

JULY 2008 NEWSLETTER

panacea

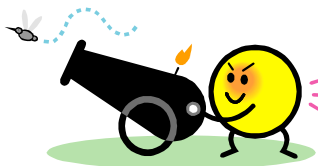
preventive medicine clinic & research centers

IN THIS ISSUE • WHY MOSQUITO BITES ARE ITCHY • HEALTHY RECIPE • THE FIVE-SECOND RULE • DID YOU KNOW? • WHAT ARE HYPNIC JERKS? • FUN MAZE



FEATURE ▪ WHY ARE MOSQUITO BITES ITCHY?

PANACEA CENTER



A mosquito is an insect that is found around the world. Female mosquitoes need blood so she can lay more eggs to produce more mosquitoes. When a mosquito bites, she takes some blood and leaves behind her saliva. In the saliva is a blood thinner that keeps the blood from clotting. When the saliva mixes with your

blood, your body responds by producing histamines which cause irritation, slight swelling, and itching. If you have been bitten by a mosquito, you will see a round pink or red bump that feels very itchy. If you think you've been bitten, wash the bite with soap and water. Get an adult to help you apply aloe vera gel or a cream to help soothe the itching. An ice pack over the bite can help too. To prevent getting bitten, wear shirts with long sleeves, pants, a hat, shoes and socks when outdoors. Wear light coloured clothing because darker coloured clothing attracts mosquitoes. Try not to go out early in the morning or in the evening. Mosquitoes like to lay eggs in water so make sure to empty out buckets, toys, flower pots and other things in the yard that may have collected water during a rainstorm.

IMPORTANT DATES

canada day **july 1, 2008**
PANACEA CLOSED

SUMMER SPECIALS

Relaxation package: Panacea now offers a specially designed package to relieve tension and decrease stress by relaxing your mind and body. Rejuvenate with a non-invasive and safe microcurrent face lift, reinvigorate yourself in an ozone steam sauna, relax with a soothing foot bath, and release tension with a 15-minute chair massage. Enjoy this package at 40% off the regular price! Book today!

Chronic pain management:

Let us help you alleviate joint, muscle and other pain with a special package that includes consultation with a naturopathic physician, acupuncture, reflexology, two foot baths, an ozone steam sauna session, and homeopathic remedies for pain relief. Now only \$225.

For more information on these and other specials, call us at: 604.304.6010 or visit www.panaceacenter.com

HEALTHY RECIPE ▪ STRAWBERRY SMOOTHIE

SOURCE::KIDS HEALTH



A great tasting smoothie for kids with or without lactose intolerance. Children with lactose intolerance often need to limit or avoid dairy products. This recipe is great with fruit and can also be made with frozen fruit. If you don't have any strawberries, try any other type of fruit you find tasty! Prep time: 10 minutes. Serves 1.

1/2 cup vanilla soy yogurt
2 ice cubes

1/2 cup strawberries
2 teaspoons vanilla extract

Utensils: Blender (you will need help from an adult), measuring cups, measuring spoons.

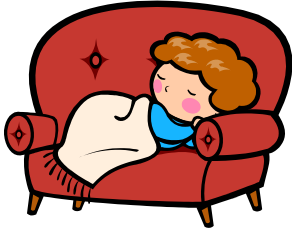
Directions: Blend all ingredients in a blender until smooth. Serving size: 1 cup.

Variations and suggestions: To make the smoothie sweeter, add sugar, honey or a sugar substitute to taste.

BABY DERMAMED

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WHY DOES MY BODY JERK BEFORE I FALL ASLEEP?
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Have you ever had that feeling where you're all cozy, falling asleep on the bed or the couch, starting to lull off into dreamland and then, all of a sudden, your body twitches, waking you up? Strange, isn't it?

This jerking or twitching movement, also known as a sleep start, is called a **hypnic** or **myoclonic** (my-oh-kloh-nik) **jerk**. Such movements are completely normal and usually happen before entering the deeper stages of sleep. Doctors and scientists aren't quite sure why this happens but they have a few theories.

One theory is that hypnic jerks are a natural step in how the body goes from alertness to sleep. As you start to fall asleep, your body goes through changes to prepare for a few hours of relaxing. Your breathing, temperature and muscle tone may start to change. These changes may be what cause the twitching.

Another theory says that the muscles relax as normal except the brain gets confused and thinks you're falling. Because of this falling feeling, your muscles tense up so you can "catch yourself" before you fall down.

Sometimes these jerking or twitching movements can wake you up or you can keep on sleeping. If one of them wakes you up, it's nothing to worry about so just try to go back to sleep.

HEALTH CORNER • THE FIVE SECOND RULE
PANACEA CENTER

At some point or another, you may drop food on the floor or on the table and still wanted to eat it. If someone sees you drop it, they may have called out, "Five second rule!" This rule supposedly claims that food is still good to eat if you pick it up in five seconds or less. Scientists have tested the rule and it just isn't true. Icky bacteria can still stick to food no matter how fast you try to pick it up. Food that has been dropped on the floor could make you sick so instead of throwing the dropped food back in your mouth, just throw it in the garbage.

Here's some facts about the five second rule:

- 1. A clean looking floor isn't really that clean.** Dirty floors can be worse but even the clean looking ones have plenty of germs on them. That's because germs can survive a long time. There's a pretty good chance germs and bacteria are probably living on your kitchen floor and the cafeteria floor at school.
- 2. Fast may not be fast enough.** A piece of food picks up more bacteria the longer it spends on a surface. Bacteria can stick on food as soon as it hits the floor. Food left on the floor even for an instant can get contaminated given the right conditions. For example, food with wet surfaces, like an apple slice, can pick up germs easily.
- 3. When in doubt, throw it out.** Some bacteria are not harmful but others can leave you feeling awfully sick with diarrhea. Bacteria is too small to see and even if you could, it doesn't take a lot to make you sick. But what about that tasty morsel of food that fell? Be safe. Pick it up and throw it out.



DID YOU KNOW?
FIVE FISH FACTS

- 1. Fish are the world's oldest vertebrates (have a backbone or spine).**
- 2. The first fish appeared around 500 million years ago.**
- 3. Today, there are more than 24,000 types of fish in the Earth's waters.**
- 4. The smallest fish is the Philippine goby which measures less than 1cm when full grown.**
- 5. The largest fish is the great whale shark which can reach up to 50 feet long (almost the height of a 5-story building!).**

