



Stay Well, Manchester College!!

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Toilet Talk

Being Left Handed and Smarter?

Your brain is cross-wired, meaning that the right hemisphere of your brain controls the left side of your body. The right hemisphere controls music, creativity, perception, genius and art. This could explain why left handed people are generally smarter, more creative, perceptive and artistically inclined than the right handed population.

Acupuncture Sticking it to You since 5,000 B.C.

Six months of acupuncture treatment has worked better than western medicine for lower back pain for 1,200 patients in a recent German study. The patients were divided into three groups and each group was given a different length of needle used during acupuncture sessions. Even the group that had only one millimeter long needles felt alleviated from their lower back pain.

FOUR AMAZING ALLERGY FACTS

1. Wash your hair before bedtime. You'll remove any pollen and keep it from settling on pillows and bedding. Tobacco smoke, automobile exhaust, hairspray and perfume are irritants that can make allergy symptoms worse.
2. The best time to take an antihistamine is before the symptoms start. An antihistamine helps block allergic reactions. Remember, some allergy medications can cause sleepiness; so be cautious when taking allergy medication when you need to be alert (such as the night before that big exam).
3. Dust mites love to nest in area rugs, which make you itch and sneeze. The best remedy for dust mites is to place area rugs outdoors in direct sunlight for a couple of hours until the rugs become warm and dry. The sunlight will dry out the dust mites and the dust mites die.
4. As many as 20% of Americans believe they have a food allergy, but less than 1% of Americans actually have a food allergy. What most people consider food allergies are usually signs of digestive problems, food poisoning, or stress.



October is national Breast Cancer Awareness Month.

We will place shower hangers in the hall's showers instructing on how to complete a self breast exam or testicular exam. If you live off campus and would like to have a shower hanger contact Health Service. The Health Fair will be October 23rd from 7:00 AM until 11:00. Look for more information in the next Toilet Talk!

MINDLESS EATING: WHEN FOOD OWNS YOU!!!

Research has shown that people have a tendency to eat because food is close to them. On average, people will eat 12 pounds of candy a year because they have a candy jar on their desk. Here are some helpful tips to avoid mindless eating...

- 1) Eat your food on smaller plates, you'll take less food and still feel full.
- 2) Take your food out of the bag or carton and put in on plate or in a bowl. By placing the food in a bowl or plate; you will realize how much you are eating, which is much less than you would eat right out of the bag.
- 3) Keeping your mind busy while eating will make you eat less. Research has shown that people who eat with friends, in the car, or while watching television eat substantially less than someone who eats alone.
- 4) Use tall, narrow glasses to drink beverages rather than short wide glasses. The tall, narrow glasses allows you to think that you are drinking much more without actually doing it.
- 5) Avoid having a cookie jar, candy jar, or any food in clear sight; you'll end up eating it just because you saw it.