



## Health and Life Style.

### Breads.

How can bread be labelled as both white and whole grain? Is white whole grain bread a healthy choice?



It may seem like it doesn't add up, but white whole grain bread is made with whole grains, just as is regular whole grain bread. White whole grain bread is made from the whole grain — bran, germ and endosperm — similar to that of regular whole grain bread. The difference between white whole grain bread and regular whole grain bread is in the type of wheat used. White whole grain bread is made from white wheat, which lacks bran colour. It also has a milder flavour and softer texture.

In contrast, regular whole grain bread is made from red wheat, which is darker in colour. It has a slightly bitter taste and a coarser texture. So even though both types of bread are made with whole grains, they have a different colour, taste and texture.



Regular white bread is made with refined grains, which go through a process that strips out certain parts of the grain, along with some of the nutrients and fibre. Although refined grains are enriched, they have some of the nutrients added back, they may not have exactly the same composition as whole grains.

If you prefer the taste and texture of white bread but want the natural nutritional benefits of whole grain, choose white whole grain bread. But be sure to read the label. Choose breads that say "100 percent whole grain" or list "whole wheat" as the first ingredient. If the label doesn't say "whole" first, it isn't a whole-grain product. For example, a product label may simply say "white wheat," which is not the same as white whole grain.

A doctor asks a patient: "Were you using a condom during the last time you had sex?"  
Patient: "What do you mean by *the last time*?"

## Why Whole Foods are Always Better Than Nutritional Supplements.

Have you taken your multivitamin today? Well, you might want to reconsider that decision.

A number of studies have shown that not only is synthetic vitamin supplementation unnecessary but it may also be a potentially harmful habit altogether. Synthetic supplements do not lower rates of cancer, diabetes or cardiovascular disease and often many of the ingredients are not even sourced from plants but from rocks. Nutrition is generally investigated and findings interpreted in reference to the activities of individual nutrients. This reductionist approach to nutrition has been shown not to yield the same benefits that one would derive from all of the phytochemicals and stabilizing properties present in plants. The evidence is mounting in favour of the use of whole plant foods for full-spectrum nutrition over and above any form of synthetic vitamin supplementation.

### Synergistic Effects.

There are thousands of phytochemicals present in whole plant foods that play a role in reducing the risk of chronic diseases. Whole foods have been consistently found to be protective because of the bioactive compounds contained therein, which are linked to a reduction in the risk of major killers, such as cancer and cardiovascular disease. The antioxidant and anticancer activity of plant foods is derived from the additive or synergistic effects of each of these compounds in combination. Synthetic supplementation simply cannot mimic this balanced natural combination of phytochemicals present in fruits and vegetables. Now, this information has been known for more than a decade, but the marketing campaigns for these worthless, and likely harmful, synthetic supplements are still running strong and sales continue to soar.



### Replacing your consumption of supplements with whole foods.

Summaries, which mostly represent meta-analyses of more than 100 trials and hundreds of thousands of experimental subjects, overwhelmingly show no long-term benefit for vitamin supplements, along with worrisome findings that certain vitamins may even increase disease occurrence for diabetes, heart disease and cancer. Supplementation with omega-3 fats also was said to have no long-term benefits, even posing increased risk for diabetes. More worrisome is the fact that these findings, first appearing more than 10 years ago, have had no discernible effect on their market. The public desire for quick fixes through pills (i.e., reductionism) is overwhelming, especially when money can be made. The activities of



individual nutrients observed in carefully controlled research conditions will not necessarily be the same, at least quantitatively, when these nutrients are consumed in the form of whole food.

### **Bioactivity of Phytonutrients.**

A 2003 [study](#) suggests that in order to improve nutrition and health, it would be in the consumer's best interest to retrieve antioxidants from fruits, vegetables and other whole food sources instead of nutritional supplements which do not contain the balanced combination of phytochemicals found in whole plant foods. Researchers explained, "The isolated pure compound either loses its bioactivity or may not behave the same way as the compound in whole foods." The study further differentiates between the synergistic effects of whole foods and supplementation of individual nutrients:

"We also studied the total antioxidant activity and synergy relationships between different fruit combinations, with results showing that plums had the highest antioxidant activity and that combinations of fruit resulted in greater antioxidant activity that was additive and synergistic. We proposed that the additive and synergistic effects of phytochemicals in fruit and vegetables are responsible for their potent antioxidant and anticancer activities and that the benefit of a diet rich in fruit and vegetables is attributed to the complex mixture of phytochemicals present in whole foods. This partially explains why no single antioxidant can replace the combination of natural phytochemicals in fruit and vegetables in achieving the health benefits"



There are about 8000 phytochemicals present in whole foods. These compounds differ in molecular size, polarity, and solubility and these differences may affect the bioavailability and distribution of each phytochemical in different macromolecules, subcellular organelles, cells, organs, and tissues.

Pills or tablets simply cannot mimic this balanced natural combination of phytochemicals present in fruit and vegetables.

Wife to her husband: "I told you I'll be back in five minutes,  
so why you are calling me every half an hour?"

### **Increased Protection by Combining Foods.**

In a 2013 [study](#), it was found that certain whole foods can increase the protective properties of others. Researchers found that the introduction of grapes to breast cancer cells growing in a





Petri dish caused a 30% reduction in cell growth and by adding onions separately there was nearly a 60% suppression of cell growth. By adding half of each, cancer cell growth was reduced by 70%, showing that the combination of whole plant foods magnifies the effect greater than either food on its own.

In “The China Study”, which is based upon data collected from Cornell University, Oxford University, and the Chinese Academy of Preventative Medicine over a span of 20 years, it was observed that notable reduced risks in cardiovascular disease, cancer, diabetes, obesity and autoimmune diseases as well bone, kidney, eye and brain diseases occurred in response to a whole food, plant-based diet.

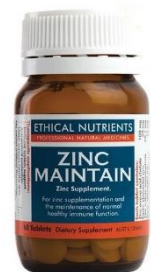
The evidence is mounting that whole plant foods can be more powerful than any pharmaceutical or synthetic vitamin supplement in protecting against chronic disease. If you like the idea of living free of cancer, heart disease and a myriad of other diseases, you should consider adding as many whole plant foods to your diet as humanly possible.

## Will taking zinc for colds make my colds go away faster?

There's been a lot of talk about taking zinc for colds ever since a 1984 study showed that zinc supplements kept people from getting as sick. Since then, research has turned up mixed results about zinc and colds.

Recently an analysis of several studies showed that zinc lozenges or syrup reduced the length of a cold by one day, especially when taken within 24 hours of the first signs and symptoms of a cold. Studies also showed that taking zinc regularly might reduce the number of colds each year, the number of missed school days, and the amount of antibiotics required in otherwise healthy children.

Most colds are caused by a type of virus called rhinovirus, which thrives and multiplies in the nasal passages and throat (upper respiratory system). Zinc may work by preventing the rhinovirus from multiplying. It may also stop the rhinovirus from lodging in the mucous membranes of the throat and nose. Zinc may be more effective when taken in lozenge or syrup form, which allows the substance to stay in the throat and come in contact with the rhinovirus. (The important word here is MAY).



But the recent analysis stopped short of recommending zinc. None of the studies analysed had enough participants to meet a high standard of proof. Also, the studies used different zinc dosages and preparations (lozenges or syrup) for different lengths of time. As a result, it's not clear what the effective dose and treatment schedule would be.

Zinc, especially in lozenge form, also has side effects, including nausea and/or a bad taste in the mouth. Many people who used zinc nasal sprays suffered permanent loss of smell. For this reason, Mayo Clinic doctors caution against using such sprays. In addition, large amounts of zinc are toxic and can cause copper deficiency, anaemia and damage to the nervous system.

For now, the safest course is to talk to your doctor before considering the use of zinc to prevent or reduce the length of colds.

What do Facebook employees do to waste their time at work?

## BMI Calculator

To determine if you're at a healthy weight, enter the following information and calculate your body mass index (BMI). Click [HERE](#).

## Weight Loss.

We don't know how good this stuff is, but someone sent us this info and says it worked for them. It's not cheap but if it works, it's probably worth it – it's your decision. This is not a paid advertisement.

- Product:** PhenQ
- Manufacturer:** Bauer Nutrition
- Benefits:** Fat burner, fat blocker, appetite suppressant, anti-oxidant
- Positives:** 4 mechanics of action, excellent ingredient profile, made by high reputable company, 2 month guarantee and free shipping.
- Negatives:** Not many it has to be said.
- Shipping:** Worldwide including Australia, Canada, USA, UK, Ireland, Europe. The order page has many currencies including Australian dollars, this may need to be activated by the drop down menu at the top of the website.
- Retailers:** Official website only

## PhenQ Review.

PhenQ say their capsules are so good one pill has the power of “multiple weight loss supplements”.

### Advertised Benefits

- *Burns body fat*
- *Blocks fat production*
- *Suppresses the appetite*
- *Acts as an antioxidant*
- *Provides extra energy*
- *Improves the mood*

It all sounds very good, but many competing manufacturers make similar claims for their products. However, the big difference with Bauer is the amount of confidence they place in their product.

Their promises are backed by a 60-day money back guarantee. Many manufacturers fail to offer any guarantee at all, while other offer just 30 days; so Bauer’s generous 60-day guarantee gives the product a massive shot of credibility. The free shipping worldwide (yes even Australia and New Zealand) is also a welcome addition.



### Marketing & Distribution.

PhenQ can only be purchased from the official product [website](#). Each bottle contains 60 capsules and should last for 30 days when used in the recommended manner. The price is available in multiple currencies – US\$, AU\$ €, and £ etc... adding extra bottles to the order enables price discounts. For example

- Buy 2 Bottles Get 1 Free
- Buy 3 Bottles Get 2 Free

### Recommended Usage

One pill at breakfast, followed by one at lunchtime, is all that is required and Bauer suggests caffeine sensitive individuals limit their intake of caffeine from other sources and refrain from taking PhenQ after 3pm.

### The PhenQ Formulation.

- **a-LACYS RESET:** A patent-protected ingredient that provides a unique mix of cysteine and alpha-lipoic acid. The volunteers in one clinical study reduced their bodyweight by





3.44%, while also increasing their muscle mass by 3.8%. Muscle tissue weighs more than fat tissue, so the fact that the volunteers increased their muscle mass and still showed the aforementioned overall weight loss suggests the percentage of fat lost must have been very respectable.

- **Capsimax Powder:** A patented ingredient that contains capsicum, piperine, and niacin. Piperine is a black pepper extract that can speed the metabolism. It also helps other ingredients to be absorbed more efficiently. Niacin helps the body to convert food to energy, and capsicum is a powerful fat burner that can help the body to burn calories 12 times faster than normal, even while resting.
- **Calcium Carbonate:** Well respected for its ability to calm an upset stomach and aid digestion, calcium carbonate can also prevent new fat cells from being created and [encourage a higher rate of calorie expenditure](#).
- **L Carnitine Furmarate:** An amino acid that can enhance the mood and encourage fat burning, L Carnitine Furmarate also appears to be able to hold-off the onset of fatigue.
- **Chromium Picolinate:** A mainstay of weight loss supplements, chromium balances blood sugar levels and encourages the body to initiate fat burning.
- **Caffeine:** The eye-opening powers of caffeine are one of the reasons coffee is such a popular first drink of the day. Most people are aware of its value as an energy provider. It's abilities as an appetite suppressant and metabolism booster are not always so well appreciated, but the ingredient has much to offer in both departments.



**Nopal:** More commonly called Prickly Pear, nopal is a high-fibre ingredient sourced from a cactus-like succulent plant. It can be used for lowering cholesterol, but it really comes into its own when used to provide appetite suppression. It is also well respected for its fat binding abilities.

## PhenQ Side Effects & Health Issues.

Side effects are unlikely, but pregnant or breastfeeding women should always err on the side of caution and avoid using supplements unless they have first attained their doctor's approval. Anyone who has existing health problems or is taking medication(s) is also advised to discuss the matter with their doctor before commencing supplementation.

## The Bottom Line.

Bauer may make some confident claims for PhenQ, but those claims appear to be fully supportable by the ingredients used in the formulation.

The fact that so many customers report positive results also provides a good indication of the blends abilities and, let's not forget, results are guaranteed.

### Where To Buy PhenQ.

PhenQ is only available online from the official website. As stated above it ships worldwide and rather pleasingly, postage is free. You can access the site [HERE](#).

A therapist has a theory that couples who make love once a day are the happiest. So he tests it at a seminar by asking those assembled, "How many people here make love once a day?" Half the people raise their hands, each of them grinning widely. "Once a week?" A third of the audience members raise their hands, their grins a bit less vibrant. "Once a month?" A few hands tepidly go up. Then he asks, "OK, how about once a year?" One man in the back jumps up and down, jubilantly waving his hands. The therapist is shocked—this disproves his theory. "If you make love only once a year," he asks, "why are you so happy?"

The man yells, "Today's the day!"

## How the Body mistakes Hunger for Thirst.

Thirst occurs when your body needs water. When you do not drink enough water, your body receives mixed signals on hunger. Dehydration causes you to believe you need to eat when you really need liquid intake. Sometimes you eat food out of boredom. Keeping track of what you drink and eat will help stop overeating. It will also clue in to how much you drink a day, and what your liquid needs are.

### Dehydration Symptoms.

Dehydration symptoms include constipation, thirst, dry skin, a sluggish feeling, dizziness, dry eyes and decreased urine output. Drinking 1½ litres of water a day will help prevent dehydration.

### Feeling Tired.

If you do not get enough to drink on a daily basis, you will feel tired. You will feel hungry because your body thinks it needs food for energy. This sense of feeling tired relates to







your body not taking in enough fluids, which help your body function better. Your body's organs need water just as a car's engine needs fuel to run efficiently.

Drinking lots of plain water is hard, it's tasteless and 1½ litres per day is a lot but there is an answer. Now you don't have to drink just plain old water, most supermarkets now sell these pocket sized flavour boosters that allow you to drink at least 1½ litres per day (more) and when you drink lots of water, you don't feel hungry – which means you lose weight.

There are quite a few different varieties, the two above, Cottee's "Squirt", SweetLeaf, etc, to name a few and they are available in a variety of flavours. You can get your flavour hit from leading supermarkets and convenience stores.

## Taking a sickie.

While calling in sick every now and then could go unnoticed, taking regular sickies will not go beyond your boss' eye. What is more harmful is that when you finally do resume work, you do not seem engaged.

Just as transparent are unlikely excuses or patterns that most people can't help but feel suspicious of – such as Monday being the most common day you're away. If you really are ill on a Monday it's in everyone's best interest that you stay home, but if you're feeling just a little lethargic and disconnected, shake it off and get to work...While it always matters that the people you work with trust and respect you, it's especially important if you have aspirations to advance your career."

In today's small world our reputations always precede us and it's best to have a certain reliability associated with you.

When what people hear about you is that you slack off and let the team down, they're unlikely to be interested in working with you. Far better to have a reputation for being the person who will get the job done; the member of the team who can be relied upon to serve the organisation faithfully...Make sure you behave in ways you can be proud of for many years to come.





A weeping woman bursts into her hypnotherapist's office and declares, "Doctor, I have been faithful to my husband for 15 years, but yesterday I broke that trust and had an affair! The guilt is killing me. I just want to forget that it ever happened!"

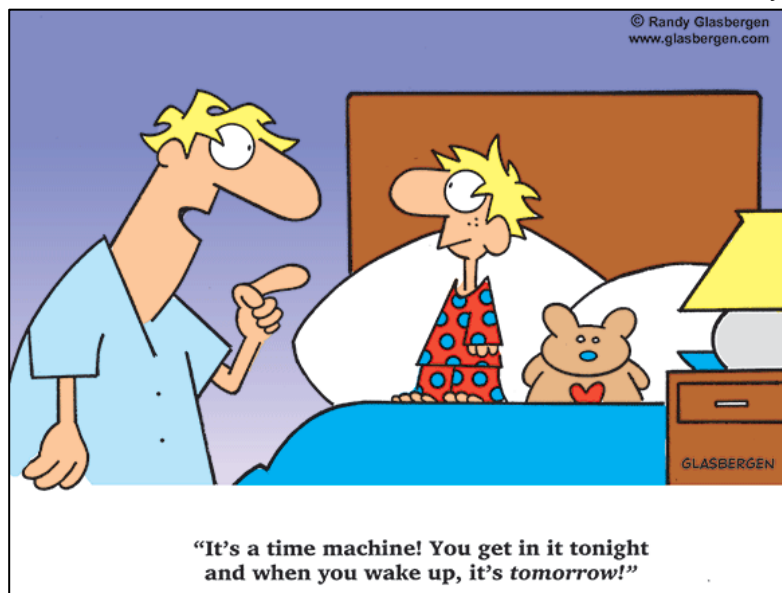
The hypnotherapist shakes his head. "Not again ..."

## Sleep: The healthy habit that promotes weight loss.

It's very difficult to lose weight and keep it off if you don't practice another key lifestyle habit: getting good sleep. Being tired all the time makes it harder to eat well or exercise. Lack of sleep can also lead to weight gain.

Many people think that being healthy is all about diet and exercise. But the truth is it's very difficult to lose weight and keep it off if you don't practice another key lifestyle habit: getting good sleep. Being in a state of constant tiredness makes it that much harder to eat well or be motivated to exercise. Lack of sleep can also lead to weight gain, which contributes to obesity in adults and children as well as serious health conditions, such as sleep apnea.

Many things happen in your body while you sleep. Several types of hormones are released, including growth hormones, testosterone and cortisol, the primary stress hormone. Insulin is also released at night, which affects the amount and regulation of sugar in your bloodstream.



Not getting enough sleep, especially deep, restful sleep called slow wave sleep (nonrapid eye movement sleep) also affects your "hunger hormones," leptin and ghrelin. Leptin, produced mainly in the fat cells, helps your body monitor energy needs and high levels of leptin usually suppress hunger. Ghrelin is a hormone produced mainly in the stomach, but also in the brain. It promotes hunger and encourages the desire to eat.

As you might have guessed, ghrelin is at its peak when you are low on sleep. Have you ever noticed that food is harder to resist on mornings you wake up feeling exhausted? Or maybe



when you're tired, you're a bottomless pit, snacking all day long but never truly feeling satiated. That may be hormones such as ghrelin at play.

It's also important to note that fragmented sleep has the same effect as too little sleep. If you don't get enough deep, restful sleep, your hunger hormones are likely to be activated, which can lead to weight gain. So it might be time to put away your smartphone or any other nighttime disruptors and focus on getting better quality sleep.

## Does whitening toothpaste actually whiten teeth?

Whitening toothpaste can appear to whiten teeth slightly by removing surface stains, such as those caused by drinking coffee or smoking, however, whitening toothpastes can't change the natural colour of your teeth or lighten a stain that goes deeper than a tooth's surface. Unlike other tooth-whitening products, whitening toothpastes don't contain peroxide. To remove surface stains, whitening toothpaste typically includes:

- Special abrasives that gently polish the teeth.
- Chemicals that help break down or dissolve stains.

Some whitening toothpastes contain the chemical blue covarine, which adheres to the surface of the teeth and creates an optical illusion that can make teeth appear less yellow. When used twice a day, whitening toothpaste can take from two to six weeks to make teeth appear whiter.

Whitening toothpastes that contain blue covarine can have an immediate effect. Although whitening toothpastes are typically designed to maximize cleaning and minimize wear on tooth enamel, be careful to follow manufacturer recommendations.



If you're considering using a whitening toothpaste, look for a brand that has a seal of approval from a reputable dental organization. This seal indicates that the toothpaste is safe and effective at removing surface stains. If you're not satisfied with the effect of whitening toothpaste, ask your dentist or dental hygienist about other tooth-whitening options, such as over-the-counter or professional bleaching products.

Following her husband's physical exam, the doctor delivered some bad news. "Your white blood cells are elevated," he said. "What does that mean?" She asked. Looking concerned, the doctor explained, "Up."





## Pausing to review your medicine routine.

Taking a number of different medicines can be complicated. Medicines come in many different forms, often with different instructions and you might need to take them at different times. There are also many different generic medicines and you could get a different generic for the same drug each time you get your script filled. A Home Medicines Review with your doctor and pharmacist can help make your medicine routine less complicated, easier to manage, and better fit in with day-to-day life.

DVA has a site which you should view – it provides some very good advice. See [HERE](#).

After a checkup, a doctor asked his patient, "Is there anything you'd like to discuss?" "Well," said the patient, "I was thinking about getting a vasectomy." "That's a big decision. Have you talked it over with your family?" "Yes, we took a vote ... and they're in favour of it 15 to 2."