Health / Wellness

**Taming Your Tummy**

Tummy troubles are very common and can be symptoms of Irritable Bowel Syndrome (IBS). IBS is a gastrointestinal condition where simple events like eating a meal, having a menstrual period or being stressed can lead to symptoms including cramping, gas, bloating, abdominal pain and diarrhea. There is no cure for IBS, but it can be managed.

Certain foods may trigger reactions, so logging your food can help determine which foods affect you. Avoiding caffeine, lactose products, alcohol, certain fruits, beans and cabbage can all help.

If you have chronic and recurrent abdominal pain and bowel problems, consult your primary care provider for help in getting a diagnosis and direction on how to better manage your symptoms and improve your quality of life.

**Mind/Body**

**Drink Your Way to Better Health?**

Recent headlines have proclaimed that a glass of red wine is like spending an hour in the gym. While there are benefits to wine, using it as a substitution for activity isn’t one. More than a 100 studies showed a potential heart health benefit to moderate drinking due to alcohol’s ability to raise HDL, the good cholesterol that can protect your heart.

For some people alcohol can hurt their health. Misuse of alcohol can cause many health problems and relationship problems. People misuse alcohol for many reasons including stress relief or as an excuse for poor behavior. Some believe that abstaining during the week and drinking heavily on the weekend is a healthier option, which is untrue. Take some time to evaluate if alcohol consumption is helping you or hurting you. For more information checkout www.niaaa.nih.gov.
Nutrition

The See Food Diet
The see food diet may have some credibility. And yes, that is spelled right. Some studies suggest that the food that is most visible and easy to grab will be eaten first. Take a look at your counters or snack areas. What foods are in plain sight? Are there candies, unhealthy snacks, cookies or cakes? If it was easy to see and easy to grab like apples, bananas, almonds or other nuts, there is a good chance you would use that for a quick snack. Take a look at your workplace and your house and replace any candy dishes with healthier options and see if you start making better choices.

Awareness

Preventing Sexual Assault
April is Sexual Assault Awareness month, a time when men and women are encouraged to learn what they can do to prevent sexual assaults. There are a few easy things you can do to protect yourself. First, be aware of your surroundings. When parking, park under lights avoiding parking next to vans, trucks or other obstacles that block your view or the view of others. Pay attention to what’s going on around you. Stay off your cell phone, do not have ear buds in and do not use hoods as all of these can cause you to miss clues that something is amiss. When possible, keep your hands free and be ready to fight if necessary, with a sharp object like a key or another defense tool like pepper spray. Self-defense classes can help, but real competency requires more training than one can receive in one class. Want to raise awareness at your workplace? Visit www.nsvrc.org/saam to download a poster with tips that everyone can do to help prevent sexual assault.

This April, download a free poster and SHOW YOUR SUPPORT

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