

Fast Facts in a Busy World

OLD-FASHIONED CLEANER

It may be old-fashioned, but it's safe and cheap—and it won't help breed super strains of bacteria, as store-bought antibacterial products can.



What is it? The recipe is simple. It is white or apple cider vinegar and 3 percent hydro-

gen peroxide. Put the vinegar in one spray bottle and the hydrogen peroxide in another.

Then just spray whatever you want to disinfect with first one solution and then the other. It doesn't matter which solution you use first, but it works best if you use them both. You can use both on fruits and vegetables (just rinse with water after spritzing), your countertops, cutting boards—anything you want to disinfect.

Tests have shown that using the two sprays in sequence killed virtually all Salmonella, Shigella and E.coli bacteria.

—Harmony Newsletter

FITNESS PHONE

Stay fit on the go with NEC's 232 fitness phone! This new phone offers a 24/7 mobile trainer, a dietitian and tips to help keep you on track with your fitness goals. Check it out at www.nechdm.com/232/232.asp.

—Fitness

YOGA FOR MEN

Men often push aside the stress that they feel and give little importance to relaxation techniques. One of the results is the tendency for men to develop heart disease at an earlier age than women. Yoga has many benefits that can help men to learn how to relax. The participant works through a series of poses to improve strength, flexibility and breathing. Learning how to breathe from the diaphragm can help throughout the day to release tension.

Also, many men forget about flexibility and focus only on strength and performance. A yoga class is a great way to work on flexibility if you do not work on it on your own.

—www.fitnessandfreebies.com



HEALTHY PREGNANCY

New research confirms that the quality of your diet before conceiving is just as crucial to your health and your baby's as it is during pregnancy. About three months before you plan to get pregnant, make sure to:

Eat five to nine servings of fruits and vegetables and two to three servings of protein daily. A new study from the University of California at Berkeley shows that these three food groups may lower your risk of having a child who develops leukemia, the most common childhood cancer in the United States.

Meet the RDA for folate. It protects against neural-tube defects, which can develop within the first 28 days of pregnancy. Ask your doctor to prescribe prenatal vitamins containing the recommended 400 micrograms and start taking them now, or take a multivitamin with the same amount.

Avoid certain types of fish. Shark, swordfish, king mackerel and tilefish contain high levels of mercury, which could harm the fetal nervous system. The FDA and EPA say that having two 6-ounce servings per week of low-mercury fish such as salmon and chunk light tuna (but not albacore) is safe.

—Fitness

DIET QUIZ

Do you prefer fruit or vegetables? Veggie lovers are more adventurous and like to try new recipes, whereas fruit fans tend to limit new foods and help themselves to sweet snacks, researchers at the University of Illinois at Urbana-Champaign say. —Self

FIRSTBORN CHILDREN

Firstborn children may be more likely to develop heart disease later in life

than their siblings, one study found. The researchers think this may be because firstborns are more likely to have a type-A personality.



—Vitality

Randy Harris

