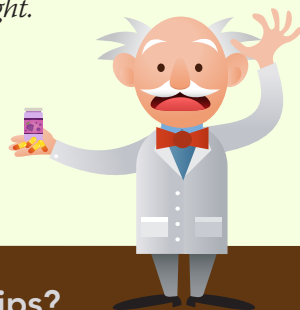


More than 2000 adults who complained of a cough were randomly assigned to either get the antibiotic amoxicillin or a placebo for a week. Overall, the antibiotic group had no better relief than the placebo group, including those over 60 years of age. Indiscriminate use of antibiotics increases risk of side effects and the emergence of multi-resistant bacteria.⁴

Antibiotics No Help to Most Coughs

PositiveTip:

Don't beg your doctor for an antibiotic! Pamper yourself with extra sleep and plenty of healthful fluids—and a humidifier at night.



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JANUARY
2013

Helping You to Better Health

Resolve to be Grateful This Year

By Fred Hardinge, DrPH, RD

People in the United States recently celebrated Thanksgiving, the holiday least associated with commercialism (unless you are a turkey!). It is a day to focus on our blessings as families and friends meet together. Just a few days ago, we celebrated Christmas, which is probably the most commercialized holiday around the world.

This holiday originally focused on the greatest gift of all—God giving His only Son to save

us from our sins. Although this is often lost in the secular expectations and hustle and bustle of the season. How grateful we should be for that wondrous gift! What's more, gratitude can actually change us!

In the book Positive Psychology in Practice¹, contributors Giacomo Bono, Robert A. Emmons, and Michael E. McCullough authored an interesting chapter titled "Grati-

tude in Practice and the Practice of Gratitude." Notice what they said:

"We contend that gratitude is a key element for sparking positive changes in individuals, families, and organizations...Gratitude must, and can, be cultivated. And by cultivating the virtue, it appears that people may get the pleasure of gratitude, and all of the other attendant benefits, thrown in for free."



Even gratitude for the

less than pleasant parts of life can bring benefits! A recent study found when seniors had a positive and grateful attitude toward aging, they experienced a 44% greater likelihood of recovery from severe disability versus those with negative attitudes toward aging.²

The Bible says, "A cheerful heart is good medicine, but a broken spirit See "Grateful" on Page 3

New Year's Resolutions that Stick

By Max Hammonds, MD, MPH

Guess what the biggest medical epidemic of the year was—for the last several decades. Hint: This problem is set to become the number one cause of death because it increases the risk of diabetes, heart disease, stroke and many cancers.



Obesity! Every state in the union now has 30% obesity rates. Over two-thirds of Americans are officially overweight.

Now, would you like to guess what the number one New Year's resolution might be?

One of the principles for promoting a healthy lifestyle is to eat a well-balanced diet which helps maintain ideal weight. To those of us who carry one of the fat genes (there's more than one) keeping our favorite New

Year's resolution to take off excess pounds and maintain ideal weight, here are 10 Commandments for eating. (For those who are not struggling with

this problem, these have many health benefits, too.)

General:

1. Eat breakfast—eat more in the early part of the day, less in the evening.
2. No snacks—they are usually higher in calories and lower in nutrition.
3. No calorie-dense foods—foods that pack a lot of calories in a small space.
4. Sit down to eat and pay attention—no mindless eating; if it's not meal time, don't eat.
5. Drink water—not soda.

See "Resolutions" on Page 3

"Grateful" from Page 1 saps a person's strength." Proverbs 17:22. This has lots of scientific support. A heart filled with gratitude benefits our physical, mental, and spiritual health. Saying thank you costs little, but brings great rewards.

At the beginning of

another year, resolve to practice the outward expression of gratitude for all the good—and less than good—things in your life. This often the "forgotten factor" yields many benefits.

"In everything give thanks. For this is God's will for you in Christ Jesus."

1 Thessalonians 5:18

Trivia:

Would you avoid exercise to protect your expensive hairstyle?

☐ Yes ☐ No

Surprise! More than one-third of ladies surveyed said, YES! ³

"Resolutions" from Page 2

Focus on the Plate:

6. Use a smaller plate—avoid eating on a "platter".
7. Eat balanced meals—however you balance it, do it.
8. No seconds—take a normal portion size and let that be it.
9. Eat for color—avoid gray, white, and brown foods; color has the nutrition and fewer calories.
10. Eat slowly—involve a friend; eat slowly enough to hold up your end of a conversation.

To follow these 10 Commandments without risk of mental breakdown, pick one commandment, only one. Do it for a week. Add one more, only one. Do it for a week. Keep adding one a week until the weight starts coming off. Gradually add exercise to maintain your weight loss. Go slowly.

Don't look now but it's already mid-March and you are sticking to your resolution. Congratulations!



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