

WELL SAID.

This month get some tips to keep your skin and your teeth just a little safer and healthier. So go on, get out there and don't forget to smile. Hot or cold -- learn how to get the most out of your veggies. Then build the perfect salad and maybe even dress it up. Stay positive and ENJOY!

Safety: Summer Skin

Bites, stings, and rashes ... oh my!

Mosquito Bites ...

Mosquitoes aren't just annoying; scratching a bite can cause a skin infection, too. Mosquitoes can also carry West Nile virus, dengue fever, and other diseases. To protect yourself from mosquitoes, apply insect repellent and cover up when you go outdoors, use door and window screens, and get rid of standing water in your yard, which is where mosquitoes lay their eggs.

Bee Stings ...

Most reactions to bee stings are mild, causing minor swelling, pain, and itching. Severe allergic reactions occur in some people, with symptoms including hives, swelling of the mouth or throat, and difficulty breathing. If you have a severe anaphylactic reaction, get immediate medical care. If you don't have an allergic reaction, remove the stinger, clean the sting site, apply ice, and take an oral antihistamine for itching. A delay in removing the stinger increases the amount of venom you receive.

Ticks ...

If you enjoy the outdoors, be careful of ticks -- they can attach to you as you brush past grass and plants. Ticks don't always carry diseases, and most bites aren't serious. But they can carry diseases including Lyme disease and Rocky Mountain spotted fever. A bite can also trigger an allergic reaction. Be sure to remove a tick properly. To prevent tick bites, keep arms, legs, and head covered in grassy areas and use tick repellent.

Heat Rash ...

The result of blocked sweat ducts, heat rash looks like small pinkish pimples and is usually found on body areas covered by clothing. Most common in children, it may also affect adults in hot, humid climates. Most rashes heal on their own. To alleviate symptoms, apply cold compresses or take a cool bath. Air dry and avoid lotions. If baby's skin is irritable to the touch, ask your doctor about using calamine or hydrocortisone cream.

Sunburn ...

Too much exposure to the sun's UV rays can result in the redness and pain of sunburn. Sunburn usually appears within hours after sun exposure and may take weeks to fade. Pain relievers, cold compresses, aloe, hydrocortisone, or moisturizing creams may ease discomfort. Second-degree sunburn -- characterized by redness, swelling, and blistering - is usually more painful and takes longer to heal. See a doctor if you have a blistered sunburn. To prevent sunburn, use a sunscreen of SPF 30 or higher when outdoors.

Skin Cancer ...

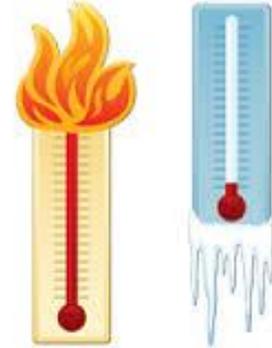
Skin cancer is the most prevalent of all cancers in the U.S. An uncontrolled growth of abnormal skin cells, it results in tumors that are benign or malignant. There are three main types of skin cancer: basal cell carcinoma, squamous cell carcinoma, and melanoma. Consult a doctor if a mole or spot changes in size, shape, or color, has irregular edges, is more than one color, is asymmetrical, or itches, oozes, or bleeds.



To Cook or Not To Cook?

Why some foods are better for you when raw, and why some could benefit from a little heat.

Eating your fruit and vegetables raw is indeed sometimes the healthier option. After all, some vitamins are sensitive to heat, for example, cooking tomatoes for just two minutes decreases their vitamin C content by 10%. However, while cooking may cause the loss of some valuable nutrients, like vitamin C, there are some vegetables which offer useful health benefits when they're cooked.



Heat it up These include carrots, asparagus and even tomatoes, because cooking makes it easier for our bodies to benefit from some of their protective antioxidants, specifically ferulic acid from asparagus, and beta-carotene, which we convert to vitamin A, from carrots. Similarly, when you cook tomatoes - whether you roast them slowly or make a cooked sauce - it helps to break down the plant cell walls, allowing us to better absorb the antioxidant lycopene. All these nutrients help to safeguard our cells from environmental damage, may protect us from certain cancers and are heart-friendly.

Keep it raw On the other hand, there are certainly some vegetables, which benefit from being eaten raw. These include broccoli and watercress (both members of the cruciferous family). When these vegetables are heated an important enzyme is damaged, which means the potency of helpful anti-cancer compounds called glucosinolates, are reduced. Similarly, cooking makes the herb garlic less potent because heat reduces the amount of health-promoting allicin, so it's best to add your garlic just before you finish cooking rather than at the start. For those watching their weight, eating some fruits and vegetables raw can help fill you up because raw fruit and vegetables tend to be bulkier and have a higher water content.

Make the most of it Although some nutrients are sensitive to heat there are others, like the fat-soluble vitamins (A, D, E and K), which are unaffected. So whether you choose to eat your fruit and vegetables raw or cooked follow these tips to get the most out of them:

Buy local produce, because some vitamins are lost during transportation and storage.

Store fruits like tomatoes at room temperature rather than in the fridge - this optimizes the ripening process and increases levels of valuable lycopene.

Prepare your fruit or vegetables just before you need them.

Avoid losing water-soluble vitamins like the vitamin B group as well as vitamin C, by choosing cooking methods which use the minimal amount of water or preferably no water at all, like roasting. When you boil or steam save the cooking liquor for making sauces or soups.

Increase your absorption of fat-soluble vitamins by eating your veggies with a little oil. Enjoy a spinach salad with vinaigrette dressing, roast vine tomatoes with a drizzle of olive oil or quickly stir-fry spring greens.

At certain times of year it's worth considering frozen produce. That's because these fruit and vegetables are frozen quickly after picking which means they retain more nutrients than some supposedly 'fresh' produce.

Finally, **balance your intake.** Enjoy crunchy raw veg to top up on immune-busting vitamin C, and cook others for their mix of protective antioxidants.

<http://www.bbcgoodfood.com>

For more ways to get veggies on your table, check us out at ... <http://www.pinterest.com/cgibenefits/veggietable/>

How to: Build the Perfect Salad

Pick a base



Add extra greenery



Add a pop of color



Give it some crunch



Mix in healthy extras



Power up with protein



Don't forget to dress it up!



DRESS IT UP

Step 1:

Start with 1/2 cup of oil -- such as sesame oil, peanut oil, walnut oil, avocado oil

Step 2:

Whisk in 1/4 cup acidic juice or vinegar -- such as lemon, balsamic, champagne, orange, rice

Step 3:

Sprinkle in flavor enhancers -- such as garlic & shallot, mustard, sriracha, honey, tahini, jam, fresh herbs, ginger, soy sauce

Make the Most of Your Mouth

How stress affects your oral health

Too much stress affects your whole body, including your mouth, teeth, and gums. You can prevent these oral health problems, if you know what to do.



Mouth Sores

Canker sores -- small ulcers with a white or grayish base and bordered in red -- appear inside the mouth, sometimes in pairs or even greater numbers. Experts aren't sure what causes them. It could be immune system problems, bacteria, or viruses. But they do think that stress, as well as fatigue and allergies, can increase the chance of getting them. Canker sores are not contagious.

What to do:

To reduce irritation, don't eat spicy, hot foods or foods with a high acid content, such as tomatoes or citrus fruits. Most canker sores disappear in a week to 10 days. For relief, try over-the-counter topical anesthetics. Cold sores, also called fever blisters, are caused by the herpes simplex virus and are contagious. Cold sores are fluid-filled blisters that often appear on or around the lips, but can also crop up under the nose or around the chin. Emotional upset can trigger an outbreak. So can a fever, a sunburn, or skin abrasion.

What to do:

Like canker sores, fever blisters often heal on their own in a week or so, but since the virus that causes them can be spread, you should start treatment as soon as you notice the cold sore forming. Medications include over-the-counter remedies and prescription antiviral drugs. Ask your doctor or dentist if you could benefit from either.

Teeth Grinding

Stress may make you clench and grind your teeth -- during the day or at night, and often subconsciously. Teeth grinding is also known as bruxism. If you already clench and grind your teeth, stress could make the habit worse. And, grinding your teeth can lead to problems with the temporomandibular joint (TMJ), located in front of the ear where the skull and lower jaw meet.

What to do:

See your doctor and ask what can be done for the clenching and grinding. Your dentist may recommend a night guard, worn as you sleep, or another appliance to help you stop or minimize the actions.

Gum Disease

Even short-term stress can mean more dental plaque. Long-term, the stress can boost the likelihood of bleeding gums, or gingivitis, which can progress to serious gum disease.

What to do:

Remember, eating a balanced diet, seeing your dentist regularly, and good oral hygiene help keep gum disease at bay. Brush at least twice a day and floss daily. Use an antibacterial mouth rinse twice a day to also help reduce plaque-causing bacteria.

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