



Toilet Talk



ISSUE 52

I don't need sleep, I've got a 6-pack of Red Bull®

Finals week is fast approaching, and we all know that for many of us, finals equals a time of little sleep and can after can of energy drinks. However, sleep is essential to your survival. In laboratory tests, rats whom were often deprived of sleep only lived a fraction of their expected life span. So, is finals going to kill you? Well, no, even though some of you may like to use that excuse with your professors. Sleeping occurs in 5 stages, and often takes about 30-45 minutes to reach a stage of recuperative sleep. That's why catching an hour of sleep here and there is not beneficial to either your health nor your alertness.

There are tips to getting a good night's sleep, just remember "Triple A.": avoid, adjust and add. First, avoid alcohol, caffeine, nicotine and sleeping pills. While alcohol may make you feel drowsy, alcohol will greatly disrupt your sleep throughout the night. Sleeping pills may be habit-forming and make you drowsy during the day. Secondly, adjust your sleep so that you have a strict sleeping schedule; going to sleep and waking up at the same time every day. Also, adjust your sleep so that you are getting enough sleep, which is typically 6-9 hours each night. You have to make time for your sleep, even if it means not playing Call of Duty 5 for the hours you had planned. Thirdly, you must add a better sleeping environment; reduce outside light and noise and don't let your room get too warm. Also, adding a carbohydrate rich (low in sugar) snack, such as cereal but not Count Chocula, before bed will help you sleep better. You may not realize how your alertness drops as you skip out on sleep, but pulling consecutive all-nighters is not only harmful to your health, but also to those 2 finals you have on the 18th.

-Elder Care Online

Obesity and Eyesight? Why not being able to see your feet is just the beginning...

A new study has shown that people who lose weight in their midsection, particularly those who are obese, can decrease their odds of developing age-related macular degeneration, which can lead to severe vision loss and ultimately blindness. The study used a hip-waist ratio, which was determined by dividing the circumference of the waist by the circumference of the hips. More belly fat results in higher ratios.

While studies in the past have yielded conflicting results, reducing the odds of macular degeneration may be an additional benefit to losing weight, especially those who are overweight or obese.

-Health24.com

Coincidence? New Camel product, Camel Snus, rhymes with noose...

With names like "Frost" and "Spice" how bad can Camel Snus really be? They're new, they are flavorful, but there is really nothing new about Camel Snus (which is Swedish for tobacco). It's a small, tea-bag like pouch of tobacco that is aromatic to the user and undetectable to anyone else. Camel Snus claims to provide a hit of nicotine without the messy spitting; you actually swallow the juice.

While this may seem like a less harmful form of smokeless tobacco, it is the exact same, and will still greatly increase your risk for cancer. So beware of the flashy tin cans, the million dollar advertisements and the promise of a cleaner smokeless tobacco. In the end, Camel Snus is going to increase your risk for cancer like every other smokeless tobacco.

-Yahoo! Health

Axe® body spray: not only will it turn you into a chocolate man, it now could kill you...

A 12 year old boy from England collapsed in his bathroom and eventually died from spraying on deodorant. An inquest into this mysterious death revealed that a "volatile" agent in the spray deodorant upset the boy's heart rhythm, or cardiac arrhythmia. The boy was healthy and fit, and often took pride in his appearance.

However, the coroner suggests that the death resulted from a combination of the volatile agent in the deodorant coupled with the fact that the deodorant was sprayed in excess in a confined area. It is recommended anytime you are using a spray to use a well-ventilated area. Guys, we've all seen the Axe commercials. Wouldn't it be more beneficial to spray Axe in an open area, so more women can pounce on you?



-Fox News Health

Did You Know?

McDonald's call their frequent buyers "heavy users."