



# Here's to Your Health!


## 5 Interesting Fruit Facts!

 Banana plants are not trees, but are actually the world's largest herb!

 Strawberries are the only fruit that carries its seeds on the outside!

 Apples, plums, and strawberries are members of the rose family!

 In 1893, the U.S. Supreme Court actually passed a law declaring tomatoes to be classified as vegetables instead of fruits!

 Color is not an indicator of ripeness on a cranberry. Cranberries that are ripe can bounce like basketballs!

## What's in a CIGARETTE?

In 1989, millions of cases of imported fruit were banned from entering the country when a small amount of cyanide was found on two small grapes. The surprising part? There's 33 times more cyanide in a single cigarette than what was found on those two grapes.



It is a sad but true fact that 10 million cigarettes are smoked every single minute of every day around the world, enough to give every single man, woman, and child on this planet 900 cigarettes a year. What's worse is that of the ingredients that make up a cigarette, 11 of them are known to be carcinogenic (cancer-causing), and the other 500+ are known to cause serious and fatal side-effects like liver damage, hemorrhaging, nerve failure, organ

failure, anemia, jaundice, vomiting, asphyxiation, diarrhea, irregular heartbeats, permanent blindness, convulsions, and death. Sure, maybe tobacco plants aren't that bad, but when you throw in a whole bunch of other toxic chemicals, imagine the damage you can do over the course of 20, 30, 40 years. Here's a list of just some of the chemicals found in a cigarette...you'll be surprised at what you're smoking:

- Acetone, found in Nail Polish Remover
- Ammonia, found in bleach
- Arsenic, found in rat and pest poisons
- Cadmium, found in rechargeable batteries
- Naphthalene, found in moth balls

- Nitrous oxide, found in turpentine
- Stearic acid, found in plastic
- Vinyl Chloride, found in PVC pipes
- Butane, found in lighter fluids
- Methanol, found in anti-freeze
- Formaldehyde, found in embalming fluid
- Toluene, found in glue and paint thinners
- Phenol, found in plant herbicides
- Sodium Hydroxide, found in hair removers like Nair
- Acetanilide, found in Perfumes
- Urea, found in Urine
- Benzene, found in rubber



Still want to smoke? Go right ahead, but don't say we didn't warn you!

Ready to Quit?  
Call 1-800-QUIT-NOW!

## Complete a Health Risk Assessment and be automatically entered to win

Visit

[www.netcarelifeandhealth.com/wellness](http://www.netcarelifeandhealth.com/wellness)

\*Must be a current NetCare Health member

# CASH!

and other prizes to be raffled quarterly!

## Healthy Rx Habits



The benefits of prescription medications are profound.

They can greatly improve the health and quality of life for most people. But if used wrongly or with certain other foods and drugs, they can have harmful or fatal consequences. In order to avoid some serious medication errors, here are a few healthy prescription habits for you to adopt:

remedies, supplements, etc.) and bring this list to your doctor for them to look over at each visit.

- ⇒ Ask your doctor to explain each medication you're taking as well as its purpose.
- ⇒ Read the instructions carefully. If you miss a dose, do not "double-up" the next time unless instructed by your doctor.
- ⇒ Make sure your pharmacy gives you printed information about the drug



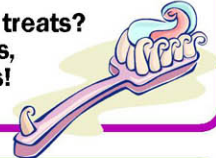
they dispense to you. This should include proper dosage, proper storage, expiration date, any potential side-effects, and what foods or other medicines to avoid while taking it.

- ⇒ Keep all medication in their original, labeled containers out of the reach of children.
- ⇒ If you have even the slightest feeling that what you're taking may be doing more harm than good, don't hesitate to talk to your doctor about it.

## Did You Know...

**SNICKER'S** is the preferred Halloween treat for kids & adults!

The least favored treats?  
**Fruit, Dental Floss, and Toothbrushes!**  
Go Figure!



## Questions? Comments?

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# Happy Halloween!

From your Friends at  
**Moylan's Insurance!**



# Calories in Your Halloween Candy!

Can you match the amount of calories in each of your favorite Halloween candies?

1. Almond Joy
  2. Blow Pop
  3. Butterfinger
  4. Candy Corn (25 pcs.)
  5. Hershey's Kisses (5 pcs.)
  6. Kit Kat
  7. Mars Bar
  8. Plain m&m's
  9. Reese's Peanut Butter Cups
  10. Runt's (12 pcs.)
  11. Skittles
  12. Smarties
  13. Snicker's
  14. Starburst (8 pcs.)
  15. Tootsie Roll (6 pcs.)
  16. Twix (2 bars)
- a. 462 calories
  - b. 289 calories
  - c. 284 calories
  - d. 280 calories
  - e. 273 calories
  - f. 250 calories
  - g. 240 calories
  - h. 235 calories
  - i. 220 calories
  - j. 160 calories
  - k. 155 calories
  - l. 140 calories
  - m. 125 calories
  - n. 60 calories
  - o. 50 calories
  - p. 25 calories

# Cranberry, Orange, & Dark Chocolate COOKIES

- 2 cups flour
- 1 1/2 tsp. baking powder
- 1/4 tsp. baking soda
- 1/2 tsp. salt
- 3/4 cup butter, room temp.
- 1 cup white sugar
- 1 large egg
- Zest of 1 orange (abt. 2-3 tsp.)
- 1/2 cup dried cranberries
- 1/2 cup dark chocolate chips

Preheat oven to 350 F and line baking sheets with parchment paper.

In a medium bowl, whisk together flour, baking powder, baking soda, and salt.

In a large bowl, cream together butter and sugar, beating with electric mixer until light. Beat in egg and orange zest. Gradually add in flour mixture, stirring only until just combined. Stir in cranberries and chocolate chips.



Drop tablespoonfuls of dough onto prepared cookie sheets. Bake for 9-12 minutes, until edges are lightly browned. Cool for 3-4 minutes on baking sheet then transfer to wire rack to cool completely.

### Nutrition Facts

Serving Size	1 cookie
Servings Per Recipe	48
Amount Per Serving	
Calories	70
Total Fat	3.6 g
Saturated Fat	2.2 g
Cholesterol	12 mg
Sodium	64 mg
Protein	0.8 g
Carbohydrates	9.4 g
Sugar	5.2 g
Fiber	0.3 g

## October is Breast Cancer Awareness Month

Log onto [www.netcarelifeandhealth.com/wellness](http://www.netcarelifeandhealth.com/wellness) to download **FREE** self-exam guides and information on mammograms.

**- FREE -**  
**EXECUTIVE CHECK-UP**  
**ST. LUKE'S**  
**MEDICAL CENTER**  
**IN MANILA**

Call 472-3610 for more information. Some restrictions apply. Hotel accommodations and airfare not included.

## REMINDER:

All NetCare Health Insurance Members must update or confirm their Group Life/AD&D Beneficiaries.

Please contact your respective NetCare Marketing Representative.

## Why Am I **GAINING** Weight?!

Frustrated because you've been working your butt off but you aren't getting anywhere? Or you seem to be **gaining** weight instead of losing it? Don't worry...cruelty has not yet reared its ugly head. There may be a perfectly good explanation for why you aren't shedding the pounds you know you're supposed to.



### Reason #1: Too Little Sleep

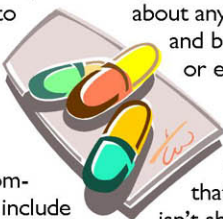
Lack of sleep is a stressor that can put our bodies into "survival" mode, making you store fat more efficiently. Some insomniacs end up reaching for a bag of cookies out of sheer boredom, too. While some people can't afford a few more extra hours of sleep at night, aim to add 15 minutes each night to see how you feel. And never, ever make food a solution for your boredom.

### Reason #2: Too Much Stress

Just like lack of sleep, our bodies undergo drastic changes when we're stressed. Our bodies start preserving fuel (like fat and carbs) and slowing down metabolism. It doesn't help much that we tend to binge eat and reach for junk food when we're stressed either. Make it a point to do something every day to relax and unwind.

### Reason #3: Medications

Some meds can cause you to gain anywhere from 1 to 10 pounds per month! Meds can alter your appetite, the way your body stores fat, and a number of different weight-gain factors. Common weight-gain meds include anti-depressants, steroids, oral contraceptives, and drugs for



diabetes, hypertension, heartburn, and seizures. Just remember, never stop taking your medications unless talking to a doctor first. A few extra pounds is well worth your better health.

### Reason #4: Disorders

Certain diseases can cause you to gain weight, with the most common being hypothyroidism. People with this disorder do not produce enough of the thyroid hormone, causing a decrease in metabolism and leading to weight gain. Weight gain might not be avoidable, so talk to your doctor about any concerns you may have and before you begin any diet or exercise program.

Everyone reacts to diet and exercise differently. Just remember that even if the weight loss isn't showing **doesn't** mean that you aren't getting healthier.

