

**ENERGY BOOST** Consuming a teaspoon of honey gives an energy boost that lasts for hours.

—Natural Health

## STOP SICKNESS

### at Work



There's much you can do to stop the spread of cold and flu at work. According to the Centers for Disease Control and Prevention you can help stop the spread of germs at work if you:

- ◆ Cough or sneeze into a tissue and then throw it away. If you do not have a tissue, cover your cough or sneeze with the inside crook of your arm, not your hand.
- ◆ Wash your hands often. When available, wash your hands with soap and warm water, then rub your hands together vigorously and scrub all surfaces. Wash for 15 to 20 seconds. When soap and water are not available, use alcohol-based disposable hand wipes or gel sanitizers.
- ◆ Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches these areas.
- ◆ When you are sick or have flu symptoms, stay home, get plenty of rest and check with a health care provider as needed.
- ◆ Practice other good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.

Practicing healthful habits will help you stay healthy during flu season and all year long.

—Centers for Disease Control and Prevention

## TO STILL MOOD SWINGS

Place the fingertips of your right hand on the center of your breastbone. Place your left index finger between the base of your nose and upper lip, and your middle finger between your lower lip and chin. Press for two minutes.

—Natural Health

## Resolutions

Yesterday is only a memory. Tomorrow is a dream. Today is the only day we really have.

This new year, we can resolve to lose weight, get more exercise, stop smoking, or drink less, but the fact is, we still live our lives only one day at a time.

So the most important question we can ask ourselves is: "How are we going to spend our moments this year?" We really can't make New Year's resolutions. We can only resolve to take care of ourselves one day at a time.

We don't have to watch our diets or exercise or quit smoking for an entire year. We only have to take care of ourselves one day at a time.

Much easier.

And if we can just concentrate on treating ourselves right for the next 24 hours, and the 24 hours after that—then the whole of 2006 will take care of itself.

I resolve to ...

- \* Just for today, **eat right.**
- \* Just for today, **go for a brisk walk.**
- \* Just for today, **make time to be alone.**
- \* Just for today, **wear my seat belt.**
- \* Just for today, **exercise my sense of humor.**
- \* Just for today, **take care of myself.**

—Hope Health Letter

## Diet Can Reduce PMS

Pre-menstrual syndrome (PMS) risk may be lowered by eating a diet rich in calcium and vitamin D, according to a study published in the Archives of Internal Medicine.

The study compared the diets and supplement use of 1,057 women ages 27 to 44 years who reported developing PMS over the course of 10 years with that of 1,968 women who reported no PMS in the same time period.

Researchers found a significantly lower risk of developing PMS in women with high intakes of vitamin D and calcium from food sources, equivalent to about four servings per day of low-fat yogurt. These dietary intakes correspond to approximately 1,200 milligrams of calcium and 400 IU of vitamin D from food sources.

While most women experience only mild emotional or physical PMS symptoms, 20 percent have moderate to severe symptoms that interfere with their normal activities.

—Vitality