Dear Friend,

Spring has finally sprung, in all its green and colorful glory! Buds are blooming, birds are chirping, and we can’t wait to get outside to play in the yard and garden. Spring is also the perfect time for getting into shape. But take it easy on the bike path or running trail so you’re able to enjoy all of the seasonal delights.

In the News...

Livin’ Large
Obesity has become an epidemic among adults in this country, but it’s even more alarming in our children. One-third of the nation’s youth are overweight, and 10 percent of toddlers tip the scales at dangerously heavy weights. What this means is that conditions once thought of as for-adults-only, like type 2 diabetes, high blood pressure, and high cholesterol, are sadly becoming more and more common in children. And that spells trouble!

http://www.newsweek.com/id/234886

No Excuses Exercise
If you think you need top-of-the-line equipment or a pricey gym membership to get a good workout, think again. You don’t need to spend a dime. All you need is a chair and a little room to move around in. So drop the excuses, get up, and start to exercise.

http://www.hearthealthyonline.com/fitness/workouts/anytime-workout_ss5.html

Migraine Sufferers Beware
If you’re one of the millions of Americans who suffer from migraine attacks, take note: Studies show that the risk of stroke is twice as high for you than for those who don’t get migraines. Lower your risk by controlling your blood pressure and kicking the smoking habit. See your doctor for details.


This Season’s Hot Topic…

Strains, Sprains, and Varicose Veins

Strains and Sprains. Aaahh. There’s nothing like spring to get us out of the house to enjoy the warm weather. Unfortunately, we sometimes get a bit overly enthusiastic, underestimate our fitness abilities, and wind up with an injury to our ligaments or tendons (a sprain) or muscles (a strain). Here’s how to keep one step ahead of the pain:

• Pump out the fluid—reduce swelling by gently moving your ankle through its full range of motion. Simply sit in a chair and gently raise and lower your foot, then rotate it as much as the pain allows.

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• Wrap it up—A natural way to help an injured ankle back to health is with a comfrey wrap. Buy three or four whole leaves from the health food store, and blanch the leaves by dipping them briefly in boiling water. Let them cool down a bit, then drape them over the injured area and cover them with an elastic bandage. Replace the leaves daily until the sprain heals.
• RICE is nice—E.R. docs see a lot of sprained ankles. Their advice is almost always to take the following four steps: 1) Rest it; 2) Ice it; 3) Compress it. 4) Elevate it. Continue these steps for at least two days after the injury.

Varicose Veins. Bare-leg season is just around the corner. But with large, discolored varicose veins bulging out of your legs, you may be tempted to keep things under wraps—even on the hottest days. Varicose veins aren’t just unsightly; they can also make your legs feel tired and sore. In most cases, however, you can bolster your veins and rein in the pain with some simple home strategies, like these:
✓ Slip on compression stockings to provide extra support.
✓ Raise your feet above the level of your heart for a couple of hours each day.
✓ Sleep with your feet raised a few inches to give your veins an all-night boost.
✓ Get plenty of bioflavonoids, plant chemicals found in most fruits and vegetables. They’ll strengthen the vein walls and enable them to push blood uphill. Researchers recommend at least five servings of fresh fruit and veggies per day.

Discover a Fountain of Youth for Your Achy Joints!
If arthritis, damaged cartilage, or painful swelling and stiffness are making you miserable, then Baker’s Best Triple Strength Joint Formula is just the relief you’ve been looking for. Its terrific trio of ingredients—glucosamine, chondroitin, and MSM—packs a triple-punch to revitalize your joints and put a youthful bounce back in your step. Check it out on our website: www.bakersbesthealth.com

Avocado-Berry Smoothie

The ingredients in this super sipper pack plenty of bioflavonoids, along with stick-to-your-ribs protein and fatigue-fighting iron to keep you on your toes.

1 cup ice cubes 1 avocado, peeled and diced
1 (11.5-ounce) can peach nectar 6 ounces non-fat peach yogurt
1/3 teaspoon cinnamon 1 cup fresh blueberries
1/2 teaspoon vanilla extract

In a blender, combine all of the ingredients until creamy. Pour into a glass and enjoy!

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