



Know the Facts

about Vitamin

Supplements

There are so many vitamin



supplements out there it is hard to know which one is right for you and when you should take one. Here are a few helpful tips to help you.

- Follow Federal Guidelines for Daily Recommendations (DV)
- A multivitamin should provide no more than 100% of DV of leading vitamins (A, B12, C, Zinc, etc.)
- Avoid "mega" or "super" doses, remember food provides vitamins and nutrients
- Look for USP they meet the (U.S. Pharmacopeia) standards for strength and purity
- Take vitamins around the same time daily with a meal to maximize absorption into the body
- Ask your healthcare provider if a supplement is needed and any recommendations they might have for you personally
- Use or throw away supplements by expiration date
- Store supplements in a cool dark dry cabinet

F.Y.I.-Allergies

What are they? Sensitivity to something that is ordinarily harmless but the body tries to get rid of- known as an allergen - this is when you experience sneezing, watery eyes, and a runny nose- the medical term for nasal allergies is *allergic rhinitis*

Who gets allergies? Some 50 million Americans have allergies. Allergies have been shown to run in the family. So if mom and dad have allergies the more likely the children will develop allergies. It is also more likely that early exposure to cigarette smoke increases the chances of allergies.

When do allergies show up & why? Allergies can develop at any age. They often start in childhood or as a young adult. Many childhood allergies diminish with age. The worst years of allergies are during late teen years, but usually decrease with age.

How to tell if its allergies.

No fever, No muscle ache, Mucus is clear and runny, sneezes occur in rapid and multiple sequence, itchy nose, ears, and throat, usually seasonal and last longer than 7-10 days.

Back to School Study habits

With school now in session it's a good time to review some important study habits.

Make sure the study area is a well lit area, with no TV, radio, iPod, or other distractions.



Study in a quiet area.

Take notes on what you read and learn.

Write down any questions that cannot be answered

at the time and come back to them later, or ask someone later. And last but not least, set aside time to study and make studying a routine.

National Physical Therapist Month

October is National Physical Therapist month and this year the American Physical Therapy Association is slogan is, "Physical Therapy Brings Motion to Life". The association is bringing about awareness that physical therapists are a great alternative to surgery or pain medication. A physical therapist can help with arthritis, back, knee, and shoulder pain, osteoporosis, overuse injuries, stroke, sprains, strains, and fractures, and much more. Research shows individuals who participate in physical therapy show greater improvement in daily functions and decreased pain intensity.

A physical therapist can help you decrease pain or manage pain without medication or other invasive methods.

Autumn Apple Cranberry Crisp



Prep: 15 min.

Bake: 30 min

Oven temp: 375°F

Makes: 6 servings

5 Cups thinly sliced/peeled cooking apples

1 cup cranberries

2 tsp granulated sugar

½ tsp apple spice or cinnamon

½ cup quick cook rolled oats

3 tbsp brown sugar

2 tbsp flour

½ tsp apple pie spice/cinnamon

2 tsp butter

- Make in 2 qt. baking dish combine apples & cranberries add granulated sugar and ½ tsp apple spice; toss to coat
- For topping in a small bowl combine oats, brown sugar, flour, ½ tsp apple spice. Use pastry blender and cut in butter till mixture resembles coarse crumbles and sprinkle over fruit mixture.
- Bake until apples are tender (serve warm)