

## Tips to help you stay fit when you travel

(SOP) • Plan ahead. When flying, arrange with your airline for a healthy, low-fat, low-calorie meal. Also bring your own water bottle and a few healthy snacks so you don't have to rely on the flight attendant's schedule for your own needs.

- In flight, be sure to get up regularly and walk around, at least every 30 minutes, to enhance blood flow and minimize muscle and joint stiffness.

Drink lots of water and avoid alcohol to help maintain your hydration levels.

- When switching time zones, as soon as you get on the plane, adjust your clock to



your destination time. Some studies have

shown this will help you to adjust and will minimize jet lag.

- When you arrive at your destination, if the timing is appropriate, plan to do a light, easy-intensity workout. The massage is clear — energy always seems to produce more energy. The workout does not and should not be intense. Just a light workout to wake up your body is all you need.

- As soon as you

can, find a local market and stock up on high-energy snacks like fruit, yogurt or energy bars and bottled water. Keep them with you or chilled in your hotel room so you can continue eating five small meals and snacks each day even though you are not following your regular routine.

- When eating out, order water as soon as you sit down.

Don't be afraid to make special requests. Ask about ingredients, preparation methods, portion size or substitutions and be sure to request alternatives to create the healthy dinner you want. Be sure you stress the importance of your requests.

If you must eat fast-food, it doesn't necessarily need to be unhealthy. Stay away from fried foods such as french fries, fried chicken or hamburgers. They soak up oil like a sponge.

Some pizzas may be a healthy choice. The crust is high in carbohydrates, the tomato sauce has no fat and the cheese is made from part-skim milk mozzarella.

A place like Wendy's offers excellent healthy fast-food options like chili, baked potatoes or grilled chicken sandwiches.

Just remember, throughout the day, commit to eating five small meals or snacks.

If you get too busy to eat throughout the day, it's going to be more likely that you'll make poor food choices. Happy and safe travels!

## New garlic studies should end the debate

(NC) — The possible health benefits of garlic and garlic supplements have been the subject of debate for decades.

Two major areas of research involving garlic have been cancer and heart disease. A number of studies with mixed reviews have appeared and researchers have now begun to understand why.

Garlic, it appears, is not created equal. The benefits, therefore, will differ among the various forms of garlic preparations found in our every day foods, oils, and supplements. This should not, however, cause you to lose trust in the potential value of garlic. On the contrary, it should guide you to become better informed so that you can trust your judgement when choosing the right form of garlic for you. Here is a quick summary of what has been learned so far:

Newly published studies in mainstream medical journals appear to show the value of at least one particular garlic supplement that could play an important role in preventing the development of some forms of heart disease.

A press conference announcing new important research findings was held recently in Vancouver, at the same time the Canadian Cardiovascular Society was holding its annual meeting. Professor Günter Siegel, a Research Physiologist in cardiology and past chairman of the German Atherosclerotic Society, spoke about significant new findings from his study, published in the September 2000 issue of the International Journal of Angiology.

His findings demonstrate the protective role of 1111 garlic tablets (Kwai) when taken regularly, may help prevent heart disease. "This study done at the molecular level," he said, "offers a conclusive explanation for how garlic tablets protect the major arteries by preventing fatty streaks (plaque) from building up in the arteries."

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## Stress effects

(SOP) Your body responds to different types of stress, both positive and negative. The cause of the stress will determine your response. For example, a divorce, separation, or even a happy wedding can cause hormones to become unbalanced. Even a client not showing up for an appointment can cause an increase in blood pressure.

If a stressful situation continues for too long without relief, people can experience diseases or disorders such as colds, flu, ulcers, heart attacks and strokes. Many experience fatigue, depression, anxiety, fear and/or panic. These symptoms can also be accompanied by insomnia and excessive consumption of food, alcohol, or other stimulants.

What to do:

- Take time out to relax each day;
- Exercise regularly;
- Avoid anything in excess;
- Learn to take action when you can make a difference;
- Learn to let go of things that are beyond your control;
- Learn to adapt to change.

How to recognize when stress becomes burnout.

Have you ever felt seriously stressed and unable to cope? Have you had symptoms of exhaustion, hopelessness and low self-esteem? These symptoms can be avoided when you learn about the cause, recognize the problem, and find ways to change your environment and responses to reduce stressful situations. To give an example, a lack of appreciation from one of your clients after your services can result in mild depression. Combining several stresses from other areas in life can lead to burnout.

Relax what the mind and body to break the "stress circuit." A positive attitude is a must.

What to avoid:

- Cigarette smoking reduces the oxygen supply to the tissues in the body and depletes vitamins and minerals;
- Caffeine a physical stressor that can cause headaches, insomnia, upset stomach, and increased blood pressure;
- Sugar gives a quick boost of energy, followed by less energy which can lead to depression, very little food value;

## Drake Medox the answer to your home healthcare needs

By MYRON LOVE

With our aging population, health care has become the central issue for our society - as well as the costliest of government programs. Politicians constantly talk on in generalities about defending our health care system while at the same time finding ways to make it more cost effective and efficient. It takes an organization such as Drake Medox Health Services however to translate those goals into deeds.

It is well known that the most cost effective treatment is treatment that can be provided in a patient's own home. This is where Drake Medox's services come in. Drake Medox has been providing home health care services in Manitoba since 1971. The range of services include private nursing care, administering I.V. therapy, specialized treatments, medications and medical procedures, medical equipment, helping patients with personal hygiene and shopping, patient and family counselling and providing companionship.

"We are proud of our staff," says Sharon Smith RN, the Manitoba branch manager. "They have all been carefully screened - including police background checks - and selected for the quality of the service they provide."

Your contact with Drake Medox begins with a phone call. "We get a lot of referrals," Sharon Smith says. "In some cases, we are asked to fill in the blank spots for a patient who already is receiving care from a family member or has some government services in place. The patient may just need someone to come

and help with a bath or provide some relief for the family member looking after him. We provide nurses for supplementary staffing services in healthcare facilities, working alongside the regular staff, to provide 24 hour supervision and care. Or we may be required to do a full nursing assessment to determine the level of care needed."

Smith notes that all of Drake Medox's services are closely monitored by registered nurses - both at the work site and by phone - to assure quality service. While the costs are borne by the patients and their families, Drake staff will help investigate whether the patient has a health care insurance plan that will pay for some or all of the cost.

Smith observes that as with most other healthcare institutions and organizations in Manitoba and Canada, finding nursing staff is a challenge for Drake Medox - although possibly not quite as challenging as it is for hospitals.

"There are many nurses and health care workers who appreciate the flexible work hours and diversified work we can offer," she says. "Some nurses prefer to work in private duty on a one-to-one basis. We try to listen to our staff members as well as our patients and respond to staff members' needs. Still there are a limited number of people available. We are always looking to hire additional qualified, experienced nurses, health care aides and auxiliary personnel with compassionate and caring natures for work on a casual or part time basis."

To enlist Drake Medox's services or submit your application, phone: (204) 452-8600 or fax (204) 477-1645.

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