



Nutrition in the News:

New Study Proves Ginger Benefits Nausea Sufferers



For thousands of years ginger has been treasured for its reputed health benefits, in particular for treating digestive problems including nausea.

Until recently the evidence for treating nausea has been inconclusive, but a new double blind study conducted by US researchers with the University of Rochester Medical Centre and funded by the National Cancer Institute seems to have identified the crucial importance of consuming ginger 2-3 days before Chemotherapy treatment instead of just before which has been the case in other studies.

Using a seven-point scale, people rated the severity of their nausea throughout the day. Overall, people who had ginger at any dose had less nausea after chemotherapy than those who had the placebo. Interestingly, those who had the smallest daily doses of between 0.5 grams to 1 gram had the biggest improvement - their nausea was 40 percent less severe than those having the placebo.

Source: <http://www.medicalnewstoday.com/articles/151735.php>

Upcoming Events:

Become a Picture of Health with...



Activity Challenge starts June 30th

Get yourself, family & coworkers ready to have some fun!

Log your physical activity time to 'travel' through parks
Win great prizes (odds are about 1 in 3!)

Do a photo contest, cooking session & skin screening
if you wish

Return completed registration by June 26th

Campfire Cooking Creations!

Tuesday, June 30th 12:15– 12:45 pm
HHS Basement Auditorium

Hardcore campers & casual grillers join us
as Dan Schultz of the Nutrition Division shares:

- Great ideas
- Easy recipes
- Delicious samples
- Prize Drawing & more



E-mail Hottenstein.kim@co.la-crosse.wi.us
to register

Balance Your Life!

Life can be fast-paced and hectic. Therefore it is important to keep balance in your life and take steps for the healthiest you!

Here's how to DRESS for success and balance!

D: Diet and Nutrition: Eating healthy is essential! Eating a wide variety of healthy foods can help fight disease and provides all the necessary nutrients our bodies need for optimal health. Here are some good eating tips:

- Eat breakfast to avoid those mid-morning, high fat snacks.
- Don't skip meals.
- Avoid eating when you are bored, angry or tired.
- Drink lots of water throughout the day.
- Go easy on salt.
- Be smoke free.
- Limit your alcohol intake.

R: Relax: Take time out to sit or lie in a comfortable place.

Listen to music, read a book or watch a favorite movie. Do not think about your troubles, this is your time.

E: Exercise: Regular exercise releases endorphins and helps us have a better sense of well-being. Jog, bike, walk, or try a yoga class.

S: Socialize: Make sure when you are planning your week's activities to make time for some fun! Friends and family are important stress relievers and can help brighten up your week by adding companionship.

S: Sleep: It can be difficult to get enough rest. Inadequate sleep has been linked to heart disease, high blood pressure and even cancer. Follow these tips to for a better nights sleep:

- Drink a warm milk-based drink. Avoid caffeine and alcohol as they are stimulants.
- Take a warm bath or shower.
- Read a book so your eyes become tired.
- Write down all the things you need to do tomorrow and then stop worrying about them.
- Listen to a relaxation tape.

Source: <http://cms.massey.ac.nz/massey/study/services-for-students/>

