



Toilet Talk

I'm not that old, I just love cake...

Have you ever noticed that the Keebler elf looks so old?

According to a study in the British Journal of Dermatology, the more sugar you eat, the older you begin to look. This is due to a process called glycation which occurs when any sugar is eaten and glucose enters your bloodstream. As it floats along in the bloodstream, the sugar latches onto proteins and forms advanced glycation end products, or AGE's.

The more sugar you eat, the more AGE's are produced, which wreak havoc on adjacent proteins; especially affecting collagen and elastin, which helps keep your skin firm and elastic.

Smoking and sun are still the leading cause of wrinkles, and doctors recommend taking antioxidants regularly, such as Vitamin C.

-CNN



Ways to keep your pants from busting during Thanksgiving...

- 1) Don't go to the Thanksgiving Dinner hungry.
 - when we are hungry, we eat faster and much more, so make sure to eat breakfast and lunch before.
- 2) When it comes to the Turkey, don't eat the skin!
- 3) Go for smaller portions.
 - when you take large portions, you feel the urge to eat everything on your plate.
- 4) Limit high-fat food items.
 - mashed potatoes are often made with plenty of butter and milk.
- 5) Drink water instead of coffee, alcohol or soda!

-Healthcastle.com

Health Tips for Autumn...

The Autumn and Winter seasons provide the largest opportunity for illness. Avoiding all human contact and germs is not a possibility, but you can still protect yourself.

- 1) Get plenty of rest.
A full night's rest is the best way to maintain a healthy immune system.
- 2) Exercise Regularly.
Strengthens your body in all aspects, including immunity.
- 3) Wash Your Hands, a lot.
Using an antibacterial soap is the easiest way to prevent illness.
- 4) Avoid Sharing Personal Items.
- 5) Drink plenty of water and take a multi-vitamin.
- 6) Get a flu vaccine

-Healthlink.com



GREAT AMERICAN SMOKE OUT!

November 15th is Great American Smoke-out Day. Make a pledge to stop smoking for your health!!!
Lunch and Learn November 15th from 12-1 pm in the Café. The topic is Holidays of Different Religions

How to Manage Anger...

Frequently losing your temper not only alienates others, it can contribute to health problems such as headaches, upset stomach and heart attacks.

The most important thing to remember regarding your temper is that you must take control of it.

Count to 10: Give your body time to defuse before you react.

Walk it off: Go for a short stroll until you calm down.

Distract yourself: Listen to music or clean your room!

Keep a Log: Monitor your hostile thoughts and discover how frequently you lose control of your temper.

-TopHealth