



Stay Well, Manchester College!!



Toilet Talk

APRIL 2007

ISSUE 25

Bananas: Why Monkeys are Happy...



Bananas contain three natural sugar sources: sucrose, fructose and glucose as well as fiber. A Banana gives you an instant, sustained and substantial boost of energy.

Two bananas provide enough energy for a strenuous 90 minute work out!!

Research has shown that bananas help prevent illness and disease as well as help us overcome them. These illnesses and diseases include: depression, anemia, high blood pressure, constipation, hangovers, heartburn, motion sickness, ulcers and many more!

Bananas also increase brain power, lower stress and reduce the risk of stroke (www.diablocyclists.com)

Upcoming Events

- April 21st: Spring Formal
- April 23rd-April 28th: Peace Week
- April 27th: Relay For Life
- April 28th: Concert on the Mall

6 Eating Health Tips for the Busy College Students...

- 1) Eat a Good Breakfast
- 2) Keep healthy snacks on hand, such as an apple or yogurt
- 3) Eat plenty of foods that are rich in calcium
- 4) Avoid high intake of sugars -- they lead to tooth decay
- 5) Eat 3-5 servings of vegetables daily. Avoid fatty dressings and mayonnaise, as they may have more calories than the burger and fries.

Visit the Chartwells site (under Current Students on Manchester College's web-page) for more nutritional facts, as well as a nutrition personal journal!

Headaches!?!? Tips and Treatments...

- Misalignments in the neck and spine, poor posture and muscle tension can all trigger headaches. Common therapy for these problems include: chiropractic, osteopathy and physiotherapy.
- Some foods may also trigger headaches. It is important to find out if you are susceptible to any food sensitivity. Doctors, Dieticians, and Naturopaths can help determine trigger foods.
- Eye problems can trigger a headache as well. Prescription of contact lenses or glasses from an optometrist will alleviate eye problems, as well as the headaches associated with them. (www.migraineinformation.org)