March is National Nutrition Month
Eating healthy doesn’t have to be difficult. Try these simple ideas.
* Stuff an omelet with veggies. Onions, peppers, tomatoes, spinach & broccoli all work well.
* Add some zip to your sandwich. Try adding a slice of pineapple, apple or cucumber.

Is Chocolate the Next Wonder Food?
Yes! Well, sort of. Dark chocolate, (not milk or white chocolate) is a potent antioxidant - a substance thought to help prevent cancer, heart disease and stroke. New research also shows that dark chocolate can lower high blood pressure for some people. But, there’s still the matter of those pesky calories to consider. A one ounce serving of chocolate has about 150 calories. Too many calories are not good for anyone.

Spring Break = Fun in the Sun
For some, the thought of escaping the Minnesota winter is irresistible this time of year. If you’re one of the lucky ones who get to travel to a sunny spot this Spring Break, be sure to be smart about your sun exposure. Fair skinned people are especially vulnerable, but the sun does not discriminate! Everyone should try to avoid the sun at peak times of the day - between noon and 3:00 pm. This is when the sun’s rays are strongest. Remember to bring sunscreen and protective clothing. Sunscreen should have an SPF of at least 15 and it should be re-applied every 20 minutes in the sun! Apply liberally to all exposed areas and pay special attention to ears, nose and cheeks. Your lips need protection too because they can very easily burn. Use a lip balm with an SPF. Enjoy your fun in the sun, but use some extra care to protect yourself. The risk of Melanoma (the deadliest form of skin cancer) doubles with every blistering sunburn.

Mononucleosis: The K-i-s-s-i-n-g Disease
If you’ve been feeling extremely fatigued and have a sore throat, swollen lymph glands and a persistent fever, better see your healthcare provider - it could be Mono. Infectious Mononucleosis (Mono) is caused by exposure to the Epstein-Barr virus (EBV). Although Mono is spread through saliva, (hence the name, “Kissing Disease”), it is also spread by coughing, sneezing or sharing a cup.

Mono is not usually a serious disease, but serious complications, such as swelling of the spleen, can occur. Your healthcare provider may advise you to avoid strenuous activity or contact sports for several weeks. If you have mono and start to experience pain in your abdomen/shoulder, trouble breathing or jaundiced (yellowed) skin, seek medical attention immediately.

Since Mono is caused by a virus, antibiotics will not help. Treatment usually means getting lots of rest, eating healthy foods, not drinking alcohol, and drinking plenty other fluids like water and juice. With proper care, you’ll be kissing again in no time.

“Where there is laughter there is always more health than sickness.” ~ Phyllis Bottome