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What My Papa Told Me About...

HEALTH AND FITNESS

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HEALTH AND FITNESS

ADHD

ADHD is an illness that starts in childhood. A child with ADHD has trouble sitting still, doesn't finish things that they begin and usually acts without first thinking things through. This is a real illness that can change the way your child acts, feels, or thinks at times. There are many different treatments for ADHD, drugs being just one of them. In fact, drugs should always be a last resort that is almost never used (when in fact quite the opposite is true today).

You will notice that a child with ADHD may fidget, or wiggle a lot more than usual when asked to sit still or even without thinking. Some seem to be daydreaming, all of which are signs that the child may be ADHD. When these behaviors interfere with the child's ability to concentrate in school or make public outings dangerous for the child or make making friends difficult then there is cause for alarm and the child should be tested for ADHD. Parents may have a difficult time figuring out what to do with the child or may not even have the slightest idea of what to do.

Parents may think that some of these behaviors are normal for any child and may be in denial about their child's condition. The good news is that it is an illness that can be treated effectively and can make the child feel much better about them. How the child feels about themselves is very important because increasing the child's self esteem will be essential to treatment. The child may feel like a failure, when they definitely are not. A common childhood illness, ADHD can be controlled and the child may even grow out of it eventually, as he or she begins to mentally mature and the symptoms simply disappear.

The causes of the illness are not yet definitely known but it is known that it usually runs in families. Some doctors believe that there is not one single factor but combinations of factors that may contribute to the illness. So, if you are worried about your child's behavior, you should take your child for a simple evaluation. Your child will not be immediately diagnosed with ADHD but will be checked for all possible answers to the problem. The possibility does exist that the child may have other problems that cause them to behave the way that they have. Other conditions can be mistaken for ADHD easily. It may even just be a bad diet or a lack of sleep that is causing poor brain functioning.

If it is found that the child does not have any other problems then it may be diagnosed that the child does in fact have an attention deficit disorder that needs treatment. Behavior therapy may be recommended. This involves meeting with doctors to work with your child on skills to help improve the problem. Working on building relationships, rules, limits, and choices. Medication may be prescribed as an accompanying aid to behavior treatments. The very best results are possible when these things are worked on together. So, it is extremely important that you take

action, not be in denial, and to realize that it is not your fault that your child has this problem. Treatments are necessary and help from a qualified physician should be sought as soon as possible.

Cervical Cancer

The lower narrow portion of the woman's uterus is called the cervix. This opening to the passageway is called the cervical canal. During a menstrual period the blood flows from the uterus through the canal and into the vagina. Producing mucus that helps sperm move from the vagina to the uterus, the cervix remains tightly closed. Knowing the exact function and location of the cervix will aid a lot as we discuss cervical cancer.

Cervical cancer is the formation of abnormal cells on the lining of the cervix. Normally as cells grow they divide, the old cells die, and new cells replace them. When the normal process by which cells divide goes wrong, masses of tissue known as tumors begin to grow. Benign tumors are not life threatening and normally can easily be removed permanently. They usually stay in one location and do not normally spread to other parts of the body. However, some tumors are malignant; these are the ones that are a lot more serious as they have the possibility of spreading and growing at alarming rates if not caught early. They are life threatening and can be removed but sometimes grow again. When these malignant tumors occur, they are known as cancer.

Risk factors that can contribute to the possibility of developing cervical cancer are infections. The main infection that causes cervical cancer is the human papillomavirus,

These are common viruses that are extremely contagious. It is estimated that most adults have at one time in their lives been infected with HPV because of coming into sexual contact with another person with the virus. It can cause changes to the cervix that will eventually turn into cancer, warts, or other uncomfortable and unpleasant problems. A weakened immune system will have the same affect n the cervix or women who have had many partners have a higher level of risk than those who have not. Sometimes normal aging is a factor, usually occurring in women over age 40.

Cancer that spreads from its place of origin to another part of the body the new tumor is identical to the original cell and therefore the cancer is the same no matter what part of the body it has spread to. For example: if a woman has cervical cancer that has spread to her breast we would not call this breast cancer but we would say that the cervical cancer cells are located in her breast. It would be treated as cervical cancer and not breast cancer. If a woman has symptoms arising from cervical cancer then she waited much too long. Regular screenings for cervical cancer is imperative as the cells can be prevented from forming into cervical cancer way before symptoms begin. Today the number of cases in the U.S. has been falling thanks to screening and early detection. Doctors recommend that regular PaP smear test are performed to find cervical cancer or abnormal cells that lead to cancer of the cervix. Early detection is the way to preventing this kind of cancer, it is treatable with a high rate of success, so get tested regularly to prevent this from becoming a big problem. It is hard to prevent diseases without

living in fear, but as long as you are observant of signs, you will be able to reduce the risk of mortality.

Changing Your Habits To Help Back Pain

The back is probably the most used part of the body. No matter what you are doing, your back is probably doing a good amount of the work. Therefore it is no small wonder that back pain is so prevalent across the world. If you suffer from back pain, you are probably desperate for ways to relieve it. If you don't suffer from back pain, you should do everything in your power to prevent it. Just follow some of these tips and change your daily habits to take some of the stress off of your back. You will be glad that you did when you have a perfectly healthy back thanks to your changes.

Hardly a day goes by when you don't need to lift something. For these situations, there are a few really easy rules to remember. Always remember to bend your knees, and from a squatting position lift the item. Make sure that your back is arched to provide maximum power, and the item you are lifting is held as close to your body as possible. Lifting heavy items frequently causes injuries and back pain, and surprisingly proper technique is still mostly ignored. So if you use the same stance that is utilized by athletes in many different sports, you can provide great protection for your back.

As far as footwear goes, it is best to wear flat shoes. If you are a woman and you need to wear heels for whatever reason, then try to find heels that are fairly short (less than an inch). High heels cause your body to be unnaturally balanced, and this causes unnecessary strain in the back. Never sit in the same position for extended periods of time, even if required by your job. Get up as often as you can to walk around and stretch your muscles. If you are required to travel a lot in cars or planes, use this same method of getting up and walking around. It will make things much easier on your back and your body in general.

You should always look at your posture when you are sitting, standing, or laying down. Adjusting your position slightly could lead to a great advantage. It is good to always be on a firm surface when you are sitting or laying down. A firm mattress will provide you with good back support. Sleeping on your stomach is not a good idea since it stretches your back for the entire duration of your sleep. The best way to sleep is on your side. When sitting down, it is ideal to have an ergonomic chair to sit in so that your back is supported, straight and flat.

If some of these things have been unfamiliar to you, then you should take steps immediately to fix that. Back pain is extremely unpleasant, and if you want to continue to be healthy throughout your life then you will need to take steps today to keep your back supported and healthy. Talk to your doctor or visit a chiropractor to get personalized advice based on your body type and the current status of your back. Find out what you need apart from the things that I have gone over here. You will be glad that you did.

Childhood Obesity And How To Combat It

This chronic condition has increased rapidly over the past years has finally gained national recognition. Many more children between the ages of two years old and five years old are already on their way to becoming the next generation of obese teens, and eventually obese adults and obese seniors. With obesity being one of the leading causes of morbidity, disability, discrimination, and employment problems, it has become one of the biggest public problems since tobacco use and exposure. Bad eating habits are not the only culprit, genetic diseases that can predispose children to become overweight cannot be forgotten. Diseases such as Bardet-Biedl syndrome and Prader-Willi syndrome are common in obese children, however still playing a larger role in the general overall population is bad eating and exercise habits.

It is the hope of many health educators, and medical professionals from psychologists to medical doctors that increased public awareness and preventive policies will eventually improve the situation. Professionals are treating this as a major public health concern that is threatening to damage our most precious resources, the children. Introduction of healthy play, healthy food choices, and recreation that promotes physical activity is on the top of the list for discussion and plans of battling this epidemic. Having caretakers take pro active measures to keep the child on the right track and setting good examples are key elements to helping these children to learn a healthier behavior and attitude towards their own health.

The annual National Health and Nutrition Examination Survey conducted by the Centers for Disease Control and Prevention has come to the conclusion that as many as one third of U.S. children are overweight or at high risk for childhood obesity. The health problems that will begin to manifest themselves from the heavy weight of such young children will start kids down a road the problems such as high blood pressure, high cholesterol, and increased risks of diabetes. These are diseases usually reserved to adults, not children. Combating this troubling condition must however, begin at home with the caregivers for these children. Improving overall diet, not dieting, and exercise is the key to resolving the problem. Protecting children's health now and in the future will depend greatly on education of parents and caregivers to implement healthy daily living strategies.

Preventing an at-risk child from becoming overweight can start a process of healthy and active lifestyles to ensure longevity and energy throughout the child's life. Little things such as: not getting into power struggles with the child over food, never use food as a behavior modification tool, and setting a good example are some starting places. This only perpetuates the same behavior and may cause psychological behaviors that are unwanted. Critical commenting, and taunting rarely if ever handles the situation with a positive outcome. Emphasizing what's positive and benefits of changing behavior can make all of the difference in the world. Just fostering the child's natural inclination to please you, have fun, and explore are perfect opportunities to introduce fitness routines, and reduce such incidents like eating out of boredom. If these things are done with every child in danger of becoming obese, then the numbers suffering will likely decrease.

Therefore, you should always keep in mind the health of yourself and your children. By keeping in shape yourself and displaying a good diet, you can impress upon them the importance of being a health-oriented individual. These habits will stay with them for all of their lives. You will also have quite a few benefits from eating healthy and slimming down. If you shed your extra weight, you will feel much better about yourself. If you want to find out more information about

how you should change your diet habits, you should go to your local library for a book about diet and health. You can also talk to your doctor if you want some recommendations that are specific for your current health.

Dealing With Alzheimer's Disease

Alzheimer's disease is a degenerative disease, meaning it gets worse and not particularly better over time. It affects the area of the brain that is involved in language, judgment, and behavior. This is the most common form of brain malfunctions or mental decline in older adults. Causing severe or mild memory loss, the adult may experience mood swings, personality changes, and the ability to think clearly, or even carry out normal daily routines without difficulty. The person's brain is not so mixed up that the person does not realize that there is a problem, but in most cases it is the family member who first notices changes. Still unclear why these changes occur, doctors have developed treatments to assist with the symptoms of the disease.

Symptoms include memory loss, confusion of time and day, frequently getting lost in familiar places, or trouble with learning and processing new information. The person may have a hard time expressing himself and may act out of frustration. Development of seemingly strange or odd behaviors may occur, like withdrawing from family or paranoid episodes. If you have begun to notice similar odd behavior in an older relative or friend, you should consider Alzheimer's as a very real possibility, though you should not panic or blow out of proportion. If it turns out that your worst expectations were true, then you will definitely be able to get the support and help that you need.

Forgetting how to perform basic tasks like washing clothes or bathing oneself will become increasingly common. It has been noted that some people with the disease in very late stages will forget how to walk and talk. As serious as this disease is, there is still no cure but quality of life can be maintained with the help of others. Keeping the person active by working on tasks that are easily completed and providing a safe environment under careful eye is the best way to ensure that they can still enjoy the simple pleasures of life. Treatments only include improving memory, dealing with behaviors that may develop and depressive medications. Older people with this disease are aware of what may be happening to them and can become saddened at their inability to perform basic tasks. Alzheimer's is becoming an increasing problem with a rising rate of occurrence, because people are living longer and physically healthier lives.

Because caring for a person with this disease is both financially and emotionally draining, it is important that the caregiver seek as much assistance as is available. In the early stages of the disease decisions about making your home safe for the person, tailoring tasks for the person, an assisting the person will be of great importance. Monitoring behavior and constant checking of appliances used may be necessary. The person should begin planning for the future by handling all financial and final affairs while they still are able to think clearly and still make some decisions. Once driving privileges are revoked the person may need additional attention with dealing with immobility or simply grocery store runs and the like. Later stages will mainly be with behavior problems and tasking problems for the individual. This is draining on the caregiver as it will require more time and emotional input. Thus, the caregiver must remember to care for themselves and seek as much support as possible. The main thing is to not give up hope

and make the person quality of life good while maintaining your own health. Hang in there and try not to shoulder all of the responsibility by yourself. Enlist the help of family, friends, and those who may know the individual. All involved will need to lean on one another.

For more information and support related to Alzheimer's disease, you should ask your doctor for information on any local support groups for people who have relatives afflicted with the disease. It is a great way to get rid of some of the stress that will surely accumulate.

Dealing With Stress From Work

Stress. What stress? Sometimes we can get so stressed out that we don't even notice it ourselves. It becomes part of the daily grind; and who has time for it anyway...you've got things to do, right? This may be true but if you do not manage your stress properly it will begin to manage you. Major sources of stress are related to work activities. Issues with competency, uncertainty, and communication can cause us to stress out daily at work and spill over into the home. Control is a factor that is greatly attributed to job stress. People with a great deal of responsibilities without a lot of control over decisions are the most at risk for stress related illnesses like heart failure. Communication problems thicken the pot and cause even more tension. Feeling a little unappreciated lately. If you do not feel supported by coworkers or management it may make resolving issues more difficult, causing even more stress. You may be new and uncertain of your responsibilities or there are too many recurring deadlines. Alright, more and more stress on the job.

Reducing some of this stress will benefit you and your employer. Meeting regularly with your manager or supervisor to discuss problem at least once a year to discuss performance and other issues that affect you on the job may help. Good time management skills and leaving your job at the office and don't give up any of your free time to catch up on work if you don't have to. Ahhh...a little relief. Know when to quit. If you are truly unhappy with your job think about changing careers and spend time researching other possibilities. Do the researches before you quit and find a less stressful job. Ahhhhhhhh...even more relief. Engage in much more physical activity to reduce stress and get fit so you are at least more equipped to handle stressors. Ahhhhhhhhhh... it is relaxing even more. And last but not least take a vacation if needed and recharge by doing something that you really enjoy. Vacation! Ultimate relaxation achieved.

All might not play out exactly like the description just mentioned. The point here is to find ways to relax yourself. Ultimately there is no one to take better care of you than you. If you find that you are experiencing more tension than you can handle take immediate action to resolve whatever it is that is causing you so much stress and work on eliminating or decreasing them. So instead of letting the root of the problem continue unabated while you frantically try to get rid of the stress it creates, you should get to the root and eliminate whatever it is that is making you stressed. Even if it means changing your lifestyle dramatically, or quitting your job and living cheaply for a few months, it is worth it in the end since stress can be such a harmful thing. You can try talking to your employer to see if it would be possible to have a more relaxed work day. Tell him or her about your health issues that are resulting from stress.

Unless you are one of those individuals who thrive in a high pressure environment and positive results are evident in your health and performance there may be a big need for change. Stress can be the single cause of depression, high blood pressure, heart palpitations, and wreak havoc on your family or behavior. Don't allow the advances in technology to separate you from your family and friends. Disconnect from cell phones and the internet and separate your time from the employers' time. Begin to enjoy the time you spend alone or with family and friends, enjoy that long book, take that weekend get away that you've been putting off for months. If you don't do any of these things, find a way to relax somehow, so that the effects of job related stress don't lead you straight to burnout and drain you out of your precious life.

Don't Shortchange Your Efforts – Diet Is Important

Accomplishing your fitness goals is the goal when it comes to fitness. We all know by now that all foods are not created equally. The best of food sources is fruits and vegetables free from toxic by products and other negatives like saturated fats, high sodium, and nitrates. Years of research has repeatedly shown that grains, fruits and vegetables are the body's preferred food sources for optimum performance. Full of nutrients that the body needs to heal itself and operate properly the top of the food pyramid will give you the most bang for your buck when it comes to essential nutrients.

Reasons to increase your intake of fruits and vegetables include, helping to supply our bodies with much needed energy, improving immunity to diseases, and overall mind health. Read on to find out how to take advantage of a great diet.

Much like a car your body is built for performance thus proper maintenance, fuel, and care is needed. Simple, right? Then why is it that increases in obesity and other diet related illnesses still exist in abundance. We just are not taking care to what it is that we are putting in our bodies and expecting results that are simply unrealistic. We need to be champions and caregivers to our bodies and perform the fundamentals of overall body care by committing to better diets for overall better health. Our choices in nutrition and level of activity are partially a learned behavior. We can learn to eat a variety of foods from all of the food groups to help maintain weight, increase cardiovascular fitness, and increase energy levels naturally. Lowering blood cholesterol can be accomplished by increasing your intake of whole grain foods; fish can decrease the risk of death from coronary artery disease. The benefits of a healthy well balanced diet are endless and should be taken very seriously for optimum health.

Base your food choices on these patterns:

- Lean meats and poultry without skin and added saturated and trans fats
- Low fat dairy products
- Low dietary cholesterol
- Cut back on added sugars
- Use little or no salt
- Drink in moderation
- And take care when eating out

Naturally these will be altered if you have any abnormal circumstances (for example, if you are very thin and you work out a lot, then you can ignore many of the rules related to fat and cholesterol, since your body can actually use them).

A healthy diet and life style will provide you with all of the energy, stamina, and endurance to met and exceed the challenges of everyday life. All you really need is provided by nature and at the top of the food pyramid in whole grains fruits and vegetables. So if you are trying to stay in shape, get in shape, maintain good shape or the like remember to handle your body like you handle the care of your automobile. Choose the right fuel to keep your engine running for a long time. Don't shortchange yourself or your life by fueling your body with damaging food sources and other activities that will diminish your chances for a long healthy happy life.

These principles hold true for anyone in the world. Seniors will reap many benefits from healthy lifestyles, as will young people. Sometimes it can be hard to be sure what the best intake for your body is, but if you start experimenting with different diets you will surely be able to adjust the different levels to their ideal amounts. You can also consult the advice of a dietician or a doctor, or simply find a calculator on the internet that will tell you what kind of food you need to be eating. Once you have found something that works for you, stick with it for the rest of your life. You will be glad that you did.

Maintaining Healthy Gums

Your gums are practically cesspools for bacteria. It is extremely easy for your gums to come down with diseases that are quite unpleasant. These gum disease affect up to 80% of people, according to the Mayo Clinic's website. Imagine that many people, each ignoring their gums and reaping the consequences in the form of strange and horrible problems. This is an issue that can, and does lead to tooth loss. Dentists say that gum disease also leads to more serious health conditions, as it creates a pathway for viruses and bacteria to enter the body directly through the area that gets the most traffic – the mouth.

So what is it that causes someone to get gum disease? The answer is that most people slowly let their gums fester. Chances are that the diseases have been working their evil quietly in their teeth for quite some time. This person has been getting accumulative effects of poor dental hygiene for many years now. Sometimes they may notice the illusion that their teeth are getting more prominent, or longer. This is called gum recession and it goes hand-in-hand with gum disease. It affects a huge amount of people, even if they brush and floss their teeth religiously.

If food buildup occurs enough, tartar forms. Tarter creates a perfect environment for bacteria to flourish and grow in, and some of the time brushing and flossing will do absolutely nothing to stop it from happening. Professional cleaning will usually get the job done, but many people only visit their dentist once every year. Therefore you should try to figure out home solutions to keep your teeth as clean as possible and prevent from building homes for the bacteria to live in and gather forces to invade your neighboring gums. It may sound impossible, but it can be done.

First of all you should try to eat a healthy diet. If you are eating a bunch of sugar and junk food, your teeth's integrity will be compromised much faster, giving extra places for bacteria to roam. You should also brush and floss religiously if you haven't already. While these things may not be enough to prevent tartar, they will still hold it off for a much longer time than if you hadn't done so. On top of these things, you should try out different products. Many types of special toothpaste are formulated to kill tartar. They work great, and are generally not too much more expensive than regular toothpaste.

On top of these things, you should probably go to the dentist more often than just when they send you reminder cards. 6 months is a good interval. Go in for a cleaning and an examination. The professional cleaning should get rid of all of the tartar that your own efforts have missed, and the examination will catch any cavities that could lead to tooth loss and gum disease.

Your teeth are a very important part of your life, since you use them to do so many things. If you've ever seen someone without any teeth try to eat, you should be plenty motivated to keep on top of things. So today, start making the move towards better oral hygiene. You will reap the benefits later in life when you have healthy gums and a mouth full of teeth.

Keeping A Healthy Brain While You Age

An active mind is a healthy mind, so keeping your mind sharp is a good portion of aging well and living a better life as you grow older. If you continue to challenge and engage your brain with activities such as continued learning and healthy dieting you can maintain your healthy brain. Some activities like completing daily crossword puzzles or learning a hobby, or maybe exploring a new language will add content and continued exercise of the brain. Expanding your horizons daily and engaging in activities that require you to think on your feet and assess information quickly and accurately will make a world of difference as you grow older. Sometimes it may take a little more effort than it used to require, but continuing to stretch your brain muscles will definitely pay off in good memory and cognitive skills.

If you are interested in maintaining brain health in the later years of life and continuing to keep your mind sharp, then listen up. Brain masses shrink a little as you get into your sixties, with some areas shrinking more than others like the frontal lobe which is the area of the brain that handles mental abilities, and the hippocampus where memories are formed. Thinning of the brain in the area of the cortex, and decreases in white matter are some reasons why brain disorders occur in the elderly. Changes in these areas are what slow down the cognitive processing which handle decision making, problem solving, and attention. All of which have a tendency to fade as you grow older, unless...you continue to exercise these areas by forming new memories daily and allowing for a good intake of new information. With this said, aging is not a decline of brain activity. In fact the brain grows stronger and sharper as long as you continue to use it. For example; if you were an avid reader in your younger years and you continue to be a voracious reader into your golden years the rate of speed that you read and the amount of information that you are able to process as you read will increase as in "practice makes perfect," you are actually getting better with time. Most of our abilities normally get

better with time, including wisdom and problem solving skills. Keep in mind that other illnesses and ailments may contribute to any decline in the normal activity in the brain.

Simple things, like more formal education, can contribute to intellectual stimulation of the brain and may even strengthen the brain cell networks to help in preventing mental function damage. Physical activity has always been known to have positive effects on the brain and brain functioning. Getting into an aerobic regime is the best for continued brain health as oxygen is free flowing and throughout the body and is particularly beneficial to the brain's proper functioning. Having a good sense of self and knowing that the things that you do in life make a difference and believing that you are contributing to the common good has shown to reduce cognitive decline in older adults.

So to slow down the effects of the degenerative parts of the brain it would be wise to learn to concentrate and make an honest effort to pay attention. Stay organized and don't rush, so that you are able to focus on the tasks that you are attempting. The all time favorite is repetition. Also, try your best to stay as stress free as possible as tension causes some types of memory lapses. Those senior moments can turn into senior memories if you continue to exercise your brain. So do whatever it takes to preserve your mental agility, and keep happy even as you enter your older years. When you look at the attitudes of older people, you see either depressed people, or extremely happy and satisfied people. Try to leave yourself in the latter category.

How To Prevent Strokes

When blood circulation in the brain fails, the result is a stroke. Also known as a brain attack, brain cells die from decreased blood flow and lack of oxygen. The two main categories of a stroke are those where a blockage of blood flow to the brain and those caused by bleeding in or of the brain. Not usually life threatening, the blockage of a blood vessel in the neck or brain causes roughly 80 percent of all strokes. Bleeding into the brain or surrounding areas of the brain causes the second kind of strokes or a hemorrhagic stroke. Sudden numbness, confusion, speech slurring, dizziness or loss of balance and headaches without cause are the symptoms that some suffering from a stroke may experience. Prevention is the key to managing your risk and prevents you from having to go through the damaging effects of a stroke. Simple lifestyle changes can greatly reduce your risk for strokes and increase your overall health simultaneously.

Many factors contribute to a person's risk for stroke, age is one of them. Anyone can have a stroke at any age but a person's risk increased double after the age of 55. African Americans unfortunately have a higher risk for strokes than other races. If you have suffered a stroke in the past or have experienced a mini stroke, this increases your chances of having another in the future. Alcohol use and smoking both are contributing factors of persons who have suffered a stroke and being overweight. Persons with high blood pressure, high cholesterol and irregular heart rhythm can cause a person to have a stroke. The ways to reduce your chances of having a stroke are many and very manageable and will produce some beneficial life changes. First and foremost, stop smoking. If you smoke, stop as soon as you can. Smoking is the major cause of numerous illnesses. Drink less alcohol and lose weight if you are overweight.

Try your best to control any other illnesses such as diabetes and high blood pressure and change your eating habits. You have the power to prevent strokes by incorporating any or all of these very minor lifestyle changes. One of the most effective methods is to eat healthier foods. Almonds, apples, cinnamon, fish and oatmeal all contain ingredients that lower cholesterol and heart diseases as well as the possibility of having a stroke. Dark chocolates, tea, and strawberries are other foods that contain nutrients that benefit the body and help to maintain good immune systems. If you have suffered from a stroke in the past there are things that you have control over to prevent the reoccurrence of strokes. Prevention of a reoccurrence of a stroke and maintaining good health include medications and getting regular exercise to control heartbeat and breathing. Reducing your intake of harmful agents like caffeine, animal fats, and sugars and limiting your intake of processed foods. The most important thing is to rearrange your lifestyle to a healthier way of living, taking care of your body in whole to prevent diseases of all kinds to improve your quality of life for the long term.

No matter if you are above the age of 55 or if you still have decades to go, you definitely need to consider the prevention of strokes. You may have had a horrible diet and awful exercise habits in the past, but changing can help you see positive effects right away. On top of the mental clarity that comes from physical health, you can prevent things like strokes from happening. So tomorrow instead of wasting time in front of the TV or reading the paper, you should get your tennis shoes on and go for a run or a brisk walk. If that doesn't sound like your cup of tea, you can also benefit from stretching, swimming, playing tennis, or any other physical activity that you enjoy.

How To Keep Mentally Alert

Have you recently noticed that your mind tends to wander no matter what you are doing? Do you walk into a room only to forget why you even came in? You are not alone. This sort of absentmindedness plagues a huge percentage of the world's population. It can be very frustrating, and so you should try to do your best to keep an alert mental state. There are many ways to do this, and if you are not taking advantage of any of them then you should start today. Read on to find out about some of the most common and popular ways to maintain mental alertness.

Exercise is the one that you will hear the most. It is easy to get caught in a rut of going to work and then coming home and relaxing. Instead of sitting in front of the TV all night, why don't you lift some weights or go for a run? Exercise releases just the right chemicals into your brain to make you more alert, not only during the exercise, but for the rest of the day until you go to sleep. This is why so many people like to start off their days with a good run through the neighborhood. The type of exercise you choose will depend on what options are available to you.

Another way to increase mental alertness is to stimulate your mind at least once per day. It is very healthy to always teach yourself new things. Whether you sit down and read a science fiction book with interesting scientific theories, or you read a college textbook and discover new things about biology, there is everything to be gained from learning new things. Not only do you

get to keep the great knowledge, but you also will sustain higher levels of alertness due to the effort that it takes to learn all of those things. So go to the library today and find a book that piques your interest.

A good amount of sleep is crucial to being mentally alert. If you are only getting 5 hours of sleep per night and you are complaining about being forgetful, then you should slap yourself in the face right now. The answer is very obvious. All you need to do is regularly sleep more. If you don't give your mind enough time to recuperate, then you can expect to see poorer performance. If your job requires you to get up early, then go to bed earlier. If you have too much to do, then all you need to do is plan your days out better so that you get things done more efficiently and leave more time to sleeping.

Ultimately the best thing to do is to combine these three methods to remain as mentally awake as possible. If you start to utilize all 3 of these, you should start seeing improvements in a matter of days. Hopefully you will stop losing things, stop forgetting important dates, and generally stop being so absentminded. If the problem persists, then you should talk to a doctor or a shrink about any stressors that could be causing you to mentally stray away from other areas in your life. Hopefully it doesn't come to that, but you shouldn't ignore the possibility.

How To Get Moving, Stay Fit, And Stay Motivated

When it comes to staying or getting into good shape, motivation may be hard to come by. As the seasons change so do our motivation to stay in shape. Holiday schedules, cold winter days, and all those convient gadgets that keep us from drudging up the motivation to get in shape or maintain a daily routine of exercise are definite culprits. But we should be totally aware of the effects that inactivity has on the body.

Heart disease, stroke or diabetes is just some of the unhealthy affects of inactivity in the body. The good news is that studies show without discrepancy that these affects can be prevented or reversed; meaning that switching from a sedentary lifestyle to an active one can be extremely beneficial over time. Exercise alone, without change in diet, can greatly reduce the risks for these diseases even in small amounts. Doing what ever you can to increase your motivation to exercise is the first step to overcoming the lack of motivation to actually do it. Any of the arrays of methods to motivate you will be of great importance. Listening to music while running, simply finding out the exercises that you truly enjoy, setting particular times when exercise is the main focus of the day, all help you to stay motivated to stay in motion. Developing a habit or pattern for exercising is the best way to stay motivated; your body will become accustomed to working out heavy at a certain time each and every time. Your mind posses the ability to create positive ideas that leads to positive actions allowing you to live a strong and healthy life. Positive self talk can do wonders for motivation as well as just viewing the results of previous attempts (i.e. thinner waistline, six pack, etc). Self encouragement is the ultimate motivation. You'll have no one to thank but yourself.

Fitness motivation is the essential part of changing your body, so creating a fitness motivation plan maybe the answer for you. For men, setting goals and providing adequate challenges work

best. Changing scenery from indoors to outdoors may be the answer. If you just don't feel like exercising or giving up on an established routine, constantly reminding yourself that the pay off is great will help. Psychological benefits like increased confidence, self-esteem, and relief from anxiety, stress and depression and better sexual performance can be all the motivation that's needed. Remaining realistic about your goals will also aid in the fight to stay motivated to exercise. Setting a goal that is extremely difficult to obtain is depleting and counterproductive. Achieving a challenging appropriate goal boosts pride, satisfaction and will create more motivation.

Making the exercise routine fun by adding variety in routines, exercises, or persons that you exercise with is a likely way to stick to any exercise routine.

If you are not particularly knowledgeable when it comes to fitness issues, you should consider hiring a professional trainer to help you out with your routine. This can take a lot of the mystery out of getting fit, as your trainer will custom tailor exercises and routines for your bodily needs, so as to maximize the results that you see. This is a slightly costly thing to do, so you should be sure about your commitment to exercising before you spend money to hire a personal trainer. You can also use the amazing technology of the internet to tap the brains of professionals. There are many different blogs that are updated daily with exercise routines that anyone can do.

So setting attainable goals, adding things to increase enjoyment of the exercise routine, challenges, and the addition of a buddy to assist are all great ways to stay motivated, stay fit, and most importantly stay moving. You will benefit in the short term, and in the long run as well with physical and mental benefits in almost every way.

How Exercise Can Improve Your Sex Life

Candlelight dinners, sweet gifts, and soft music are some things people do to initiate intimate relations. But can exercise work just as well and contribute to a healthy sex life? According to the American Council on Exercise it can. Heating your sex life can be accomplished through maintaining a good exercise regimen improving sexual function in both men and women. Exercise is not only a physical but mental activity much like sex is. Exercise can enhanced sexuality because of the benefits gained in muscle strength, endurance, and cardiovascular functioning. Increased performance of blood flow and increased levels of testosterone levels all lead to a robust and energetic sex life. Studies published in the Electronic Journal of Human Sexuality conclude that people who regularly exercise have a better perception of themselves, and are more confident in their physical abilities, and find themselves more sexually attractive which all add to feelings of competency in love making. They also experience higher levels of satisfaction or may feel more sexually desirable to the opposite sex.

For men, a good healthy body contributes to a good healthy erection and reduction of the risks for impotency. Adding years to a man's life, exercise increases blood flow allowing for better erections with a more than 30 percent lower risk of impotence than men who do not regularly exercise. Because good circulation is necessary for good sexual functioning, it stands to reason that performance is enhanced with better circulation and increased blood flow to organs used when having sex. On the other hand, men who are obese or overweight have mental and

physical limitations that interfere with the positive affects of good circulation. They may feel less adequate when having sex, or experience difficulty with the physical demands of sexual activity. Slimming down is a great ego boost, and it gets some of the "extra baggage" out of the way.

For women, a good exercise program could have a positive effect on their sex lives with increase enthusiasm, cardio, and muscular endurance as well. Females may find that they are able to hold positions for longer periods of time and enjoy longer lasting sex and greater comfort. Greater comfort during sex and increased endurance has the possibility of better ability to achieve orgasms for women who have a problem achieving satisfying orgasms. Conditioning of the body and its muscle groups allow for greater flexibility, making the sexual activity more enjoyable as you are able to try new things that might not have been possible before. I'll let you use your imagination for this one.

Boosting your sex life with physical activity is boosting your overall general health and the healthier you are the better your sex life can be. The psychological benefits such as improved self esteem, good mood, and increased confidence along with stress reduction benefits are immediately noticeable. The more your health and physical abilities improve the better your sex life can be. Simple exercises like walking briskly at least two miles per day can reap wonderful benefits in the bedroom. So just imagine the benefits you could gain from an overall exercise regime. So, getting healthy and staying healthy only has more benefits than you might have originally thought.

If you are really interested in getting fit, you should look into a membership at your local gym. You can use their cardio machines and weight machines to gain considerable stamina and muscle mass. You may even skip the gym membership, and go for a run every day. This will get you in great shape as well, it just depends on how much you want to get into the whole fitness thing. Being fit has hundreds of benefits, and better sex is just one of them. So as soon as you can, start doing more research related to how you can get fit, and how it will help you in life.

Help With Quitting Smoking

Enhancing the quality and length of your life by quitting smoking is a worthwhile effort. It is definitely not an easy task, but it can be accomplished with time and patience. To quit smoking successfully, finding out what your options are. Knowing where to go for help is a wise first step. Quitting smoking is the best move that you can make for your health and the health of all of those around you. Just about everyone knows by now that smoking causes diseases that shorten your life or those that may even end it. Diseases such as lung cancer, throat, esophagus, bladder, and kidney, and pancreas cancers are some horrible things caused by smoking for a start. Not to mention some leukemia, stomach, and cervix cancers, and newly added by the Surgeon General is pneumonia. People who smoke are more than three times as likely to die due to heart attack as non smokers. Smoking is a major risk factor for a disease that narrow the blood vessels that transport blood to the limbs and muscles called peripheral vascular disease as well as the disease that causes some strokes.

If that's not enough to convince you to stop smoking, let's look at your appearance. Premature wrinkling of skin, chronic bad breath, discolored fingernails and hair, and an increase risk of macular degeneration a leading cause of blindness in the elderly. Smoking over the age of thirty-five if you are a woman can put you in a high risk group for stroke, heart attack, and blood clots of the legs, low birth weight of babies and miscarriages. But the hopeful portion of this message is that if you decide to quite regardless of how long you've smoked or how much, quitting will help you to live longer. In as little as twenty minutes after quitting smoking the heart rate and blood pressure drops and in one to nine months following quitting smoking, circulation in your hands extremities and lung function increases. Shortness of breath decreases and your lungs begin to function properly, cleaning the lungs and removing mucus that causes infection. Fifteen years of non smoking and your risk of heart disease is that of non smoking persons. These benefits can be obtained from quitting smoking even if you are suffering from a smoking related illness already. Smoking is less socially accepted now more than ever. Smoking bans have been placed in just about every workplace in the nation along with airports, public buildings. Even friends may insist that you not smoke in their houses or cars. Some people may even find dating more difficult because of a bad smoking habit. So the social impacts of not smoking will probably change your life for the better if you quit.

If you have a family, that is another great motivation to quit smoking. The main reason is that the secondhand smoke could pose serious health problems for others who do not deserve such things. You should also consider what kind of role model you are being to any small children that you live with, whether they are your own kids, siblings, nieces and nephews, or any other relation. You may be living with kids who look up to you as an authority figure, and if you teach them that smoking is alright you will feel very guilty later in life.

Some of the many new products used to help an individual to stop smoking are really very effective. Counseling services, reading materials, medicines, and patches are all widely available and have produced some amazing results. Educational materials alone may be the best beginning start to an attempt to quit because once you know what kind of damage you are doing to your body the prudent and reasonable person will definitely see that it is the very best thing to do. However, it has been documented and researched that the highest success rates occur when a combination of methods are used simultaneously. Take the time and do it for yourself and your loved ones, quit for life.

Help For Depression

Everyone becomes down or sad at times. Life events, or just a bad day can sometimes make us upset, and small things like bad traffic can make us irritable. But when a person experiences constant feelings of sadness and irritability, is exhausted with little or no activity, decreases in social activity or participating in usually enjoyable activities, that person maybe depressed. Symptoms of a depressed person include low self esteem, changing or irregular sleeping patterns, or spending lots of time thinking about things that have gone wrong. At this point in time there is no one known cause for depression, however some theories and studies indicate that severe cases of depression stem from events such as financial problems, relationship troubles, or the loss of a loved one. Sometimes the person's depression may stem from a trouble childhood or family conflict, especially ones that have to deal with parenting issues or

between parents. Other times it could be a completely spontaneous mental problem that arises from seemingly nothing.

Women are twice as prone to depression as men. Women deal with more hormonal factors that give them a predisposition to becoming more likely to be depressed. Factors such as menstrual cycle, miscarriages, premenstrual syndrome and menopause all contribute to the increase in likelihood of a woman becoming depressed. Outside stressors and tensions of caring for children, overworking, and single parenthood is a definite factor in the episodes of depression in women as compared to men. That is not to say that men don't experience their fair share of stresses. Many men become depressed when they go through issues such as family court, job layoffs, or other huge disappointments.

Although there is no conclusive tests to diagnose depression, a good assessment of a person's family history or inquires involving physical or chemical abuses that may contribute to the patient's current mood. Once a diagnosis of some form can be completed most doctors will attempt to treat the depression with medications therapy or a combination of both. The importance of treatment should be stressed as a person who goes without treatment may experience continued negative affects in normal daily functioning, or even violence. Suicide attempts or trying to hurt someone else are all possibilities if the illness is gone untreated for too long. Treatments are usually a combination of drug therapy and professional counseling that requires immense family support. Anti-depressive drugs may be prescribed and have proven to be very successful in the treatment of depression. The family's support of the person who is coping with symptoms of depression is vitally important to recovery. Expressions of love, appreciation and normal communication should be the role of the family in the treatment of the person experiencing a depressive state. Other treatments are simple and only require adequate sleep, regular exercising, avoiding illegal drugs and alcohol, and eating a healthy diet. Depression is a serious problem that can be treated effectively if caught before severe depression has began to set in. Take the steps now to prevent serious or fatal consequences if you think that you or someone you know is depressed.

If you are feeling depressed yourself, then you should take action. You may have something stressful in your life. If so, remove it. Our time on life is short, and there is no reason why anyone should spend their precious time worrying about something.

Fitness And Health In The Corporate World

Many businesses have begun to understand that investing in the health and fitness of their employees is a wise move. They are also beginning to realize the effects that it has on their bottom lines. Because of this they have begun to teach their employees the concepts and practices of overall fitness and health. Teaching employees good health and safety principles and practices will not only give them an edge on success but also reductions in healthcare payouts for their employees in sick days. The benefit of health and fitness education for employees is two fold. The employee will gain lower levels of stress, an increase level of self esteem and improved physical fitness with increased stamina. The employer gains employee productivity increases, decreased rates of illness, and develops employee leadership skills. There is one other

benefactor in this whole process...the community. The community will become or stay a competitive player in the market place.

Today companies look to including worksite health care facilities or health and wellness programs to help them to alleviate their profit margin. This has proven a successful investment with the return being healthier longer working employees, less turnover, and protection of the most important asset in any company, which is the employees. Employers want to keep the people who can do their job as good as possible, and these people need to have healthy minds and bodies to be able to get everything done. While everyone should take initiative on their own to stay healthy, unfortunately many people don't.

When your employees get wrapped up in the day to day life of work, children, and other chores and tasks they forget to take time for fitness and health care concerns themselves. An employer who handles reminders and consultations of health related information is an employer that quality employees will want to work for and stay with for a very long time.

As we all age physical and mental fitness is sometimes taken for granted and before we know it there is a problem that possibly could have been rectified in a proactive manner instead of a reactive manner. Using a proactive approach could prevent loss of income of the employer and the employee and family if handled with care and respect for the wishes of both parties. Encouraging employees to live a healthier lifestyle outside of work is a behavior that will transfer into the workplace and make for a good or better environment for all concerned.

Some companies have bought into this idea by including memberships to gyms as incentive bonuses, or even as new hire bonuses. They are using fitness and health as a motivating factor to get promotions and raises. So if you are a company, large, small, or otherwise, it will be to your benefit to incorporate a health and fitness education plan. Maybe a health and fitness program, or incentive for your employees to better care for them and your bottom line in business is the answer. Find a plan that fits your company needs and watch out for your return on your investment. Even if it does not improve your bottom line noticeably, it is still a good idea to keep the plan around for general morale and well-being in your business.

Finding An Acne Treatment For You

No matter if you are a teenager or an adult, acne is an embarrassing thing to deal with. Even if you are the only one that notices the small marks, you may still suffer from lowered self esteem, and major amounts of self-consciousness whenever you go into public. Even if you don't really mind what others think about you, you may want to get rid of the acne for professional reasons, or to increase your sex appeal to your significant other. No matter what your reason is for wanting the acne off of your face, you should look into some of the most popular acne treatments in order to get rid of it.

The most common form of acne treatment is a cream. Almost every major cosmetics company offers their own kind of cream that you rub on your face once, twice, or three times a day. These typically have good effects on your skin, but whether they work or not is entirely unique to your

body and your acne. Try out a few different brands and see if you have good luck with any of them. If you have tried out several kinds of cream and have had no decrease in acne, then you should move on to other methods of treatment. It is no use sticking with something that obviously isn't working.

If you are looking to take a step up and find something a little more complicated, you can get "suites" of treatments from some cosmetic companies. The process is different with every company. For example, you might have to spray your face with a misty product, swab it down with a special cloth, then rub lotion into your face and rinse it all off. These are generally more expensive than regular simpler lotions, and it is hard to say whether they are more effective. You will have to do some comparisons on your own and decide whether you think it is worth the extra money. Never spend too much on treatment – most of the time it simply isn't worth it.

Another more radical form of treatment is to take acne shots. These shots are usually designed to dry out the skin around the area that they are injected into. Acne will disappear almost immediately, but you will have to cope with something that is arguably worse: dry skin. For the next few months after you get shots, skin all over your entire body will be dry, and possibly peeling. As long as you religiously apply lotion to keep your body moisturized, this won't be too bad of an experience. It is definitely the most efficient way to get rid of acne.

Hopefully at least one of these treatments sounds attractive. If you use all of them and none of them work, then you could be dealing with something much more ominous than just simply acne. But the chances are that by using these, you will be able to completely rid yourself of the curse of acne, and become much more clean and pleasant looking. Just progress with caution and choose your treatment wisely. Treatments only work if you can stick with them, so choose something that fits the level of commitment that you are willing to make towards getting rid of your acne.

Exercise Can Act As A Memory Booster

Doctors are working to determine the benefits of exercise regiments benefits in improving cognition and reducing normal memory loss so that specific exercises can be assigned to improve memory. Adding to the long list of benefits that exercise provides to overall health and giving more reasons to get off of the couch and get active. Studies are now showing that physical activity reduces stress and anxiety disorders that contribute to many cognitive malfunctioning attributes as well as providing evidence that exercise may prevent or delay dementia. This is great news for the many people who want to preserve their mental clarity as they reach older ages.

Cognitive benefits of physical exercise for children and adults is not as clear as the benefits of exercise on the aging but it is a start in the search for finding answers to the question "why do people forget things." The studies indicate that exercises will ameliorate the effects of aging on the brain reducing a normal age-related decline in cognitive functioning. Cognitive functions such as planning, organization and working memory are achieved through simple measure such as increased confidence in abilities with older adults and with younger adults in the same way. So if

you have been feeling forgetful or slow to process simple things, it could be that you are not getting enough exercise.

Physical activity is a catalyst to increasing and maintaining proper mental processes. Therefore it can be said that some lifestyle changes may improve cognitive functioning. Studies indicate evidence that a healthy brain diet including foods rich in omega-3 fats, antioxidants, and low glycemic carbohydrates (whole grains), daily walks, relaxation exercises and mental exercises like crossword puzzles result in brain metabolism suggesting an increase in efficiency. Reducing blood pressure, weight and cholesterol and not smoking is important for brain health in all ethnic backgrounds. Even though countless studies make these suggestions it has not been established enough to recommend specific regimens for the desired results. Increasing brain cognitive functioning can be maintained throughout a person's life by simply living life to the fullest and by continually learning new things. While depressed moods, anxiety, and other psychological illnesses can be associated with both poor emotional and cognitive health as well, exercise is the determining factor in most improved cases.

For older adults mental stimulation is important in preventing age related cognitive declining. Regular light exercises for the elderly such as brisk walks, swimming, and other full body exercises will help to maintain the mental performance, stamina, endurance allowing for better memory and all over mental functioning and less cognitive decline. Improved blood flow to the brain will undoubtedly provide amazing benefits and prevent mental deterioration by stimulating the growth of nerve cells in the region of the brain that handles memory functioning. However conclusive the studies may seem different methodologies make it extremely difficult to make any conclusive determinations in the relationship between exercise and mental fitness. It is conclusive that regular exercise is the best treatment for improvement in overall health and maintaining overall health.

So get up, stay busy, and learn something new always for good mental fitness. Many people say that they would like to get started with exercising, but they don't have any opportunities to do so. The truth is that almost anything can be made into an exercise. Exercise is something that comes as a part of daily life, not something that you have to seek out. So, start getting in shape by doing the simple things, and then maybe you can progress to more strenuous activities. It could be a good idea to employ the help of a physical trainer who knows the human body very well and can help you to do what needs to be done. With the mental and physical benefits, there is no reason why you should not do so. Get started today.

Where To Buy Workout Equipment

Nothing is better than a home workout system. Exercise increases your longevity, your happiness, and your mental stability. You don't always need to go to the gym to get a good workout. There are plenty of home equipment solutions that you can get. If you buy wisely and look in the right places, you can get great deals on equipment that will improve your quality of life. So first decide what kind of equipment you want, then read on to find out some of the best places to buy that equipment. Get up, get moving, and get into a healthier lifestyle.

Before anything else, you should check craigslist.com and look for listings in your area. There are many people who have been stuck with workout equipment they don't want for years. If you are able to find these people, you will have the opportunity to do them a favor by taking it off their hands. Sometimes you will find stuff that is perfectly free as long as you are willing to come pick it up. As long as the equipment can still function safely, you can't go wrong with free stuff no matter how outdated it is. Craigslist is the perfect place to find these people who can help you out in this regard. This is a great place to find used treadmills, elliptical machines, stationary bikes, dumbbells, plates, and pretty much anything else you can imagine.

However, you don't always want to base your workout collection on what other people are giving away or selling. You can also track down your desired items directly from the retailers. For lighter items that can easily be shipped, definitely look online. You will find the cheapest items online, and you will be able to save on shipping. However, for items like treadmills you will want to buy offline. Even if you found it for cheaper online, the insane shipping charge would nullify the savings otherwise. For brick-and-mortar retailers that can sell you a treadmill, try Sears or similar stores.

Yard sales are another great place to look if you want to find used, cheap equipment. If you look in newspaper advertisements for local yard sales, you will almost always find extra notes for treadmills or other similar equipment. If you ask nicely, the seller might even be able to hook up an extension cord and give you a demo of the machine in action. Running for a few minutes will give you a great feel for the stability of the machine before you spend money on it. Weekends are great for going out and wandering around to different yard sales.

If you look in all of these outlets and still fail to find what you need, then it is very likely that the item simply doesn't exist. If you are sure of what you are looking for and you still can't find it, the best thing you can do is wait patiently while continuously checking the different places to see if they have had an update in stock (or a new user posting their item that they are trying to lay off on someone). Over a long enough timeline, you are almost sure to find exactly what you want, and usually you will find it for an excellent price.

The Horrors Of Eating Disorders

You can't seem to make up your mind, you eat and eat and then you hide a purge or you starve yourself for weeks until you are at the lowest weight that you have ever been in your life. Anorexia and bulimia used to be considered the health problems of some confused young girls with troubled lives real or perceived. Lately doctors have found that more and more women are being diagnosed with an eating disorder of some kind. Other misconceptions about eating disorders are that people think that they are psychological problems that can be treated with medication easily and then the person is cured for life. Neither is true. In fact, this disorder is not easily treated and the person is left to deal with it affects throughout their lives. Doctor's believe that hormonal variations occurring near the menopause of a woman may be the reason the eating disorder developed such late in life.

These women see themselves as being overweight despite the fact that they are extremely thin. These women develop strange eating rituals or eat and regurgitate over and over again. Body dissatisfaction is the main focus of these women. For unknown reasons they can't seem to become comfortable in their own skin. They often believe that their behaviors are secret and no one notices or cares enough to pay attention. The idea that middle-aged women are having this problem is troubling to physicians as they work hard to try and prevent the disorder in young women. However, doctors can't be sure if the middle-aged women that are receiving treatment are new to the disorder. The thought is that they had these problems when they were very young and as they got older realized that they should seek treatment. Complicating things is that these women are finding it difficult to locate proper treatment because for so long the focus was put on the younger woman. The women that are suffering from anorexia and/or bulimia many times suffer from perfectionism, obsessive-compulsive disorder, and anxiety. Substance abuse issues also many times play a role in many cases of both younger and older women. The most memorable and recent case occurred with a South American woman, a 24 year old teacher weighting only 77 pounds at 5 foot 2 inch tall when she passed away.

You or someone close to you might be suffering from this condition. It is a very harmful thing to suffer from, and if you suspect that someone is having trouble with an eating disorder then you should immediately take action to intervene. Do it in a graceful way so that the victim knows that you are looking out for her best interests. But don't let it go on for any longer than it has to. Therapists are the most common way to deal with eating disorders, but there are also entire camps and seminars devoted to getting the victims back to regular eating habits.

The treatments include therapy, medication, and counseling and more counseling. Some other treatments tried are yoga. Studies have tried to link the two yoga and anorexia but studies were inconclusive and did not produce any significant changes in behavior or eating habits. Dissonance-based therapy which works as therapy and counseling aimed at the person's competing ideas. There are group meetings and other more intensive therapies for those with severely dangerous cases of anorexia and/or bulimia. Many women have been able to make positive life changes to battle their self-inflicted disorder and go on to live healthier lives. It has been reported that these women will have to battle the urges and cravings to purge or starve themselves for the rest of their lives. Since no cures exist for this disorder it is the hope of therapist and people suffering anorexia and/or bulimia, that some kind of definitive preventive measures can be developed or found.

Staying Fit On The Go

Just because you are a busy person with lots to do everyday, it doesn't mean that you don't have time to stay fit and keep in shape while traveling. Excuses do not keep you fit and in shape and able to keep up with the demands of your busy life. If you are a member of a health club it would benefit you greatly if you ask the club if it participates in any programs that offer privileges at other facilities. Guest passes to certain spa and athletic clubs are sometimes free for one day. If your hotel does not have arrangements with a club near your hotel, the hotel that you are staying at just might. Asking at the front desk may open your eyes to many possibilities for a workout away from home and you will find out exactly what your options really are. Lots of hotels at least have treadmills or similar machines, which are much better than simply laying in bed and watching TV during your stay. When traveling just remember that almost every town

has a YMCA or YWCA. Locate the yellow pages in your hotel room and give them a call. Again, there is now no excuse to become a traveling couch potato. Opportunities for you to take care of your fitness needs abound in all of your business and personal travels.

If necessary you may need to get a little creative, by using your hotel room as the gym of the day. Exercising in your hotel room is an easily and very convenient way to make certain that you get in your work out without missing a beat. Before you leave for your trip pack some collapsible hand weights or elastic exercise bands or other equipment that is made for travel, and turn your hotel room into the indoor gym that it has the potential to be. Elastic bands are great for getting resistance without lugging around big old dumbbells everywhere you go. Use the chairs and other pieces of furniture to your advantage to satisfy all of your fitness needs. Body weight exercises are enough for a great workout. Combine crunches, pushups, and legups. You won't exercise a large variety of muscles using only body weight, but you will at least be able to work on your heart and your endurance.

We understand that working out is not as easily done when you are in route to your next destination, so if your time is extremely tight and you don't have time for a complete work out. There are other alternatives to not working out at all. Stretch in your room, take a long walk. I bet the hotel is just as nice on the other side of the pool. Speaking of pool, you could always take a swim. Swimming is definitely a workout that will work every muscle in your body. With all of these ideas for a good work out, if not the best work out that you've ever had, you should no longer have any excuse for not continuing your fitness routine while traveling. Just remember that it doesn't really matter where you are when you do your work out but that you do your work out where you are. And if you can't do the exact routine that you are useful, just take solace in the fact that you are getting a workout.

Reasons To Improve Your Poor Posture

How often do we think of our posture as an overall body workout? Probably not at all, but it is essential to supporting structures of the body from being injured. Progressive deformities are also prevented by paying attention to your posture. Correct posture is less stress and tension on the joints and some muscles in the hips, back, and neck. If you sit slouching or leaning when standing you are slowly but surely rounding your chances of increased stress relief and osteoporosis. When you talk about posture you are talking about sitting and standing in way that supports your upper and lower back, spine, and hip and ankle joints. If you already suffer from poor posture it is not too late to make corrections. If you stop carrying the laptop bag on one shoulder and that heavier pocketbook on the other shoulder and carrying that grocery bag all at the same time. Things may be a little better for your posture if you take your time and put some of those things down or call someone to assist you. Extra added weight adds extra pressure on important parts of the back and neck areas. If you must carry a bag the ones that cross your back and distributed the weight evenly is best.

Problems with posture can begin at very young ages causing problems later in life. Of Course you remember your mother telling you to "sit up straight." It was with good reason; they were trying desperately to keep you from damaging your spine, hips, and neck. They might not have known it but they were also saving you from musculoskeletal respiratory, circulatory systems,

and digestive systems as well. Poor postural habits can be caused by low self esteem, degenerative processes, muscle guarding, and avoidance, or postures that stick over time. For example, if you have been hunching over for as long as you've been sitting upright, you find it to be a completely natural position. Excessive weight gain and even excessive weight loss can cause your posture to change.

The best way to begin to the process of correcting poor posture is to have an examination by a doctor to determine the best treatment. Some observations can be done at home. Watch the patient as they sit stand and walk or estimate any deviation from an ideal posture. The doctor however, will actually perform a spinal segment alignment, possibly a flexibility tests, and muscle length and strength test to determine the exact cause of the trouble. Because most of the posture correcting process is related to muscle tightness or weaknesses found during the examination. Once a diagnosis is done then you can concentrate on the solution. The treatments will be very relaxing and maybe even invigorating. Well, first you want to treat the area with heat; stretching, massage and strengthening exercises. Anything extra will spend time on treatment of ligaments, for bones, or nerves for the over all posture treatment. Exercise of antagonist muscles to increase the strength of those muscles providing more power to lift and stretch in a way that is comfortable for the body as opposed to tension causing. So make sure to take good care of your back and other areas of the body that are affected by good posture and enjoy strong muscles, better concentration, and blood circulation.

It may take a period of discomfort and unpleasantness to be able to correct your posture. But once you are able to get the problem taken care of, you will experience benefits for the rest of your life. So as soon as you can, get recommendations from a doctor so that you can find out what course of action you should take for repairing your poor posture. It might involve simply buying a special type of chair, or it might involve expensive chiropractic treatment. No matter what, you should follow through with treatment.

Preventing Medical Errors

With the increasing complexities of the health systems today it may be easier for some medical errors to occur. This may worry some people and rightly so. Unexpected and unwanted results may happen and may be caused by a medical or computer error. Planned medical care procedures may not go exactly as planned. Errors can and will occur anywhere in the health care system and can do with medication, treatments, identity, or as simple as being given the wrong meal. One of the leading causes of death and injury is medical errors with at least as many as 50,000 people dying in American hospitals each year. With more people dying from medical error than car crashes or AIDS; this is a problem that deserves everyone's attention.

Medical error refers to overwrought doctors or nurses who accidentally do something lethal when dealing with a patient. This could be an excessive dosage of drugs, or accidentally snipping a blood vessel required to live. Believe it or not, there have been many cases of patients having the wrong leg or arm operated on, which has led to the practice of writing "NOT THIS LEG" or "NOT THIS ARM" on the limb that does not need an operation.

Of course while doctors and government agencies work towards a safer and more effective healthcare system there are things that you can do to help. Form a partnership with your healthcare providers. Get to know them and let them get to know you. Become as involved with your own healthcare as you expect the physician handling your case to be. Take part in all decisions relating to your health care. Better results are achieved when you can communicate openly with your doctor to clear up misunderstandings and relay your wishes. Making sure that you receive the proper care is also your responsibility, so don't let a little embarrassment get in the way of good accurate medical care. A little embarrassment is worth it when it comes to you or your loved ones health and the care that you receive. This kind of good communication can save your life.

The U.S. Agency for Healthcare Research and Quality recommend that if you are a patient in a hospital you should speak up for yourself if you notice something that you don't understand. Know your medications, what they are for, when to take them, and how to take them and bring a list of them with you to the visit. Understand what is expected to occur, how, where, and when. Making sure someone knows what your name is and repeat information to all that you feel needs to know about your visit. Don't just assume that everyone involved in your care knows what is going on with you. Find out what your tests results are and don't assume that just because you don't hear anything that everything is ok. Don't get forgotten in the hospital. If you have a private physician then make sure that doctor is the one in charge of your care to reduce identity errors.

So if you need the services of a medical professional or are admitted to a hospital, or having to visit outpatient clinic, emergency rooms, please take the time to make it known that you mean business when it comes to your health. Make sure that you build a partnership with your medical professionals as they are the ones that will be caring for you in possibly your most vulnerable moments. Teamwork in this area is the key to reducing some of the medical errors that occur in hospitals today. That team includes you, your doctor, healthcare staff, nurses, and clerical worker. Just be patient with the crew as they are trying their best to keep you alive. While being patient, also be cautious. Eventually you will figure out the best combination so as to be the perfect patient.

New Advanced Treatment For Fibroids

Uterine artery embolization (UAE) is a minimal invasive procedure aimed at shrinking fibroids in women diagnosed with having fibroids. Rather than removing them surgically, the procedure shrinks the fibroids avoiding hysterectomy or myomectomy (removal of the fibroids alone) to eliminate symptoms such as pelvic pain and/or heavy bleeding.

Although an attractive alternative to a hysterectomy to treat fibroids, AEU prevents the need to go through the pains following a hysterectomy. because a hysterectomy is the cure to fibroids. The fibroids will definitely not come back as there will no longer be a place for the fibroids to grow. Specially trained doctors use imaging techniques to see inside the uterus while guiding a narrow tube through blood vessels. The UAE procedure then shrinks the fibroid eliminating all of its blood supply. Plastic particles are then injected into the arteries to plug them perfectly blocking the blood supply. However, this procedure is not full proof as the possibility of the

fibroids growing back or in other places is not diminished making more surgery necessary if they return. AEU effectively spares the uterus and cuts down on hospital time, and recovery is fairly fast.

Other options to remove fibroids include Hysteroscopy resection, which use electric currents shaving the fibroid from the uterus breaking them into pieces which can then be removed through the vagina. There is some concern in this procedure that particles from the pieces may enter other organs and affect them in a negative manner. But for women the procedure that does not require surgery is most sought after for fibroid removal and avoidance of hysterectomy. AEU is very effective and rarely is there any complications and usually results in a lighter menstrual bleeding and pelvic pressure that causes pain. The only reportable side effects following surgery is nausea, committing, and some mild cramping for a limited amount of time making this the most cost and time effective procedure available today.

If you think that this procedure might be an attractive choice for you, then you should consult your doctor and ask about options with local surgeons. Most hospitals now offer this treatment because of its effectiveness, but some seem to be stuck in the past. You also need to find out whether or not your particular fibroids are operable using this method, since some cases make it too complicated or difficult to do.

Many women have for several years debated the idea that hysterectomy is the only option for women with fibroid problems prompting doctors to look to alternative measures. It is important to know that there are other options available and each one should be examined carefully before a decision is made to have a hysterectomy. The location, size, number of fibroids and activity of the fibroids should be one of the determining factors in the decision to treat fibroids. Estrogen feeds the fibroids and it is well known that fatty tissue produces large amounts of estrogen, so if you are overweight additional factors may need attention in order to make an educated decision. Whatever the decision is that you make concerning the treatment of fibroids take into consideration all of your options before you take the word of someone, doctor, or others who try to tell you that Hysterectomy is the only option.

Men's Health – Prostate Cancer

Prostate cancer, one of the most common forms of cancer in men, is not widely talked about in male circles. Yet, statistics have shown that one in six men should expect this diagnosis. This slow growing disease and today's treatments ensure that only a few may die from it. Of course, the more you know about the disease the better the chance of being one of the few to prevention and fighting it if necessary. High risk category patients will be those who have a family history or are currently experiencing symptoms, but regular examination can spot the cancer early by testing the amount of prostate-specific antigens in the blood. Using the most effective means of testing is the digital rectal exam where the doctor inserts a finger into the rectum and manually checks for abnormalities on the prostate. As uncomfortable as this may seem, priority will encourage you to seek regular testing the catch the cancer early to increase the chances of experiencing the effects of prostate cancer, which are much more uncomfortable than the examination.

Prostate cancer in its most common form develops in the glandular cells, typically very slowly with the possibility to spread to areas surrounding the prostate and continuing to attack the lymph nodes, lungs, liver, and possibly other organs if not quickly diagnosed and treated. The prostate gland is walnut sized in the front of the rectum and below the bladder and produces the fluid that protects and supply nourishment to the sperm cells. The scary part about prostate cancer (and many other types of cancer as well) is that the signs are not always immediately noticeable. You may have the disease for months before it grows big enough to become noticeable, and by then it may be too late. Therefore if you have even the slightest suspicion of a tumor, you should get an examination just to be doubly sure.

While the risks of prostate cancer increases with age it is also more likely to occur in black men rather than white and Hispanic men; and occurrences appear to be extremely low in Asian men. The reason for this is still unknown but at any rate, family history plays a big factor and can double your risks of actually contracting prostate cancer. Many cases of prostate cancer are symptom free with minor notification like difficulty in urination, hip and /or back pain, burning during urination, or just a weak stream of urine, or pain during ejaculation. The encouragement to see a doctor if you experience these symptoms won't be necessary as most men will immediately seek medical attention if these symptoms occur. Detection of the cancer is priority one, and if detected the doctor will then grade the cancer stage from 1 to 5 depending on the amount and presence of the number of cancerous cells as compared to the amount of abnormal cells. A determination of the aggressiveness of the cancer is then evaluated to produce what is called a Gleason score. The higher the score the more aggressive the cancer.

There is high hope of cure if detected and treated early. Treatments include the watch and wait approach which, as the name implies, monitors the progression for slow growing cancerous cells. Radiation treatments that can be linked to impotence, Radical prostatectomy where the prostate gland is removed, Chemotherapy drugs used for advanced stages, or hormone therapy which can slow the progression and manage the disease. The main point is to seek immediate care if you think that you may be experiencing problems and not to let the examination scare you out of your chances for survival. Take care of your body, particularly as you enter the older stages of your life. Being cautious leads to longevity and happiness, and prostate cancer is certainly something that you need to be cautious about. For further reading, check out a book from your library, or ask for literature from your doctor.



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