

7 Health Mysteries Explained

- 1. What Is Brain Freeze?** It's a pain in your head that occurs when the nerves on the roof of your mouth are hyperstimulated by cold foods, like ice cream and frozen drinks. The nerves are in your mouth, but the nerve center is in your brain, "so that's where you feel the pain," says Dr. Seymour Diamond. "This is known as referred pain."
- 2. Why Do You Have Earwax?** To keep foreign matter from invading ear canals. Earwax, or cerumen, is produced by glands in the outer ear to protect the inner ear from infection. The sticky substance prevents dust, dirt, and bugs from getting in. Ears are self-cleaning: The wax slowly moves up and out of the ears on its own, dries up, and flakes off or washes away when you shampoo your hair. If you're a Q-tip addict, clean just the outside of your ears.
- 3. Why Do You Get Goose Bumps?** Because you're cold or frightened. When you feel chilled, the muscles around your hair follicles contract, causing the hairs to stand up to create a layer of insulation, explains Richard Potts. All mammals share this hair-raising trait.
- 4. Are Carrots Really Good For the Eyes?** "Yes, they are, along with all other foods rich in vitamin A," says Michael F. Marmor, a professor of ophthalmology at the Stanford University School of Medicine. The body uses vitamin A to support nerve cells in the retinas that help maintain normal vision. People who are deficient in A are susceptible to a host of vision problems, such as night blindness. Many red, yellow, orange, and leafy green vegetables—including sweet potatoes, kale, mangoes, and papayas—contain vitamin A, as do eggs and liver.
- 5. Why Do Lips Thin as You Age?** The older you get, the less collagen you produce. And collagen, a protein that supports the body's soft tissue, is what gives lips their pleasing plumpness, says Dr. D'Anne Kleinsmith. The sun's ultraviolet rays can also cause collagen to break down and lips to thin. "One way to help preserve the fullness of your lips," Kleinsmith says, "is to protect them from the sun by wearing a lipstick or lip balm with sunscreen."
- 6. Why Do Teens Sleep Late?** They're not lazy; they can't help it. During childhood, melatonin, the hormone that regulates the wake-sleep cycle, is secreted by the pineal gland early in the evening. When puberty hits, from around ages 10 to 14, melatonin is released later, around 9 p.m. or 10 p.m. "This shift often makes many teenagers incapable of falling asleep before 11 at night," says teen sleep expert Mary A. Carskadon. "Since teens still need about nine or more hours of sleep, they try to make up for the time they've lost at night by sleeping in."
- 7. What Causes Hiccups?** Excessive eating, alcohol, excitement, or stress can overstimulate the phrenic nerves, which control the diaphragm. The diaphragm then contracts involuntarily. At the same time, the glottis, the part of the larynx where the vocal cords are located, closes up, says Dr. Patricia Raymond. The result is the spasms and the odd hic sound that repeat every few seconds. A typical case of the hiccups lasts only a few minutes, but some can last much longer. While there's no proven cure, Raymond suggests trying an action that resets the phrenic nerves (akin to rebooting your computer when it's frozen), such as holding your breath or breathing into a paper bag.

Edited from: <http://www.foxnews.com/http://www.foxnews.com/health/2012/04/16/7-health-mysteries-explained/>

Emotional Fitness

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Vagiste studied mediation in three different countries: Windsor University's Faculty of Law; Tucson, Arizona, The Victim Offender Mediation Institute; and Stockholm's International Peace Research Institute. Interpersonal problems represent that highest source of stress for most people. Karin's Emotional Fitness Exercises focus on mediation principles, because they can lower conflict driven stress. How would you like that nasty, nagging conflict to become a catalyst for positive change? You have the power to do that with mediative principles!



May 2012 Newsletter

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Shelagh O'Sullivan

for the Month of April!



Cornmeal-Crusted Chicken Nuggets with Blackberry Mustard

Tossing chicken tenders with cornmeal gives these chicken nuggets great crunch without deep-frying. Blackberries (or raspberries, if you prefer) combined with whole-grain mustard make for a sweet-and-savory dipping sauce. Serve with: Steamed broccoli and carrots.

4 servings | Active Time: 20 minutes | **Total Time:** 20 minutes

Ingredients:

- * 1 cup fresh blackberries or raspberries, finely chopped
- * 1 pound chicken tenders, cut in half crosswise (see Tip)
- * 1/4 teaspoon freshly ground pepper

- * 1 1/2 tablespoons whole-grain mustard
- * 1/2 teaspoon salt
- * 3 tablespoons cornmeal

- * 2 teaspoons honey
- * 3 tablespoons cornmeal
- * 1 tablespoon extra-virgin olive oil

Preparation: Mash blackberries (or raspberries), mustard and honey in a small bowl until it looks like a chunky sauce.

Sprinkle chicken tenders with salt and pepper. Place cornmeal in a medium bowl, add the chicken and toss to coat (discard any leftover cornmeal).

Heat oil in a large nonstick skillet over medium-high heat. Reduce heat to medium and cook the chicken, turning once or twice, until browned and just cooked through, 6 to 8 minutes total (thinner nuggets will cook faster than thicker ones). Serve the chicken nuggets with the berry mustard.

Nutrition - Per serving: 184 Calories; 5 g Fat; 1 g Sat; 3 g Mono; 67 mg Cholesterol; 9 g Carbohydrates; 26 g Protein; 2 g Fiber; 452 mg Sodium; 70 mg Potassium

Tips & Notes: Chicken tenders are the lean strips of rib meat typically found attached to the underside of chicken breasts. They can also be purchased separately. Four 1-ounce tenders will yield a 3-ounce cooked portion. Tenders are perfect for quick stir-fries, chicken satay or kid-friendly breaded "chicken nuggets."

From: Eating Well: http://www.eatingwell.com/recipes/chicken_nuggets_blackberry_mustard.html

World Foot Health Awareness Month

May is designated as *World Foot Health Awareness Month (WFHAM)* and the FIP would like to call attention to the importance of the inspection and maintenance of your feet in preventing foot and ankle ailments and disabilities. Foot pain is not normal - if your feet hurt something is wrong and you should consult with a podiatrist.

Ten Tips for Healthy Feet

1. Don't ignore foot pain. It isn't normal. See your podiatrist if pain persists.
2. Inspect your feet regularly, paying attention to changes in colour and temperature. Look for thick or discoloured nails, which is a sign of developing fungus. Check for cracks or cuts in the skin. Peeling or scaling on the soles of the feet can indicate athlete's foot. Any growth on the foot is not normal.
3. Wash your feet regularly, especially between the toes, and be sure to dry them completely.
4. Trim toenails straight across, but not too short. Cutting nails at the corner or along the sides can lead to ingrown toenails.
5. Don't pop blisters. Instead, cut a hole in a thin piece of foam to protect the blister, or cover it with a protective soft gel dressing to prevent infection and speed up the healing process.
6. Make sure your shoes fit properly. Buy new shoes later in the day when feet tend to be at their largest. Have your feet measured while standing and if your feet are different sizes, buy shoes in the size of the larger foot. Beware of shoes that need to be "broken in."
7. Alternate your footwear. Don't wear the same pair of shoes every day. When travelling, pack several pairs.
8. Maintain your shoes. Run-down heels put uneven pressure on your feet, which can translate into pains throughout the body.
9. Don't forget to apply sunscreen to the tops of your feet.
10. Apply ice if you suspect a fracture, sprain or dislocation in your feet. Do not use heat or hot water, which promotes blood flow and greater swelling.

From International Federation of Podiatrists: http://www.fipnet.org/index.php?option=com_content&view=article&id=242

