

Choice Care

News

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News..... January 5, 2009

Memory Loss??

We are all clamoring for a way to remember where we left our keys or why we got up and walked into this room. And, we'll try anything, right? Well, count Ginkgo Biloba out. It doesn't work. And it gets worse, it seems that cutting those carbs too much could also effect memory. The bottom line, moderate diet, good sleep and lots of sticky notes...

Urgent...
Tai Chi Class
January 13, 2008
5:30 pm

Please join us for an exercise seminar and learn how to utilize tai chi as a wonderful stress reducer. We all know that exercise is essential in everyone's life and we all probably made a resolution to do something positive in 2009. Well, now is your chance. Please join us for wine, cheese, exercise and fun.

Now just lie down

Be careful the next time a doctor asks you to just lie down. He may be measuring your cardiac risk. It seems that the distance from the exam table to the top of your belly may be a better predictor of cardiovascular risk than BMI we have been harping about. And it gets worse... "Abdominal height also better correlates with an adverse metabolic profile including low HDL[high-density lipoprotein] and increased triglycerides, blood pressure, inflammatory cytokines, renal sodium reabsorption, blood glucose, and insulin resistance.^[7-10] Abdominal height has also been associated with impotence, liver function abnormalities, and impaired pulmonary function." The bottom line here is simple. Put the fork down. It's a new year Get control of yourself and lets all lose that extra body fat. And be careful, if someone from my office is following you around with a ruler.

Life is good

My Mom is home



2009

I am a firm believer in the people. If given the truth, they can be depended upon to meet any national crises. The great point is to bring them the real facts.

- Abraham Lincoln

