



# The Baker's Best of Health

October • November • December 2011

Greetings,

After the record-breaking heat of summer, the cool breezes and hint of snow are a welcome relief. And the colors of the season are dazzling to behold. With so much to be thankful for, don't forget about that nasty seasonal sideswiper—the flu! If you didn't get vaccinated, protect yourself with the hearty healing powers of garlic. Then check out these terrific tips.

*Diane Baker*

## By the month...

### October

Eye Injury Prevention Month

[www.geteyesmart.org](http://www.geteyesmart.org)

National Breast Cancer Awareness Month

[www.nbcam.org](http://www.nbcam.org)

October 2-8  
Mental Health Awareness Week

[www.nami.org](http://www.nami.org)

October 5  
Walk to School Day

[www.walktoschool-usa.org](http://www.walktoschool-usa.org)

### November

Lung Awareness Month

[www.lungcanceralliance.org](http://www.lungcanceralliance.org)

National Family Caregivers Month

[www.thefamilycaregiver.org](http://www.thefamilycaregiver.org)

November 14-20  
Get Smart About Antibiotics Week

[www.cdc.gov/getsmart](http://www.cdc.gov/getsmart)

### December

Safe Toys and Gifts Month

[www.preventblindness.org](http://www.preventblindness.org)

December 1  
World Aids Day

[www.worldaidsdaycampaign.org](http://www.worldaidsdaycampaign.org)

December 4-10  
National Handwashing Awareness Week

[www.henrythehand.com](http://www.henrythehand.com)

[www.bakersbesthealth.com](http://www.bakersbesthealth.com)

## In the News...

### Is Your Turkey Tainted?

The latest frightening food contamination scare has turkey burger lovers looking for other options. A particularly nasty strain of salmonella has been found in ground turkey, and it's sickened more than 100 people. While ground turkey manufacturers have responded by recalling their packaged meat, it's an important reminder to consumers that following safe cooking rules can help protect them from foodborne illnesses.

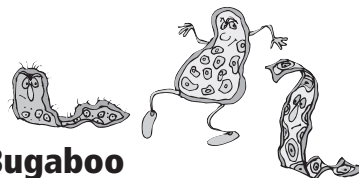
<http://tiny.cc/m3hu5>

### You Are What You Order!

Casual dining restaurants are hopping on the healthy eating bandwagon by expanding their menus to include low-fat and low-calorie options. And the best part is that the food is just as filling and just as delicious as the less-healthy options. Drop by to taste some of the lighter fare—and you just might drop a few pounds while you're at it!

<http://tiny.cc/ljix5>

## This Season's Hot Topic...

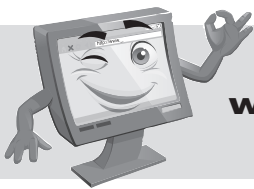


### Let Garlic Help Battle the Flu Bugaboo

Now that flu season is right around the corner, check with your doctor for immunization options. And if the flu strikes you or yours, fight back with garlic! Here's how the heroic herb can help boost your immune system and control your symptoms:

- Apply a thin coat of olive oil to the soles of your feet, followed by a rubdown with the cut side of a clove of garlic. Then slip on a thick pair of socks, and get to bed—pronto! When you wake up, you'll feel a whole lot better.
- Reach for a few more cloves of garlic, chop 'em up, and toss 'em into your favorite hot soup.
- Make a batch of this elixir now so you'll have it on hand when you need to calm a cough and clear out a stuffy nose: Layer 12 chopped cloves of garlic alternately with layers of granulated sugar. Cover, and let it steep for two days while the sugar pulls the liquid out of the garlic. Strain the juice through a piece of cheesecloth, and take it by the tablespoonful every few hours to calm your cough.

(Cont.)




Check out our gallery of DIY videos at [www.bakersbesthealth.com/videos.aspx](http://www.bakersbesthealth.com/videos.aspx) to learn how to reduce eye bags, age spots, and more!

## A Potato That's Good for You? *SWEET!*

Thanksgiving just wouldn't be the same without the warm, melt-in-your-mouth taste of sweet potatoes. Mmmmmm, I can practically taste them right now. But if they're so darn good, why do most people eat white potatoes most of the time and save the sweet spuds for the holidays? It's a mystery to me, especially since sweet potatoes fill our bodies with plenty of beta-carotene, a powerful antioxidant!

In fact, one single sweet potato packs a whopping 15 milligrams of beta-carotene. And dozens of studies have shown a link between beta-carotene and a lowered risk of cancer, heart disease, and other heavyweight health problems.

So the next time you hear French fries calling your name, hit the kitchen—not the fast-food drive-through. These homemade fries deliver more flavor—for far less fat and calories. 

## 4 Ways to Save Your Soles

You've made a list, checked it twice, and spent the day bagging bargains at the outlet mall. Good for you! Your holiday shopping is done—but boy, oh boy, are your feet aching. So try these DIY feel-good feet treats and you'll be up and at 'em again in no time at all:

1. Soak your tired tootsies in water spiked with Epsom salts and a few drops of lavender, chamomile, or peppermint essential oil.
2. Take a load off! Raising your feet allows gravity to drain away any swelling that's a part of your discomfort. This works best if you raise your feet higher than your head by laying down and propping your feet up on a few pillows.
3. Roll a golf ball along the floor with the bare sole of your foot for a soothing massage.
4. Stick a pair of padded inserts into your shoes. The extra cushioning will pamper your feet and add a little bounce to your step.

## Your Feet Will Be Dancing with Energy!

Follow up your TLC with a generous dollop of our remarkable Foot & Heel Revitalizing Cream. The enhanced, extra-strength formula works wonders on tired, worn out, or neglected feet, smoothing and soothing even the roughest, toughest skin. Just massage it in and you'll feel the serious, yet gentle therapeutic action as it heals and protects your tender tootsies. Check it out on our website: [www.bakersbesthealth.com](http://www.bakersbesthealth.com).



## Sweet Potato Fries

These yummy spuds brighten up any meal. Or try them with a side of applesauce for a delicious dipping treat.

- Canola oil cooking spray**
- 4 scrubbed, unpeeled sweet potatoes**
- 1 teaspoon of ground cinnamon**
- ½ teaspoon of ground nutmeg**
- ½ teaspoon of ground black pepper**
- ¼ teaspoon of kosher salt**

Spray two baking sheets with cooking spray. Cut the potatoes in half. Slice each half into several long wedges. Place them on the baking sheets, mist with additional cooking spray, and sprinkle with the cinnamon, nutmeg, salt, and pepper. Bake at 450°F for 30 to 40 minutes, or until brown and soft, turning once.



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