

Meat Lovers May Pack on the Pounds Over Time

Being a **little less carnivorous may help you stay slim**, a study suggests.

Dr. Anne-Claire Vergnaud of Imperial College London in the UK found that **people who ate more meat gained more weight over 5 years** than those who ate less meat (an average of 5 lbs per year), but the same amount of calories.

Because **meat is "energy-dense"** (meaning it packs more calories by weight than veggies or fruits, for example), it could influence appetite control.

Based on the findings, a person who **cut their meat consumption by a half-pound daily** could reduce their yearly weight gain by around 4 pounds.

SOURCE: American Journal of Clinical Nutrition, online June 30, 2010.

Healthy Poolside Snacks

The long summer days by the pool are here and that means hungry kids! Here are some nutritious snacks you can have ready and waiting:

- Rinse and clean fresh fruits and veggies, stick them in a zip-lock bag and toss in the cooler.
- Try dried fruit.
- Mix nuts with fruit for a quick and easy, nutritious trail mix that your kids will love!
- Instead of packing sugary sodas and energy drinks, offer **100% juice**.
- Try frozen fruit bars made from 100% juice.

Source: Produce for Better Health Foundation

The Scoop on Psyllium

Many people take **psyllium as a fiber supplement and laxative**. But it has other benefits, too--notably a **cholesterol-lowering** effect.

Psyllium is **sold as a powder or pill** and is also an ingredient in a few breakfast cereals. Metamucil is the best known brand.

Psyllium husks are rich in **soluble fiber**. This fiber absorbs water in the colon, resulting in bulkier stool. It's also a good source of **insoluble fiber** (like whole bran), which enhances its laxative effect. Psyllium is gentle and relatively slow-acting. If you take it, **drink extra water**.

The soluble fiber in psyllium can help improve cholesterol levels, especially by lowering LDL ("bad") cholesterol. The government's cholesterol guidelines recommend psyllium for this purpose, as does the American Heart Association. **For the greatest effect, take the standard dose three times a day.**

Finally, psyllium **may aid in weight control**, since it helps you feel full.

SOURCE: Berkeley Wellness Alerts

Summer Hydration

When it's warm, your body perspires more to help you cool down. You need to **replenish the water in your system** to keep from becoming dehydrated.

Don't rely on thirst alone to tell you how much you need to drink. Keep muscles working and avoid fatigue by drinking plenty of liquids **before, during, and after** physical activity.

For most outdoor activities, **water is the best** liquid to drink. If your activity lasts an hour or more, fruit juice diluted with water or a sports drink will provide carbohydrates for energy plus minerals to replace lost electrolytes.

Source: WebMD; www.webmd.com

Do Video Games Cause Attention Problems in Kids?

Long hours in front of the **television could make it difficult for kids to concentrate** in school.

Douglas A. Gentile, Media Research Lab at Iowa State University, added that too much screen time had also been linked to **increased aggression and expanding waistlines**.

Children who spent **more than two hours per day** in front of the screen -- the limit recommended by the American Academy of Pediatrics -- increased their odds of exceeding the average level of attention problems by **67 percent**.

SOURCE: Pediatrics, online July 5, 2010.

First Aid for Tick Bites

Tick bites can be serious. Ticks can cause Lyme disease or Rocky Mountain spotted fever.

If you've received a tick bite:

Remove the tick carefully. Use tweezers to grasp the tick near its head or mouth and pull gently to remove the whole tick without crushing it.

Seal the tick in a jar. Your doctor may want to see the tick if you develop signs or symptoms of illness after a tick bite.

Use soap and water to wash your hands and the area around the bite.

Call your doctor if you aren't able to completely remove the tick.

See your doctor if you develop a rash, fever, stiff neck, muscle aches, joint pain, inflammation, swollen lymph nodes, and/or flu-like symptoms. Bring the tick with you to the doctor's appointment.

Call 911 or your local emergency number if you develop a severe headache, difficulty breathing, paralysis, chest pain or heart palpitations

SOURCE: www.mayoclinic.com

Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing.

~ Mother Teresa