Weeding.

Moderate.

(Burns 200-300 calories/hour):

- * Picking fruit or vegetables.
- * Raking lawn.
- * Sacking leaves.
- * Trimming shrubs with a power cutter

And then there's just plain enjoyment of the fruits of your labors: beautiful bouquets of flowers and tasty healthy tomatoes and onions you've grown.

Source: International Council on Active Aging

Self-Care Corner

Tumblers off trampolines land in the doctor's office

Thousands of kids and adults are landing in the ER and doctors' offices with injuries caused by jumping on trampolines. Most are minor sprains, bruises, and cuts. But more serious bone breaks are common. And injuries to the neck and spine can cause paralysis or death.

The most common causes of injuries result when jumpers collide, land wrong, fall or jump off the tramp or hit the springs or frame.



Safety tips:

- * Adults need to watch at all times. A spotter should be big enough and strong enough to protect the jumper, if he or she gets too close to the edge.
- * Only one person should jump at a time.
- * Always jump in the center.
- * Don't do somersaults or high-risk tricks.
- * Never go underneath the trampoline while someone else is jumping on it.
- * Never play on a wet trampoline or use it in bad weather, such as rain or snow.
- * Never jump off. When finished, a jumper should stop, walk to the edge, sit and slide off.
- * Put the trampoline in a spot that is surrounded by a soft or padded surface. Cover the supporting bars, hooks, springs, strings and landing surfaces with soft, protective padding.
- * Place it away from structures, fences, trees and other play areas.
- * Take off all jewelry before jumping.
- * Set rules for use of the trampoline and make sure they are clear to everyone.

Source: American Academy of Orthopedic Surgeons

Hot hot hot tips for summer skin

Summer is tough on skin. The non-profit National Women's Health Resource Center offers these tips for helping your skin survive the harsh rays of summer:

- * Eat plenty of summer fruits and vegetables. Studies show that diets high in saturated fat, including meat, butter and full-fat dairy, as well as soft drinks, cakes and pastries increased the chance of skin wrinkling.
- * Follow a diet high in vitamins A, E and C and essential fatty acids.
- * Don't forget to wash down your healthy foods with a big glass of water. In fact, aim for at least 8 to 10 glasses of water a day for the best skin results.
- * Get out in the warm weather and exercise. Exercise flushes dirt out of your skin and promotes production of oil, your skin's natural moisturizer and enhances blood flow to the skin.
- * Here's another reason to stop smoking. Smoking tightens blood vessels, reducing blood flow to the skin.
- * Of course, the greatest damage to your skin occurs from the rays of the sun. Few people use sunscreen the right way – apply a full ounce every couple of hours, more if you've been swimming or sweating.
- * Besides sunscreen, you'll need a hat, long sleeves and pants and a time limit for your stay in the sun.
- * Think a tanning bed is safer than a beach tan? Think again. There's no such thing as a safe tan. Tanning booths not only cause damage like the sun, they can be 20 times more intense.
- * The stress in your life turns up on your face. Relaxation techniques, biofeedback and breathing training can help you cope better with life stresses and reduce their effects on your skin.

For a free copy of the guide Women, Skin Health & Beauty, call 877.986.9472 or download at www.healthywomen.org.

What's Up Doc?

And you think bird flu is scary (so is hepatitis)

The threat of bird flu sounds scary. But what about a disease that already affects nearly 5 million people in the U.S. and maybe 500 million around the world?

A liver disease, in two forms, may double over the next 10 years without prevention efforts, says the CDC.

Hepatitis B is one form. You get this virus from contact with blood or bodily fluids from an infected person, such as through:

- * Sharing needles through drug use, etc.
- * Getting tattoos or body piercings with unsterile tools.
- * Having sex with the infected person.

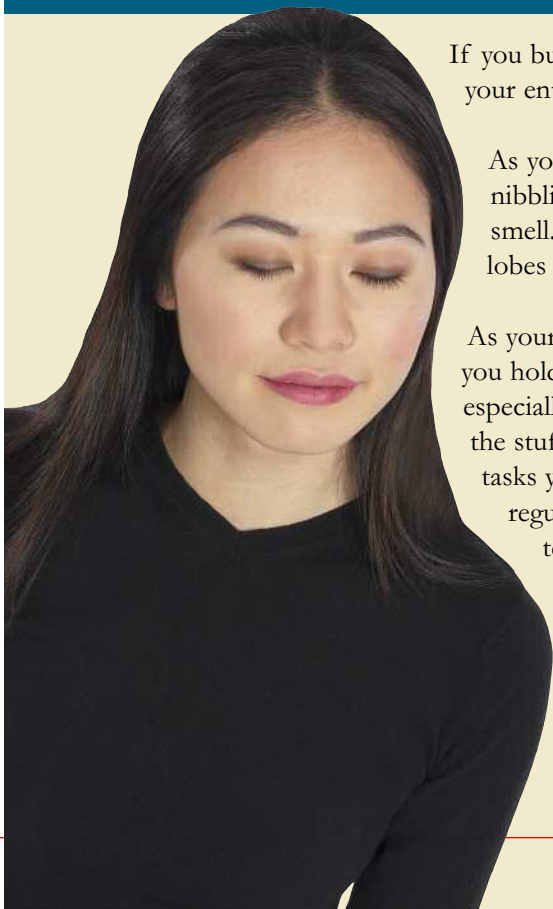
There is a shot to protect you. Check with your doctor for advice on getting hepatitis B vaccines.

Hepatitis C is another form. You can get it the same way. There is no shot to prevent it. It can be in the body for a long time, silently, and lead to liver damage and liver cancer. Treatment is available, but there is no cure.

Get tested, urges the American Liver Foundation. Testing can lead to early diagnosis and treatment. Testing is done by a simple blood test at your doctor's office.

For more information, contact the American Liver Foundation at 800.GO.LIVER or check out the Web site www.liverfoundation.org.

You use only 10% of your brain



If you buy into this myth, you're not using your head. Because you really do use your entire brain every day.

As you read this, your frontal lobes are thinking and reasoning. If you're nibbling on a snack while you read, your parietal lobes are helping you taste and smell. Your occipital lobes help you process these words. And your temporal lobes help you process what you hear.

As your eyes blink, that's determined by your motor area. Your cerebellum helps you hold your snack in one hand and helps with your balance and coordination, especially if you're sitting in a chair right now. Your brainstem is taking care of all the stuff like breathing, digesting your snack and circulating your blood – the tasks your body does that you don't have to think about. The pituitary gland is regulating your metabolism. Your hypothalamus is regulating your body temperature.

Right now, your hippocampus is helping you remember these words. It is transferring your thoughts from short-term to long-term memory – so you will never forget that you indeed use much more than just 10% of your brain.

Source: PositScience

Healthy Eating



10 'healthy' foods that are bad for kids

Some of the healthiest foods contain hidden dangers for kids, warns Debra Holtzman, a safety and health expert and the author of *The Safe Baby: A Do-it-yourself Guide to Home Safety*.

Children (and the elderly) are at increased risk for sickness from tainted food. Symptoms of food-borne illnesses include diarrhea, stomach pain, fever, blood or even pus in the stool, headache, vomiting and severe exhaustion. Illness from spoiled food may begin within half an hour after eating or can occur after several days or weeks.

Follow Debra Holtzman's simple tips for safer eating:

- 1.** *Lettuce:* Before eating any raw produce, wash it under running cold water. This is true even for organic fruits and vegetables.
- 2.** *Water:* Impure water can be problem if you use a private well. Get your water tested once a year. Regular tap water is usually okay.
- 3.** *Raw sprouts:* Alfalfa, clover and radish sprouts can contain germs. Cook sprouts to kill the germs.
- 4.** *Unpasteurized juices, milks or cheeses:* Always buy pasteurized drinks. This heating process kills germs.
- 5.** *Moldy peanuts:* Certain molds can create nasty germs. They can grow on peanuts, wheat, cereals and corn.
- 6.** *Raw or undercooked shellfish:* Shellfish, such as clams, and oysters must be cooked thoroughly.
- 7.** *Swordfish, shark, king mackerel and tilefish:* These fish have much higher levels of mercury than other fish we eat. Mercury is most harmful to the developing brains of unborn children and young children.
- 8.** *Caesar salad:* Many restaurants or home-made recipes call for raw eggs in Caesar salad. Always ask if the salad is served with raw eggs in the dressing. If so, choose another dressing.
- 9.** *Honey:* Never give honey to a baby under the age of 1. Honey may contain harmful spores that can cause infant botulism – a rare but serious disease that affects the nervous system of young babies.
- 10.** *Wild mushrooms:* Some common mushrooms can be poisonous or cause death. Only an expert can tell the kind you can eat from the others. Eat only mushrooms you've bought in the grocery store or the ones you've raised at home from cultures bought from reputable sources.



Healthy Eating

Use food to lower cholesterol

Do you have high cholesterol? Ask your doctor for a grocery list instead of drugs.

Eating heart-healthy foods, such as almonds (a handful a day), oatmeal, lean meats and fish, can help reduce LDL (bad) cholesterol as much as some drugs.



The grocery list should include foods, such as sterol or stanol-enriched margarine, tofu and other soy-based foods, soy drinks, oatmeal, barley and certain fruits and vegetables.

People who followed such an eating plan lowered their cholesterol by 20% or more.

Source: University of Toronto, American Journal of Clinical Nutrition

The carrot that lowered blood pressure

People who fill up on vegetables, whole grains, beans, and fruit tend to have lower and healthier blood pressure levels than people who eat more meat and dairy foods.



Even a small increase in the number of calories eaten from plant-based foods can lower blood pressure. Why? The researchers think the fiber and magnesium in plant foods may help. Also, certain amino acids in these types of vegetable proteins help control blood pressure.

Source: Archives of Internal Medicine



Featured Recipe

Watermelon Kiwi Smoothie

For breakfast or a refreshing afternoon snack.

Ingredients:

- 2 cups seedless watermelon chunks
- 2 kiwis, peeled and chopped
- 2 cups vanilla yogurt (*Note:* Nonfat and low-fat ones help limit calories.)
- 1 cup ice
- Sprigs of fresh mint for garnish

Directions:

Place all of the ingredients in a blender and puree until smooth. Pour into 2 glasses and garnish with a sprig of fresh mint. Makes about 4 cups.

From the National Watermelon Promotion Board, www.watermelon.org



Health Tips

Key to summer safety: Learn to swim

Keep your kids safe around water. Teach them to swim, says the American Red Cross.

Vennie Jones, program director of the aquatics center at the Baylor Tom Landry Fitness Center in Dallas, offers parents this advice about teaching kids to swim:



- * Babies do not just “know” how to swim, says Jones. Introduce little ones from 6 months to 3 years of age to the water. Let them build trust with you in the water.
- * Children from 3 to 12 years of age can learn to swim. But do not force them to learn or trick them into swimming, Jones says.
- * If you choose group lessons, look for a small class so your child gets plenty of attention. Group lessons are not the best way for children who have a fear of the water, Jones says. She recommends that parents stay out of the child’s sight during the lessons. Children often look to parents for approval instead of the teacher.
- * One-on-one swimming lessons increase the time spent learning. They are great for kids who need special care. It’s easier for the teacher to gain the child’s trust.

Check with your local American Red Cross for places near you that offer swimming lessons.

But you’re no athlete

You don’t have to be an athlete to get jock itch or athlete’s foot. Both are caused by the same type of fungus that thrives in warm, moist skin.

Called tinea fungus, the conditions should be treated right away to avoid spreading the fungus from one area of the body to another by using the same damp towel, said dermatologist Bruce E. Katz, MD, clinical professor of dermatology, Mount Sinai School of Medicine in New York City.

You can avoid the infection by keeping the areas clean and dry and wearing shower sandals in public bathing areas. Over-the-counter and prescription drugs can help.

Not another warning about high heels

High-heeled pumps can rub against the back of your heel and create what is called “pump bump.”

Foot doctors from the American College of Foot and Ankle Surgeons say shoes rub against a common bony defect. Long-term rubbing can lead to foot problems.

Pump bump is common in young women who wear high heels almost every day. The constant rubbing is especially harmful. Women with high arches or tight Achilles tendons are especially open to developing pump bump if they work in high heels.

Other symptoms include pain where the Achilles tendon attaches to the heel, swelling in the back of the heel and redness in the area.

- * If needed, take an over-the-counter medicine for pain.
- * Put ice on the back of the heels to reduce swelling.
- * Learn stretching exercises to relieve tension in the Achilles tendon at the back of the heel.
- * Wear shoes with soft backs or with no backs.
- * Best advice: Don’t wear high heels.

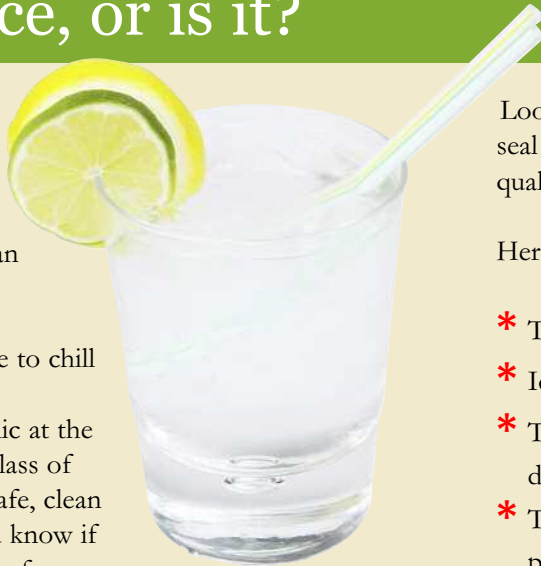


Health Tips

Ice is nice, or is it?

Ice is food. Even though it's frozen, ice can contain harmful germs. Contaminated ice can make you sick.

Whether you buy ice to chill food for a backyard barbeque, for a picnic at the park or for a daily glass of iced-tea, you need safe, clean ice. But how do you know if the ice you buy came from a moldy ice machine, might have been put in dirty buckets or even hand scooped by dirty hands?



Look for the International Packaged Ice Association (IPIA) seal on the package. This tells you that the ice meets strict quality and safety standards.

Here's what to look for when you buy bags of ice:

- * The package of ice must carry the IPIA logo.
- * Ice must be clear in color as well as odorless and tasteless.
- * The bag must be properly closed and secure (no drawstring ties).
- * The bag must have the manufacturer's name, address and phone number.
- * The bag must be free of any foreign objects.
- * The bag must have a product code.

Success Over Stress

How do you define success?

Whether it's a new home, a promotion, or finding your soul mate, most people would agree that success can bring happiness. A study has found that happiness and a positive attitude can lead to success.

Researchers looked at data from several studies and thousands of people. They found that happy people, those who often experience positive emotions, tend to be more successful in many aspects of their lives.

In one workplace, they found that happy workers were more likely to get positive job evaluations and less likely to show signs of burnout. They even had higher incomes.

Happy people, they found, had more close friends. Happiest were married people.

Source: University of Missouri-Columbia, Psychological Bulletin





BING-O

If you love the taste and texture of sweet, juicy Bing cherries, now you have an even better reason to eat them. Bing cherries may help fight the pain of arthritis, heart disease and cancer, according to a study by the USDA's Agricultural Research Service published in the *Journal of Nutrition*. Volunteers who ate 45 fresh Bing cherries every day for 28 days reported less pain than persons who didn't.

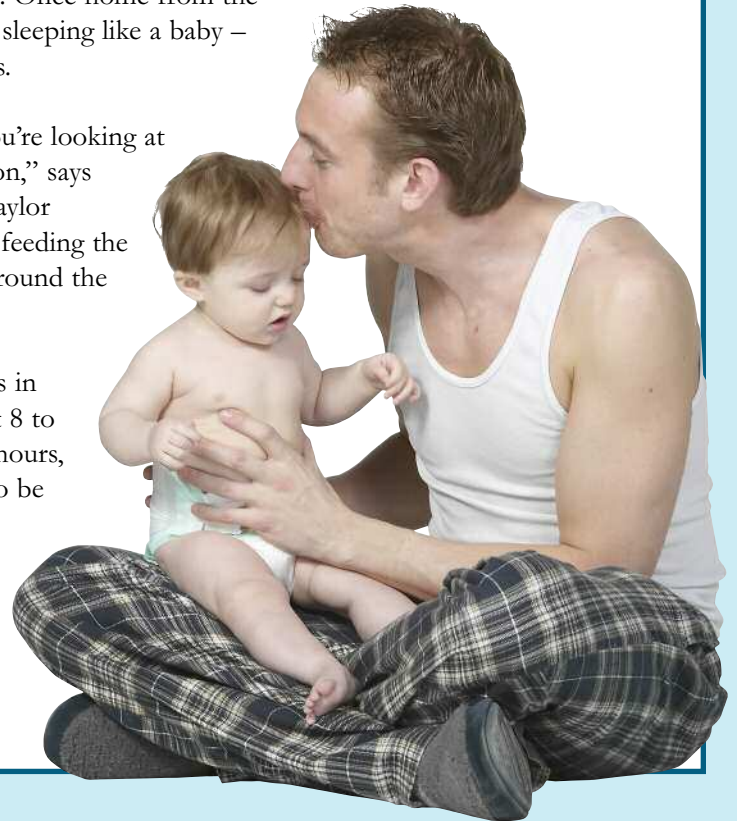
Family Life

Bringing baby home

The joy of your first baby. Once home from the hospital, someone will be sleeping like a baby – but it won't be the parents.

“For the first 12 weeks you're looking at maximum sleep deprivation,” says Steven Trostel, MD, of Baylor Medical Center. You'll be feeding the baby every 2 to 3 hours around the clock.

And remember, what goes in must come out. So expect 8 to 10 dirty diapers every 24 hours, and 4 wet ones. You'll also be visiting the baby's doctor regularly for well-baby checkups and shots.



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