



Toilet Talk



"The health of the people is really the foundation upon which all of their happiness and all their powers as a state depend."

-Benjamin Disraeli

The Right Amount of Sunscreen

The Skin Cancer Foundation says that you should slather on one ounce of sunscreen every time you wear it. You may be thinking that you are using an adequate amount of sunscreen, maybe even more than necessary, however you probably are not. The Good House Keeping Research Institute gave 15 volunteers a tube of sunscreen and told them to apply it to their face and body as if they were going to the beach. Not a single tester had applied one ounce of sunscreen, in fact, not even half. The average sunscreen application was only 0.3 ounces. To ensure you're using the correct amount of sunscreen, you should measure out two tablespoons, or a shot glass full, every time you apply it. If a bottle of sunscreen lasts you through the summer, you are skimping out on sunscreen and protecting your skin.

Also, choose a broad-spectrum product to block both aging UVA rays and cancer causing UVB rays and then reapply it at least every two hours.

-Beauty News

Does your brain feel like it is running on empty?

Your brain, just like the rest of your body, needs to be actively exercised to maintain brain power. There are a number of steps you can take to keep your mind in shape, boost problem-solving abilities, fight forgetfulness and think more clearly and creatively.

1) Practice mentally

Studies of athletes indicate that imaging a tennis serve between competitions can boost performance. Mental rehearsals may build mental "muscle" by sparking the brain connections needed during the real thing.

2) Focus your attention

If you tend to misplace your car keys, for example, say to yourself, 'I'm placing the keys on the shelf by the hallway mirror. To remember "when," note the weather or the day's headline news.

3) Use it or lose it

Research suggests that as you age, you can reverse a decline in thinking abilities by becoming more mentally active. Learn a new language, study a new subject, play games like checkers, do crosswords and other puzzles.

4) Keep fit

Evidence has shown that people in their 70s and 80s who stay healthy can expand their brainpower and easily match the mental abilities of a 30 year old. Keep physically active, manage stress and maintain a positive attitude.

More mental muscle builders: read more, eat more fruits and vegetables, use rhymes and acronyms to help remember facts and names.

-Top Health

SUMMER HEALTH TIPS

Drink plenty of water. Your body needs water to prevent dehydration during warm summer days. Take special care to make sure infants and toddlers drink enough water. They can become dehydrated quicker and easier than adults.

How much water should you drink? If you feel thirsty, you are already slightly dehydrated. It is best to keep your body hydrated before you become thirsty. Some people will say that you need to have 8 glasses of water a day; however, if you are physically active and sweating, you will need to drink more water to stay hydrated.

Ideal hydration, without sweating and strenuous physical activity is to divide your body weight in half and drink that amount of water in ounces. For example, a 120 pound person should drink at least 60 ounces of water a day. Coffee, soda and alcohol do not count towards your daily water intake, because they will actually dehydrate you.

Dehydration can range from mild symptoms, such as thirst, to severe, such as kidneys, brain, and heart damage, and even death.

-Mama's Health