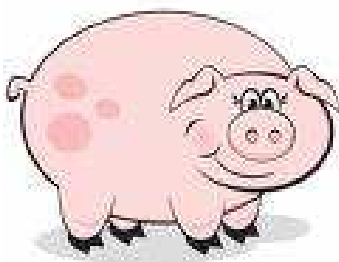


Iowa Chiropractic
Clinic of Ankeny

Water is the most neglected nutrient in your diet but one of the most vital.

~Kelly Barton



Healthy Tips for Eating Out



- Ask for salad dressing to be served on the side. Then use only as much as you want.
- As a beverage choice, ask for water or order fat-free or low-fat milk, unsweetened tea, or other drinks without added sugars.
- In a restaurant, start your meal with a salad packed with veggies, to help control hunger and feel satisfied sooner.
- Order steamed, grilled, or broiled dishes instead of those that are fried or sautéed.

http://mypyramid.gov/tips_resources/eating_out.html

Flying Pigs?

Volume 1, Issue 2

May 8, 2009

Swine Flu 101

What is H1N1 (swine flu)?

H1N1 (referred to as “swine flu” early on) is a new influenza virus causing illness in people. This new virus was first detected in people in April 2009 in the United States. This virus is spreading from person-to-person, probably in much the same way that regular seasonal influenza viruses spread.

Why is this new H1N1 virus sometimes called “swine flu”?

This virus was originally referred to as “swine flu” because laboratory testing showed that many of the genes in this new virus were very similar to influenza viruses that normally occur in pigs in North America. But further study has shown that this new virus is very different from what normally circulates in North American pigs. It has two genes from flu viruses that normally circulate in pigs in Europe and Asia and avian genes and human genes. Scientists call this a “quadruple reassortant” virus.

Well Mama Day

Looking for that perfect gift? We've got just what the doctor ordered! Ask any of our staff members for the most ideal gift you can get for a mother. We are selling gift certificates that include a 1-week diet and nutritional analysis and review with Dr. Ann, a chiropractic and orthopedic exam and review, a

What are the signs and symptoms of this virus in people?

The symptoms of this new influenza A H1N1 virus in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. A significant number of people who have been infected with this virus also have reported diarrhea and vomiting. Also, like seasonal flu, severe illnesses and death has occurred as a result of illness associated with this virus.

What can I do to protect myself from getting sick?

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.

-Avoid touching your eyes, nose or mouth. Germs spread this way.

-Try to avoid close contact with sick people.

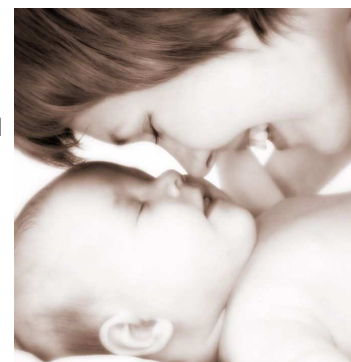
-Stay home if you are sick for 7 days after your symptoms begin or until you have been symptom-free for 24 hours, whichever is longer. This is to keep from infecting others and spreading the virus further.

Other important actions that you can take are:

-Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.

-Be prepared in case you get sick and need to stay home for a week or so; a supply of over-the-counter medicines, alcohol-based hand rubs, tissues and other related items might be useful and help avoid the need to make trips out in public while you are sick and contagious.

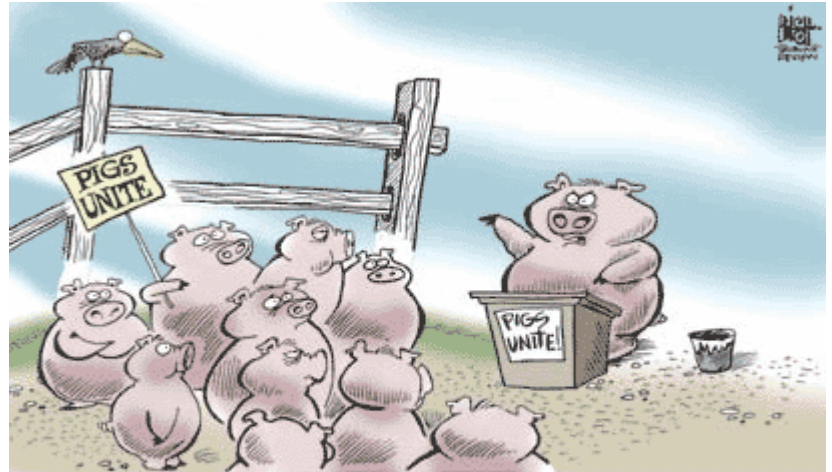
<http://www.cdc.gov/h1n1flu/>



Tip of the Day

Make physical activity a regular part of the day. Choose activities that you enjoy and can do regularly. For example, to reach a 30-minute goal for the day, walk the dog for 10 minutes before and after work, and add a 10 minute walk at lunchtime. Or, swim 3 times a week and take a yoga class on the other days.

<http://mypyramid.gov/index.html>



THE TURKEYS HAVE BIRD FLU. THE COWS HAVE MAD COW DISEASE. I'M TELLING YOU, BOYS... UNLESS WE WANT TO SEE MORE HAM SERVED ON THANKSGIVING, WE'RE GOING TO HAVE TO GET OUR OWN DISEASE!

We're On the Web
www.iowachiroclinic.com

**I believe that water
 is the only drink for
 a wise man.**

~Henry David Thoreau

<http://www.quote garden.com/water.html>

H₂O

Water is one of the most important nutrients we can put into our bodies. It can be found in our organs, tissues, and our cells all over our bodies.



The water we need most likely comes from the beverages we drink. Along with beverages, water can come from some of the foods we eat. For instance, tomatoes, celery, and melons can contain up to 85-95% of water.

Fruit, sport, and soft drinks do contain water, but you risk drinking numerous calories. To maintain weight, avoid beverages with added sugars and sweeteners. Reducing calorie intake is key in maintaining weight or in weight loss.

Water does four main actions in our bodies. They are:

- Lubricates and cushions our joints.

- Keeps our temperature normal.

- Protects our spinal cords and other sensitive tissues.

- Gets rid of wastes through urination, perspiration, and bowel movements.

Why water?

Water needs to be restored after our common everyday bodily functions. We know we lose water when we sweat and use the restroom, but we also lose tiny amounts of water when we exhale. This water needs to be restored to avoid dehydration.

Here are some tips to help you drink more water:

- Carry a water bottle for easy access when you are at work or running errands.



- Freeze some freezer-safe water bottles. Take one with you for ice-cold water all day long.

- Choose water instead of sugar-sweetened beverages. This tip can also help with weight management. Substituting water for one 20-ounce sugar-sweetened soda will save you about 240 calories.

- Choose water instead of other beverages when eating out. Generally, you will save money and reduce calories.

- Give your water a little pizzazz by adding a wedge of lime or lemon. This may improve the taste, and you just might drink more water than you usually do.



<http://www.cdc.gov/nutrition/everyone/basics/water.html>