

TANK TIMES

Brought to you by HealthChoice

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BEWARE OF ENERGY DRINKS

While energy drinks are a common beverage choice these days, drinking them excessively can have serious health effects. There are more than 80mg of caffeine in a can of Red Bull, which is nearly double the amount that is in a can of cola. Some of these drinks contain three or more times the caffeine found in a can of cola. Drinking this much caffeine can lead to caffeine overdose which can result in seizures, stroke, and heart problems.

The market for energy drinks has hit an all time high. There are more than 1,000 different products available, and while most claim to provide an added boost of energy, there is no scientific evidence that proves this is so. These drinks are not recommended for children or teens; however, research shows that young people account for about 50% of the energy drink market.

To help minimize any potential health risks of these caffeine infused drinks, adults should keep these tips in mind.

- Limit consumption of energy drinks to 500mL, or two cans per day
- If you have diabetes, avoid energy drinks because of their high sugar content
- Seek the advice of a physician before using energy drinks

Resource: U.S. Department of Health & Human Services, American Academy of Pediatrics



Quote:

"If you drink, don't drive.
Don't even putt."

Dean Martin

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LAUGH OUT LOUD FOR BETTER HEALTH

Using laughter-provoking movies to gauge the effect of emotions on cardiovascular health, researchers at the University of Maryland School of Medicine in Baltimore found that laughter is linked to the healthy function of blood vessels. Laughter appears to cause the tissue that forms the inner lining of blood vessels, the endothelium, to dilate or expand in order to increase blood flow.

According to the research, the endothelium is the first line in the development of hardening of the arteries (atherosclerosis) so, given the results of the study, it's possible that laughing may be important for maintaining blood vessels and reducing the risk of cardiovascular disease.

Another study performed by scientists in Athens, Greece, shows that energy produced by laughter can lead to weight loss. It's no match for running, cycling or pumping iron, but depending on your body weight, scientists found that 10 to 15 minutes of laughter a day burns between 10 and 40 calories, the amount in a small piece of chocolate. They calculated that if you do it everyday, this amount of laughter is equal to 4.4 pounds of weight loss per year.

Laughing makes you feel good and has been described as the "best medicine", so, keep up the laughter for better health!

Resource: [The University of Maryland Medical Center](#)



Quote:

"Brick and mortar make a house but, the laughter of children makes a home."

Irish Proverb

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THANKSGIVING TURKEY TRIVIA

Amaze your friends with your knowledge about the most popular bird during the Thanksgiving holiday. Here are some interesting facts:

- * As far back as 1000 A.D. Native American Indians raised turkeys for food. Aztec Indians in Mexico were raising them as early as 200 B.C.
- * Turkeys originally existed in the eastern U.S. and Mexico.
- * Male turkeys are called "toms", female turkeys are called "hens", and baby turkeys are called "poults."
- * Turkey eggs are tan in color and speckled with brown. They're about twice as large as chicken eggs.
- * That long, loose skin that hangs down from a turkey's neck is called a "wattle".
- * Turkey is lower in cholesterol than beef and many other meats. The dark meat (thigh, legs), contains more fat and cholesterol than white meat, so that's why the dark meat tastes so good!
- * The turkey industry grosses over \$1 billion a year.
- * The average American consumes over 15 pounds of turkey per year.
- * Americans consume over 675 million pounds of turkey on Thanksgiving Day.
- * In 1947, the first Presidential pardon was ceremoniously given to a turkey.
- * Sleepy after the big meal? Turkey contains an amino acid called "Tryptophan." Tryptopahn sets off a chemical reaction that calms you down and makes you sleepy.

Resource: Holiday Insights



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