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fit 4 life

Injuries

are a leading cause of disability for

people of all ages and they are the leading cause of death for Americans ages 1 to 44. Fortunately there are many things people can do to stay safe and prevent injuries.

NATIONAL SAFETY MONTH 2017

Make a difference by spreading the word about ways to reduce the risk of injuries. Encourage communities, workplaces, families, and individuals to identify and report safety hazards.

How can National Safety Month make a difference?

We can all use this month to raise awareness about important safety issues like:

- Medication safety and prescription painkiller abuse
- Driving, biking and working safely
- First aid and emergency preparedness
- Preventing slips, trips and falls

Everyone can get involved in reducing the risk of injuries. Together we can share information about steps people can take to protect themselves and others.

For more information visit: www.healthfinder.gov

“Every time you eat or drink, you are either feeding disease or fighting it.”

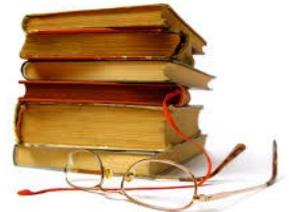
~Heather Morgan, MS, NLC

June book club

The No Meat Athlete Cookbook:
Whole Food, Plant-Based Recipes to Fuel Your Workouts and the Rest of Your Life

~by Matt Frazier & Stephanie Romine

A Sports Illustrated Best Health and Wellness Book of 2017. The cookbook offers plant powered recipes to help you perform better, recover faster and feel great.



A growing global movement, No Meat Athlete (NMA) earns new fans every day by showing how everyone from weekend joggers to world-class competitors can become even healthier and fitter by eating whole plant foods.

Natural remedies



- **Relieve Eczema:** Take a bath in magnesium bath salt to relieve eczema symptoms.
- **Help for Vertigo:** Basil is a traditional aromatherapy treatment for vertigo. Add leaves to the boiling water and breath in the steam to help ease symptoms.
- **Pass on Pimples:** Try Apple cider vinegar on blemishes. Just dab a little on the spot and you'll notice improvement.



tobacco cessation



About 4% to 7% of people are able to quit smoking on any given attempt without medication or other help.

Studies in medical journals have reported that about 25% of smokers who use medication can stay smoke-free for over 6 months.

Counseling and other types of emotional support can boost success rate higher than medication alone. There is also evidence that combining certain medications can work better than using a single drug.

Do you want to quit smoking? If you are ready to quit follow the steps below:

Step 1: Set an appointment with your doctor.

Step 2: Discuss what prescription medication maybe right for you. These medications include:

- Zyban/Bupropion
- Chantix
- Nicotrol Nasal Spray
- Nicotrol Inhaler

Step 3: Talk to your doctor about the risk and/or benefits of combing an RX medication with an over the counter treatment. These treatments include:

- Nicotine patches
- Nicotine gum
- Lozenges

Step 4: Consider joining a smoking cessation group by calling **1-800-QUIT-NOW**

Prostate cancer is the second most common cancer in American men following skin cancer.

While prostate cancer can be a serious disease, most men diagnosed with prostate cancer do not die from it.

The American Cancer Society recommends that screening take place at age 50 for men who are at average risk of prostate cancer.

Men that are high risk should start screening at age 40. These risk factors are;

- **being of African-American decent.**
- **men who have a first-degree relative (father, brother, or son) diagnosed with prostate cancer below the age of 65.**

For more information about prostate cancer visit the American Cancer Society's website at: www.cancer.org

diet 4 definition



- Choose healthy fats from whole plant-based foods like nuts, seeds and avocados. Minimize the amount of extracted oils and processed fats you cook with.
- Eat whole foods that are unrefined and unprocessed. This means food in its pure and basic form: a fillet of salmon.
- Make the majority of your plate plant based. Choose vegetables, fruits, legumes, beans, nuts, seeds and whole grains.