


Lifestyle



Healthy Eating For A Happier Me


Meal Time

 by Javar Place

Today it is surprising to note the number of people who buy their lunch. This is, on average \$5-10, spent on lunch per day. At the other extreme, are people who are neglecting lunch. Having 3 square meals, broken up though the day, helps to provide energy and keep one alert all day.

Whether you are at work or school, it is important to have breakfast when starting the day. This is because breakfast gives energy to the body, to kick-start the brain. Many people buy their lunch, as a matter of convenience. However, much of the food that is bought is over priced, or has little or no nutritional value. For example, a salad is usually considered a healthy meal. However, salads usually come with additives like cheese and salad dressing, which are full of preservatives and are high in fat. Taking time out, to prepare food means, you know what is going in your body. Also this way, you can make whatever you want and have control over how much you eat. Preparing your own lunch is cheaper, healthier and gives you more control over your health.


Don't starve yourself!

 by Cynnara Phillips

In my opinion when it comes to feeling hungry or thirsty, it is good to get food as soon as possible. If you have ever heard the expression "swallow your spit" that doesn't work! Get food and don't hurt yourself. You get your energy from food and it also helps you think. Don't take any notice of all of these slim and trim models we see day after day in the magazines! Get smart and eat healthy and regular.



Good food. Good health.

 by Sierra Botkin


Bermuda, are you tired of getting sick? Well, here is your chance to improve your health. If you eat healthy, I guarantee you that your body will not react to symptoms. Your face will be clear of pimples, blotches and sores. For instance take my diet: no meat, dairy products, salt, pepper, juice, soda and desserts, like ice-cream and cake, sounds boring. I still get to eat veggie burgers, organic French fries and freshly squeezed juice drinks. However, I have only been to hospital once, excluding when I was born, and have really only been sick twice in my life. Just think about it. Try cutting out a little of the bad stuff and eating some fresh healthy food. You'll feel better for it.



29 students out of 75 students surveyed at The Health Conference said that they DO NOT eat breakfast.

Health information from UNIS Conference 2005

The Low-down on Acne

 by Khamani Fox

The majority of teenagers, approximately 90% (and approximately 25% of adults) has experienced some form of acne, or knows someone who has. For those that have experienced it personally you can benefit from this article. I know exactly how you feel; it starts with a sore spot, than a sore bump, than the white head appears. Eventually you get tired of seeing it and you get the sudden urge to pop it, you find that you get relief for a short while, but then you notice that scarring starts, so now you have a whole new problem on your hands, well, face in this case.



but it is inflamed (sore, irritated), and appears as a red circle with a white or yellow center.

The following are both severe forms of ACNE VULGARIS:

- 5) Nodules As opposed to the forms of acne mentioned above, nodular acne consists of acne that is generally much larger, more painful and last longer. They are usually large, hard lumps underneath the skins surface. Cysts These can appear similar to a nodule but they differ in various ways. An acne cyst is pus-filled and has been described as having a 5mm diameter.

Topical creams called retinoids generally treat these mild to moderate forms of acne, and most times products containing benzyl peroxide, these include oxygen pads, Aveeno Cleansing washes and even ProActive. These forms of acne treatment can be bought from a pharmacy. More severe forms of acne may require treatment with prescription strength topical and oral medications.

- Before trying to purchase any of the drugs consult you dermatologists, so you both can decide on the drug that is right for you. There are other treatments, besides using chemicals that can treat acne. These are simply:
- 1) Washing your face, back, and chest twice a day these are the main areas where acne occurs;
 - 2) Washing after exercising sweat contains dirt and may clog pores;
 - 3) Washing sheets once a week- bed sheets are full of dead skin cells;
 - 4) Drinking plenty of water and refrain from drinking drinks that contain a lot of sugar or are acidic;
 - 5) Modifying your diet- REMEMBER, what you put in your body must come out.

So, where do we start addressing this problem? First we need to find the cause of the problem. Many of us assume that all acne is the same so it can be treated the same, however this isn't the case. There are many variations of acne, which include pimples and zits ranging in severity from mild and moderate to severely disfiguring. Therefore they all can't have the same treatment. What might work for one, will not necessarily work for others.

The most common acne amongst teenagers and young adults is ACNE VULGARIS, which is mainly mild to moderate. In the following paragraphs I will give you a generalized breakdown of the different forms of ACNE VULGARIS.

- 1) Whiteheads Are a result of pores being completely blocked trapping oil, bacteria and dead skin cells; this causes the white appearance on the surface of the skin. These are generally shorter in life cycle than blackheads or other forms of acne.
- 2) Blackheads- Are a result of a pore only being partially blocked, allowing some of the trapped oil, bacteria and dead skin cells to slowly drain to the surface. Contrary to popular belief the black coloration of the blackhead is not a result of dirt but rather is from a reaction taking place with the skins pigment (melanin) and oxygen in the air.
- 3) Papules These are small, red, tender bumps with no head.
- 4) Pustles also known as "zits" This is similar to its sister the whitehead,

Visit youthnews.com for more on this topic and instructions on how to pop a pimple.

Gay Marriages, Straight Up

 by Sarah Russo

The act of union between two people of the same sex is becoming increasingly common in the era in which we're living today. In our modern world, most people accept another's homosexuality. But is it really OK to be gay? Homosexuals experience discrimination against them, especially in the delicate area of equal rights.

Various states of the United States of America are considering different forms of legal recognition of gay couples in committed relationships: civil unions, same sex marriages and domestic partnership.

Civil unions, recognized in Virginia, give homosexual couples the same rights as heterosexual couples. The civil union law allows the couple to share normal spousal rights regarding hospital visitation,

medical information and decisions, inheritance, property ownership, various insurance and government benefits, adoptions and tax laws.

Domestic partnerships, which California, New Jersey, District of Columbia, Hawaii and Maine abide by, allows the couple to have the status of a domestic partnership. Though some restrictions apply from state to state, it is required that the partners are over 18 and share a residence. In Maine, the domestic partnership benefits extend only to health insurance, whereas in California, the partners, under domestic partnership status, get almost full marriage benefits.

Same sex marriage, only legal in Massachusetts, gives gay and lesbian partners the complete benefits enjoyed by heterosexual couples.



Thought of the week

Get a good night's sleep. Rejuvenate your body, mind and spirit.