



Summer Is Here!

[Cool Summer Drinks](#)

[Getting In Shape](#)

[Summer Recipe](#)

Quick Tips: Getting in Shape Without Spending Money - Get started



When you stay active, you feel better and have more energy for work and leisure time. You're more able to do the things you enjoy, like playing with children, gardening, dancing, or biking.

Staying fit helps you sleep better, handle stress better,

Cool Summer Drinks: Your Best Bets



One of the new drinks on the summer menu at a certain coffee chain is iced Raspberry Mocha. Here's an easy and light way to make it at home. Each serving contains 115 mg calcium.

1 cup strong or regular iced coffee -- depending on your preference (use decaf, if desired)

3/4 cup low-fat or skim milk or fat-free half-and-half

3/4 teaspoon raspberry extract

2 tablespoons chocolate syrup (reduced-sugar or sugar-free if desired)

2 cups crushed ice

Add all ingredients to blender and mix until blended and slushy.

Yield: 2 serving

and keep your mind sharp. It's good for your heart, lungs, bones, and joints. And it lowers your risk for heart attack, diabetes, high blood pressure, and some cancers.

And although it's easy to spend a lot of money on sports and activities that help keep you in shape, it's just as easy to get into shape and stay there without spending any money at all.

Remember to work on all three types of fitness: flexibility, muscle strength, and aerobic fitness.

Flexibility

- Stretch all your major groups of muscles. These include the muscles of your arms, your back, your hips, the front and back of your thighs, and your calves.
- Stretch for 10 to 12 minutes a day, after a brief warm-up.
- Do some stretches first thing in the morning.
- Take a "stretch break" instead of a coffee break at work.

Muscle fitness

- Do housework and yard work on a regular basis: Scrub the bathtub, wash walls, till the garden, or pull weeds.
- Do basic muscle-conditioning exercises such as push-ups, leg lifts, and other

FDA Eyes Acetaminophen Liver Risk



The FDA is considering ways to cut the risk of liver injury from acetaminophen in over-the-counter and prescription products.

Many over-the-counter (OTC) products contain acetaminophen, including Tylenol, aspirin-free Anacin, Excedrin, and numerous cold medicines. Acetaminophen is also found in many prescription drugs.

According to the FDA, U.S. consumers bought more than 28 billion doses of acetaminophen in 2005, including nearly 10 billion doses of over-the-counter products, making it one of the most commonly used drugs in the U.S.

Products containing acetaminophen already carry warnings about the risk of liver injury. And the FDA notes that it considers acetaminophen "safe when used according to the directions on its OTC and [prescription] labeling."

The FDA is concerned about people taking too much acetaminophen -- even a little bit too much -- without realizing it.

"Taking more than the recommended dose of 4 grams per day can cause liver damage, ranging from abnormalities in blood tests used to assess liver function to acute liver failure, and even death," states background material on the FDA's web site.

Three FDA advisory committees will hold a joint meeting in late June to discuss options for reducing liver risk from acetaminophen use.

Meanwhile, the FDA wants consumers to keep three things in mind when using acetaminophen:

- Take no more than the recommended dose of acetaminophen.
- Do not mix acetaminophen-containing products.
- Talk to your doctor about acetaminophen if you drink

familiar exercises.

- Try muscle-strengthening exercises using weights. You can use cans of food instead of buying dumbbells.

Aerobic fitness

Experts say to do either of these things:

- Moderate activity for at least 2½ hours a week. Moderate activity means things like brisk walking, brisk cycling, or shooting baskets. But any activities—including daily chores—that raise your heart rate can be included.
- Vigorous activity for at least 1¼ hours a week. Vigorous activity means things like jogging, cycling fast, or playing a basketball game.

These ordinary activities cost nothing and all count as aerobic activity:

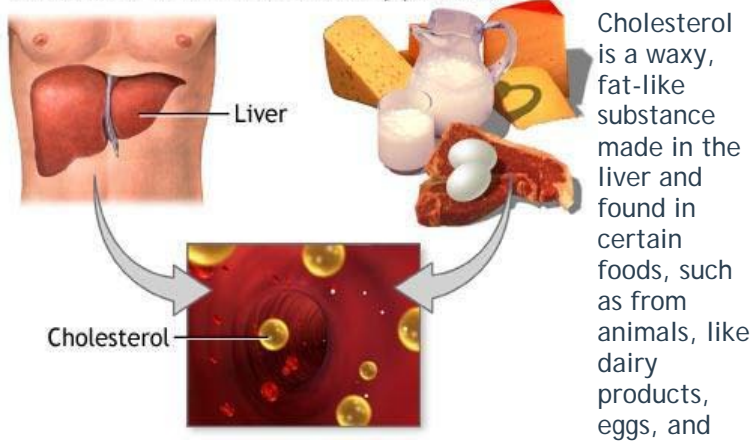
- Walking to work or to do errands
- Pushing a lawn mower
 - Vacuuming
- Sweeping (perhaps to fast-paced music)
- Raking leaves or shoveling snow
 - Dancing
- Playing actively with your children
- Walking the dog

If you need more structure for your exercise but don't want to spend money for a class, check out exercise DVDs from the library.

alcohol or have liver disease.

High Cholesterol Risk Factors

Cholesterol is produced by the liver and we consume it from meat and dairy products



Cholesterol is a waxy, fat-like substance made in the liver and found in certain foods, such as from animals, like dairy products, eggs, and

meat. The body needs some cholesterol in order to function properly. However, too much cholesterol can increase a person's risk of developing heart disease. There are several factors that contribute to high cholesterol -- some are controllable while others are not.

Uncontrollable High Cholesterol Risk Factors:

- **Gender:** After menopause, a woman's LDL-cholesterol level ("bad" cholesterol) goes up, as does her risk for heart disease.
- **Age:** Your risk increases as you get older. Men aged 45 years or older and women aged 55 years or older are at increased risk of high cholesterol.
- **Family history:** Your risk increases if a father or brother was affected by early heart disease (before age 55) or a mother or sister was affected by early heart disease (before age 65).

Controllable Risk Factors for High Cholesterol Include:

- **Diet:** The saturated fat and cholesterol in the food you eat raise total and LDL-cholesterol levels.
- **Weight:** Being overweight can make your LDL-cholesterol level go up and your HDL level go down.
- **Physical activity/exercise:** Increased physical activity

Try these suggestions at work:

- Use your morning commute to get in some extra walking. Park several blocks away, or get off the bus a few stops earlier.
- Take the stairs instead of the elevator, at least for a few floors.
- Suggest holding meetings with colleagues during a walk inside or outside the building.
- Go the extra distance when possible: Get your coffee on another floor (take the stairs) or use the restroom that's the farthest from your office.
- Stand and do simple stretches while you make phone calls. A speakerphone may help.
- If you need to speak to a colleague, walk to that person's office rather than using e-mail or the phone.
- Use your lunch hour for a workout: Take a brisk walk, jog, or bike ride. Don't skip lunch. Eat it at your desk while you check your mail or listen to phone messages.

Summer Recipe

Baked Asparagus with Balsamic Sauce

helps to lower LDL- cholesterol and raise HDL- cholesterol (the "good" cholesterol) levels. It also helps you lose weight.

Dental Health and Bad Breath



[Bad breath](#), medically called halitosis, can result from poor dental health habits and may be a sign of other health problems. Bad breath can also be made worse by the types of foods you eat and other unhealthy lifestyle habits.

Why Do Poor Habits Cause Bad Breath?

If you don't brush and floss your teeth daily, food particles can remain in your mouth, which promotes bacterial growth between teeth, around the gums, and on the [tongue](#). This causes bad breath. In addition, odor-causing bacteria and food particles can cause bad breath if [dentures](#) are not properly cleaned.

[Smoking](#) or chewing tobacco-based products can also cause bad breath, stain teeth, reduce your ability to taste foods, and irritate the gums.

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Journal as: 1 cup vegetables without added fat

1 bunch fresh asparagus, white ends trimmed off (the bunch should weigh about 1 pound)

Canola cooking spray

Salt and pepper to taste

1 tablespoon whipped butter

1 tablespoon light soy sauce

1 1/2 teaspoons balsamic vinegar

- Preheat oven to 400 degrees. Arrange asparagus spears in a 9 x 13-inch baking dish (or similar). Coat the top of asparagus with canola cooking spray, then season with salt and pepper to taste.
- Bake asparagus until tender (about 10 minutes depending on thickness of spears).
- Melt butter in a small, nonstick saucepan over medium heat, then remove pan from heat. Stir in the soy sauce and vinegar to make a sauce. Pour the sauce over the baked asparagus spears and serve.

Yield: 4 servings

Per serving: 47 calories, 3 g protein, 6 g carbohydrate, 2.2 g fat, 1.2 g saturated fat, 5 mg cholesterol, 2.5 g fiber, 148 mg sodium (not including salt to taste). Calories from fat: 35%.

and irritate the gums.

What Health Problems Are Associated With Bad Breath?

Persistent bad breath or a bad taste in your mouth may be warning signs of gum (periodontal) disease. [Gum disease](#) is caused by the buildup of [plaque](#) on teeth. The bacteria cause toxins to form in the mouth, which irritate the gums. If gum disease continues untreated, it can damage the gums and jawbone.

Other dental causes of bad breath include poorly fitting dental appliances, [yeast infections](#) of the mouth, and dental caries.

The medical condition [dry mouth](#) (also called xerostomia) can also cause bad breath. Saliva is necessary to moisten and cleanse the mouth by neutralizing acids produced by plaque and washing away dead cells that accumulate on the tongue, gums, and cheeks. If not removed, these cells decompose and can cause bad breath. Dry mouth may be caused by the side effects of various [medications](#), salivary gland problems, or continuous breathing through the mouth.

Many other diseases and illnesses may cause bad breath. Here are some to be aware of: respiratory tract infections such as [pneumonia](#) or [bronchitis](#), chronic [sinus](#) infections, postnasal drip, [diabetes](#), chronic [acid reflux](#), and [liver](#) or kidney problems.