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More Birthdays

Quick, what tests do you need to take once you hit your 50th birthday? How about your 60th? 30th?

Visit the American Cancer Society's web site, morebirthdays.com for a list of the medical tests that are recommended for your age group. At the site you can also send someone an E-card and check out healthy recipes.

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"Exercise Essentials"



Dietary Supplements

Should you be afraid?

More than 20% of women and 10% of men have contributed their money to the \$1.3 billion a year business of dietary supplements. These over-the-counter shakes, pills, powders, and teas make promises not just about weight loss, but improved brain function, appetite suppression, and muscle development.



But should you be worried about these supplements that have the words "all natural" or "doctor tested" plastered across the packaging? Are they safe and effective? Until recently, the answer would have been "no." The supplement industry is self-regulated. The Federal Trade Commission can prosecute for false advertising, but it has been unable to keep up with the explosion of products and the "miracle" claims they make. You are going to need to research products yourself and here's how you do it.

Medline Plus is an excellent online resource. In addition to 800 health topics, a medical encyclopedia, and health news, Medline has some of the best information on supplements. Type in a name and you'll be given an overview of the substance, safety, testing results and a grade. The grades go from A, meaning there is strong scientific evidence for this use, to F, strong evidence against use.

Some examples:

- Melatonin (jet lag): grade A**
- Glucosamine (knee osteoarthritis): grade A**

Seaweed (antioxidant): grade C
St. John's wort (depression): grade D
Vitamin B-12 (fatigue): grade C

If you have any questions about a supplement (and that's not a medical degree on your wall) this web site can help you, in conjunction with your doctor, navigate some very packed shelves at the vitamin store. For more information go to: <http://medlineplus.gov>

About Us

Visit our website: www.NoSweatFitnessTraining for more information about our Personal Training and Aerobic Fitness classes.

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