

Sunscreen.

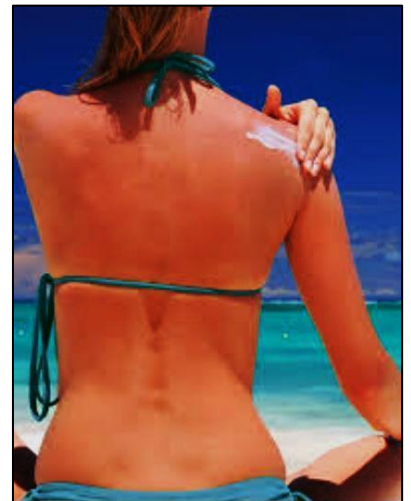
With winter upon us, sunscreens have been put away for a while, but is sunscreen from last year still good, can you use it next summer, when does sunscreen expire?

Sunscreens are designed to remain at original strength for up to three years. This means that you can use leftover sunscreen from one year to the next. Some sunscreens include an expiration date which is the date when they're no longer effective. You should definitely discard any that is past its expiration date. If you buy sunscreen that doesn't have an expiration date, it's a good idea to write the date of purchase on the bottle/tube. Always discard sunscreen that is more than 3 years old, has been exposed to high temperatures or has obvious changes in colour or consistency.

Keep in mind, however, that if you use sunscreen generously and frequently, a bottle shouldn't last from one year to the next. Generally, a liberal application is about 2 tablespoons of the lotion to cover all exposed parts of the body. Don't be stingy with it, it's a lot cheaper than having a melanoma removed.

Most people apply too little sunscreen – remember:

- no sunscreen provides full protection so never rely on sunscreen alone
- choose sunscreen that is SPF30 or higher, broad spectrum and water resistant
- apply sunscreen evenly to clean, dry skin 20 minutes before going out into the sun
- re-apply all sunscreens every two hours, or more often, when sweating
- check and follow the 'use by' date stated on the packaging
- store sunscreen below 30°C. Keeping a tube in the glove box is not a good idea as temps inside the car in hot sun can reach into the 40's.
- the risk of allergies and cross infection from sunscreen use is very small. Perfumes and/or preservatives in the product, not the chemicals that filter UV, are usually the cause of allergic reactions to sunscreen. If a child has an allergic reaction to a sunscreen, try another brand or look for a fragrance-free product such as a toddler or sensitive sunscreen. Your local chemist could also offer advice about choosing another product.
- advice from the National Health and Medical Research Council states that children who are able to apply their own sunscreen (under supervision) should be encouraged to do so. This fosters independence and responsibility. For those unable to apply sunscreen, it is recommended that if a carer is doing 'mass sunscreen applying' they should wash their hands before and after the task. Unless the child (or the carer) has a visible skin disease or a cold/virus, it is not really an infection-control issue. If a child does have a visible skin disease e.g. eczema or open skin wound, or a cold/virus, their sunscreen should be applied last using gloves or a tissue.



Click [HERE](#) for more info.

Whorehouse sues local Church over lightning strike.

Diamond D's brothel began construction on an expansion of their building to increase their ever-growing business. In response, the local Baptist Church started a campaign to block the business from expanding -- with morning, afternoon, and evening prayer sessions at their church. Work on Diamond D's progressed right up until the week before the grand reopening when lightning struck the whorehouse and burned it to the ground!

After the cat-house was burned to the ground by the lightning strike, the church folks were rather smug in their outlook, bragging about "the power of prayer." But late last week 'Big' Jill Diamond, the owner/madam, sued the church, the preacher and the entire congregation on the grounds that the church ... "was ultimately responsible for the demise of her building and her business -- either through direct or indirect divine actions or means."

In its reply to the court, the church vehemently and voraciously denied any and all responsibility or any connection to the building's demise.

The crusty old judge read through the plaintiff's complaint and the defendant's reply, and at the opening hearing he commented, "I don't know how the hell I'm going to decide this case, but it appears from the paperwork, that we now have a whorehouse owner who staunchly believes in the power of prayer and an entire church congregation that thinks it's all garbage!"

I saw a poor old lady fall over in the street today.
At least, I presume she was poor - she only had \$1.20 in her purse.

Baldness.

What causes baldness and is there anything you can do about it.

Hair loss, also known as alopecia, is simply the loss of hair on your head. It can be temporary or permanent and it can be experienced by both men and women. It can be caused by a wide range of factors such as an illness, chemotherapy, infection, an autoimmune disease or even inflammation of the scalp. The most common cause is male pattern baldness, also known as androgenic alopecia. This is the type of baldness many men experience as they age and it is caused by hormonal and genetic factors.



Stress, diet, wearing hats, frequent hair washing, cigarettes and alcohol use are all cited as common causes of hair loss, however, they are rarely contributing factors.

While there are a number of treatments available for hair loss, there is currently no cure. There are medical treatments available, such as finasteride tablets, which can be obtained with a prescription from your doctor and minoxidil lotion which you can buy over the counter at your chemist. There are also cosmetic options, such as wigs and hair transplant surgery.



One Finasteride tablet a day can arrest hair loss in 90 per cent of men and two thirds will see partial hair regrowth but the regrowth can take up to two years to become visible.

Although Minoxidil lotion doesn't work for everyone, many people will see hair regrowth after about six months. It is important to inform your pharmacist of any other medications you are taking when you start using minoxidil, especially if you are on high blood pressure medication.

Hair transplant surgery involves taking hair-bearing skin from one part of your scalp, and grafting those pieces of skin onto bald or thinning areas. It is important to remember that hair transplant surgery is not a cure – it is simply a cosmetic short-term fix, as baldness tends to be progressive. It is also a costly procedure, so make sure it is what you really want before you proceed.

But – going bald is not the end of the world, it is simply a new look you're going to learn to love. There are, however, a few tricks which can help you to look younger and more dominant, even with a receding hairline. The most important thing you can do is avoid the comb-over at all costs. If you're losing your hair, just accept it. Embrace it even. Do not ever pretend it isn't happening by combing long, straggly hairs over a shiny scalp.

In fact, your best bet is to go in the opposite direction. A number of studies have found that society sees men with shaved heads as being more 'manly'. So, if you don't feel comfortable shaving it all off, do try cropping the hair that's left nice and close.

A teddy bear is working on a building site. He goes for a tea break, and when he returns he notices his pick has been stolen. The bear is angry and reports the theft to the foreman. The foreman grins at the bear and says "Oh, I forgot to tell you, today's the day the teddy bears have their pick nicked."

Sorry Rupe!!

Tattoos: Understand risks and precautions



Tattoos might be more common than ever, but don't take tattooing lightly. Before you agree to one, you should know the risks and understand basic safety precautions and aftercare steps.

You could be the proud owner of a new tattoo in a matter of hours — but don't let the ease of getting tattoos stop you from making a thoughtful decision about permanent body art. Before you get a tattoo, make sure you know what's involved. Also, be certain that tattooing is the right decision for you.

How tattoos are done.

A tattoo is a permanent mark or design made on your skin with pigments inserted through pricks into the skin's top layer. Typically, the tattoo artist uses a hand-held machine that acts much like a sewing machine, with one or more needles piercing the skin repeatedly. With every puncture, the needles insert tiny ink droplets. The process, which is done without anaesthetics, causes a small amount of bleeding and slight to potentially significant pain. As a result, skin infections and other complications are possible.



Specific risks include:

Allergic reactions. Tattoo dyes, especially red, green, yellow and blue dyes can cause allergic skin reactions, such as an itchy rash at the tattoo site. This can occur even years after you get the tattoo.

Skin infections. A skin infection, which might cause redness, swelling, pain and a puss like drainage, is possible after tattooing.

Other skin problems. Sometimes bumps called granulomas form around tattoo ink. Tattooing can also lead to keloids, raised areas caused by an overgrowth of scar tissue.

Bloodborne diseases. If the equipment used to create your tattoo is contaminated with infected blood, you can contract various blood-borne diseases, including tetanus, hepatitis B and hepatitis C.

MRI complications. Rarely, tattoos or permanent makeup might cause swelling or burning in the affected areas during magnetic resonance imaging (MRI) exams. In some cases, tattoo pigments can interfere with the quality of the image, such as when a person who has permanent eyeliner has an MRI of the eye.

Medication or other treatment, including possible removal of the tattoo, might be needed if you experience an allergic reaction to the tattoo ink or you develop an infection or other skin problem near a tattoo.

Does tattoo removal cream really work?

Although tattoo removal creams are widely available online — there is no evidence that they work. At best, tattoo removal cream might fade or lighten a tattoo but it will still remain visible, and its use can cause skin irritation and other reactions.

Remember, tattoos are meant to be permanent. Because the ink is placed beneath the top layer of skin, complete removal of a tattoo is difficult. If you're interested in tattoo removal, don't attempt it on your own. Ask your dermatologist about laser surgery or other options for tattoo removal.

WORDS:

ADULT:

A person who has stopped growing at both ends and is now growing in the middle.

Erectile dysfunction a 'canary' for heart disease.

It's been branded the "canary in the trousers". Erection problems in men can be a marker not only for heart problems but can also indicate the severity of cardiovascular disease. New Australian research has shown that even minor erection problems could be indicators for heart disease.

A study, led by Professor Emily Banks of the ANU, found that men with severe erectile dysfunction had a 50 to 100 per cent higher risk than men with no erection problems of ischemic heart disease, peripheral vascular disease and other cardiovascular problems. She says: "Men with severe erectile dysfunction have around a 60 per cent higher risk of being admitted to hospital for coronary disease than men with no erectile dysfunction. They're also twice as likely to die during the follow-up period,"



Doctors already knew that erectile dysfunction could be an early warning sign for heart problems but the research was the first to review all levels from erectile dysfunction: from none, to minor, moderate and severe. "There's a gradient risk with increasing severity. The implication of that is that men with potentially relatively minor erectile dysfunction could be on that gradient towards getting heart disease," Professor Banks said.

As well as being a warning sign that men might be unknowingly suffering from heart problems, erectile dysfunction could indicate that known sufferers needed to be on a different treatment regime. Rob Grenfell, director of Cardiovascular Health at the Heart Foundation, said erectile dysfunction could be described as a "canary in the trousers". He said men with erection problems should seek medical advice and insist on a cardiovascular health check. "People who have erectile difficulties should definitely have a heart health check to determine what is their risk of heart disease and of course if they do have a high risk there they should be treating it," he said.

Prompt treatment for heart problems could reduce the risk of erection problems worsening, Dr Grenfell said. The research was conducted using records from 95,000 men who participated in the Sax Institute's NSW-based "45 and Up Study". The findings have been published in the international journal "PLOS Medicine" and the study was funded by the Heart Foundation and NSW Government.

Professor Banks said the findings demonstrated the value of large population-based data sets in health research. She said there were several theories about why cardiovascular disease could cause erection problems in men. "The penile arteries are smaller than the arteries in the heart or the brain or the periphery, so they might show warning signs early. But they are also very sensitive to the lining of the arteries.

One wonders which ailment is the worse!!!!

COMMITTEE:

A body that keeps minutes and wastes hours.

Memory loss.

If, like a lot of us, you find your memory is not as good as it used to be, don't be too worried, it's a pretty normal thing that happens as we add on the years, but!!! there are a few tricks you can do to help lessen the loss.

These days it's harder to remember where you left the keys, or to remember someone's name or "now why did I come out to the shed" – all normal. Everyone forgets things occasionally but as we age we do it just a bit more often. Here are some tricks you can do to help improve the memory"

No. 1: Stay mentally active

Just as physical activity helps keep your body in shape, mentally stimulating activities help keep your brain in shape — and perhaps keep memory loss at bay. Do crossword puzzles. Read a section of the newspaper that you normally skip. Take alternate routes when driving. Learn to play a musical instrument. Volunteer at a local school or community organization.

No. 2: Socialize regularly

Social interaction helps ward off depression and stress, both of which can contribute to memory loss. Look for opportunities to get together with loved ones, friends and others — especially if you live alone. When you're invited to share a meal or attend an event, go!

No. 3: Get organized

You're more likely to forget things if your home is cluttered and your notes are in disarray. Jot down tasks, appointments and other events in a special notebook, calendar or electronic planner. You might even repeat each entry out loud as you jot it down to help cement it in your

memory. Keep to-do lists current, and check off items you've completed. Set aside a certain place for your wallet, keys and other essentials.

No. 4: Focus

Limit distractions, and don't try to do too many things at once. If you focus on the information that you're trying to remember, you'll be more likely to recall it later. It might also help to connect what you're trying to remember to a favorite song or another familiar concept.

No. 5: Eat a healthy diet

A heart-healthy diet may be as good for your brain as it is for your heart. Focus on fruits, vegetables and whole grains. Choose low-fat protein sources, such as fish, lean meat and skinless poultry. What you drink counts, too. Not enough water or too much alcohol can lead to confusion and memory loss.

No. 6: Include physical activity in your daily routine

Physical activity increases blood flow to your whole body, including your brain. This may help keep your memory sharp. For most healthy adults, the Department of Health and Human Services recommends at least 150 minutes a week of moderate aerobic activity (think brisk walking) or 75 minutes a week of vigorous aerobic activity (such as jogging) — preferably spread throughout the week. If you don't have time for a full workout, squeeze in a few 10-minute walks throughout the day.

No. 7: Manage chronic conditions

Follow your doctor's treatment recommendations for any chronic conditions, such as diabetes, high blood pressure and depression. The better you take care of yourself, the better your memory is likely to be. In addition, review your medications with your doctor regularly. Various medications can impact on memory.

If you're worried about memory loss — especially if memory loss affects your ability to complete your usual daily activities — consult your doctor. He or she will likely do a physical exam, as well as check your memory and problem-solving skills. Sometimes other tests are needed as well. Treatment will depend on what's contributing to the memory loss.

DUST:

Mud with the juice squeezed out.

Fighting flatulence.

Flatulence, commonly referred to as 'farting', is caused by gas in the bowel passing out of the anus at regular intervals.

But don't worry, everyone lets one rip occasionally, you fart, your neighbour farts, the queen farts, we all fart. Some people simply cut the cheese more often than others. The frequency can range from a handful of times a day up to about 40 times per day, but the average is somewhere around 15.

What causes farting?



Intestinal gas is a normal part of being human. There are various causes, some of which are normal and healthy, and others which may indicate a problem. Typical causes include:

Swallowed air.

Small quantities of air are usually swallowed along with food and drink. Some of this air gets absorbed into the bloodstream and the rest is allowed to pass out the other end.

Normal digestion.

Your stomach acid is neutralised by secretions from your pancreas which causes carbon dioxide, or gas, as a by-product.

Intestinal bacteria.

Your bowel is home to a plethora of bacteria which help digestion by fermenting the food you eat. Fermentation produces gas as a by-product.

High fibre foods.

Fibre is an essential part of our diet, but it can cause excessive gas. This usually happens if a high fibre diet has been introduced suddenly.

Lactose intolerance.

Some people are unable to digest the sugars found in cow's milk (lactose), which causes the bacteria in the gut to go into overdrive. The excessive fermentation produces large amounts of intestinal gas.

Intolerance of short-chain carbohydrates (FODMAPS)

Much like lactose intolerance, some people find that they are susceptible to gas production from fermentation when they eat short chain carbohydrates, such as fructose, which are present in many common foods including honey, corn syrup and apples.

When is farting a problem?

Farting only becomes a problem when it becomes embarrassing or physically uncomfortable for you. If it is a one-off you can probably chalk it up to eating something which wasn't quite right, however if the symptoms persist it may indicate a larger problem. Some of the more unpleasant problems with flatulence are:

Loud and not-so proud.

A loud fart is caused by muscles in the bowel forcing air out at high speed. To deal with this issue you could try passing the air with less force, reducing the amount of gas in your system by making dietary adjustments or simply excusing yourself and hightailing it out of earshot.

Silent but deadly.

A 'silent but deadly' is a very quiet, very smelly fart. Smelly flatulence is caused by the gas produced during bacterial fermentation. It may be an indication of a food intolerance, but to



begin with you could reduce common culprits such as garlic, onions, eggs, spicy foods and beer.

Excessive flatulence.

If not caused by a food intolerance or other medical issue, which you should speak to your doctor about, you can help to control excessive farting by starting a high-fibre diet slowly or trying to relax when eating, as anxiety can increase the amount of air you swallow.

What foods cause farting?

Most foods which increase your chances of passing wind are also high in nutrients, so rather than cutting them out of your diet you should simply cut down on the amount you eat. Food which commonly cause flatulence include:

- Dairy products – anything made from cow's milk
- Dried fruit – raisins and prunes
- Fruit – apples, apricots, peaches and pears
- Foods high in insoluble fibre – seeds and husks
- Legumes – beans, peas, chickpeas, soybeans and nuts
- Vegetables – carrot, eggplant, onion, Brussels sprouts and cabbage.

My farting is getting out of hand. When should I see a doctor?

Excessive or smelly flatulence could indicate a bigger problem, such as irritable bowel syndrome or lactose intolerance. You should visit your doctor if you experience unusual or excessive farting, abdominal pain, changes in your toilet habits or any other uncomfortable symptoms associated with digestion.

MOSQUITO:

An insect that makes you like flies a lot more.

The humble Banana.

Talk about a wonder fruit, bananas can do anything, have a look:

Bananas give you energy.

Bananas contain three natural sugars - sucrose, fructose and glucose combined with fibre. A banana gives an instant, sustained and substantial boost of energy. Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes. But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.



Bananas can help Depression sufferers.

According to a recent survey undertaken by [MIND](#) amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

Bananas help PMS sufferers:

Forget the pills - eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

Bananas help Anaemia sufferers:

High in iron, bananas can stimulate the production of haemoglobin in the blood and so helps in cases of anaemia

Bananas can help lower Blood Pressure,

This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

Bananas can increase your Brain Power.

200 students at a Twickenham school (in England) were helped through their exams recently by eating bananas at breakfast, break, and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

Bananas can help cure Constipation:

High in fibre, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

Bananas can help cure Hangovers:

One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

**Bananas can help sooth Heartburn:**

Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

Bananas can help with Morning Sickness:

Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

Bananas can cure Mosquito bites:

Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

Bananas can sooth Nerves:

Bananas are high in B vitamins that help calm the nervous system.

Bananas can help overcome a weight problem.

Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and chips. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.



Bananas do not cause discomfort to Ulcer sufferers.

The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

Bananas can help cool body temperature.

Many other cultures see bananas as a 'cooling' fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand, for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

Bananas help Seasonal Affective Disorder (SAD) sufferers.

Bananas can help SAD sufferers because they contain the natural mood Enhancer tryptophan.

Bananas can help to give up smoking.

Bananas can help people trying to give up smoking. The B6, B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

Bananas can relieve Stress:

Potassium is a vital mineral which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.

Bananas can reduce the risk of Strokes:

According to research in The New England Journal of Medicine, eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%!

Bananas can help remove Warts:

Those keen on natural alternatives swear that if you want to kill off a wart, take a piece of banana skin and place it on the wart, with the yellow side out. Carefully hold the skin in place with a plaster or surgical tape! *(For how long?? a week, a month, a year???? - tb)*

So, the mighty banana really is a natural remedy for nearly everything. When you compare it to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five

times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around. So, maybe it's time to change that well-known phrase so that we now say, 'A banana a day keeps the doctor away!'

There is some folklore that says "Never put bananas in the fridge". Like a lot of these 'yarns' it contains a little bit of truth, but just a little.

Bananas will only ripen at room temperature, away from heat or direct sun. If you refrigerate under-ripe bananas they will never get any riper but, once they have ripened, you can put them in the refrigerator for up to two weeks. The outsides will turn black, but the fruit is still quite edible. If you end up with a lot of overripe bananas and can't bear to make another loaf of banana bread, cut them into chunks, wrap them in plastic wrap and put them in the freezer. When you want a sweet treat this summer, just pop one in your mouth.



SECRET:
Something you tell to one person at a time.

Four Corners investigation finds dangerous dioxins in widely used herbicide 24D

An urgent review is underway after a Four Corners investigation found elevated levels of dangerous dioxins in a generic version of 24D, one of Australia's most widely used herbicides. Dioxins are one of the most deadly chemical compounds in the world, but Australian authorities do not routinely test for them.

One scientist said the product tested by Four Corners, which was imported from China, had one of the highest dioxin readings for 24D in the last 10 to 20 years, and could pose potential health risks.

The regulator – the Australian Pesticides and Veterinary Medicines Authority (APVMA) – has urgently referred the Four Corners test results to the Office of Chemical Safety for assessment. "The APVMA is always concerned about allegations of undeclared impurities found in registered products," APVMA chief executive Kareena Arthy said.

However, a spokesperson for the company which owns the product tested by Four Corners said the APVMA did not have any guidelines for dioxins in 24D. To help combat Australia's \$4 billion weed problem, more than \$100 million worth of 24D products are sold each year in Australia.

Many now have their active ingredient imported from countries like China, India and Argentina. It was assumed that because of improved manufacturing processes that there were no longer any dangerous dioxins in 24D.

Matthew Cossey, the spokesperson for Croplife Australia, a peak chemical body which represents many major chemical companies, says a regulatory system should have an independent testing regime for substances like dioxins. Mr Cossey says he is concerned about reports of cheaper generic substandard 24D products coming into Australia.

"I'd be concerned that in fact the regulator is not maybe paying enough attention to the new players in the industry to imports and ensuring that they're coming from reliable, accredited, recognised suppliers," he said.

Lee Bell, a researcher with the National Toxic Network, says it is a wake-up call for the regulator. "We've been told many, many times over the years that industry has cleaned up its act, that they have new processing equipment, new techniques, new technology that will eliminate dioxin from their herbicides and therefore from our environment," he said.

He said the results show that the industry has not come clean about dioxins in 24D and the Government should act immediately to protect human health.

The first piece of luggage on the carousel never belongs to anyone.

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