

# Personal Health newsletter

PRACTICAL INFORMATION FOR A HEALTHFUL LIFESTYLE

Volume 10, Number 3

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July-Aug-Sept 2004

Helping  
you make  
your own  
decisions  
about  
your  
personal  
health . . .



## Fight cancer with your diet

**P**oor diet is linked to almost one-third of cancer deaths each year. Eating sensibly is a major factor in preventing this terrible disease.

Those who eat the most fruits and vegetables have a much lower cancer risk than those who eat the least. Fruits and vegetables are rich in antioxidants, phytochemicals and other substances that prevent carcinogens from forming in the body. All healthful foods — including whole grains — are the best cancer fighting foods, but here are a few you may want to make sure you're getting lots of;

- Dark leafy green and brightly-coloured foods like carrots, yams and squash get their colouring from antioxidants called carotenoids.

- Capsaicin, which makes chili peppers red-hot, is thought to block the damage to the lungs from the carcinogens in food and cigarettes.

- Black and green tea contains the antioxidants called polyphenols.

- The deep colour of cherries, plums, all the different berries, and grapes is from anthocyanins, which are chemicals that neutralize carcinogens.

- The phytochemical sulforaphane is rich in cruciferous vegetables like cauliflower, broccoli, cabbage and brussels sprouts.

- The strong odour of garlic, onions leeks and shallots comes from the chemical organosulfide, a powerful carcinogen-blocker.

- Limonene, which fights cancer cells by stimulating your immune system, is rich in citrus fruits.

- When tomatoes are cooked, they release lycopene, which can cut the risk of many types of cancers.

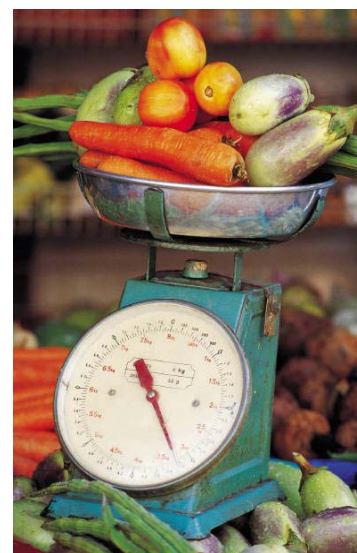
- Nuts and seeds, whole grains, legumes (beans), root vegetables like yams, and squash also contain many carcinogen-fighting properties. These foods (as well as fruits and vegetables) have fibre that speeds the removal of waste from the



body. This means harmful substances have less opportunity to damage the cells in the digestive tract.

What foods should you avoid? Lower your fat intake, particularly of saturated fats. Drink alcohol in moderation, if you must drink at all. Avoid refined sugars and processed, refined foods. Luncheon or deli meats contain chemicals linked to many types of cancer.

Supplements can offer a nutritional boost to your diet, but don't rely on them to lower your cancer risk. Eating right should be your first priority. Researchers have identified many compounds in food that can fight cancer, but they still don't know how these substances act within the body. Also, there are many other substances yet to be discovered. Until we know more about what's in the food we eat, don't depend solely on supplements for your nutritional needs.



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# Calcium not just for bones . . .

**R**esearchers find evidence that calcium can help people reach their weight-loss goals. In one survey, women who consume about 1,300 milligrams daily, were less likely to be obese, than women who consumed less.

Scientists accidentally discovered a calcium/weight loss connection during a two-year study on the effects of exercise on bone mineral density. The young women in the study lost more body fat, regardless of how active they were, than those who were calcium-deficient.

Of course, those who consumed less than the groups average calorie intake lost the more weight. However, those who at least met their recommended daily calcium intake of 1,000 mg ended up about 5 ½ pounds lighter over the 2 year study. Those getting only 700 mg daily lost two pounds, or less.

Researchers speculate that a low calcium intake causes a rise in the parathyroid hormone and raises levels of the active form of vitamin D. These both work together to regulate calcium absorption from the stomach. When the parathyroid hormone and vitamin D levels rise, there is an accumulation of calcium in fat cells. It's thought the presence of calcium in a fat cell primes it to store fat and discourage fat breakdown. As a result, there is an increase in overall body fat.

More studies are needed to verify the calcium-weight loss connection. And the researchers stress that the study involved calcium derived from the diet. Taking calcium in supplement form doesn't appear as effective for weight loss as getting it from foods.

Rich calcium sources include dairy products, legumes, tofu, kale, bok choy, canned sardines and salmon with bones. Fair sources of calcium are broccoli, soybeans, almonds, and sesame seeds. There is also considerable calcium in rhubarb, spinach, oranges and figs, although the calcium is not as easily assimilated from these foods. Skim milk powder, added to foods and beverages, is an ideal way to boost the calcium in your diet.

And of course, don't overlook exercise! The pull and tug of tendon on bone (tendons attach muscle to bone) stimulates the production of calcium and other minerals.

For weight loss, stick to a balanced diet that limits excess calories. Nutritionists recommend a range of 1,500 to 2000 milligrams daily of calcium. ㊟

**L**ung cancer risks are high for non-smokers who are exposed to passive smoke.

If you're a non-smoker working in a smoke-filled atmosphere, push for a smoke-free work site. It's your right to speak up for your health. And while it's also a smoker's right to smoke — they don't have to quit, they just have to do it somewhere else.

If your smoking co-workers complain, tell them to *step outside . . .* for a cigarette. ㊟

## Patience is key to weight loss

**A**re you exercising regularly and eating a low-fat, low-calorie diet — but the weight doesn't seem to be coming off?

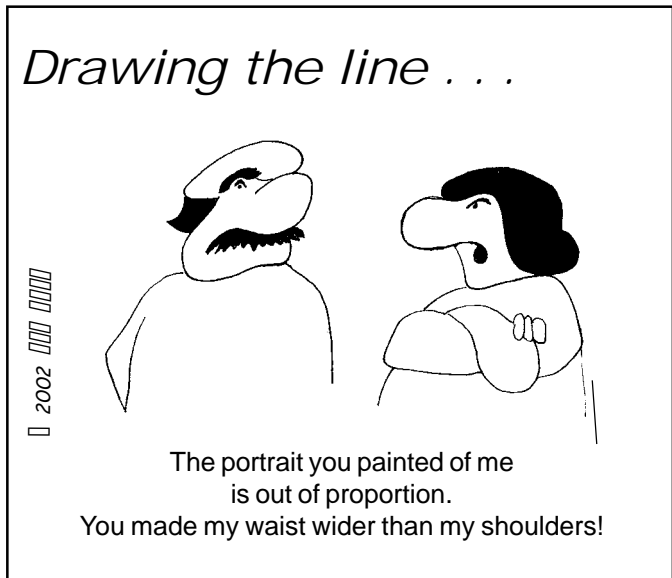
To lose fat, the recommendation is usually very simple: Eat less and exercise more. However, for many individuals other factors are involved. Understanding what they are can help us become more patient so we won't sabotage our weight-loss attempts!

Lipase is an enzyme that releases fatty acids into the bloodstream for energy use when your body needs it (for example, when you exercise). Another enzyme called lipoprotein lipase (LPL) helps to move fatty acids into the cells for storage.

A sedentary lifestyle trains the lipase enzymes into being lazy and inefficient, because they haven't really had much work to do. And if you've also been overeating a high-fat, high-sugar diet, the LPL enzymes have become very efficient at plucking fatty acids from the bloodstream and putting them into storage. Therefore, it may take some time for your good exercise and diet habits to retrain these enzymes.

Don't make the mistake of attacking your diet and exercise program with a vengeance. If you diet too severely or exercise too strenuously all at once, you'll scare your body into a famine-like state. The body will defend itself by slowing its metabolic rate so as to conserve energy by burning fewer calories.

If you've hit a plateau, be patient. Relax, and keep following your diet and exercise regularly. In time, your body will register the changes you're working hard to make. ㊟



# Take a pen to your problems

**C**an't afford therapy? Try keeping a journal. Holding onto negative feelings like anger and frustration can threaten your good health. A journal is one place where you can be completely free to express your thoughts, fears, hopes and dreams. Often, you don't realize how you truly feel until you see it written down. Journaling your feelings allows you to free them from your mind, providing a certain amount of release and relief.



By recording feelings and thoughts you are also able to see patterns or recurring themes in your emotional troubles that may be contributing to your poor mental or physical health. It may help solve your par-

ticular problem. Studies find those who recorded their fears, worries, thoughts and emotions were able to deal with their problems more quickly and easily than those who did not. There are many other therapeutic benefits to journaling.

An *Ohio State University* study found students who kept journals missed fewer days of school, had more T-cell production and better overall health than students who didn't keep a daily diary.

Another study reported in the *Journal of the American Medical Association* had similar findings: Researchers treated patients with asthma or arthritis for four months. While continuing their medical treatments, some of the patients were asked to record their most stressful experiences. The others wrote about general topics that were emotionally neutral. The study found half of the patients who wrote about their personal stressful experiences showed significant improvement in their symptoms, as compared to only 24 percent of the control group.

If you have problems or issues you'd like to gain control of, try starting a journal now. Your journal can be a simple, inexpensive notebook, or even loose pages staples together. Put aside some time each day (before bed?) to write without any distractions. Don't worry about grammar or spelling. Simply describe your emotions, your reactions and be honest in what you write down.

## Personal Health

### NEWSLETTER

offers basic health and fitness information for all ages. The editor is a journalist and former newspaper editor and has been a fitness professional since 1983. *Personal Health Newsletter* strives to provide credible, unbiased and well-researched information, helping its readers make their own decisions about their personal health.

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July/04

## Are you a joint-popper?

**W**hen you pull, bend or twist your fingers, you may hear a distinct popping sound. That's from the change in air pressure caused by the sudden disruption in the alignment of the joint's bones.

Popping your joints doesn't really help relieve the stress in the joint – even though it may feel so. Joint popping serves no beneficial purpose and it isn't a damaging practice either, unless you do it to excess.

Frequently stretching the joint capsules and ligaments can lead to very lax joints. This can make the joint more prone to injuries.

Avoid joint popping to relieve tension in your fingers and hands. Stretch instead: Alternate spreading and widening your fingers as far as possible, with clenching your hands into a tight fist. Repeat as often as you like.

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## Health tips

**G**round Flax seed (flax meal) is an appropriate egg replacement. One tablespoon of ground flax with 3 tablespoons of liquid can replace one egg in baking. Use it in muffins, pancakes, and cake recipes where eggs aren't a main ingredient.

**T**ight muscles can create a muscle imbalance, leading to muscle or joint injury. A common injury is chronic low back pain. This is often due to tight muscles in the back of the upper thigh (the hamstrings) and weakness in the muscles of the back. To prevent chronic pain, practice regular stretching (flexibility) exercises.

**W**earing three-inch heels places 76% more pressure on the ball of the foot than going barefoot. A woman who always wears high heels is asking for bunions, hammertoes, and other problems. And a man . . . well, he could have problems too.



**F**eel lethargic around mid-day? A short nap may be all you need to feel energized. Here are some tips to make you a napping pro:

The ideal time to nap is around two or three o'clock in the afternoon. In most people body temperature reaches a low point at this time, causing fatigue and decreased alertness.

Keep the nap under an hour. Even ten minutes can be revitalizing. Longer naps will leave you feeling groggy and may interfere with your ability to sleep at night.

It's not necessary to fall asleep when napping. Simply lying down and resting is just as restive.

## **R** LAUGHTER

1/3rd of the world is on a diet. Another 1/3rd just fell off the diet. And the remaining 1/3rd is going on one next Monday.

*Erma Bombeck*

Aerobics has to be the least appealing activity. I don't even know how this word came into being. I guess gym instructors got together and said, "If we're going to charge ten dollars an hour, we can't call it *jumping up and down*."

*Rita Rudner*

## Post mastectomy exercise benefits

By Jessica Lees

**R**esearch shows exercise helps post mastectomy patients regain function and range of motion (ROM) and increase the quality of life. *Carrie Myers Smith*, exercise specialist and president of *WomenInWellness.com* suggests the following for those who've recently had a mastectomy.

**1. Know when exercise is safe.** Get approval from your surgeon before you start exercising. You shouldn't have any open wounds in your skin from either radiation or surgery. Surgical drains must also be removed before you being a formal exercise program.

**2. Focus on function.** When you first exercise after surgery, the goal is to decrease pain and increase your ROM. Along with your daily activities, exercise will help you restore your movement. ROM exercises should be more passive at first. Your unaffected arm should do most of the work, bringing your affected arm "along for the ride." You can do more active ROM exercises as soon as you feel comfortable exercising this way.

**3. Try these sample exercises.** Use deep breathing in conjunction with these exercises. Breathe in through the nose and out through the mouth, taking twice as long to exhale as to inhale. Hold these stretches for 10 to 30 seconds and do three sets of each:

**Corner Pectoral Stretch.** Standing approximately one arm-length away from a corner wall, place a palm about shoulder-high on each wall. Slowly lower your body into the corner until you feel a good stretch.

**Butterfly Stretch.** Lying in the crunch position (hands clasped behind your head), push your elbows down toward the floor. To release, lift your elbows back up toward the face.

**Side-Arm Stretch.** Sitting in a chair, grasp your affected hand with your other hand and bring both hands to the top of the head. Pull the affected arm up over the head, bringing the forearm as close to the opposite ear as possible. Repeat other side. Once this stretch can be done easily, add a torso side stretch. Use a mirror to help do this exercise correctly. Ask your therapist for other stretches.

**4. Continue to safely exercise.** Four to six weeks after your surgery, you will probably be able to add more exercises and start cardiovascular activity. Get approval from your surgeon before you begin training with equipment once your ROM is restored. Working with a qualified personal trainer can also help you exercise safely and effectively.

**5. Learn more.** For additional insights, check out the following resources:

Abreast in a Boat Society, [www.abreastinaboat.com](http://www.abreastinaboat.com)

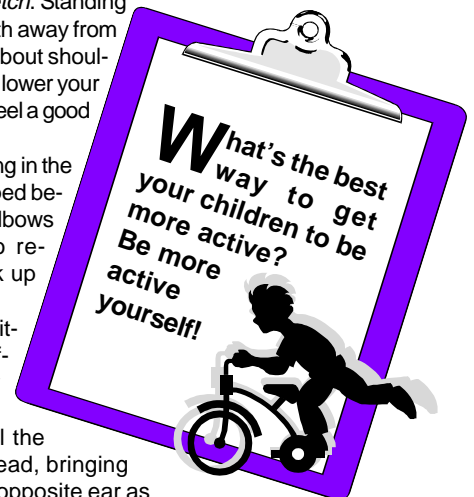
Canadian Cancer Society, [www.cancer.ca](http://www.cancer.ca)

Better Than Before Fitness, [www.breastfit.com](http://www.breastfit.com)

Cancer Supportive Care,

[www.cancersupportivecare.com/exercise.html](http://www.cancersupportivecare.com/exercise.html)

Recovering from Breast Surgery: Exercises to Strengthen Your Body and Relieve Pain by Diana Stumm, PT (1995, Alameda, CA: Hunter House).





## Exercise relieves baby blues

**J**ust had a baby and thinking about getting back into fitness? If you stopped exercising during your pregnancy, don't expect to return at the same level you left. Especially after a lay off, your body may not be ready yet for regular exercise.

Being physically active is important to our well-being, particularly during the psychological changes a new mother experiences. Hormones take from six months to a year to adjust following the trauma of childbirth. Mom will be sensitive about her weight, lack of fitness, breast size, and the lifestyle changes that come with caring for a new infant. Exercise can help balance hormones, improving mood.

Try to wait at least six weeks following your child's birth before taking up your exercise program where you left

off. Until then, keep your exercise to moderate walking. Pushing yourself too hard could increase the chances of suffering from nausea, severe fatigue, bleeding, muscle aches and pains — which all may occur within three months of giving birth.

The hormone relaxin remains in the body for up to nine months, and nine months after you quit nursing. Because your joints will not be stable, be sure you wear supportive running shoes when exercising. Choose a pair with good ankle support. Avoid rapid, jerky movements or quick changes in direction. And avoid twisting, especially at the knee joint.

Watch your low back, because your abdominal muscles may be quite weak. Wear a good supportive bra — even two of them, especially if you are nursing.

At first, keep your exercise at low intensity — below your target heart rate. And stick with low impact types of exercises to avoid the stress on the joints. *\*\*\**

## Healthy home remedies



**C**utting down on your personal use of chemicals can help the environment and assure your own good health. There are many "natural" replacements for the chemical-filled cosmetic products you may be using in your home. Here are just a few.

- Bath soap: Use soaps without artificial scents or colours (read the labels).

- Bath water items: Dissolve a half-cup of baking soda in your bath water to soften your skin and relax you.

- Toothpaste. Baking soda on your damp toothbrush will clean and polish you teeth without abrading them. However, if you have problems with your teeth or gums, talk with your dentist before using baking soda as a replacement for your current toothpaste. One tablespoon of baking soda dissolved in ½ cup warm water is also an effective mouthwash/gargle.

- To remove strong odours from your hands, like onions, garlic or fish, rub baking soda on your moistened hand. Rinse.

- Deep conditioner for dry, damaged hair: Warm a teaspoon of honey, then mix with three teaspoons olive oil. Apply to scalp and massage.



Cover your head with a hot, damp towel for 10 minutes then shampoo.

- Hair spray: Chop a lemon and boil it in two cups of water until water is reduced to half the amount. Cool and strain. Refrigerate in a spray bottle.

- Shaving cream (for men or women). A thin layer of plain soap works just as well as the expensive, commercial products. Shave while in a warm shower or tub to further reduce skin abrasion while shaving.

- Skin lotion: Sesame oil is an effective moisturizer.

- Suntan lotion: Sesame oil also offers minimal sun-screen protection if you plan on short sunbathing sessions. Reapply the oil every 20-30 minutes while sunbathing. However, it's not strong enough to protect your skin if you plan to remain outdoors for long periods! *\*\*\**

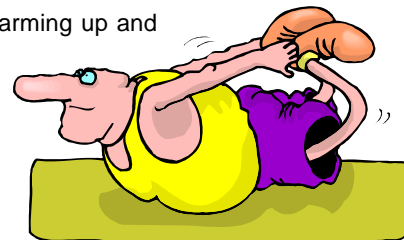
## Overly flexible?

**A** joint that has a much greater range of motion than normal is called double-jointed (or hypermobile).

Being double-jointed isn't a problem in itself. This high degree of flexibility is actually a benefit to certain athletes, like gymnasts and dancers.

However, having an extreme range of motion also puts you at higher risk for injuries to the joint (like dislocations or over-use injuries), since the connective tissue doesn't offer a very secure support.

Take extra time warming up and cooling down before your activities. Also, use the proper technique in your movements and wear the necessary protective equipment your sport or activity may require. *\*\*\**



**M**ake use of your car's headrest to avoid trauma to your jaw, neck and upper back. The headrest should be raised to the height of the middle of the back of your head. If it's possible, adjust the headrest so that it touches your head and helps position your ears directly above your shoulders. A properly adjusted headrest is the best protection against the injuries caused by automobile accidents. *\*\*\**

# Change thinking to change weight

By Jessica Lees

**A** leading health and fitness expert, Daniel Kosich, PhD, says it's not diet and exercise that keep the pounds away — it's attitude.

"When I began studying weight management, I had always assumed anyone could lose or maintain weight with enough exercise and appropriate diet," says Kosich. "I was working off a strict 'calories-in/calories-burned' model, but my clients often just 'weight cycled,' quickly regaining the pounds they'd lost and more. It finally struck me that something was missing, and that the key lies in lifestyle issues."



Helping  
the  
medicine go down

**D**ietary supplements are sometimes required to correct deficiencies, or during illness. A one-a-day multi vitamin/mineral supplement is also added insurance you're getting at least the recommended daily intake.

However, some have difficulty swallowing pills, especially children. If the supplement you're taking isn't available in liquid or powder form, here's some suggestions to make it a little easier to swallow.

Time-release or enteric-coated pills can't be cut, but you can cut all others in half to make them smaller. Slip them into an empty gelatin capsule (available at most Health Stores) to make them smoother for the journey down. You can also slip strong-smelling pills into an empty gelatin capsule to hide the odor, making them more pleasant to swallow.

Most pills (except time release and enteric-coated ones) can also be crushed and mixed into liquids or foods. Whip up a blender fruit smoothie (bananas, frozen strawberries, and yogurt or milk) and add the crushed pills while blending. You can add the crushed pills to applesauce or flavoured yogurt. This should work for adults and most children. You can also try chewing the supplement first (although the taste won't be that great) and then chase it down with a liquid.

Drink a small amount of liquid first, then tilt the head back and swallow the pill. This seems to open the throat more, making it easier to swallow.

Fear sometimes makes a child resistant to swallowing pills. Have them experiment with a favorite food first. Ask them to try and swallow a piece of cooked macaroni, a green pea or other small piece of food, without chewing it. As an added treat, you can also use very small candies to experiment with, like Smarties or M&M's. Make it a fun challenge. Praise them when they do it successfully, then gradually advance to using the pills.

Some of these tips can be applied to prescription medications as well. Check with your pharmacist first to be sure you can cut or crush the pills. ❦

Kosich believes emotional health and body weight are strongly linked. He thinks we should ignore the weight advice that focuses mainly on diet and exercise. Kosich's philosophy is that successful weight management begins with self-acceptance and self-esteem — not self-defeating attitudes like denial, frustration and despair.

"Think of regular activity, healthy eating and positive attitude as the legs of a three-legged stool," says Kosich. "If one leg is longer or shorter than the others, the stool doesn't balance. And if one leg is missing, the entire stool topples over. But if you can consistently balance these three healthy activities, you *can* win the weight management battle for life."

Kosich says to focus on the 80/20 Principle." Eat what you know you should 80% of the time, and leave 20% for acknowledging and accepting that you are not perfect. That way you won't set yourself up for feeling guilty or testing your willpower against cravings for foods you don't need much of.

"People, especially young women, become obsessed with certain body image, weight goal or dress size," says Dr. Kosich. "But what's most important is that a person determine and reach a weight that's healthy for *them*. Not a number from a simplistic height/weight chart. Not something they've read in a magazine, but a healthy weight they can achieve and maintain."

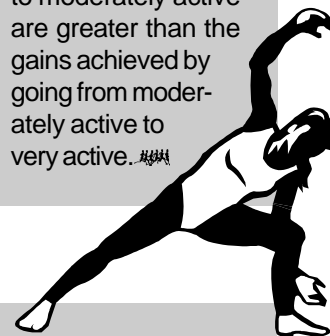
Dr. Kosich recommends weight-conscious individuals keep these thoughts in mind:

- You might be at your healthy weight right now!
- You should focus on taking care of yourself today, not achieving some future weight goal.
- There's no rush; practice patience. Maximum effective weight loss is about one pound a week.
- Develop a positive body image and achieve a healthy self-esteem.

•Make informed nutritional choices and eat sensibly and intelligently.

"Think about where you want to be in 10 years. It's not what you do for the next ten weeks, or even ten months . . . it's what you do for the next 10 years that counts," advises Kosich. ❦

**S**tudies find the survival gains by going from sedentary to moderately active are greater than the gains achieved by going from moderately active to very active. ❦



**E**xercise has to be recent to give any health benefits; Don't think you're still fit from a past athletic experience. But it's never too late to begin an active lifestyle and enjoy the many benefits! ❦

## Losing weight, gaining skin?

**Y**ou've reached your dieting goal. Bravo! But now you've got another concern; slack skin. Rolls of it. Ugh.

If you've gained and lost 40 to 50 percent more than your ideal body weight, it may be difficult – and for some, unlikely — for skin to regain its original elasticity. However, for some of us depending on certain conditions, there is still hope that loose skin may eventually tighten up.

The younger you are, the slower you gained the weight and the *slower you lost it* will make regaining skin tone much easier. Good genetics regarding your skin helps too — but unfortunately we can't pick our parents.



Quick weight loss and yo-yo dieting (continually gaining and losing large amounts of weight) can aggravate the extra skin problem. It's important to lose no more than one pound per week and regular exercise is recommended to avoid too much slack in the skin as you lose weight. When you burn fat through exercise, the circulation to the muscle bed increases, helping to maintain skin tone.

An adequate diet, providing all the essential nutrients we need for healthy skin is also advised. Skin health relies on the omega 3 fatty acids and the antioxidants. Severe calorie restriction won't guarantee you're getting your required nutrients. Keep the calories up, just cut back on too much fat — and exercise regularly.

Excess skin can be removed surgically, but wait until your weight goal has been achieved and stabilized for six to nine months. Skin can continue to tighten for an entire year, and your patience could help avoid unnecessary surgery. ❦

**E**arly physicians noted that bodily fluids (bile, vomiting and phlegm) were present mainly during sickness. These bodily fluids were regarded as harmful. Blood, another bodily fluid, was also



seen to be expelled naturally from the body in times of stress (during menstruation and nosebleeds). This natural evacuation suggested the practice of blood-letting. This "bleeding" of a ill person was devised in the days of *Hippocrates* and *Galen* and served for centuries afterward as a form of therapy.

■ In the mid-1800's hydrotherapy became a popular medical practice. The method consisted of immersing the body in icy water, to release the disease or ailment trapped inside. This treatment was soon updated to less-frequent daily immersions in warmer water, and added the consumption of up to thirty glasses of water daily. During this era, many believed frequent bathing to be unhealthy. However, the popularization of hydrotherapy eventually led to home bathing, installing indoor bathrooms, and swimming pools. ❦

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**July/Aug/Sept 2001** \_\_\_ Focus on fitness not bodyweight, Violence on television, Indoor cycling injuries, Cold sores, Benefits of juice drinking, Gingong, Eat to beat the blues, Devil's Claw, Golf injuries, Jogging with your dog, Dealing with aggressive dogs, Creamy cucumber dressing, Abdominal exercises.

**Oct/Nov/Dec 2001** \_\_\_ Side stitch, Cough CPR?, Weight-loss tips, Eliminating cellulite, Bran Muffin recipe, Cooking with herbs, Hypnosis, Lower back workout.

**Jan/Feb/Mar 2002** \_\_\_ Alzheimers and other mind disorders, Low-fat convenience foods, Lamb's quarters rich in calcium, Deep breathing benefits, Lemon Balm and Chamomile, Shoulder exercises.

**Apr/May/June 2002** \_\_\_ Kid fitness, Necrotising Fasciitis; Hot tubs, Addictive carbs, Fat burning during exercise, Martial Arts, Valerian (herb), Triceps exercises.

**July/Aug/Sept 2002** \_\_\_ Heat illness, In-line skating, Flaxseed fights cancer, Chew food well for good digestion, Abdominal machines, Motivating fitness facts, Massage therapy, Shin splints, Horsetail (herb).

**Oct/Nov/Dec 2002** \_\_\_ Exercise prevents osteoporosis, Protect your knees, Mayonnaise recipe, Back pain tips, Allergies and tummy bulge, Herbs for the cold and flu season, Tips to quit smoking, Improve your diet, Stretches for back pain.

**Jan/Feb/Mar 2003** \_\_\_ Low Carbohydrate Diets (Atkins), Wool bedding for deep sleep, Sleep tips, Misleading health reports, Meditation, Elderberry & chickweed (herbs), Menopause tips, Concussions, Tips to lower cholesterol, Weight loss tips, Restless legs, Exercise for arthritics, Recipe for sugar-free fruit yogurt.

**Apr/May/June 2003** \_\_\_ Lower back pain, Get strong with a short workout, Antioxidants, Defense against lightning, Mononucleosis, High blood Pressure, Iridology, Replacing lost fluids during exercise, Bee propolis.

**July/Aug/Sept 2003** \_\_\_ Natural mosquito repellents, Norwalk Virus, S.A.R.S., Weight training tips, Nut butter recipe, Hiccup cures, Aloe Vera, Food not pills, Beginning exercisers tips, Health problems from mold, Weight loss drug.

**Oct/Nov/Dec 2003** \_\_\_ Healthy Snack ideas for your kids, Healthy Halloween treats, Eating for a healthy baby, Relax tense muscles, Treating menopausal hot flashes, Stinging Nettle (herb), Holiday hangovers, Creative uses for your exercise bike, Calorie burning during various activities.

**Jan/Feb/Mar 2004** \_\_\_ Varicose veins, Best weight loss practices, Health benefits of tea; Childhood eating disorders, Iron, Controlling stress, Essential oil use, Importance of sleep, Overtraining, Beginner exercise tips, Benefits of brisk walking vs. jogging.

**Apr/May/June 2004** \_\_\_ Grass-fed beef, Mental aerobics, Chronic fatigue, Bowflex recall, Bee pollen, Managing depression, Allergies, Fluorescent lights, Natural Cleansers, Fruit juice, The push-up, Reducing arthritic pain. ❦

# Building bigger muscles . . .

**B**uilding bigger muscles doesn't mean eating extra protein. You can't force protein into your muscles: Cells won't respond to more protein by helplessly accepting it.

Cells respond to the hormones that regulate them and to physical demands. Your cells will select the nutrients they need from what is offered. The best way to make muscles grow is to put a demand on them — make them work — which makes them respond by taking up nutrients, including amino acids (the building blocks of protein). This is how muscles grow.

Combining weight-training exercises with a high-carbohydrate, calorie-rich diet is necessary for healthy mus-

cle growth. It's the extra calories, not the extra protein, that help build muscle. Too much protein in your diet can cause dehydration and create other health risks over the long run.




Theoretically, it takes 500 extra calories daily, and at least three intense one-hour workouts weekly to gain one pound of lean body mass in a week. A faster weight gain may indicate a gain of fat, not muscles. To gain weight, moderate weight trainers need approximately 45 to 50 calories daily per kg of bodyweight. Hard trainers need up to 55 calories per kg of bodyweight.

Those who exercise vigorously on a regular basis need more protein than those less active, but these increased needs are met when total calories are increased.

Daily protein needs for weight training are 1.4 to 1.8 grams per kilogram of bodyweight. Daily carbohydrate needs for light to moderate weight training are 4 to 7 grams per kg of bodyweight. Intense training needs 7 to 10 grams of carbohydrate for each kg of bodyweight.

To gain muscle, eating more calories can be a problem for many. Here are some suggestions to boosting your daily calories;

Eat up to six meals per day consistently (three main meals and an additional three snacks if possible). Select high calorie foods; bananas have more calories than apples and Grapenuts are higher in calories than Cheerios. Liquids, such as juices and milk can supply extra calories (a glass of orange juice has twice as many calories as an orange). Have second and third servings of starchy foods like whole-grain breads, pastas, legumes and potatoes. Dates, figs and raisins are other high calorie, low fat choices. You can also add more fat to your diet, but do it sensibly. Choose nuts and seeds over potato chips or fried foods.

Visit a sport nutritionist for more precise needs and other diet suggestions. 

## Live longer and better with exercise

**D**on't exercise regularly? Perhaps the latest research and studies, listed below, will help motivate you to begin a regular program of activity.

Experts say as little as 30 minutes of exercise daily can help you live longer.


In a 12-year follow-up of one study, the mortality rate for those walking less than a mile daily was nearly twice as high as it was for those who walked more than two miles per day.

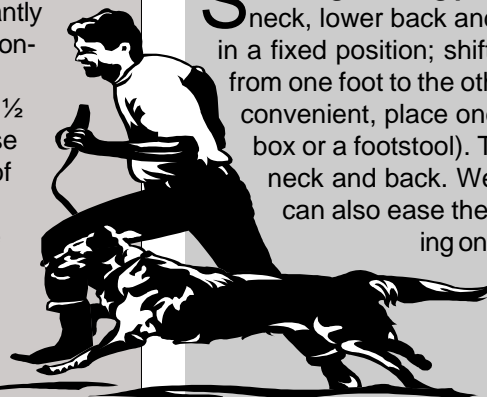
Suffering a heart attack is 54 percent lower for the most active women than it is for sedentary women. Even slightly active women had a 23 percent lower risk than sedentary women.

One study found women who walked at a brisk pace for three or more hours per week had a significant reduction in heart attack risk. Also, walking this much is just as beneficial as regular vigorous exercise.

Obese, but fit people have a significantly lower risk of diseases or early death than non-fit and obese individuals.

Regardless of gender or age, a 14 ½ year study found the mortality rate of those more physically active is about half that of those least active.

In a follow-up study of men with type 2 diabetes, the mortality rate was very low among those who continued their fitness programs after the study ended. 



**S**tanding for long periods can be stressful on the neck, lower back and the lower legs. Don't stand in a fixed position; shift your weight back and forth from one foot to the other as often as you can. If it's convenient, place one foot on a raised surface (a box or a footstool). This can relieve stress on the neck and back. Wearing well-cushioned shoes can also ease the stress on feet, as will standing on a padded mat. Whenever you can, take a brief break to shake out your feet and ankles, or do a few gentle stretches. 