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September/2015

fit 4 life

September Is National Childhood Obesity Awareness Month

One in 3 children in the United States is overweight or obese. Childhood obesity puts kids at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease.



The good news is that childhood obesity can be prevented. In honor of National Childhood Obesity Awareness Month encourage your family to make healthy changes together.

- **Get active outside:** Walk around the neighborhood, go on a bike ride, or play basketball at the park.
- **Limit screen time:** Keep screen time (time spent on the computer, watching TV, or playing video games) to 2 hours or less a day.
- **Make healthy meals:** Buy and serve more vegetables, fruits, and whole-grain foods.

To learn more about the dangers of childhood obesity visit: www.healthfinder.gov

BY THE NUMBERS...

45 million Americans have at least one tattoo.

17% of those with a tattoo have some regret after getting their tattoo.

\$1,650,500,000 is the annual amount Americans spend on tattoos.

10 foods to keep from fido!



1. **Peaches and Plums:** Pits can get lodged in your dogs stomach and throat causing a gastrointestinal obstruction.
2. **Macadamia Nuts:** For unknown reasons, macadamia nuts can be toxic for some dogs. In addition, the high fat content can irritate a dogs' stomach.
3. **Avocados:** The pit of an avocado is slippery and can easily be swallowed.
4. **Bacon:** Because bacon is so high in fat it can cause pancreatitis in dogs.
5. **Dairy:** Most dogs are lactose intolerant.
6. **Leeks, Onions and Garlic:** These foods are part of the allium species which can injure red blood cells. This can cause a dog to become anemic.
7. **Corn on the Cob:** The corn is not the problem, the cob is. If a dog eats the cob it can get stuck in their intestinal tract.
8. **Chocolate:** It contains two different methylxanthines, theobromines and caffeine. These compounds can lead to vomiting, dehydration, muscle tremors, seizures and sometimes death.
9. **Grapes, Raisins, Cranberries and Currants:** For unknown reasons these foods can cause rapid kidney failure.
10. **White Bread:** Because of the high sugar and oil ingredients, white bread can cause pancreatitis in dogs.



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“The Sinclair Method” for Alcohol Dependence

“The Sinclair Method,” (TSM), developed by Dr. David Sinclair believes that combining TSM, a pharmacological extinction process, with the drug Naltrexone, approved by the FDA in 1994 for the treatment of alcohol dependence, can help people suffering from alcohol dependence obtain complete abstinence from alcohol or drink in moderation.

Clinical evidence in Finland, where excessive drinking is a national problem, shows a 75% success rate in helping problem drinkers become moderate drinkers according to Sinclair.

TSM works by taking Naltrexone an hour prior to the first drink, on days that a person drinks allowing the extinction process to begin. The process works on the premise that when problem drinkers use alcohol, endorphins, the brains own feel good substance, are released in the brain reinforcing the learned behavior. Over time this learned behavior increases cravings and the desire to drink. Naltrexone blocks these endorphins in 3 to 4 months of treatment and the problem drinker loses the desire to drink.

The standard dose of Naltrexone is 50 mg and comes in pill form. Response to the medication is monitored by a physician on an out-patient basis. The side effects reported include nausea, headache, insomnia and sleepiness.

Unlike a traditional abstinence program, TSM allows the withdrawal process to take place comfortably.

For more information visit the website:

www.cthreefoundation.org



590

The amount of calories a venti white hot chocolate from Starbucks contains. That is more calories than a Big-Mac.

TIP CORNER

SENSITIVE SKIN HAIR REMOVAL:

Sugaring is a gel made from sugar, lemon and hot water that is used to pull hair out by the root. Experts believe that sugaring is by far one of the most gentle and ancient techniques. A natural alternative to lasers.

SAY GOOD BYE TO DIET SODA:

Research from the Johns Hopkins Bloomberg School of Public Health revealed that overweight and obese adults who drank diet beverages ate more calories from food than those who drank regular soda. Additionally, a University of Texas study found that diet soda drinkers had a 70% greater increase in waist circumference than non-drinkers over the course of about 10 years.

THE ANTIBACTERIAL MYTH: There is no evidence that antibacterial soaps are more effective than regular soap in reducing or passing illness. According to the FDA, long-term exposure to some ingredients in these products such as triclosan may pose health risks like bacterial resistance or hormonal effects.