Greetings,

Happy 2012 to you and yours! Here’s wishing you all the best that the new year has to offer. Of course, right now I’m sure your main goal is to stay warm. But don’t forget to focus on good health as well. And if you find that you’re feeling a little under the weather, don’t bother running to the drug store for relief. Just check out my list of home remedies, and you’ll be on the road to recovery in no time at all.

By the month...

January

- Cervical Cancer Awareness Month
  - www.nccc-online.org
- National Blood Donor Month
  - www.aabb.org
- January 15-21
  - Healthy Weight Week
    - www.healthyweightnetwork.com

February

- National Cancer Prevention Month
  - www.aicr.org
- National Senior Independence Month
  - www.aoa.gov
- Wise Health Consumer Month
  - www.healthylife.com

March

- Brain Injury Awareness Month
  - www.biausa.org
- National Kidney Month
  - www.kidney.org
- March 22
  - World Water Day
    - www.unwater.org
- March 27
  - American Diabetes Alert Day
    - www.diabetes.org

In the News...

Mooove Over, Ordinary Fabrics!
A German fashion designer has found that milk’s not only good in your body, but on your body, too. The designer, who also happens to be a biochemist, has developed “Qmilch,” a fabric that’s made from the protein found in milk. The fabric drapes beautifully—plus it doesn’t irritate those with sensitive skin or skin allergies.

http://tiny.cc/jmw1n

Time to Say Ta-Ta to Tater Tots?
Poor nutrition in school lunches is a hot-button issue these days. But proposed standards are being questioned by those in Congress who don’t believe the federal government should dictate what children eat. The healthier requirements would restrict how many times per week potatoes (French fries and tater tots) could be served, stop counting the tomato paste on pizza as a serving of vegetables, limit sodium, and promote whole grains.

http://tiny.cc/rbq16

This Season’s Hot Topic...

Boost Your Bones and Help Your Hips!
Osteoporosis is a disease that makes your bones weak and more likely to fracture at the slightest slip. All it takes is one false step on a patch of ice—next thing you know you’re laid up with a bum hip! Here’s a handful of good-to-the-bone tips:

- **Take a bone-density test.** Simply stick your foot in a boot for a few minutes while a machine measures your bones. If your doctor finds that you are at risk for osteoporosis, prescription medications may help.
- **Shake dem bones.** Just 60 seconds of running during a brisk 30-minute walk is enough to shift your bones into a strengthening mode.
- **Have some bone soup.** Put some beef bones in a soup pot with water, veggies, potatoes, your favorite herbs and spices—and the magic ingredient: vinegar! Just 1 pint of this soup will give you 1,000 milligrams of bone-building calcium.
- **Clean house.** Make your home safer by getting rid of anything that may trip you up. Corral wayward electric cords and secure slippery throw rugs. Add lights in dim hallways and grab bars in the shower.
- **Don’t slip!** Never walk on ice without assistance and always use handrails on stairs.

(Cont.)
Great News! Grapefruit Is in Season!

With winter in high gear, eating plenty of fresh fruit and vegetables is more important than ever. After all, with sub-freezing temps outside, physical activity is harder to come by, and eating the recommended 5-a-day servings will help you stay fit and healthy. And right now it’s easy to find a fresh crop of a juicy treat that’s loaded with free radical-clobbering antioxidants: grapefruit!

So slice into one, scoop out the juicy flesh, and eat it by the spoonful. But save at least one from the spoon so you can roast this zesty chicken for tonight’s dinner.

Zesty Grapefruit Chicken

Brighten up boring chicken with a big squeeze of sunny grapefruit.

1 whole chicken
1 large grapefruit, halved
1 teaspoon garlic powder
½ teaspoon salt
½ teaspoon pepper

Squeeze the juice of one grapefruit half over the chicken. Cut the other half into wedges and place them inside the chicken. Rub the outside with the combined dry ingredients. Roast at 400°F at 15 minutes per pound until fully cooked.

4 Fab Fixers So You Feel Fine All Winter Long

Don’t let winter woes like a stuffy nose, dry skin, or dandruff get you down. Just turn to one of these down-home healers and you’ll have a fast fix or a quick cure, just like that!

**Baking soda.** Wash away irritating nasal congestion with a mixture of 1 teaspoon of baking soda in 1 pint of warm water. Use it in a neti pot to irrigate your nose twice a day.

**Epsom salts.** For bronchitis sufferers, soaking in a steaming tub lace with 1 cup of Epsom salts, and 2 drops each of eucalyptus, thyme, and rosemary oil is just what the doctor ordered.

**Lavender.** If gloomy days are darkening your mood, fill a spray bottle with 6 ounces of cool water, 1 teaspoon of salt, and 10 drops of lavender oil. You’ll feel like a new person after experiencing a calming mist of this solution.

**Petroleum jelly.** Why pay for an expensive lip balm when you can simply—and cheaply—smear on the petroleum jelly?

Discover the Secret to Young, Healthy Skin that Positively GLOWS!

Break out the confetti and light up the fireworks! The hallelujah skin cream you’ve been waiting for is finally here—and just in the nick of time to save your skin. Our Anti-Aging and Wrinkle Cream is packed with the best ingredients on Earth. We also load it with the exact butters, vitamins, and extracts you’d find in luxury brands—at a fraction of the price. With these rich emollients and intense conditioners, your skin will look like a million bucks and you’ll feel like a bargain-hunting genius. Check it out on our website: www.bakersbesthealth.com.

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- **Baker’s Blog** for the Best of Health each and every week.
- **Special offers** and tips, tricks, and tonics that can’t be beat!
- **Plus much, much, more!**