



TOILET TALK



Stay Well Manchester College!

Summer Myth

"My sunburn will turn into a tan." False! Sunburn is your skin's reaction to injury. It results in skin burn, peeling, and redness, and is not healthy for you! Any amount of UV radiation puts you at an increased risk for premature aging and cancer. Sunburn makes you even more prone to these illnesses. When you go outside, remember to put on the suntan lotion. Even though it may not be your favorite thing in the world, it will be healthy for you! -healthylife

A Whining in Your Ear

The itchy mosquitoes are out again. The CDC recommends three steps in order to avoid getting bit. Use insect repellent that contains DEET to fare off the insects. Then wear light-weight long sleeves and pants. Thirdly, avoid being outside during dusk and dawn, as these are the peak biting times. If you do get a red itchy bump, it usually goes away within a week. Keeping the area clean and free of infection is important. Sometimes a cold compress can relieve symptoms. Although the likelihood of getting West Nile Virus is very low, it could happen. Be aware of symptoms such as fever, headaches, tiredness, and skin rash. The symptoms should be gone in a few days after they begin.

-webMD

Instant joy

Feeling a little down? Watch a humorous movie for a quick pick-upper. Laughing helps release endorphins. Endorphins are a chemical which makes the brain feel good. Skip the reality show and watch a comedy!

Drink Up!

You've heard it before, drink eight glasses of water a day! Most of America only drinks half of the recommended amount. The average American also drinks 4-5 glasses of dehydrating drinks (alcohol/caffeine) per day. The result is they cancel each other out, making an effect of zero replenishing drinks per day. Water is needed to regulate the body's temperature, to transport nutrients and oxygen, to carry away waste, and water is essential to the digestive tract. Without the right amount of water, it is near impossible for your body to function at 100%. Be sure to hydrate yourself, especially in the hot summer months!

-nytimes

Feet May Reveal Lies and Sexual Attraction

Feet are extremely revealing. You may not be conscious of how you are standing, but your unconscious self is revealing your sexual attraction. After the analysis of the sexual attraction between many couples, verbal and nonverbal communication both showed to be important. With women, the feet will tell everything. Men, if you want to see if a woman is sexually attracted to you, she will point her feet in your direction and the feet will move slightly apart. Women, if you want to see if a man is sexually attracted to you, he will not reveal it in his feet but in his upper body language. Signs include leaning in, head cocking slightly to the side, and he will bend his neck forward. Cocking the head to the side is a sign of submission which the man may be doing to get the woman he likes.

To reveal some nonverbal cues of lying, look for little arm and foot movements. Many people say a liar will fidget but Geoff Beattie says that his studies show that if someone is lying, they will not fidget but will attempt to appear confident and possibly subconsciously try to hide the fidgeting movements. -bbc.co

"Action is the foundational key to all success."

- Pablo Picasso

HEADLINE GOES HERE

SUBHEAD GOES HERE

Continue newsletter text here. Continue newsletter text here. Continue newsletter text here. Continue newsletter text here. Continue newsletter text here.

Continue newsletter text here. Continue newsletter text here. Continue newsletter text here. Continue newsletter text here. Continue newsletter text here. Continue newsletter text here.

SUBHEAD GOES HERE

Continue newsletter text here. Continue newsletter text here. Continue newsletter text here. Continue newsletter text here. Continue newsletter text here. Continue newsletter text here. Continue newsletter text here. Continue newsletter text here. Continue newsletter text here. Continue newsletter text here. Continue newsletter text here. Continue newsletter text here. Continue newsletter text here. Continue newsletter text here. Continue newsletter text here. Continue newsletter text here. Continue newsletter text here.

SUBHEAD GOES HERE

Continue newsletter text here. Continue newsletter text here. Continue newsletter text here. Continue newsletter text here. Continue newsletter text here. Continue newsletter text here. Continue newsletter text here. Continue newsletter text here. Continue newsletter text here. Continue newsletter text here. Continue newsletter text here. Continue newsletter text here. Continue newsletter text here. Continue newsletter text here. Continue newsletter text here. Continue newsletter text here. Continue newsletter text here.

Delete text and place photo here.

Delete box or place a caption here.

Delete text and place photo here.

Delete box or place a caption here.

Delete box or place special news here, such as call-out text. Consider including customer testimonials or information about awards you've won.



HEADLINE GOES HERE

SUBHEAD GOES HERE

Continue newsletter text here. Continue newsletter text here. Continue newsletter text here. Continue newsletter text here. Continue newsletter text here. Continue newsletter text here. Continue newsletter text here. Continue newsletter text here. Continue newsletter text here. Continue newsletter text here.

Delete text and place photo here.

Delete box or place a caption here.

Delete text and place photo here.

Delete box or place a caption here.

Delete box or place special news here, such as call-out text. Consider including customer testimonials or information about awards you've won.

SUBHEAD GOES HERE

Continue newsletter text here. Continue newsletter text here.

SUBHEAD GOES HERE

Continue newsletter text here. Continue newsletter text here.



HEADLINE GOES HERE

SUBHEAD GOES HERE

Continue newsletter text here. Continue newsletter text here. Continue newsletter text here.
Continue newsletter text here. Continue newsletter text here. Continue newsletter text here.
Continue newsletter text here. Continue newsletter text here.

INSERT LOGO OR COMPANY
NAME HERE

Phone: 555.555.5555
Fax: 555.555.5555

555 Street Address
City, State 55555

www.webaddress.com

Shipping Address Here
555 Street Address
City, State 55555

