



Probiotics 101

Probiotics, live active bacteria best known for their ability to aid gastrointestinal (GI) ailments, are flooding the market. Dannon's Activia yogurt and Kashi's Vive cereal are examples of foods that contain probiotics. With 33 million people suffering from GI symptoms each year, it is no surprise that Americans are willing to try probiotics to improve GI health.

Probiotics may have a potentially beneficial effect on health beyond basic nutrition, but scientists note that they must meet specific criteria in order to help keep a healthy balance of the gut organisms; namely, they must be living, ingested in ample amounts, and capable of colonizing the intestinal tract.

While probiotics may be helpful to some, consumers should be careful to separate marketing strategies from scientific evidence. Food manufacturers are not required to disclose the number, viability, nor type of bacteria they include in their product. Before paying extra money for probiotic-containing foods and supplements in hopes of reducing GI problems, keep the following considerations in mind:

- ❖ Only microorganisms that can colonize the human gut are capable of providing benefit.
- ❖ Food manufacturers are not required to use accepted nomenclature for the bacteria in the product; therefore, some companies have created their own names for bacteria.
- ❖ Research is in the beginning stages and only supports the effects of probiotics in the treatment of rotavirus diarrhea and lactose intolerance.
- ❖ Probiotics must be alive and consumed in sufficient quantity on a daily basis.
- ❖ Probiotics carry no approved health claims. They are not necessarily backed by quality research or FDA approval.

Until more research is available, individuals should decide for themselves whether or not probiotics improve GI symptoms with regular consumption. At this time there is no reason to believe they cause harm, other than to your pocketbook.

Think Young for Life Satisfaction

The term "cognitive age" refers to the age people perceive themselves to be, versus chronological age, which is their age in years. Among a group of college-educated people in Japan, 55 years and older, respondents who viewed themselves as younger had more positive attitudes toward aging and felt more life satisfaction than respondents who saw themselves as older. In addition, those who perceived themselves as younger reported better health and more involvement in activities.



Christmas Humor

Once again we find ourselves enmeshed in the Holiday Season, that very special time of year when we join with our loved ones in sharing centuries-old traditions such as trying to find a parking space at the mall. We traditionally do this in my family by driving around the parking lot until we see a shopper emerge from the mall, then we follow her, in very much the same spirit as the Three Wise Men, who 2,000 years ago followed a star, week after week, until it led them to a parking space. ~ **Dave Barry**

GETTING UP FROM A FALL

After a fall, panic is often your first reaction and often that panic can cause more injuries than the fall itself. If you try to get up too quickly and move in the wrong position, you could make an injury worse.

Falls are inevitable. If you fall, take a few deep breaths and assess the situation to determine whether you are hurt. If you believe you are injured, do not attempt to get up. Call 911 or get help from someone near you.

If you feel strong enough to get up, the following tutorial will help you:

Roll on to your side or buttocks. Roll over naturally, turning your head in the direction of the roll.



If you can, crawl to a strong, stable piece of furniture like a chair, and pull yourself up. Approach the chair from the front and put both hands on the seat.



Slowly, begin to rise. Bend whichever knee is stronger; keep your other knee on the floor



Slowly twist around and sit in the chair.



Although the thought of getting down on the floor may not be appealing, you may want to practice this maneuver so as to be prepared if you experience a fall.

Candy versus Oranges

Americans spent more money on candy, snacks and soft drinks than on fresh produce in 2007.

Candy, etc.	Fresh produce
\$69,145,000	\$66,694,000



SAVE THE DATE

Health & Wellness
Presentation
Holiday Eating Tips
Wednesday, Dec. 9th
at 1:30pm
Christ Chapel

*May you have
the gladness of Christmas which is hope;
the spirit of Christmas which is peace;
the heart of Christmas which is love.*

Kim & Barb

Exercise Schedule Changes for December

No Blue Aquatics Class
Wednesday, December 2nd
Please attend Green Aquatics Class
at 10:45am

No Exercise Classes
Friday, December 4th

No Green Class Thursday, Dec. 10th
So staff may enjoy the Employee
Christmas Party

No Exercise Classes Thursday & Friday,
December 24th & 25th
Due to the Christmas Holiday