



### Alleviate Holiday Anxiety Naturally

- (1) **Exercise:** If your body is already in the fight-or-flight mode, you might as well take flight! Going for a brisk walk (or the equivalent) boosts production of mood-enhancing neurotransmitters, and releases muscle tension. It's also a distraction that shifts your focus away from whatever is making you anxious. Energetic window-washing and floor-scrubbing works for me.
- (2) **Media Diet:** Bad news abounds in the headlines and on television & radio. No wonder so many of us are anxious! For one month, quit watching the news, reading the paper, looking at online news sources and listening to the radio. Is there any doubt that the world turns without you? Or do you think that you will be missing out? You will--on anxiety-provoking violence, gore, and nonsense. Consider limiting or eliminating the holiday advertisements, too, which can generate an urgent need to buy things you later admit you could well have done without = anxiety + guilt.
- (3) **GABA:** It is an amino acid & one of the central nervous system's most important inhibitory neurotransmitters, meaning it stimulates receptors that inhibit/calm down brain activity. Supplemental GABA is widely reputed for smoothing out generalized anxiety and is safe, nontoxic, & non-habit forming. For quick relief during an acute episode, open 750 mg capsule and stir it into water. For chronic anxiety take 750 mg 1-3 times a day as needed. If you are currently taking a prescription for anxiety, check with your healthcare provider before experimenting with GABA.  
(Source: Dr Julian Whitaker's Health & Healing Newsletter, May 2007)

### Concussion Red Flags

In the US, between 1.6 million and 3.8 million sports- & recreation-related traumatic brain injuries occur annually. Most of these result in mild traumatic brain injury, also known as concussion. Loss of consciousness (LOC) occurs in only about 10% of patients; don't regard it as the definitive symptom.

Check short-term memory following the incident causing the injury by asking: What is your name? Where are we? Which team are we playing? Which side scored last? Which team did we play last week? If an athlete gives an incorrect response to *any* of the questions, he/she should be removed from the athletic field & medically evaluated. Other concussion RED flags include: \* Headaches that worsen \* Looks very drowsy; cannot be awakened \* Increased confusion or irritability \* Repeated vomiting \* Weakness or numbness in arms or legs \* LOC (CDC Heads Up Program)

### FLU Facts :

- It takes your body about 2 weeks to build up necessary antibodies after flu vaccination
- Flu activity typically peaks between late December & early March
- Each year 5-20% of Americans get the flu: 36,000 die & 200,000 are hospitalized
- The flu vaccine prevents flu in 70-90% of healthy people who get the vaccine

### HealthSpiritAlphabet

Heart	Psalm 51:10
Immanuel	Mt 1:23
Joy	Luke 2:10





### New Norovirus Strain Spreads Across US

Acute gastroenteritis (GE), more commonly called the stomach flu, is the 2<sup>nd</sup> most frequent cause of illness in the US; the common cold is 1<sup>st</sup>. Noroviruses generate havoc as the nation's #1 cause of foodborne disease & epidemic diarrhea. Eating more food prepared by potentially infected workers & spending more time in closed settings has enabled new more virulent strains to spread rapidly across Europe in 2005 & 2006 and now through Canada & the US.

- are also spread person-to-person (direct exposure on ill people) & from contaminated surfaces
- are relatively heat & acid stable & can survive freezing & heating to 140 F for 30 minutes as well as chlorine disinfection that kills most bacteria (Swimming pools are often contaminated)
- symptoms generally last 24-60 hrs, but can be shed in the stool for an additional 2-3 weeks

### What to do?

- Common disinfectants used for sanitizing or disinfecting surfaces are not reliable
- Minimum 1:50 bleach/water solution up to 1:9 bleach/water solution for nonporous surfaces
- Diarrhea & vomit rapidly inactivate bleach, so thoroughly clean surfaces before bleaching
- Toilet seats & handles, stall doors & latches, faucet handles, sinks, & soap & towel dispensers should be rigorously and frequently disinfected with bleach solution (wear rubber gloves)

### Teach & Practice infection-control habits

- Wash your hands frequently with antibacterial soap for 2 rounds of “Happy Birthday to You”
- Keep your hands & fingers away from your mouth
- Avoid direct contact with infected people (shaking hands) or bathroom surfaces
- Wash raw vegetables & fruits in water you know is uncontaminated
- Veto street-vendor food, no matter how fragrantly enticing
- Avoid large groups of people & eat more meals at home

1/2 cup butter  
 1/2 tsp salt  
 6 Tbsp sugar  
 1/4 tsp baking soda  
 1/4 brown sugar  
 2 tsp cinnamon  
 1/2 cup molasses  
 1 1/2 tsp ginger  
 1 egg/separated  
 2 cups flour/2tsp baking pdr

Cream butter with sugars, molasses & egg yolk.  
 Combine remaining ingredients (except egg white).  
 Stir dry ingredients into butter mixture to form stiff dough.  
 Wrap in foil & Chill 1 hour.  
 Roll out on floured surface to 1/8 inch thickness.  
 Cut out shapes using Christmas cookie cutters.  
 Punch hole 1 inch from top with straw.  
 Carefully transfer cookies to well greased cookie sheet.  
 Brush shapes lightly with egg white. Bake 7 minutes @350°.  
 Cool & decorate. Thread with gold cord or ribbon.



Dear Lord, you sent your Son to earth to become a man so none of us could say: “God, you don’t know what it’s like to be a man.” God, you sent your Son to die for our sins. Thank you, Lord God, for this precious gift of love. Help me to have faith to accept all you have given me, your Son Jesus Christ. Amen.