

DID YOU KNOW?

Celery has negative calories? It takes more energy to digest an 8-inch stalk of celery than the celery has to begin with!



The reason why food and drinks taste bad after you brush your teeth is because a chemical in toothpaste, SLS, affects the taste receptors on your tongue!

Pineapples are actually berries! The sweet, juicy cone-like structure is technically made up of multiple fruits (berries) embedded along a fleshy, edible stem! The pineapple was so named because of its resemblance to the pine cone!



Are You at Risk for a Heart Attack?

Some risk factors for heart disease may be more preventable than others, and the more risk factors you have, the greater your chance for having a heart attack. Go through this checklist to know what your Heart Attack risk is:



- Increasing Age:** 83% of people who die of heart disease are age 65
- Male Gender**
- Heredity and Race:** You are more likely to develop it yourself if you are African American, Mexican, American, American Indian, native Hawaiian, and Asian American, and if your parents had
- Smoking:** Smoking triples your risk of heart disease.
- High Cholesterol**
- High Blood Pressure:** This increases your risk of stroke, heart attack, kidney failure and heart failure.
- Inactivity:** Sedentary lifestyles add to the risk, and experts recommend at least 30 minutes of exercise daily.
- Obesity and Overweight:** People with excessive body fat (especially around the waist) are more likely to develop heart disease even if
- Diabetes Mellitus:** About three quarters of people with diabetes die of some form of heart or blood vessel disease.
- Stress**
- Too Much Alcohol:** Alcohol raises blood pressure and can contribute to high triglycerides, cancer, obesity, and alcoholism.

NetCare Health Plus Rewards Partner



ANGSANA
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Check out Angsana Spa at the Sheraton Laguna Guam Resort and get: 30% discount on Body Massage or two for One Massage on the Birthday month. Contact the at 646-2222 for more information.



To all members born in February!
From Your NetCare Family

Please note that NetCare office will be closed on Monday, February 20, 2017 in honor of President's Day. Regular office hours will resume on Tuesday February 21, 2017.



Valentine Candy Facts!

- More than 36 million heart-shaped boxes of chocolate will be sold on Valentine's Day!
- On average, men shell out \$130 on candy, cards, jewelry, flowers, and dates! That's more than the double what women commit to spending!
- Children receive 39% of all Valentine's Day Candy and gifts. Following them are wives/mothers (36%), fathers/husbands (6%), grandparents (3%), and pets (1%)!
- About 8 billion conversation hearts will be made this year! That's enough candy to stretch from Rome. Italy to Valentine, Arizona twenty times and back!
- At least 10 new conversation heart sayings are introduced each year!



FRUIT & VEGGIE OF THE MONTH

Banana & Green Beans



Strive for 5-9 servings of fruits and vegetables a day!

Medical uses of bananas!

Anemia: High in iron, bananas stimulate the production of hemoglobin in the blood, aiding in cases of anemia!

Blood Pressure: They're high in potassium & low in salt., making it the perfect food for beating blood pressure. The FDA has even allowed the banana industry to make claim's of the fruit's BP reducing abilities!

Constipation: Since they're high in fiber, bananas in the diet help restore normal bowel actions!

Heartburn: Bananas have a natural antacid effect in the body. If you suffer from heartburn, try eating a banana for relief!

Mosquito Bites: People in many countries claim that rubbing the affected are with the inside of a banana skin helps reduce the swelling, itch, & irritation!

Hangovers: Many swear that the quickest cure for a hangover is a banana milkshake sweetened with honey! Bananas calm the stomach, honey builds up depleted blood sugar, & the milk soothes your

system!

Nervousness: Bananas are high in B vitamins, known to help calm the nervous system!

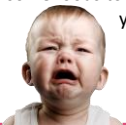
PMS: Forget the pills eat a banana! The vitamin B6 it contains regulates blood sugar levels, which can affect your mood!



Foods to Skip During Baby's First Year

There are so many milestones in the first 12 months of a baby's life- first smile, first tooth, taking that first unassisted step, and the first time they eat solid foods. As excited as you are to introduce your baby to the wide world of tastes, it's important to understand that there are certain foods you should NOT feed your baby during their first year.

From the time they are born until about 4-6 months, babies should only be fed breast milk or iron-fortified formulas. Introducing them to food or juice too early means they won't be getting the important vitamins and minerals they need for growth and development that they'll only get from milk. In addition, many foods can cause illnesses, allergies, and choking, so here are some foods to avoid during that first years.



Honey: Honey can carry a bacterium that causes botulism. While the intestinal tract of adults can prevent the toxins from growing, the illness can be deadly for infants.

Milk other than breast milk or formula:

Cow, goat, soy, and rice milk contain more complex proteins that found in breast milk and formula, meaning baby won't be able to digest it properly. Those also don't have all the nutrients your baby needs and can cause damage to baby's kidneys or allergic reactions.



Certain Fish: Due to the high mercury content of certain fish (mackerel, swordfish, tuna), which is highly toxic in the body, do not introduce these foods to your baby until he or she is both 1 year of age and at least 20 pounds.

Other allergy-causing foods: Avoid the following foods until baby turns one, especially if there is a family history of allergies: Egg whites, citrus or acidic fruits and juices, strawberries, corn, shellfish, chocolate, peanuts and other tree nuts (including peanut butter), and wheat.

Foods that cause choking: Avoid large chunks of foods (pea-sized is better, small hard foods (like popcorn, nuts, hard candies, grapes, raisins, hot dogs), and sticky foods (like peanut butter, marshmallows, and gummy candies). Always make sure to supervise your child when he or she is eating.



Ten Things You Didn't Know About...Your Skin!

1. It spans 21 square feet, weighing 9 pounds and containing more than 11 miles of blood vessels.
2. The skin releases as much as 3 gallons of sweat in a day, especially in hot weather!
3. Body odor is actually from a second kind of sweat made of fat in the armpits and genital regions!
4. The "odor" is caused by bacteria on the skin eating and digesting those fatty compounds!
5. Fetuses don't develop fingerprints until three months' gestation!
6. Some people never develop fingerprints at all!
7. The majority of dust particles in your house are made from dead skin cells, shed at a rate of 50,000 cells per minute!
8. Dead skin accounts for about 1 billion tons of dust in the atmosphere!
9. Touch receptors in the skin can respond to just 20 milligrams of pressure, or about the weight of a fly!
10. The libraries at Harvard Law School and Brown University have books clad in human skin that was stripped from criminals!

American Heart Association



Live Better with Life's Simple 7!

February is American Heart Month & the American Heart Association has developed "The Simple 7," steps that are not expensive to take & any one can do. Start with one or two, as even modest improvements will make a big difference in helping you live a long, productive, healthy life!

1. **Get Active:** The facts are clear: 30 minutes of exercise each day can reduce your risk of heart disease. Without regular physical activity, the body loses its strength and ability to function well.
2. **Control Cholesterol:** Whether you've been given medicine or advised to make lifestyle changes. It's important to follow your doctor's recommendations. The AHA recommends that you schedule your regular screenings, eat foods low in cholesterol & saturated fat & free of trans fat, maintain a healthy weight, & stay active.
3. **Eat Healthy:** You may be eating a lot of food but not necessarily getting the nutrients you need. Focus on fruits and veggies, whole grain products, & fat-free or low-fat dairy products. Eat fish like salmon, trout, & herring at least twice a week, since the omega-3's they contain help lower the risk of coronary artery disease.
4. **Manage Blood Pressure:** High BP is the single most significant risk factor for heart disease. Keeping your BP in the healthy range protects not only your heart but your entire body, ensuring that your tissues receive a rich supply of oxygenated blood.
5. **Lose Weight:** 145 million American adults are over-weight or obese. This is a great concern since obesity is a major risk factor for heart disease. Also, too much fat around your waistline translates to a higher risk of blood pressure, high cholesterol, & diabetes.
6. **Reduce Blood Sugar:** When diabetes occurs with other risk factors (like obesity) the risk of heart disease & stroke rises even more. Controlling your blood sugar slows the progression of long-term complications, since small changes add up to surprising improvements, including less need for medication.
7. **Stop Smoking:** Smoking by itself increases the risk of heart disease, but when it acts with other factors, it's even more so dangerous. Smoking increases your tolerance for exercise, increases the tendency for blood clot, & creates a higher risk for peripheral artery disease & aneurisms.