

## SKIN SENSE

# Camping 101: Tips For Outsmarting One Of Mother Nature's Nastiest Aggravators

*The discomfort and even danger of exposing the skin to poison ivy-related plants can be avoided or relieved.*

Whether it's summer camp or camping out-or both-that's on your agenda, here are some basic tips you can follow to outsmart poison ivy and oak to more fully enjoy your summertime adventures.

Preparation and protection are key. Poison ivy, oak and sumac produce the leading cause of allergic skin reactions in the United States every year. The good news is there are ways you can help protect yourself and your family from these noxious plants.

- Learn to recognize the plants and avoid them. There are several online resources that offer detailed descriptions of the plants.

- Whenever possible, wear long clothing-long pants and long sleeves-when you suspect you may come in contact with poison ivy plants.

Poison ivy, oak and sumac are potent year-round and can remain toxic on clothes and other surfaces for up to five years.

- Use a pre-contact protective lotion, such as büji Block™, to help protect against allergic reactions. The lotion forms an invisible layer on the skin that helps inhibit absorption of the plant oils that cause allergic reactions. büji Block also features an SPF 20 UVA/UVB sunscreen. For added assurance, there is also büji™ Wash, a gentle, exfoliating cleanser that removes the plant oils from the skin anytime after contact or symptoms begin to offer relief from itching and irritation. For more information, go to [www.bujiproducts.com](http://www.bujiproducts.com).



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## NUTRITION NEWS &amp; NOTES

# Calcium: When You Take It, It Works

*Gourmet chocolate supplements are the latest way to get the recommended daily dose of calcium.*

Calcium has been recommended and widely accepted as an essential mineral for bone and skeletal health and numerous body functions-regulating heartbeat, conducting nerve impulses, stimulating hormonal secretions and clotting the blood. Now, some conflicting and potentially misleading research is threatening to negate the efficacy of this vital mineral.

One factor that the study, published by the Women's Health Initiative, got right was that the government's recommended daily dosage is necessary to receive the benefits associated with calcium consumption and supplementation. Yet more than half of the study participants did not adhere to the recommended calcium supplementation, making improvements in bone density a nearly impossible result. Meanwhile, those that did comply experienced a whopping 29 percent lower risk of hip fractures.

Americans, both young and old, are failing to meet calcium intake requirements and the incidence of osteoporosis is climbing. During adolescent and teenage years, when 45 percent of bone mass is formed, meeting calcium requirements is essential. According to the Journal of Pediatrics, however, only 10 percent of teenage girls and 30 percent of teenage boys

are meeting adequate calcium intake, which places them at serious risk for stunted growth, bone disease and, eventually, osteoporosis.

Calcium is available through dairy products and green, leafy vegetables-yet incorporating adequate amounts into a modern, hectic lifestyle, regardless of age, is often unrealistic. Calcium-fortified foods and supplements, however, can fill the gap.

"It's very important that people do take a supplement if they're not getting enough calcium in their diet," says Nicholina Galinsky, R.N. "Unfortunately, most of us are not aware that we have osteoporosis until we break a bone."

Adora™, a new calcium supplement, is made with milk and dark chocolate. Each chocolate disk contains 500 mg of elemental calcium, along with 100 international units of vitamin D and 40 micrograms of vitamin K, which aids absorption. In addition, the supplements taste like gourmet chocolate, which makes sense since the manufacturer, Thompson Brands, is a candy maker, not a pharmaceutical company.

To learn more, visit the Web site at [www.adoracalcium.com](http://www.adoracalcium.com).



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## NEWS OF NUTRITION

# Speaking Of Diets, Talk To The Hand

*Forget measuring cups, clunky scales and painful pinches with that body fat caliper.*

What if a tool to better health were right there in front of you? According to one nutritional expert, you need look no farther than the palm of your hand.

"Most Americans are tired of decoding nutrition. It is easy to eat healthfully when you have the right information and nutritious foods at your fingertips, literally," explains nutritionist Nancy Bennett, MS, RD, CDE. "The hand is a very convenient tool for guiding portion sizes."

From pinky to fist, each person's hand is proportional to his or her overall size and body makeup, making it a go-anywhere guide for better portion sizes. Here are a few "handy" tips:

- **Fist (1/2 cup):** Use your fist to judge one recommended serving of cooked pasta.

- **Thumb (1 tsp):** Use the tip of your thumb to measure a pat of butter. Use the length from the knuckle of your thumb to its tip to judge a serving of salad dressing.

- **Palm (3 oz):** Use your palm to judge a recommended serving size of lean protein. Evidence shows that chicken contains less saturated fat than beef, lamb or pork and experts agree that it makes a great protein staple.

- **Open Hand:** Use your

open hand to judge the amount of space on your plate for fruits and vegetables.

- **Fingers:** Hold three fingers together and imagine a bundle of French fries; that would be the best-case portion scenario (and 150 calories) if you do choose to indulge.

- **Measure Your Grip:** Take hold of a petite, white wine glass (nongoblet) and pour wine, leaving an inch-or roughly two finger widths-empty at the top of the glass. This should be about 5 oz of wine, the recommended portion for red wine (a "superfood"), or about 150 calories.

How to create the correct plate of food at home? "Using your hand as your guide, start with lean protein, like a grilled chicken breast," suggests Bennett, a nutritionist for Foster Farms, considered the West Coast's leading poultry producer. "Serve the chicken alongside whole grain pasta and fresh steamed vegetables, or even a fresh fruit salad."

For more nutrition tips and healthful, delicious recipes, visit [www.FosterFarms.com](http://www.FosterFarms.com).

Portion control, better food choices and creative flavors are right in the palm of your hand.



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