



CONSIDERING ANTIBIOTICS?

The Center for Disease Control warns that 90% of upper respiratory infections, including children's ear infections, are viral, and antibiotics don't treat viral infection. More than 40% of about 50 million prescriptions for antibiotics each year in physician's offices were inappropriate. Using antibiotics, when not needed, can lead to the development of deadly strains of bacteria that are resistant to drugs.

A GOOD EGG

Tests show free-range eggs are **more nutritious** (significantly more Vitamin E, beta carotene and omega-3 fatty acids) and have **HALF the cholesterol** (423 vs. 218mg/100g) of supermarket eggs.

A MODERN EPIDEMIC

Our hunger for affordable and convenient luxury has led to the introduction of some 1,000 new chemical substances a year! It's not easy to gauge the overall impact of chemicals on our health. The biggest obstacle is that it's impossible to research what chemicals do in *combination* with one another - which is what happens in real life, outside the laboratory. The materials and amounts of chemical exposure vary for each person. We don't all live in the same place. We don't all eat the same food. We don't all have the same products in our homes. And some of us are more susceptible than others. There are simply too many variables to determine the consequences of the mix of thousands of different substances in a human body. But it would be a mistake to come to the conclusion that they are harmless.

Those who do not find time for exercise will have to find time for illness.
- Earl of Derby

WHAT ARE YOU WAITING FOR?

Research by the Harvard School of Public Health indicated that women in the study who drank at least one sugar-sweetened soda a day were 85 percent more likely to develop Type 2 diabetes than those who drank less. Give up one daily 20-ounce soda and at the end of the year you'll save 91,000 calories and 7,280 teaspoons of sugar, and potentially lose up to 26 pounds of fat. Replace that with 20 ounces of water and you'll feel more energetic, satiated, lighter on your feet, less bloated and less moody!

For those diet soda (sweetened with NutraSweet or Splenda) drinkers who are feeling that they have something over sugar-sweetened soda drinkers, they should also have more information. Their beverage also contributes to bone weakening and tooth decay due to the presence of carbonic or phosphoric acid in both types of soda pop. In addition, tests have found aspartame (most commonly marketed as NutraSweet) to be carcinogenic. And the author of *Aspartame Disease: An Ignored Epidemic* says: "Hundreds of thousands of consumers, more likely millions, currently suffer major reactions to products containing aspartame. Today, every physician probably encounters aspartame disease in everyday practice, especially among patients with illnesses that are undiagnosed or difficult to treat." Thus, all soda drinkers would be well served to replace soda with water. See the following websites for more information: www.truthaboutsplenda.com and www.holisticmed.com/aspartame/100.html



THREE PERCENT

Only **Three Percent** of Americans follow the four “Golden Rules” of healthy living:

1. Don't Smoke.
2. Stay at a healthy weight.
3. Eat five servings of fruits and vegetables a day.
4. Exercise five days a week for at least half an hour each day.

THE ULTIMATE DRUG FOR FIGHTING DEPRESSION

It is coming to light that exercise can be as effective as antidepressants in reducing the symptoms of depression. Research on the subject has demonstrated that:

- 10 months of regular, moderate exercise outperformed a leading antidepressant (Zoloft) in easing symptoms in young adults.
- 30-minute aerobic workouts done three to five times a week cut depressive symptoms by 50 percent in young adults.
- Exercise resulted in a reduction in anger, fatigue and tension in people who reported depressed moods even though they were not diagnosed as clinically depressed.

One probable cause is that exercise affects key brain chemicals like serotonin and dopamine, but physical activity may also trigger positive changes in other areas, like boosting energy. .



Take care of your body. It's the only place you have to live. – Jim Rohn

