

Keeping your health and well-being in the know

MyHealthTALK

January 2010

FOCUS ON FRUIT

Fruits are an excellent source of vitamins and minerals. One added benefit is that each fruit can target specific areas of the body or even different ailments. Below are some common fruits and how they can help keep you active and strong. Go on, have a fruit salad or smoothie!

ORANGES

Oranges are a great source of iron and they help keep your cholesterol low. Oranges are a good source of calcium for your bones.

As the main source of Vitamin C, oranges can help fight off bacteria and prevent colds and the flu.



LEMONS

The two biggest health benefits to lemons are their strong antibacterial, antiviral, and immune-boosting power and their use in weight loss because lemon juice is a digestive aid and liver cleanser.

Anxiety

Research has shown lemon balm may be able to help remove fatigue, exhaustion, dizziness, anxiety, nervousness, and tension. It can therefore be used as a room freshener in offices to boost you and your co-workers efficiency.

Canker Sores

Lemons can accelerate the healing process in the case of cankers. Rinse with freshly squeezed lemon juice and lukewarm water. Do this three times a day.

Common Cold

Lemons can increase Vitamin C to your defense cells and can help loosen mucous membranes in the nose and throat. At the first indication of a cold drink the freshly squeezed juice of 1 lemon in a glass of lukewarm water several times a day.

Halitosis

To keep breath fresh, thoroughly rinse your mouth with the freshly squeezed juice of 1 lemon in a glass of lukewarm water. Chewing on a lemon slice after every meal can also help.

STRAWBERRIES

The strawberry is the most popular berry in the world. Besides its sweet taste, however, strawberries bring many health benefits.

Antioxidants

Strawberries' bright red color is due to their high concentration of antioxidants. Antioxidants help fight free

radicals and rid the blood of harmful toxins that damage cells and cause most types of cancer. Strawberries are an ideal food for fighting cancer.

Anti-Aging Properties

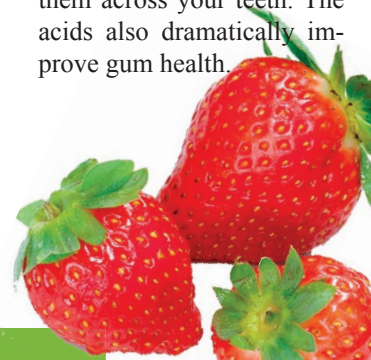
The USDA found that strawberries help slow the decline of age-related loss of cognitive and motor skills. Its nutrients nourish brain cells increasing brain health and function.

Fighting Diseases

Supplementing strawberries into your diet is recommended for rheumatism, gout, and catarrh. They are also recommended for health problems such as high blood pressure, constipation, and the flu.

Removing Tartar

The acid in strawberries is extremely effective at dissolving the tartar. You can eat them, which is what most people will do, or you can cut them in half and rub them across your teeth. The acids also dramatically improve gum health.



Natural vs. Organic

We see it on labels all the time, trying to entice us to buy:

“All Natural!” “Organic!”

Have you ever wondered what the differences are? Did you know they don't actually mean the same thing? Learning the difference can help you decide whether it's worth paying the higher price.

ORGANIC

A system of farming regulated by the U.S. Department of Agriculture, that doesn't use most conventional pesticides, fertilizers or added hormones. It's easier on the environment and foods may offer more nutrients.

NATURAL

Products shouldn't contain artificial ingredients or chemical preservatives, but they may have pesticides and hormones. The federal government doesn't regulate natural foods, except in the case of some meat and poultry.



smart snow shoveling

Courtesy of homemadesimple.com

Stay safe this winter season

It's Official:

The season of snow shoveling is upon us. If you've let the stack of snowflakes build, it's time to take out the tools and get to work. Even if your region doesn't see snowfall, it's likely someone you know is faced with this daunting task each year. Take a peek at our snow-shoveling tips and pass them on to your friends. Then follow this guide to help you and your loved ones have a safe and happy shoveling season.

Part 1: Preparation

Shovel selection. You may not know it, but the secret is in the shovel! Your best bet is a shovel that fits your size, so you're not heaving more snow than you can handle. Also, a shovel with a curved handle is ideal. With the lower scoop, you won't have to bend as far.

Dress up. Not in fancy evening wear, but in layers. Not only will you keep warm, but it'll be easier to shed some of the excess if you get overheated. Be sure to choose clothing that allows you to maintain mobility.

Say "yes" to staying hydrated. Shoveling is a workout, and the key to any successful workout is staying hydrated. But don't be fooled by the cold weather; dehydration is an issue no matter what the temperature. Be sure to drink plenty of water before, during, and after your shoveling session.

Say "no" to big meals. While you'll want to keep up on your fluids, stay away from eating big meals just before shoveling to avoid feeling sluggish. Try having a quick snack to sustain energy—such as a granola bar or cup of yogurt.

Stretch your muscles. You may not be training for a triathlon, but shoveling is

strenuous work. Before tackling this winter chore, stretch your muscles to help prevent strains and sprains. Focus on your upper body—as it will get the most exercise.

Part 2: Procedure

Master "the lift." You've heard it a million times before you lift something heavy: "Lift with your legs, not your back." The same rule of thumb applies to snow shoveling. Be sure to lift full shovels of snow correctly to avoid strain on your back muscles.

Give yourself a break. Although a common thought is, "The quicker I shovel, the sooner I'm back inside sipping hot chocolate," it's best not to rush the job. Shovel for five minutes or so, and rest for three. Maintain this pace to prevent fatigue and energy loss.



Push that pile. Whenever possible, push the snow straight into a pile. Whether your pile is in the grass or at the end of the driveway, this technique will give your back and arm muscles a bit of a break from the strenuous lifting—and give you a chance to recoup.



"WHEN!" Possibly the most important rule of snow shoveling: Know when to say "when." Pay attention to your body's signals. If you're feeling tired, ask family members or neighbors for help. When you're finished, invite everyone inside to warm up over a cup of hot chocolate.



While snow shoveling is often considered a demanding task, with a little precaution, you can get through the snowy season safe, sound, and without serious strain.

snack swap

The best between-meal munchies combine high fiber carbohydrates, for slow-release energy, with some protein, for fullness. Try these three trades.

	<p>INSTEAD OF 1 strawberry cereal bar</p> <p>MUNCH ON 3/4 cup of homemade trail mix (combine whole-grain cereal pieces, raw almonds, and dried cranberries)</p> <p>COUNT AS 1 grain, 1 fat</p>	
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	<p>INSTEAD OF A handful of cheese-flavored crackers</p> <p>MUNCH ON 1 sliced apple spread with 1 wedge of spreadable light cream cheese</p> <p>COUNT AS 1 fruit, 1 meat/protein</p>	
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	<p>INSTEAD OF 4 chocolate sandwich cookies</p> <p>MUNCH ON 1 reduced-fat whole-grain waffle with 1/2 tablespoon of peanut butter and 1/2 tablespoon of sugar-free jelly</p> <p>COUNT AS 1 grain, 1/2 protein</p>	
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Source: *Ladies Home Journal*. Nov. 2009