



Dear John:

A health & wellness newsletter

Dear John: Does drinking plenty of water help you lose weight?

Answer: This idea makes sense, since water contains no calories. The trouble is, drinking a glass of water doesn't do anything to take the edge off hunger. "Water sneaks right past without triggering satiety signals, the cues that tell your body when you're full," says nutritionist Barbara Rolls, author of *Volumetrics*. Surprisingly, adding water to the food you eat, on the other hand, does seem to tame hunger. There is one way that drinking water could help you lose weight, however: if you drink it in place of beverages that contain a lot of added sugar. Like water, sugary beverages fail to trigger a sense of fullness, which means you can consume a lot of calories without taking the edge off hunger.

BMI: Body Mass Index

BMI is a tool for measuring the weigh status in adults at least 20 years old. It uses a mathematical formula that takes into account a person's height and weight. BMI is one factor to predict risk for disease. Common conditions related to overweight and obesity are:

- ✦ Premature Death
- ✦ Cardiovascular Disease
- ✦ High Blood Pressure
- ✦ Some Cancers
- ✦ Diabetes

BMI	Weight Status
Below 18.5	Underweight
18.5 – 24.9	Normal
25.0 – 29.9	Overweight
30.0 and Above	Obese

Check your own BMI with the BMI calculator at:
<http://www.cdc.gov/nccdphp/dnpa/bmi/calc-bmi.htm>

Laughter: best medicine for stress

Laughter has been scientifically shown to reduce muscle tension and to stimulate the heart and lungs. People who laugh consume 20% more calories than people who aren't laughing.

Controlled studies have shown that laughter lowers serum cortisol levels, increases the number of activated T lymphocytes, increases the number and activity of natural killer cells and increases the number of T cells that have helper/suppressor receptors. Laughter increases production of endorphins, natural painkillers created within the body and of disease-fighting antibodies. Laughter stimulates the immune system and offsets immune suppression caused by stress.

A good laugh provides a cathartic release, a cleansing of emotions and release of tension. So go to a comedy club, a theater, or watch a funny TV show—even hang around with funny friends. Just laugh, you'll feel better!

<http://www.islandnet.com/~see/living/articles/laugh.htm>

The #1 New Year's Resolution in America is to lose weight. Over 90% of Americans resolve to lose weight, but 25% forget during the first three weeks of the New Year.

Fact or Fiction?

Fact or Fiction: Does the birth control pill cause weight gain?

The hormones in the Pill can sometimes cause water retention that can cause temporary weight gain up to five pounds temporarily. This side effect usually will begin the first month and will last four to six weeks. Also, birth control pills can increase or decrease your appetite causing weight gain or loss. If you notice weigh gain or weight loss contact you physician.

http://www.webmd.com/content/article/42/1687_50228.htm

Put it in perspective...

Check out how many calories are in your favorite beers...

Brand	Alcohol	Calories	Carbs
Bud	5.0 %	145	10.6
Bud Light	4.2 %	110	6.6
Coors Light	4.2 %	102	5
MGD	5.0 %	143	13.1
Miller Light	4.2 %	96	3.2
Pabst Blue Ribbon	5.0 %	153	12.01
Sam Adams Lager	4.75 %	160	18

...and then compare that to some of your typical fatty fast foods: a small Coke is 140 calories and 39 carbs, a Taco Bell Regular Taco is 170 calories and 13 carbs and 4 McDonalds' Chicken McNuggets are 170 calories and 10 carbs!

Visit <http://www.beer100.com/beercalories.htm>

for more information on the content of beer.

Weight and Diabetes

Did you know that nearly 9 out of 10 people with newly diagnosed type 2 diabetes are overweight?

Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. The Diabetes Prevention Program showed some medications may delay the development of diabetes, but diet and exercise worked better. Just 30 minutes a day of moderate physical activity, coupled with a 5-10% reduction in body weight, produced a 58% reduction in diabetes.

Feel-Good Volunteer Opportunity!

Habitat for Humanity needs an "Office Angel" for the spring; one or more students to assist in the Staunton Office. Projects may also include the research and creation of a new PowerPoint slide show—perfect for service hours or internship! Contact Rhonda Howdyshehl at 886-1944.

Upcoming January Events:

- Jan. 12 & 14 Movie "Corpse Bride" @ 8pm in Francis
- Jan. 21 Speed Dating @ 7pm in Hunt West
- Jan. 21 Comedy Showcase @ 9pm in Francis