



**National Blueberry Month**

- 1- Catechins found in b.b. activate fat-burning to assist with weight loss.
- 2 - Contain proanthocyanins that protect the watery and fatty parts of the brain from environmental toxins.
- 3- They decrease free radicals linked to aging.
- 4- Compounds in b.b. may reverse some age-related memory loss and motor skill decline.
- 5- They are packed with Vit. C E, riboflavin, niacin, and folate.
- 6- They contain ellagic acid a powerful antioxidant.
- 7- They contain quercetin, which helps with allergies
- 8- They contain iron, magnesium, manganese, and potassium important minerals/electrolytes.
- 9- Anti-inflammatory
- 10- Increase the feel good neurotransmitter called dopamine.
- 11- They are just GOOD!!!!



"Your blood test came back 80% propane and barbecue sauce. May I ask just how often you grill out."



**July 2016**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<p>For those hot days...Hydrate by.....Drinking 2-2.7 L of water/day women Drinking 3-3.7 L of water/day men Note: 1.8 Liters = 1800 mL = 67.6 oz (2 Liter Soda) 1,000 ML's in 1 Liter Aim for 8-8oz servinas/day</p>					 <p>Made in the U. S. A. Day</p>	
3	4 Independence Day	5 Healthy Life Cards Due today	6	7	8	9	
	11 3rd Qtr. Healthy Life Initiative Begins	12 Bloodborne Pathogens 0700 PUT	13 Bloodborne Pathogens 0700 PUT	14	15	16	
<p>Look for Eye Cards BCBSNC in your home mail!</p>	17 	18 Bloodborne Pathogens 1300 PUT	19 Bloodborne Pathogens 1300 PUT	20 Sign-up for Prescription Meds. Class Rx	21 	22 Nat'l Grilling Month	23
Watermelon Celery, Cukes, Strawberries, Choc. Milk/r hydrators	25	26 ADA signed (1990)	27	28	29	30	
31	<p>Herbal/Prescription Interaction Awareness Month Visit fdagov for further info.</p> <p><u>All natural doesn't mean all safe!</u> Common Herbal and Prescription Drua Interactions Ex. Gingko- May interact with Aspirin, diuretics, anticonvulsants, antidepressants, and blood thinners</p>						