

# Here's to Your Health!

## Did You Know...

Here on Guam, your skin can burn in as little as 10 minutes in the sun! Protect your skin and reduce your risk of skin cancer by wearing sunscreen and protective clothing in these sunny summer months!



For more info about the GCA Medical/Dental Coverage, please call:

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## Forget Swine Flu, THIS is Scarier

The swine flu hysteria is a surprise considering how people continue to do things every day that are far more likely to be deadly. People have been reacting to the flu news with fear, even donning face masks in public. Then they'll remove these masks and proceed to smoke cigarettes and eat food that's far more dangerous than any flu threat.

### Trans Fats: The poison in our food that people are STILL eating!

Trans fatty acids (TFA's) are chemically altered vegetable oils. If you think swine flu is scary, consider the following facts:

- Recent studies indicate a 32% higher risk of heart attack or heart disease death linked to an increased TFA consumption
- Even small consumptions of TFA's (2% of total energy intake) is consistently linked to coronary heart disease.

TFA's will also increase belly & body fat, increase bad cholesterol levels diabetes risk, trigger inflammation, cause metabolic dysfunction, and weaken immunity.

The average intake of TFA is as high as 8-10% of daily intake, although only 1% is recommended. So if they're THAT dangerous, why are they so wide-

spread? TFA's are a food manufacturer's dream: an unspoilable substance that's cheap, can prolong shelf life, allow easy transport, provide solidity at room temperature, and increase suitability for commercial frying.

It's scary to consider that over 79% of Americans are unable to name 3 foods that contain trans fats and 46% can't name any on their own. So what do you do? Here are some simple behavior guidelines to follow:

**1. Read ingredients.** The primary source of TFA's is hydrogenated vegetable oils, such as soybean, sunflower, & palm oils. Read food labels and ingredients lists. If there are hydrogenated oils, there are TFA's.

**2. Watch for label loopholes.** WARNING: Food companies may be lying to you on their labels. The government allows companies to claim ZERO trans fats if there is less than a half a gram per serving. Food

companies sneakily manipulate their serving sizes until they're so small that TFA content falls below that limit.

**3. Focus on foods without labels.** At the risk of stating the obvious, if you don't eat anything that comes pre-packaged, then you won't ever consume manmade TFA's. If your diet consists primarily of fruits, veggies,

beans, legumes, whole grains, nuts, seeds, eggs, fish and lean meats, you're home free.

**4. Avoid foods that contain TFA's.** They're commonly found in baked goods, fried foods and packaged convenience foods, like cookies, crackers, biscuits, pastries, pies, doughnuts, packaged frozen foods (pizzas, chicken nuggets), chips, packaged popcorn, frostings, french fries, taco shells, margarine, shortening, some candies and cheeses, and fast foods.

Excerpt from "Burn the Fat" Blog by Tom Venuto



## Don't Miss Out on Your Chance to WIN CASH!

Take our **Health Risk Assessment Survey** and be automatically entered to win!

### NEXT DRAWING ON JUNE 30th!

Visit [www.netcarelifeandhealth.com/wellness](http://www.netcarelifeandhealth.com/wellness) to take your HRA today!



**S**tudies show that a 20-minute nap can help improve alertness, boost your mood, and also increase productivity! William Anthony, author of "The Art of Napping at Work," says this post-nap boost can last for several hours! Your heart may reap benefits from napping, too! In a 6-year study of Greek adults, researchers found that those who took naps at least 3 times a week had a 37 percent lower risk of heart-related death!

## Just don't get caught sleeping on the job!



# Did you know Headaches...

1. Are known medically as "Cephalagia!"
2. Are commonly caused by **mild dehydration!**
3. Are experienced at least once a month by **76% of women** and **57% of men!**
4. Are a recurring problem for **60 to 80 million** people in the United States!
5. Are experienced by **31% of children** before the age of **six!**
6. Are to blame for more than **1 million sick days** missed from school each year!
7. Are to blame for more than **160 million sick days** missed from work each year also!
8. Cause an estimated **\$30 million in medical expenses** each year!
9. Occur mostly in the form of **Tension headaches!**
10. Can also occur as **Migraine headaches, cluster headaches, or sinus headaches!**
11. Usually respond to simple analgesia, acetaminophen, aspirin, or ibuprofen!



For more info on headache treatment, visit [www.achenet.org](http://www.achenet.org)!

## Attention NetCare Members!

NetCare Health Members can now sign up at

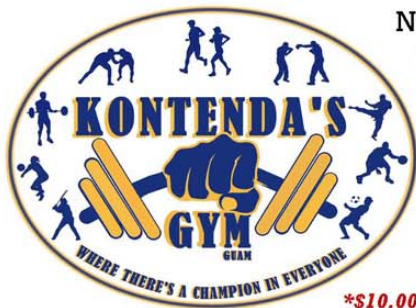
### KONTENDA'S GYM

and receive up to

**\*\$100 CASH BACK!**

For more information, call **472-3610** or stop by Kontenda's Gym to sign up today!

*\*\$10.00 per month, up to \$100.00 per year. Conditions apply.*



# Zucchini Pasta with Toasted Almonds

- 2 cups cherry tomatoes, halved
- 2 Tbs. minced green onions
- 1 tsp. minced thyme
- 2 tsp. lemon juice
- 3/4 tsp. salt
- 1/2 tsp. black pepper
- 1/4 tsp. sugar
- 5 tsp. extra-virgin olive oil, divided
- 1 (9-oz.) pkg. linguine noodles
- 1 1/2 tsp. minced garlic
- 3 cups chopped zucchini
- 3/4 cup fat-free, low-sodium chicken broth
- 3 Tbs. chopped mint, divided
- 1/4 cup grated Romano cheese
- 3 Tbs. sliced almonds, toasted



Combine first 7 ingredients in bowl. Add 2 tsp. olive oil to coat. Cook pasta according to package, omitting salt and fat. Drain well.

Heat large non-stick skillet over medium heat. Add remaining oil to pan. Add

garlic, sauté for 30 seconds.

Add zucchini, sauté for 3 minutes until tender. Add broth. Bring to simmer. Stir in pasta and 1 1/2 Tbs. mint;

toss well. Remove

from heat. Stir in tomato mixture.

Top dish with remaining mint.

Sprinkle with cheese and almonds.

### Nutrition Facts

Servings Per Recipe	4
<b>Calories</b>	344
<b>Fat</b>	12.7 g
Saturated	3.1 g
Mono	6.6 g
<b>Cholesterol</b>	58 mg
<b>Sodium</b>	601 mg
<b>Carbohydrate</b>	45.5 g
Fiber	5.3 g
<b>Protein</b>	14 g

# Is Your Desk Making You Sick?

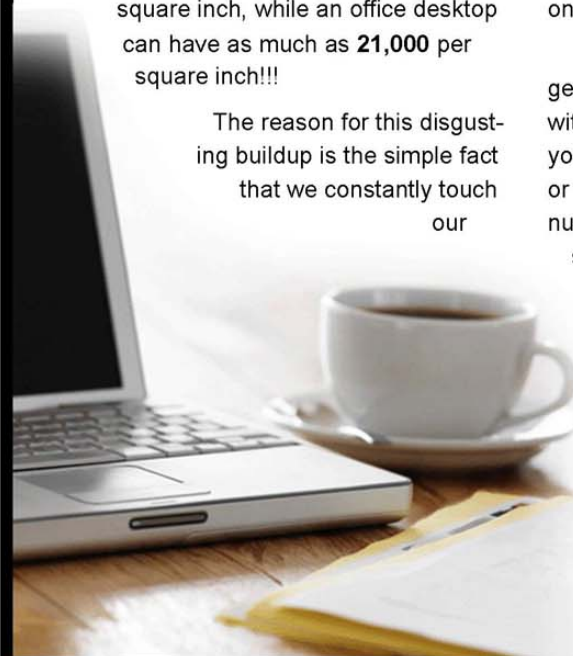
Here's something to think about: studies show that a **typical worker's desk has hundreds of times more bacteria than a public toilet seat!** Still skeptical? Toilet seats have an average of 49 germs per square inch, while an office desktop can have as much as **21,000** per square inch!!!

The reason for this disgusting buildup is the simple fact that we constantly touch our

phone, keyboard, mouse, pens, and drawers hundreds of times during the day, leaving behind a smorgasbord of things for bacteria to feed on. And with over 57% of office workers snacking at their desks each day, it only adds more fuel to the bacteria cafeteria.

So how do we get a handle on this germ infestation? Regular hand-washing with soap and warm water, and cleaning your desk with anti-bacterial disinfectants or wipes should help decrease bacterial numbers by at least 75%. Unfortunately, studies show that workers only tend to clean their desks when they become sticky, dusty, or cluttered, which translates into a cesspool of sicknesses waiting to happen.

Workers in this country cost businesses \$20 billion in lost production each year due to preventable illnesses, so save us some money and clean up that desk!



## Did You Know...

Eating a handful of almonds or other nuts each day has been shown to help stabilize blood sugar levels, reduce the risk of cancer, lower cholesterol levels, and help sustain weight loss!

