



How To Talk To Your Doctor
Running Against Time
Natural Weight Loss...Still The Best
Drink More Water!



Health Tips...How To Talk To Your Doctor

How do you talk to your doctor? Does he or she do all the talking while you do all the listening? Are you afraid to ask?

Your relationship with your doctor affects your care. A good relationship — where you and your doctor share information and work together to make the best decisions about your health — will result in the best care. You'll also feel more confident in your doctor and the quality of care you're getting. Here are some ways to make talking to your doctor more effective:

Be Prepared

Doctors are busy people and their offices are often abuzz with activity. When you actually see your doctor, your visit probably won't last more than 15 minutes. The best way to make the most of your limited time is to come to your appointment prepared:

- Write down all the questions you have for the doctor in advance and bring a pen and paper to jot down answers and take notes.
- Bring a list of symptoms if you're not feeling well. You might want to research your condition at the library or on the Internet if you're visiting your doctor for a specific problem or illness. Learning some related medical terms and common treatments will make it easier to follow what the doctor is telling you.
- Bring a list of all the medicines you take. Write down the doses and how often you take them. Include vitamins and other supplements.
- Arrive early enough to fill out forms.
- Have your insurance card ready and bring your medical records or have them sent in advance if you're seeing the doctor for the first time.

Speak Up

If you don't understand what the doctor is telling you, ask him or her to explain it again. Using different words, or drawing or showing you a picture can help. Don't leave the office without understanding everything the doctor told you.

If there are issues you want to discuss that the doctor doesn't mention, raise them yourself. Doctors often are so focused on making sick people better — or so rushed — they forget to talk about important health matters like diet and weight, exercise, stress, sleep, tobacco and alcohol use, sexual practices, vaccines, and tests to find diseases. Find out what tests you might need for your age, such as a mammogram or colonoscopy, and ask your doctor about getting them. Don't be embarrassed or ashamed to bring up sensitive topics.

Don't Withhold Information

The more information you share, the better the doctor will be able to figure out what's wrong and how to treat you. Don't make the doctor guess. Be sure to mention any and all medicines, vitamins, and herbs you are taking, and anyone else you are seeing about your health, physical and mental.

Bring Someone With You

Sometimes, people like to bring a friend or family member to a doctor appointment for moral support. A companion also could help you relax, remind you of questions you forgot to ask, and help you remember what the doctor said. If you need personal time with the doctor, the person can sit in the waiting room.

Follow Up

If you feel nervous, rushed, or just plain overwhelmed, you might forget to ask a question, even if you wrote it down. If this happens, or if you think of a new question, call the office right away. Be patient but firm if you want to speak directly with the doctor, who might not be able to take your call at that moment. If the doctor wants you to come back for a follow up visit, be sure to set and keep the appointment.

Building a successful partnership with your doctor takes time and effort. Let your doctor know when there's a problem. If you can't resolve things together, you might need to entrust your care to someone else.

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Running Against Time

Regular exercise. We all know we should do it. The question is, when? With time as tight as it is for the average person these days, devoting hours and hours a week to fitness just isn't possible.

Fortunately, according to many experts your workouts don't have to eat up a lot of time. At truestarhealth.com, you can find 10 tips on a "Time Efficient Workout," including:

- **Full body warm-up.** Get the most out of your warm-up time by incorporating your entire body, upper and lower. Walking at a quick pace with your arms pumping (if you're on a treadmill, set it for a moderately steep incline) involves the whole body and gets your heart rate up within three or four minutes.
- **If you're in a crowded gym, carry a set of dumbbells with you.** That way you can work your arms while you wait in line for a specific machine.
- **Pair up two muscles of opposing functions.** For instance, quickly alternate between chest and back, quads and hams, inner and outer thighs, eliminating the time-consuming rest periods in between.
- **Work two muscles at the same time.** Example: As you work your legs with lunges, you can simultaneously curl dumbbells to work your arms.

If you're REALLY time-challenged, there are still a few changes you can make in your daily routine to help stay fit, according to www.athletico.com. Take the stairs instead of an elevator; park as far away as possible so you have to walk to the parking lot; ride your bike to work; take a walk during your lunch break.

How much water do we need on a daily basis?

Our daily need of water is mainly covered through drinking. On a daily basis we need to drink about 1,5 - 2 liters of water. Foodstuffs that have high moisture contents also contribute to our water supply. With our food we absorb about 1 liter of water a day.

Our total required amount of water is 2,5 liters a day. If we drink enough water and eat enough water-containing food, this should not be a problem.

How much water we drink is determined by our habits, not by thirst. When we feel thirsty, this usually is a sign that we have not been drinking a sufficient amount of water.

Why should we drink so much water?

Water, after oxygen is the second most important substance for human health. Water is a universal solvent and transport medium, and because of that it is the basis of all biological processes in the human body.

Water is mainly important for the digestive system, because it contributes to the constant supply and export of products and substances. The transport of nutrients can only take place through a solvent, and as such water acts as the main transport medium of nutrients.

Water also attends heat regulation in our bodies. For humans it is of vital importance that the body temperature stays at a standard level. That is why we have to drink water, when we are infected with a fever. Water takes up heat and transports it out of the body while we are transpiring.

We can survive without food for about 30 to 40 days, but we can only survive a few days without water. This is a factor that proves how important water is for us.

This newsletter is published to provide readers with the information and the motivation needed to achieve and maintain a healthier lifestyle. The content herein is in no way intended as medical advice on individual health problems. Advice should be obtained directly from a licensed physician.

No Pills or Formulas: Natural Weight Loss Programs are Still the Most Successful Way to Lose Weight (and keep it off)!

Weight loss pills and supplements have been around for a long time. Their marketers use terms like '**Rapid**' and '**Easy**' and of course we are interested right away.

But **like everything in life, if you choose to take the easy path, your level of success will be greatly reduced.** That's not to say you won't lose weight when you use weight loss pills, but if you do, you'll put it all back on as soon as you stop taking them.

Natural weight loss works because it makes your body work more efficiently. Your metabolism increases, along with the health of your heart, lungs, and muscles. It's the most successful method of long-term weight loss simply because you are using your body for what it was meant to be used for (movement) and you are fuelling it with the best possible fuel (fresh foods).

Pills and supplements on the other hand try to either replace food or suppress your appetite. **No pill will ever provide the nutrition that fresh foods will,** and anyone that tells you otherwise is lying. As for suppressing your appetite, this will only cause your body to react by going into 'survival mode'. Your metabolism will slow down, which means that more of the food you do eat will get converted into fat. Yes, you may lose weight but you won't be losing much fat.