Greetings,

It’s that time of year again! So get ready to enjoy all the sights and sounds of the holiday season. I’m looking forward to spending extra time with family and friends and treasuring each special day (not to mention Grandma’s famous cranberry sauce!). Just remember, with all the hustle, bustle, and excitement of the season, you may feel overwhelmed at times. So make time for yourself every day, get plenty of sleep, and don’t eat too many Christmas cookies!

In the News...

Hospitalizations Up for Hypertension—in Kids!
How’s this for an alarming statistic? According to a recent study, the number of children who were hospitalized for high blood pressure more than doubled between 1997 and 2006. Childhood obesity is most likely to blame for the increase. Experts say that more focus needs to be given to hypertension prevention, specifically cutting back on salt and calories and exercising regularly.
http://tiny.cc/i4v5fw

Good News in the Fight Against Breast Cancer
Chances of surviving breast cancer—even in advanced cases—have never been better. Thanks to more personalized treatments, patients can benefit from a combination of radiation, chemotherapy, and surgery that has been tailored to their specific needs. But there are also new advances in mind-body medicine, which includes nutritional plans and natural therapies. Quality of life for breast cancer patients has improved as well since the development of oncoplastic surgery, which removes the tumor and reconstructs the breast in one procedure. This reduces stress as well as the amount of time patients must spend in the hospital.
http://tiny.cc/bex5fw

This Season’s Hot Topic…
Crave Those Cranberries!
Quick! What’s small, round, red, and fresh right now—just in time to make your own sauce for the holidays? Cranberries, of course! And the best thing about the Thanksgiving favorites is that they’re oh-so good for you. They’re famous for fighting urinary tract infections, but they also battle colon cancer, allergies, and heart disease.

Homemade cranberry sauce is a seasonal favorite in the Baker household, but here’s another way to eat the tiny, tart treats: Go wild! Cook up a batch of wild rice, and toss in some chopped celery, chopped dried apricots, and fresh or frozen cranberries. If you’re in a hurry, not to worry—just stir cranberries into a white rice-wild rice quick mix.
Fool the Clock and Fade the Spots!

If dark patches and uneven skin tone are making you look older than you feel, then it's time for our newest beauty breakthrough! The natural age-fighters in this amazing “miracle moisturizer” contain super-potent antioxidants and extracts that help minimize sun damage and fight off the signs of aging. You'll love your new-and-improved, more radiant appearance—satisfaction guaranteed!

► Power-packed creams and super supplements that’ll help you look and feel great.
► Beauty secrets fresh from the Health & Beauty Editor—me!
► 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!

Smear on the Jelly!

Good old petroleum jelly has been around for years—for good reason! Check out these tips:

• If dry feet are making blisters develop, smooth a thin film of petroleum jelly over them before donning your socks and shoes.

• Apply a generous layer of petroleum jelly to the skin surrounding cold sores twice a day to prevent cracks or bleeding.

• To clear out a stuffy nose, first melt ¼ cup of petroleum jelly in a small saucepan. Take the pan off the stove and add 10 drops each of peppermint oil, eucalyptus oil, and thyme oil. When the mixture cools to room temperature, pour it into a clean jar. Apply a small amount to your nostrils one to three times a day to soothe your tender nose and relieve congestion.

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Log on to www.bakersbesthealth.com for fantastic features like:

Gin-Zing Tea

Here’s an energizing elixir that’ll add some pep to your step!

1 tsp. of ground ginseng root
5 cups of water
1 tsp. of dried borage leaves
1 tsp. of dried mint leaves
10 to 20 drops of ginkgo biloba tincture

Honey

Let the ginseng simmer in a covered pot of the water for 30 minutes. Then add the borage and mint and let the blend steep for another 15 to 20 minutes. Finally, add the ginkgo biloba. Strain out the dried herbs, and sip up to 3 cups a day. Add honey to taste. (Caution: If you take blood-thinning medications, check with your doctor before taking ginkgo.)