

TAKE CHARGE OF YOUR HEALTH

We are over half way through 2001, and it may be that you need some help with your New Year's resolution to "get healthy". The following are, in our opinion, *critically important* suggestions, to become, and stay, healthy.

Vow to EAT YOUR VEGGIES.

A 10-year study of over 100,000 people showed that those who ate carrots and other foods rich in alpha-carotene were over 60% less likely to develop lung cancer than those who did not eat their vegetables (*American Journal of Clinical Nutrition* 2000,72:990-997). Another study

showed that children who had diets low in vegetables [less than two servings per day] were three times more likely to develop asthma symptoms than those who ate more than three servings each day (*Thorax* 2000,55:775-779).



THROW OUT (OLD) DRUGS

Go through your bathroom cabinet. Hopefully, this won't take very long... *Check expiration dates and pitch everything old. Chemicals can break down*

with time and become even more toxic to your health. Also, all products with phenylpropranolamine must be thrown out. This includes Dexatrim and many cold meds like Tavis-D, Robitussin-CF, Timetapp, Triaminic, Contac 12 Hr., and Alka Seltzer Plus Cold. The FDA says the phenylpropranolamine in these products can cause hemorrhagic strokes.

Throw out baby aspirin and vow never to give it to your child, again. According to the American Academy

of Pediatrics, aspirin, when given to children, has been linked to a deadly disorder called Reye's Syndrome. Even with aspirin alternatives, know that they also can cause potentially serious problems for kids *and* adults—according to *WebMD*.

Resolve to stop misusing antibiotics for ear infections. According to *The British Medical Journal*, in a letter to the editor submitted by Erdem Cantekin, professor of otolaryngology at the University of Pittsburg School of Medicine, antibiotic treatment is

ineffective. Instead, if your child gets an ear infection, stop sweets and milk. Keep sick kids warm, hydrated, and **adjusted.** *That's proven effective.*



SCHEDULE A VACATION

For some of you, this is harder than it looks. University of Pittsburg researchers says an annual vacation may help you live longer. Men in one study were almost 50% more likely to die prematurely if they didn't take a yearly vacation than those who took several vacations per year. It's likely that unrelieved stress lowers the body's ability to resist disease. (*Psychosomatic Medicine* 2000,62:608-612).

PLEDGE YOURSELF TO EXERCISE

One study done by scientists from the U.S. Centers for Disease Control showed exercise lowers the cost of healthcare significantly, saving you money. Three 30 minute workouts per week low-

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