



# Toilet Talk

Manchester University  
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## Go Bananas!

Need a boost? Grab a banana! Bananas contain three natural sugars – sucrose, fructose and glucose – combined with fiber that gives a sustained and substantial boost of energy! Bananas have many other surprising health benefits that can help keep us healthy.

- Depression: Bananas contain a protein that the body converts to serotonin, which is known to make you relax, improve your mood and generally make you feel happier.
- Blood Pressure: Bananas are extremely high in potassium and low in salt, which makes it perfect to eat while having high blood pressure.
- Mosquito Bites: Many people have found that rubbing affected area with the inside of a banana peel successfully reduces swelling and irritation.
- Stress: A high potassium banana snack can help rebalance reduced potassium levels caused by stress.
- Hangovers: Make a banana milkshake! The banana helps calm the stomach while the milk soothes and re-hydrates your system.

It's National Fruit and Vegetable – More Matters Month!  
Fill half your plate with fruits (including bananas!) and vegetables and have a healthy first semester!

-The Balance Sheet

For more information, visit [www.mhswabashcounty.org](http://www.mhswabashcounty.org).

“Don’t worry about your failures, worry about the chances you miss when you don’t even try.” – Jack Canfield

## National Cholesterol Education Month

September is a great time to get your blood cholesterol levels checked and learn about food and lifestyle choices to maintain healthy cholesterol.

Cholesterol is needed for normal body function; however, too much cholesterol can build up in your arteries putting you at risk. What are desirable cholesterol levels?

- Total cholesterol: Less than 170 mg/dL
- LDL “bad” cholesterol: Less than 110 mg/dL
- HDL “good” cholesterol: 35 mg/dL or higher

What can be done to lower high cholesterol?  
Eating low-fat and high fiber foods and getting 2 hours or more of physical activity a week are both great ways to lower cholesterol and keep you healthy!

For more information, go to

[http://www.cdc.gov/cholesterol/cholesterol\\_education\\_month.htm](http://www.cdc.gov/cholesterol/cholesterol_education_month.htm).

## Mark Your Calendars!

The annual Health Fair is coming up October 8<sup>th</sup> where you can get a variety of health related services, including tests for cholesterol levels! More information on the Health Fair will be on the next toilet talk!

## Did you know?!

- The safest number of times to reuse a disposable razor is only 3!
- There’s less than 105 days until Christmas!

Brought to you by Wellness Services! ☺ September 2013  
Questions? Comments? Please e-mail us at [HealthServices@manchester.edu](mailto:HealthServices@manchester.edu)