



Health~E~News
Your Prescription for Healthy Living

The Skin You're In Winter Habits for Healthy Hair and Skin

During winter, the colder, dryer air can really take its toll on one's skin and hair. Exposure to harsh winter winds can damage the skin, the places most often exposed to the outdoor air: the face and hands. In addition, indoor heating pulls moisture from the air, leaving skin and hair feeling dry and brittle. But with a little pampering, winter skin and hair can be soft, radiant and healthy.



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All About Nutrition Good Food—Lighten Up Your Holidays



For my family, it wasn't the gifts or decorations that made holidays so special. Nor was it snow (growing up in Florida makes that a difficult proposition). Instead, the cozy camaraderie of my grandmother's kitchen was our holiday highlight. A superb Irish cook, Nana made absolutely everything from scratch. And for the holidays, she pulled out all the stops, piling her kitchen table high with homemade cinnamon rolls, sweet tea breads, and dozens of her famous oatmeal raisin cookies [Read More](#)

By Maureen Callahan, © 2006 [Alternative Medicine](#)

'Tis the Season Add Fiber to the Holiday (Eating) Season Menu

With Thanksgiving just around the corner, our thoughts turn to family dinners, turkey, stuffing, pumpkin pie, and possibly indigestion, heartburn, ulcers and more. Research has found that a fiber rich diet can help lessen heartburn and may even help reduce the risk of colon cancer. Health experts recommend eating 25-35 grams per day. Find out how easy it is to easily keep soluble and insoluble fiber on your Holiday menu.



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Health-e Tip Use Antacids with Eye on Nutrient Depletions

Many people use over the counter antacids when signs of heartburn or indigestion arise. Antacids come in different preparation combinations, containing Aluminum Hydroxide and Magnesium Hydroxide (such as Gaviscon,) Calcium Carbonate (such as Tums, Maalox, and Pepcid,) or Calcium Carbonate and Magnesium Hydroxide (such as Rolaids, Mylanta, and Milk of Magnesia.) Long-term use of antacids may cause depletions of important nutrients from the body. [Read More](#)



HerbClip™ Health Benefits of Chocolate *(Just in Time for the Holidays!)*

Flavonoids, potent antioxidants found in fruits and vegetables, are also found in significant amounts in cocoa, chocolate, red wine, and tea. Researchers have found that consumption of foods containing flavonoids can lower high blood pressure, reduce cardiovascular disease, and lessen the risk of strokes. The authors take a look at the health benefits of chocolate (*Theobroma cacao*).

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Take One Minute Autumn is a second spring when every leaf is a flower

—Albert Camus

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