

## FEATURE ▪ HEALTH PROMOTING RESOLUTIONS PANACEA CENTER

Welcome the New Year with a new look on health that promotes a better lifestyle and says goodbye to old habits and behaviours. This 2009, make positive changes that can provide you with benefits throughout the year and for years to come.

### Quit Smoking and Avoid Exposure to Secondhand Smoke

The leading preventable cause of death is smoking. For many, it is a hard habit to quit, but doing so can help you, your loved ones and others reduce the chances of developing lung disease.

### Cut Down on Salt and Fat

Help lower your blood pressure and decrease your chances of getting heart disease or having a stroke by limiting salt intake to one teaspoon per day. For those over 50 years of age, limit salt to half a teaspoon per day.

Decrease cholesterol levels and reduce the risk of heart disease by eating a diet low in fat, saturated fats and trans fats. Most packaged products today have a nutritional facts sheet which can help you keep track of the amount of salt, fat and cholesterol in the foods you buy. More health resolutions next page...

## ARTICLE ▪ WARNING SIGNS OF ALZHEIMER'S

SOURCE: ALZHEIMER'S SOCIETY

Alzheimer's disease is progressive and degenerative and is the most common form of dementia. Loss of memory, changes in mood and behaviour, and difficulty with daily tasks are symptoms of this disease and they are not part of normal aging. While these symptoms may also reflect those of other health conditions, it is important to consult with a healthcare professional to determine if they are due to Alzheimer's disease. Some warning signs as listed by the Alzheimer's Society include:

### 1. Disorientation of time and place

Forgetting the day of the week or a destination for just a moment can be normal for anyone but for those with Alzheimer's, they may become lost on their own street, confused about how they arrived there or not knowing how to return home. Five more signs of Alzheimer's on the next page...

## IMPORTANT DATES

**panacea closed:**  
new year's day [january 1](#)  
closed [january 2](#)

**observation**  
alzheimer awareness

## FEATURE PRODUCT

ULTRAMEAL BARS



Chocolate Banana  
Chocolate Fudge  
Only \$3/bar

## COLD & FLU CLINIC

Prevent colds & flu before it starts. Book a visit with our naturopathic doctor to help boost your immunity this season.  
604.304.6010

## MAINTAIN YOUR HEALTH

Have a thorough check-up to help detect any health issues with the CRT 2000 Exam.  
604.304.6010

## DERMAMED HYDRATING BODY LOTION

Choose the best in naturally-sourced ingredients to moisturize your skin this winter.  
[www.dermamed.com](http://www.dermamed.com)





**HEALTHY RECIPE:  
HOMEMADE HOT COCOA**  
PANACEA CENTER

Warm up to a delicious mug of homemade hot cocoa this winter and reap the benefits. Studies have shown that a plant compound with antioxidant properties called epicatechin, found in foods and drinks including blueberries, grapes, tea and cocoa, can help boost memory. Its benefits can work better when combined with regular exercise.

**Ingredients**

2 cups milk (substitute lowfat, skim, soy, or rice milk, if desired)

2 heaping teaspoons organic fair trade pure 70% dark-chocolate powder or cocoa powder, more or less to taste

Pure maple syrup, to taste (honey also works or your choice of sweetener)

**Directions**

Heat the milk in a saucepan and add cocoa powder, whisking to combine. Add maple syrup to taste, stir again, pour into a large mug and serve hot. Makes one serving.

**Add some flavourful zing!**

For optional flavorings, use mint, orange or maple extract, cinnamon, nutmeg. Perhaps try a little mexican style kick to your hot cocoa with a pinch of cayenne pepper.

**Summertime cooldown**

Add some ice cubes and drink as is or blend for a milkshake.

**FEATURE ARTICLE ▪ HEALTH RESOLUTIONS cont.**  
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**Eat Plenty of Fruits and Vegetables**

Eating about two cups of fruit and two to three cups of vegetables a day can help reduce your risk of developing cancer, heart disease, high blood pressure and stroke. The most nutritious fruits and vegetables are the fresh ones.

**Check Blood Pressure and Cholesterol**

Have your blood pressure and cholesterol checked regularly by your doctor. Keep your cholesterol level below 200 mg/dl to reduce the chances of heart disease. If you have high blood pressure, make sure to keep it under 140/90.

**Protect Yourself from the Sun**

If you're out on a sunny winter or summer day for a long period of time, make sure to apply sunblock of at least SPF 30 and wear protective clothing. Otherwise, limit your sun exposure during the peak times of the day from 10am to 2pm. Those who get frequent sunburns should have their healthcare professional check their skin regularly to detect for early signs of skin cancer. Also, don't forget to protect your eyes from the sun's rays and wear sunglasses with 100% UV protection. Make sure to visit your eye doctor regularly if you have any eye concerns.

**Monitor Your Overall Health**

Screen for various health conditions and disease processes with a contact regulation thermography (CRT) exam. The CRT exam can be complemented with other diagnostic procedures and results are available immediately after the exam so you aren't left waiting anxiously for weeks.

Get started on your health promoting resolutions today and feel the difference throughout the year. For advice on how you can get started, call us: 604.304.6010.

**ARTICLE ▪ WARNING SIGNS OF ALZHEIMER'S cont.**  
SOURCE: ALZHEIMER'S SOCIETY

**2. Memory loss affecting daily function**

On occasion, a person can forget appointments, names or phone numbers and remember them later. However, someone with Alzheimer's may forget things more often and not remember them later, especially more recent events. Next page...

**3. Problems with language**

While it may be normal to find the right words sometimes, a person with Alzheimer's may forget simple or substitute words that make sentences difficult to understand.

**4. Changes in mood and behaviour**

Everyone may experience a change in emotion from time to time such as sadness or being moody but someone with Alzheimer's can exhibit varied mood swings - from calm to tears to anger - for no apparent reason.

**5. Difficulty performing familiar tasks**

Sometimes people can be so busy that they forget to do something until the last minute when they remember, such as leaving vegetables on a platter in the kitchen and forgetting to serve them until the end of the meal. Someone afflicted with Alzheimer's disease may have trouble with the simplest of tasks that they have done all their lives, such as preparing a meal.

**6. Changes in personality**

Personalities can change with age but in those with Alzheimer's, a person can become suspicious, confused or withdrawn. Other changes include apathy, fearfulness or acting out of character.