

July Newsletter

For Clients and Friends of



Don't "Pass the Salt, Please"

90% of us are eating too much salt. Unfortunately, much of it comes from the processed foods we eat, not from our salt shakers.

In a recent report published in the Centers for Disease Control *Morbidity and Mortality Weekly Report*, stated that "nine in 10 American adults consume more salt than is recommended," and "the foods we eat most, grains and meats, contain the most sodium."

"The American food supply is, in a word, salty," said Dr. David Katz, director of the Prevention Research Center at Yale University School of Medicine. "Roughly 80% of the sodium we consume comes not from our own salt shakers, but from additions made by the food industry. The result is an average excess of daily sodium intake measured in hundreds and hundreds of milligrams, and an annual excess of deaths from heart disease and stroke exceeding 100,000."

Where is all this salt coming from?

- ◆ Processed and prepared foods.
- ◆ Natural sources. Some foods naturally contain sodium, while they don't have an abundance of sodium, it adds up.
- ◆ In the kitchen and at the table. Many recipes call for salt, and many people also salt their food at the table.



How much do you need?

According to the 2005 Dietary Guidelines for Americans: Healthy adults shouldn't exceed 2,300 milligrams (mg) of sodium a day. If you have high blood pressure, kidney disease or diabetes, or are middle-aged or older, you shouldn't exceed 1,500 mg a day.

Keep in mind that these are upper limits, and less is usually best, especially if you are sensitive to the effects of sodium.

Your body does need some sodium to function properly because it:

- ◆ Helps maintain the right balance of fluids in your body
- ◆ Helps transmit nerve impulses
- ◆ Influences the contraction and relaxation of muscle

Your kidneys naturally balance the amount of sodium stored in your body for optimal health. When your sodium levels are too

But if for some reason your kidneys can't eliminate enough sodium, it starts to build up in your blood. Because sodium attracts and holds water, your blood volume increases. Increased blood volume makes your heart work harder to move more blood through your blood vessels, which increases pressure in your arteries. Such diseases as congestive heart failure, cirrhosis, and chronic kidney disease can make it hard for your kidneys to keep sodium levels balanced.

How to tame the salt habit

Taste alone may not tell you which foods are high in sodium. For example, you may not think a bagel tastes salty, but a typical oat-bran bagel has about 532 mg of sodium.

So how can you tell which foods are high in sodium? Read the labels. Nutrition Facts labels lists the amount of sodium in each serving, they also list whether the ingredients include salt or sodium-containing compounds, such as: monosodium glutamate (MSG), baking soda, baking powder, disodium phosphate, sodium alginate, and sodium nitrate or nitrite.

Many food packages include sodium-related terms. Here's what they mean:

- ◆ **Sodium-free or salt-free.** Each serving in this product contains less than 5 mg of sodium.
- ◆ **Very low sodium.** Each serving contains 35 mg of sodium or less.
- ◆ **Low sodium.** Each serving contains 140 mg of sodium or less.
- ◆ **Reduced or less sodium.** The product contains at least 25 percent less sodium than the regular version.
- ◆ **Lite or light in sodium.** The sodium content has been reduced by at least 50% from the regular version.
- ◆ **Unsalted or no salt added.** No salt is added during processing of a food that normally contains salt. However, some foods with these labels may still be high in sodium.

But watch out—foods labeled "reduced sodium" or "light in sodium" may still contain a lot of salt. The bottom line? Avoid products with more than 200mg of sodium per serving. And check the Nutrition Facts label closely for the serving size—and consider how many servings you actually eat.

Tips to cut back

- ◆ Eat more fresh foods and fewer processed foods.
- ◆ Opt for low-sodium products.
- ◆ Remove salt from recipes whenever possible.
- ◆ Limit use of sodium-laden condiments. Soy sauce, salad dressings, sauces, dips, etc.
- ◆ Use herbs, spices and other flavorings to enhance foods. And remember sea salt has about amount of sodium as table salt.

Quick Tips To Stay Cool

10 Ways To Keep Cool When It's H-O-T

Keeping cool when temperatures reach record highs isn't just about comfort. Dangerously high temperatures can result in heat-related illnesses. Here's a few tips to help you keep cool all summer long.

1. **Wear loose-fitting clothing, preferably of a light color.** Try a fabric designed to wick away sweat (such as you find in workout clothing). If you prefer cotton, make it thin and light.
 2. **Change your workout time.** If you workout outside, take advantage of cooler times (early morning or late evening). If you can't change the time of your workout, scale it down by doing fewer minutes, walking instead of running, or decreasing your effort.
 3. **Stay hydrated** by drinking plenty of water along with sports drinks or other sources of electrolytes. Avoid caffeine and alcohol as they promote dehydration.
 4. **Try lighter and cooler foods, including frequent small meals or snacks containing cold fruit or low fat dairy products.**
 5. **Fans** can help circulate air and make you feel cooler even in an air-conditioned house.
 6. **Take frequent baths or showers with cool or tepid water.**
 7. **Keep plastic bottles of water in the freezer**—grab one when you're ready to go outside. As the ice melts, you'll have a supply of cold water with you.
 8. If you don't have air-conditioning, arrange to spend the hottest part of the day in a shopping mall, public library, movie theater, or other public space that is cool.
 9. **Spritz yourself.** Keep a spray bottle of water in the refrigerator, and when the going gets hot, give yourself a good squirt.
 10. **Shuck your shoes.** As the sweat on your feet evaporates, it cools the skin and the blood in your feet. That cooler blood is then sent to other parts of the body, giving you a greater sensation of coolness.
- Be sure to use common sense, if the heat is too intolerable, stay indoors when you can and avoid activities in direct sunlight or on hot asphalt surfaces. And don't forget that pets also need protection from dehydration and heat-related illnesses too. This summer already feels like it's going to be a hot one, so use these tips to keep cool.

Be Inspired!

"It is health that is real wealth and not pieces of gold and silver."

- Mahatma Gandhi

4th of July By the Numbers

- **\$900 Million**—Total dollar amount spent on fireworks in 2007.
- **\$212 Million**—Dollar amount of fireworks imported to the US from China in 2006.
- **150 Million**—Estimated number of hot-dogs to be consumed on July 4th.
- **700 Million**—Estimated pounds of chicken purchased in the week leading up to July 4th.
- **87**—Percentage of American households with outdoor grills.
- **2.5 Million**—Estimated number of people living in the USA in July 1776.
- **309.6 Million**—The nation's estimated population for July 2010.
- **31**—Number of places nationwide with "liberty" in their name.



Did You Know?

We offer a variety of fitness and nutritional services here at

Precision Personal Training, including:

- ◆ Semi-Private Training (groups of 3 or 4)
- ◆ FITT CAMP at Himmel and Lincoln Park @ 5:30 a.m. & 6:00 p.m.
- ◆ Kick Boxing Training Sessions
- ◆ 30 Min Training Packages
- ◆ Buddy Training Packages



nutrition for a lifetime™

PRODUCT OVERVIEW:

Vemma is a bioavailable nutrition formula that contains 12 full-spectrum vitamins, over 65 plant-sourced minerals, wildcrafted mangosteen superfruit, organic aloe vera and organic decaffeinated green tea for the ultimate nutritional foundation. Featuring the unique Eastern and Western wellness philosophy of Yibing Wang, M.D., Ph.D., Vemma incorporates the advantages of thousands of years of traditional Chinese medicine along with cutting-edge, Western-based scientific principles. The Vemma formula is physician formulated, clinically studied, independently tested and manufactured in FDA-inspected facilities with the highest quality standards for a results-driven product. This proprietary formula may be the most powerful liquid antioxidant available anywhere.

MEMMA GOES TO WORK EACH DAY TO:

- Protect and support a healthy heart.*
- Enhance immune response and support your immune system.*
- Create abundant energy.*
- Fight against free radicals.*
- Promote good vision.*
- Support a normal, healthy intestinal tract.*
- Maintain healthy skin, eyes, teeth, gums and hair.*



CLINICALLY STUDIED:

The Vemma Clinical Trials were conducted by one of the industry’s most widely recognized experts in independent clinical testing: Brunswick Laboratories of Norton, Mass. The intention of these studies was to evaluate the efficacy and overall bioavailability of Vemma on immune function and well-being in adults. This was done by subjecting the product to the highest standard of clinical research — independent, double blind, placebo-controlled study. The studies confirmed Vemma showed significant improvements in immune markers, superior antioxidant absorption and a lowering of C-reactive protein (CRP), which points to its beneficial effects on overall health and wellness.*

MANGOSTEEN SUPERFRUIT POWER:

Mangosteen is a rare superfruit primarily found in Southeast Asia and scientifically known as *Garcinia mangostana*. No relation to the mango, it has been hailed as the “Queen of All Fruits” and has been used for centuries by Asian health practitioners to treat a variety of health conditions.*

Of all the known sources for xanthones, the mangosteen supplies some of the highest amounts found in nature. Xanthones are a biologically active phytonutrient with very potent antioxidant properties. Vemma’s source of mangosteen is wildcrafted, which is the practice of harvesting plants and fruits from their natural or “wild” habitats. Typically, farmers do not apply pesticides to plants and trees in wildcrafted areas. Utilizing the entire mangosteen fruit, including the pericarp (rind) and pulp, along with a proprietary extraction process pioneered by Dr. Wang, Vemma may be the most powerful liquid antioxidant available anywhere.

THE SCIENCE OF MINERALS:

Your physical well-being can be more directly dependent upon the minerals you take into your body than almost any other factor. Minerals help support the health of organs, bones and the immune system.* Vemma has a unique mineral blend to help your overall health.* It contains 100% ionic, life-giving minerals that are reduced to the smallest, most bioavailable form. Vemma’s minerals are sourced from plant vegetation that has been undisturbed for thousands of years. These unprocessed phytonutrients include over 65 major, trace and ultra-trace, plant-sourced minerals.

- The body cannot survive without nature’s fundamental minerals, yet it cannot manufacture minerals. They must be obtained from the diet or through supplementation.
- Modern-day diets may lack the appropriate balance of minerals due to mineral-depleted soils and over-processed foods.
- Minerals are needed for energy production, protection from free-radical damage and other vital functions.*
- Minerals provide a foundation for your optimal health.*
- The liquid form is more bioavailable than caplets or tablets — easy to take and easy for the body to use.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For More information and to order your supplements today go to:

www.ppt.vemma.com