April 2012

Dates to Remember, 2012

- April is Poetry Month!
- Easter falls on April 8th, 2012
- Passover will start Saturday April 7th and end Friday April 13th
- April is Autism Awareness Month

Caffeine and Estrogen!

Morning brew may lower or raise Estrogen depending on the Race -- Ninety percent of women drink the equivalent of one to two cups of Caffeine daily. Caffeine boosts Energy and allows for a good start of the day. However, Caffeine might affect Estrogen's absorption based on women's race. Caffeine intake, greater than two cups of coffee daily, lowers Estrogen concentration among whites by 13%. It, however, increases Estrogen by 59% among Asian women. However, if Caffeine was provided by Tea or soda, then it increases Estrogen concentrations among all races. Also, Caffeine intake may double the risk of miscarriages. Children are getting too much caffeine, possibly contributing to sleep and attention problems.

Source: American Journal of Clinical Nutrition 2012

Did you know that El Paso’s...?

- Estimated population is 742,062
- Median age is 31 years
- Gender distribution is 51.9% female, and 48.1% male
- 28.2% of population lives below poverty level
- Annual per–capita income is $15,492
- 39.9% of the population is uninsured

El Paso has 74 Diabetes cases per 1,000 people

- 46.4% Diabetes rate per 100,000 people
- 169.5 Cancer Death Cases per 100,000
- 196.4 Heart Disease death cases per 100,000
- 41.8 Stroke death cases per 100,000
- 27.2% Obesity rate
- 7.8% Asthma rate
- 12.7% Smokers rate

Did you know that El Paso’s notifiable conditions reported for 2010 have 1,262 Environmental Diseases, 235 Vaccine–Preventable diseases, 139 Foodborne Diseases, 51 Zoonotic Diseases, and 48 waterborne Diseases.

Did you know that Tuberculosis (TB) cases have declined in El Paso. In 2009, there were only 57 cases.

Source: City of El Paso Department of Public Health, 2010

Inside This Issue:

- Dates to Remember, 2012...1 How to keep your Skin
- Caffeine and Estrogen!...........1 Healthy and Fresh?.............3
- Did you know that..............1 What is autism?...............3
- El Paso’s.........................1 How to burn calories while
- Water is important!.............2 sitting at your desk?........4
- Chronic Fatigue................2 Vegan Diet...............4
Water is important!
Almost 70% of your body is made of water. It is a stabilizer, cleanser, and provides a support for your internal organs. Recent study showed that women, who reached for a water drink after their treadmill exercises made them serene and happy; and those who did not, recorded an 8% increase in feelings of anger and hostility, 19% increase in disturbed mood and 55% impairment in their ability to concentrate. Drinking water may elevate your metabolic rate, and help you eat less. (Those who drink seven cups of water daily consumed two hundred fewer calories, and those who drank two cups of water before meals resulted in 44% more weight loss). In addition to water benefits, one should:

- Consume Zinc from sources like Oysters, Crabs, Lobsters, and Lentils.
- Do Aerobic exercise
- Hang out with positive people
- Intake Folate or Folic Acid from Beans, Spinach and asparagus
- Consume Vitamin D through Sun exposure, Mushrooms and Sardines.

Source: Journal of Nutrition, 2012

Chronic Fatigue
Are you always tired? Do you always feel like you do not rest enough? Here are some possible causes for Chronic Fatigue.

1. Obesity – Eating too much of the wrong foods (fast foods) and not exercising enough could be one cause of Chronic Fatigue. Therefore, eat plenty of vegetables, fruit and lots of lean protein – they will help you with your energy.
2. Lack of sleep – You need to sleep at a minimum eight hours per night. The sleep should be uninterrupted and restful. Stay away from any alcohol plus /or Caffeine before bed time.
3. Exercise at least three hours before you go to sleep.
4. Anemia- Test for Anemia –It is always a common cause of Fatigue –Remedy Anemia by eating Green-Leafy Vegetables, Organ Meats, Beans, etc.
5. Deficiency in Potassium
6. Thyroid Problems –over and under – Active Thyroid can cause Chronic Fatigue.
7. Diabetes-Always causes fatigue
8. Depression-If Fatigue is accompanied by sadness
9. Sleep Apnea-If you never rest and keep snoring, then maybe you need to check your sleeping patterns.
10. Heart Disease- lack of oxygen and bad heart circulation

How to keep your Skin Healthy and Fresh?

1. Stop Smoking! Nicotine and other chemicals harm the collagen and the elastin in the skin! It causes lines and wrinkles around your mouth.
2. Wine, Candy and coffee age your skin if you do not hydrate yourself to compensate for the fluids you lose while drinking them.
3. Sleep enough and uninterrupted!
4. Do not poke on your pimples-It scars and creates more breakouts.
5. Wear Sunscreen-Sunscreen is key to youthful skin!

Source: www.healthline.com

What is autism?

Autism spectrum disorder (ASD) is a range of complex neurodevelopment disorders, characterized by social impairments, communication difficulties, and restricted, repetitive, and stereotyped patterns of behavior. Autistic disorder, sometimes called autism or classical ASD, is the most severe form of ASD, while other conditions along the spectrum include a milder form known as Asperger syndrome, and childhood disintegrative disorder and pervasive developmental disorder not otherwise specified (usually referred to as PDD-NOS). Although ASD varies significantly in character and severity, it occurs in all ethnic and socioeconomic groups and affects every age group. Experts estimate that six children out of every 1,000 will have an ASD. Males are four times more likely to have an ASD than females.

Source: -Wikipedia.com-
How to burn calories while sitting at your desk?

The key to a healthy weight and a healthy you lies in your Metabolism. Here are six strategies for mealtime, gym time, down time, and bedtime that will help you put the pedal to the metal.

1. Pick Protein – the more lean muscle you have, the more calories you expend.
2. Soothe your stress - It’s impossible to live in a worry free bubble but constraint anxiety can cause your adrenal gland to pump out much cortisol. High levels of this stress hormone can change how your metabolism stores fat, sending flab to the belly.
3. Be a Cardio Junkie - forty five minute high – intensity workout can help increase you’re RMR (Metabolic Rate) by 37% for up to 14 hours Post-Exercise.
4. Sculpt lean muscle – Lifting weights helps you maintain and build what you have, so your metabolism stays high.
5. Fill up on plants – the fiber in the produce helps stabilize blood sugar levels, plus the Antioxidant in fruit and vegetables help your body get rid of free radicals.
6. Make sure you sleep enough – Having sleepless nights can mess with your Metabolism by increased levels of the hormone Ghrelin. Which stimulates hunger and decreasing levels of the hormone Leptin which tells you to stop munching.

Source: www.cnnhealth.com

Vegan Diet

Avocado eaters who eat a healthful vegan diet typically experience lustrous hair, softer smoother skin, more pliable nails, fever Joint problems, slimmer belly, less body odor, improved mental function and enhanced libido.