

## Things You Didn't Know About Your Hair & Nails!

1. Facial hair grows faster than any other hair on the body. If the average man never shaved, his beard would grow to over **30 feet** in his lifetime!
2. Each day you lose between **60-100 strands** of hair, unless you are already bald!
3. Women's hair is **half the diameter** of men's hair, which is why men have coarser hair than women!
4. There are as many hairs per square inch on your body as a **chimpanzee**, but the majority of our hairs are **too light or fine** to be seen!
5. Blondes have more...hair! Hair color determines hair density on your scalp, with blondes having **145,000** hair follicles and brunettes about **40,000** less!
6. Despite common beliefs, hair and nails do not continue to grow after death! The reason they appear longer is because as they skin dehydrates, it **pulls back** from the nail bed and scalp!
7. Fingernails grow **4 times faster** than toenails, and the nails that are used most frequently grow the fastest!
8. You must lose over 50% of your scalp hairs, or about **50,000** at one time, before you appear as "bald" to anyone!
9. Human hair is **indestructible!** Besides being flammable, human hair decays at an extremely slow rate and cannot be destroyed by cold, change of climate, water or other natural forces, and is **resistant** to many acids and corrosive chemicals!



## The Skinny on Supplements - Do You Really Need 'Em?

For many, supplements seem like such an easy solution — pop a few colorful pills every morning and you're good to go.

**NOT TRUE!** In fact, dietitians agree that your daily doses of vitamins and minerals should primarily come from the foods you take in. Granted, there are a few exceptions to the rule (such as pregnant women, the elderly and the sick, or those with nutrient deficiencies), but for most normal adults, an adequate diet should provide you with all the nutrients you need.

Research has shown that when certain nutrients are isolated from the foods they are found in and taken as supplements by themselves, they no longer have the same effects as

they do when they are taken naturally in foods. Scientists believe this happens because these nutrients are meant to be taken in their natural, synergistic state, and not in isolated mega-doses.

Taking nutrient supplements also runs the risk of nutrient overdoses. Yes, there is such a thing as toxic doses of vitamins and minerals, and while it is not that common, it can happen and it can have very harmful side effects. Besides, any extra nutrients you take in that your body doesn't need or can't use is converted to waste and excreted from your body. Basically, you end up urinating your money away.

Another problem with taking supplements is the belief that since you're getting your daily dose already, it won't really mat-

ter what you eat for the rest of the day. Again, **NOT TRUE!** Supplements are just that — pills meant to supplement your diet, not take the place of it.

This is another reason why it is important to get all your nutrients from an adequate diet. Concentrating on eating more nutritious foods means there is less risk of eating the non-nutritious kinds. Taking supplements causes the exact opposite to happen.

So despite what you hear on TV ads or see in fitness magazines, no pill (nutritious or not) can turn a bad diet into a good one, nor can it reverse the effects of poor eating either. Don't rely on a magic pill — as always, your best bet for good health is a proper, nutritious diet and regular exercise.



*"No pill can reverse the effects of poor eating."*

## Food for Thought!

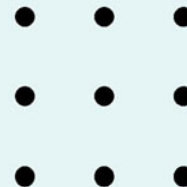
What gets broken every time it is spoken of?

stays the same. What is it?

What is as round as a dishpan and as deep as a tub, yet all the water in the world could never fill up?

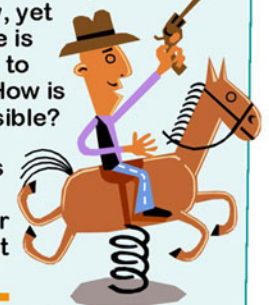
Connect the nine dots seen below using only four straight lines, without lifting your pen off the paper.

If it has a gallon capacity, how many pennies can you put into an empty piggy-bank?



Take away the whole and some still remains. Take away some and the whole

A horse is tied to a 15 foot rope. A bale of hay is 25 feet away, yet the horse is still able to reach it. How is this possible?



What gets wetter and wetter the more it dries?

What do you get when you mix baked beans with an onion?

## MARCH IS: National Nutrition Month!

Visit our website at

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

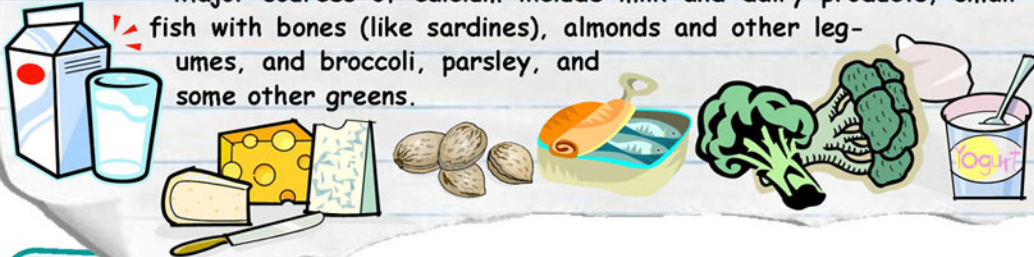
to download fact-sheets on cooking healthier for your family proper dieting, controlling your disease through diet, and more!



# Nutrition 101: Calcium

Calcium is one of the essential minerals that we need for proper growth and development. Not only does calcium help build healthy bones & teeth and prevent bone disease later in life, it also helps to transmit nerve impulses, regulate muscle contraction, clot blood, and secrete hormones and enzymes. It is also believed to help prevent against high blood pressure.

Major sources of calcium include milk and dairy products, small fish with bones (like sardines), almonds and other legumes, and broccoli, parsley, and some other greens.



## Are You at Risk for Kidney Disease?

Nothing more exemplifies the saying that **big things come in small packages** than your kidneys.

These fist-sized organs may be small but are actually responsible for removing all the excess water & waste products from your

blood. Poor health, however, can lead to many kidney disorders, so in honor of National Kidney Month, it's important to know whether you may be at risk for kidney disease.

### Risk Factors for Kidney Disease

Diabetes and High Blood Pressure are the leading

causes of kidney disease, triggering more than 70% of new cases each year.

Other risk factors include:

- Heart Disease
- Family History of Kidney Disease

If you have any of these risk factors, please talk to your doctor about getting tested.

## Peanut Ginger Fried Rice



Cook/Prep time: 20 minutes

- 3 tsp. peanut oil, divided
- 3 eggs, beaten
- 1 small onion, chopped
- 2 Tbs. minced fresh ginger
- 1 clove garlic, chopped
- 1/2 cup chopped peanuts
- 3 cups cooked cold Jasmine rice
- 1 cup peas
- 1 cup bean sprouts
- 3 Tbs. stir-fry or oyster sauce

Heat 1 teaspoon peanut oil in wok or non-stick skillet over medium-high heat. Cook eggs until scrambled; transfer to plate and set aside.



Add the remaining peanut oil to the skillet. Add onions, garlic, ginger, and peanuts until mixture is fragrant, about 2 minutes. Add rice and peas and cook until hot, stirring occasionally, until rice begins sticking to pan, about 3-4 minutes. Add bean sprouts, stir-fry or oyster sauce, and the cooked eggs. Stir well, breaking up the eggs, until thoroughly heated, about 2-3 minutes.

### Nutrition Facts

Serving Size	1 1/2 cups
Servings per Recipe	4
<b>Calories</b>	<b>329</b>
<b>Fat</b>	<b>10 g</b>
<b>Cholesterol</b>	<b>212 mg</b>
<b>Sodium</b>	<b>520 mg</b>
<b>Carbohydrate</b>	<b>45 g</b>
<b>Fiber</b>	<b>6 g</b>
<b>Protein</b>	<b>14 g</b>

## MEMBERS' BULLETIN



NetCare Health Members are now eligible for an **EXECUTIVE CHECK-UP** in the Philippines with **NO CO-PAYMENTS** at the **HEALTH CUBE Medical Center!**

Must be current NetCare Health member. Airfare and accommodations not included. Offer ends April 30, 2009.

Call **472-3610** to make your appointment today!

### NETCARE CENTER OF CARE

Good Samaritan Hospital Named Among America's 50 Best Hospitals for 3 Consecutive Years!



Five-Star Rating for Heart Care, Pulmonary Services, Maternity Care and more!

Call 472-3610 for more info.



In our efforts to **Go Green**, NetCare will no longer issue or mail printed Explanation of Benefits (EOB) Statements to our members.

Instead, members can obtain their EOB regularly by registering online at [www.netcarelifeandhealth.com](http://www.netcarelifeandhealth.com)

## Questions? Comments?

Rye DeCastro, CDM, CFPP

Wellness Coordinator

Phone: 472-3610

Fax: 472-6375

[rdecastro@netcarelifeandhealth.com](mailto:rdecastro@netcarelifeandhealth.com)



Answers to "Food for Thought" Riddles:  
 1. Silence; 2. A Strainer; 3. One, then it isn't empty anymore; 4. The word "Wholesome"; 5. The other end of the rope isn't tied to anything; 7. A Towel; 8. Tear Gas!!!

