

**Zzzzzzzz...**

The authors of the popular book series, Eat this, Not That, have published a list of foods that should help you get a restful night of sleep and wake up feeling alert if eaten about an hour before bed. Some of the foods help relax the brain by stimulating melatonin and serotonin, neurotransmitters involved in sleep and relaxation. Some contain amino acids, such as tryptophan, that induce sleep. Others are light snacks containing carbohydrates which will help you to fall asleep without being highly packed with calories. And here is the list of the top 8 sleepy foods... Nonfat popcorn, oatmeal with a sliced banana, 1 cup of plain yogurt with 2 tablespoons of mixed nuts, sesame seeds, 1 glass of wine (Only if you are 21, that is!), unsweetened cherry juice, and red bell peppers. –

**Five Flat Stomach Tricks**

1. Avoid constipation. Too little fiber, fluids, and physical activity can cause constipation, which leads to bloating.
  2. Don't eat too fast. Not properly chewing your food and swallowing too quickly leads to excess gas in your system. Listen to your mom on this one, savor the good tastes!
  3. Stay away from carbonated drinks.
  4. Don't chew too much gum.
  5. Lose total body fat. The abdominal region loses a little more weight than other regions of the body. Exercise and healthy diet is the best way to get the body you want!
- WebMD

**Exercise: The Fountain of Youth?**

You probably know one of those exercise freaks that can't seem to stay away from the treadmill. Well, they may know a secret to youth. A study showed that vigorous exercising may stimulate an anti-aging effect. Exercise fights against diseases, which also increases years of life. One scientist says exercise cannot be proven as a fountain of youth. He noted that perhaps the physically fit are at a genetic advantage from birth, and that is why they are "healthier." Science has proven that there are generally more benefits to exercising than risks. As Nike says, "Just Do It!" –abcnews

**Did you know?**

Obesity has become such an issue in this country that some colleges have begun to institute a "too-fat-to-graduate" rule. Lincoln University, located in Pennsylvania, requires students with a BMI of 30 or above to take a mandatory fitness course that meets 3 times weekly. Some have argued that it's a discriminatory practice, while others have argued that it's necessary for students to achieve their life goals. The institution defends its position by stating "obesity will rob you in your quality of life." However, only a few weeks after the new policy, it was decided to be too discriminatory and eliminated. The question remains though, can institutions discriminate based on weight? -cnn

**PARANORMAL ACTIVITY?**

You may have heard about the ghost out on the track, or the haunting of the bell tower, or the friendly ghost who wanders about third floor Calvin-Ulrey. Ever wondered if the hundred year old ghost stories are true? Or what about the scary movie hauntings? A recent study concluded ghost images result from a trick of your eye. Your eye will either twitch or something will flutter by (like a fly) and cause your mind's eye to create an image. People who are tired or who are doing mindless tasks are more apt to seeing ghosts. Environmental factors can also have an influence on people seeing ghosts. Low frequency sound waves can cause nervousness. Disruptions in the electromagnetic field, changes in temperature, and changes in lighting can also play tricks on the mind. Don't freak out next time something strange happens! It could be your body playing a trick on you! Or perhaps the supernatural is haunting you? – msnbc.com