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...published in the *Dartmouth Undergraduate Journal of Science*. Thiamine abounds in cereal grains, pork, yeast, cauliflower, and eggs, and getting enough increases well-being, sociability, and your overall energy level. Equally important: folic acid, which helps fend off depression. Green veggies, oranges, grapefruit, nuts, sprouts, and whole-wheat bread are good sources," (Haupt). Eating too much fat can not only lengthen your waist line but can also widen your chances of acquiring dementia as you age, especially if your diet is high in saturated fats. Below is a list of food items that can actually make you feel better physically and emotionally: blueberries help lower stress and help eliminate free radicals that cause aging and harm internal organs, bananas con-

tain a chemical known as tryptophan; which is a protein that when consumed is converted into serotonin by the body which assists with lowering depression levels and making you happier, baked potatoes help improve concentration, fresh peas are high in folate which also produces serotonin making you happier, and the best food to make you happy is chocolate. Chocolate contains anadamin another chemical that makes us cheerful and less stressed. Somewhere out there is a healthy meal waiting to make you happier. Find that pattern, eat those meals and be more cheerful through a more salubrious living style.

Haupt, Angela. "Food and Mood: 6 Ways Your Diet Affects How You Feel." *U.S. News and World Report*. (2011); 2. Web. 15 Sep. 2011. <<http://health.usnews.com/health-news/diet-fitness/diet/articles/2011/08/31/food-and-mood-6-ways-your-diet-affects-how-you-feel>>.
 Othersen Gorman, Megan. "Your Diet May Be Depressing You." *Rodale Corporate Site*. (2011); 2. Web. 15 Sep. 2011. <<http://www.rodale.com/food-and-mood?page=0%2C0>>.
 Unknown. "Foods That Make You Happy: 10 Foods that make you happy." *Buzzle.com*. (2011); 2. Web. 15 Sep. 2011. <<http://www.buzzle.com/articles/foods-that-make-you-happy.html>>.

Quote of the month...

"The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not."

-Mark Twain



Can Detoxing be Toxic to the Body?

Researchers from Georgetown University School of Medicine report that colon cleansing and routine detoxing can cause more damage than good. Many who abide by homeopathic remedies believe that cleansing your colon can help relieve fatigue, headaches, and promote weight loss. Unfortunately, researchers believe irrigating your colon can cause more problems than benefits for your health. "There can be serious consequences for those who engage in colon cleansing whether they have the procedure done at a spa or perform it at home," reports lead author of *The Journal of Family Practice*, Ranit Mishori, M.D., a family medicine physician



at Georgetown University School of Medicine. Colon cleansing comes in numerous varieties such as: teas, powders, capsules, and laxatives.



Many of these kits or cleansers promote side effects such as: bloating, nausea, vomiting, imbalanced electrolyte levels and even renal failure. Dr. Ranit also states that, "some herbal preparations have also been associated with aplastic anemia and liver toxicity," (*The Journal of Family Practice, 2011*). Aplastic anemia is a disorder associated with your bone marrow in which it decreases or stops the production of red blood cells. There has also been evidence that the device used for colon irrigation has not

been approved by the US Food and Drug Administration and can cause bacterial contamination if properly sterilized and disinfected, (*The Journal of Family Practice, 2011*). The best way to cleanse your colon or body for that matter is to practice healthy eating habits, exercise daily and sleep six to eight hours a night.



Mallet, Karen. "Doctors: Colon Cleansing Has No Benefit But Many Side Effects Including Vomiting and Death ." *Georgetown University Medical Center: Office of Communications* (2011); n. pag. Web. 4 Aug 2011. <<http://explore.georgetown.edu/news/?ID=58019&PageTemplateID=295>>.

Skinner, Ginger. "Colon cleansing does more harm than good ." *Consumer Reports: Natural Health* (2011); n. pag. Web. 4 Aug 2011. <<http://news.consumerreports.org/health/2011/08/colon-cleansing-does-more-harm-than-good.html>>.



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Have You Ever Wondered, "What Should I Do?"

So many questions come up as we face the middle to latter years of the aging process. Where will I live? What will it cost to stay in my own home? What are my alternatives to staying in my own home? If I need help with my everyday chores and cares, how do I know who to call?

There are so many options available to seniors today. Find out what they are by calling me, I'm a Professional Geriatric Care Manager and I am located right in Elm Grove.

I can sit down with you and give you a **free consultation** and look at your situation:

- Your current state of health, including medical problems and medications;
- Your physician relationship and how effective it is;
- Aging is a tough job. It's not for sissies. Making the right decisions means having the right information.
- Your home, to see if it will serve you well in the years to come;
- Your options, if you choose to live elsewhere and the cost;
- The intactness of your support system, friends, family, etc.;
- Getting in-home help with housekeeping, cooking, laundry, personal cares and what that will cost; and more.

The result will be:

- You'll have an appreciation and understanding of what it will take and cost to stay in your own home, live in an alternative setting such as a nursing home, assisted living center, group home or senior apartment.
- You'll have some idea of what you can expect in the years to come, based on your current health, mobility, function and needs.
- You'll have an idea of what changes you'll need to make to your home if you choose to age in place.
- You'll have an idea of what resources are available to you, e.g. Veterans benefits, reverse mortgage, etc.
- You'll have a plan for your future so you don't have to worry so much.



To set up a free consultation and planning appointment, call **Prestige Home Health Care** at **(414) 801-4835** & just ask for Robert. **It's free, it's easy and there's no obligation.**

Article By:
Robert Griesemer, R.N., Owner, Prestige Home Health Care

Can Certain Foods Predispose You to Being Sad?

We all know that certain foods can make us gain or lose weight, but can they raise and lower our spirits too? U.S. News recently released an article on their website declaring that certain eating patterns and foods can inhibit our mood and lower our energy. Dietician Keri Gans, author of The Small Change Diet compares not eating in the morning similar to, "... trying to run a car without gas". British and French epidemiologist did research on "3,486 men and women in the Whitehall II study" to see how their eating patterns controlled their mood for the day, and people who ate in the morning were much more likely to get more fiber and calcium in their daily diet. They also had more energy through-

out the day and "Breakfast eaters also tended to consume less soda and french fries (processed food pattern) and more fruits, vegetables, and milk (whole food pattern)," (Gorman, Your Diet May Be Depressing You.) In this same study "those who ate more processed foods every day were more likely to suffer from depression". Eating more raw and natural foods can promote energy, help you with losing weight & maintaining it and can help boost healthier brain activity; such as memory balance, improve your mood, and offer more energy. According to U.S. News, "Most experts recommend at least two servings of fatty fish per week; other sources include ground flaxseeds, walnuts, canola oil, and omega-3-

fortified eggs. There's also omega-3-fortified margarine, peanut butter, and granola bars, (Haupt, Food and Mood: 6 Ways Your Diet Effects How You Feel). Eating Omega-3 fatty acids help fight against depression, impulsivity, and even pessimism. Japan has the lowest depression rates due to the amount of fish that is consumed. Neglecting paramount nutrients that your body depends on can also spark feelings of fatigue, inattention, and depression. Getting enough iron is monumental in reducing fatigue. Journalist Angela Haupt of U.S. News writes, "Scientists have also found that insufficient thiamine can cause "introversion, inactivity, fatigue, decreased self-confidence, and a poorer mood," according to a recent report...

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