



# TOILET TALK



Stay Well Manchester College!

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## I shook hands with you? Gross!

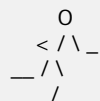
Only 32% of men and 64% of women wash their hands with soap after using the restroom. This is even though scientists have proven proper handwashing to be the most preventative measure against disease! -msnbc

### Fact or Fiction?

Rumors say gum stays in your body for five years after swallowing it. This is a myth. The body can digest gum without any complications. It is not recommended to swallow gum, but it won't be lost in your body for the next five years if you happen to! -yahoohealth

### Just Keep Running!

Getting bored of your winter workout routine? Try a random pickup. Go watch a half hour television show at the PERC and run at 80% of your maximum heart rate for the commercials. Once your show comes back on, slow down that pace a bit.



**Motorists who talk on cell phones are more impaired than drunk drivers who have blood-alcohol levels exceeding .08 -citihealth**

## Eat MUFAs for your FUPAs

Many people may have heard the term FUPA. This term is referred to as Fatty Upper Pelvic Area. Typically, this is the area where females have a greater amount of fat stored. However, males also deal with fat in this area. Have you ever been determined to fight off your FUPA and you do hundreds of crunches in hopes to burn it off? Well, if this isn't working for you, you may need to take another approach. MonoUnsaturated Fatty Acids known as MUFAs could possibly be just what your diet needs. For many years dietary specialists have claimed that all types of fat are a danger to your health. More recently research has shown otherwise. Not all fat is created equal! MUFAs are not only good for FUPAs but are also good for your heart. You can easily get monounsaturated fatty acids in your diet.

Common MUFA foods: Olive oil, & olives (green, black), almonds, chestnuts, cashews, peanut butter, avocados, and apricots.

-diet&fitnesstoday and sciencedirect

## Spring Break Safety

Imagine the typical college party. There is a high chance people are drinking alcohol. Do you know how alcohol moves through the body?

Once alcohol is in the body, the small blood vessels in the stomach and small intestine carry the alcohol into the bloodstream. Only 20% of the alcohol is absorbed in the stomach. The other 80% is absorbed through the small intestine. The liver is the main organ which metabolizes alcohol. Generally, one ounce of liquor can be processed per hour. If more than 1oz/hour is consumed, your body will become oversaturated, and the extra alcohol is stored in the blood and body tissues until it can be metabolized. If the body can't metabolize alcohol, a hangover is the result.

The best way to avoid the dreaded hangover is to not drink. If you do chose to drink, make sure you know your limits! Symptoms of a hangover include: fatigue, headache, nausea, vomiting, and depression. There are rumors that chocolate milk, coffee, a cold shower, eating greasy foods before drinking, and more, can cure a hangover. The fact is: the only cure for a hangover is time, or not getting one in the first place. Take care of your body over spring break! Avoid the hangovers! - webmd

### I Get What With This Shot?

Rumors have been spread stating that vaccines can cause autism. Fortunately, the rumor that vaccines can cause autism is not true. Tales of the administration of MMR and DTaP vaccines leading to autism has been proven to have no correlation. -Institute of medicine

### BAHAHAHAHA!!

**Six year olds laugh an average of 300 times per day. That's compared to an average adult laughing only 15-100 times per day. People who laugh more tend to have fewer stress hormones, and a better immune system. Find the humor in your life, it makes you healthier! -randomfacts.org**

"Keep on going and the chances are you will stumble on something, perhaps when you are least expecting it. I have never heard of anyone stumbling on something sitting down."

Charles F. Kettering