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August is National Immunization Awareness Month

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Immunizations Aren't Just for Kids

Immunization helps prevent dangerous and sometimes deadly diseases. To stay protected against serious illnesses like the flu, measles, and tuberculosis, adults need to get their shots – just like kids do.

Throughout your life, you face the repeated but momentary discomforts of having vaccinations. But, you don't have to endure a number of potentially devastating — even life threatening — diseases that caused trouble in past generations. Vaccinations have worked so well that you may not be familiar with diphtheria, whooping cough and polio. You probably had shots to protect against these and other diseases that used to strike hundreds of thousands of people each year. Now, largely because of vaccines, these diseases are all but forgotten. The remaining risk is that they could come back if people stopped getting immunized. Most people who receive immunizations have no side effects or only mild reactions, such as a fever or sore arm. And, studies have found that combined vaccines for various diseases are safe and don't increase the risk of

side effects. In fact, getting vaccinated is much safer than putting yourself, your children or others at risk of the diseases vaccines prevent, according to the Centers for Disease Control and Prevention.

National Immunization Awareness Month is a great time to promote vaccines and remind family, friends, and coworkers to stay up to date on their shots.

If you have questions concerning immunizations, consult with your physician.

For more information visit the Centers for Disease Control and Prevention, National Center for Immunization and Respiratory Diseases at www.cdc.gov/vaccines/events/niam.html

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Paint Your Plate with Beautiful Color

When colorful creations come to the table, you might hear: "Wow! What a gorgeous meal!" Color pleases the eye. It's a big part of the pleasure we get from food. In fruits and veggies, color also is a sign of power — of nutritional punch. Every hue packs its own bundle of benefits. But, no single color — or food — does it all. So, the best approach is to eat a rainbow of options each day.

Color me healthy!

Add fruits and veggies to every meal — and enjoy them as snacks, too. If you need some inspiration, consider the many colorful choices in the chart below.

What's in it for you?

When you eat a varied diet rich in plant foods, you may chew your way to some impressive rewards. The possible benefits include:

- Healthier heart, immune system and eyes
- Lower risk of certain cancers
- Positive effects on aging and memory

Enjoy a rainbow of tasty options

Red	Beets, cherries, cranberries, papayas, red grapes, red onions, red peppers, rhubarb, strawberries, tomatoes, watermelon
Orange/Yellow	Apricots, cantaloupe, carrots, mangoes, nectarines, oranges, peaches, pineapple, pumpkins, squash, sweet potatoes
Green	Asparagus, avocados, broccoli, Brussels sprouts, collard greens, green beans, green peppers, kale, lettuce, snow peas, spinach
Blue/Purple	Blackberries, blueberries, Concord grapes, eggplant, plums, purple cabbage, purple carrots, raisins
White/Brown	Bananas, cauliflower, brown pears, garlic, leeks, mushrooms, onions, parsnips

5 Savvy Steps to Fight the Bite

Mosquitoes can be more than a bother. They can also pass along a potentially dangerous disease — West Nile virus. When you're out and about, help keep these pesky biters — and other bugs — at bay:

1. **Play defense.** When used properly, insect repellents can be effective and safe.
   Look for products with active ingredients registered by the U.S. Environmental Protection Agency. That includes those with DEET, picaridin or oil of lemon eucalyptus.

   Here's the most important tip: Be sure to follow all the directions and safety tips. For example, some repellents can't be used directly on skin. Women who are pregnant or breast-feeding should talk with their doctors before using repellent.

2. **Go under cover.** Use clothing to deter hungry insects. Help shield yourself with lightweight long sleeves, long pants, socks, closed shoes and a hat. Do not apply repellent on skin that will be under clothing. Also, steer clear of bright colors, flowery prints and scented products.

3. **Time your outings.** Many biting bugs are extra active in the evening and early morning hours. If you can, plan your activities to avoid these peak times.

4. **Dry out.** Mosquitoes breed and lay eggs in water. And, even a little bit — from a flowerpot or birdbath, for instance — can spawn bugs. Rid your yard of standing water. And, once or twice a week, drain any containers where water has pooled.

5. **Clean up.** Don't leave food and garbage cans uncovered. The smell can attract bugs. And, make sure window and door screens are in good repair.

Beyond the swatter

Learn more about fighting the bite and safe repellent use at www.epa.gov/mosquitocontrol.

Better Health with Dr. Oz: Healthy Skin Glow

You can give your skin a beauty boost with healthy foods. Click here to view the program.

Source4Women Online Seminar

Dispelling Food Fears and Myths

Kathleen Zelman, MPH, RD
Aug. 12 – 12:30 p.m. (ET), 11:30 a.m. (CT)

Making healthy food choices are not always easy. Do carbs make you fat? Should you avoid wheat, gluten, eggs, fats? Is high fructose corn syrup evil? There is so much conflicting information that it can be hard to discern food myths from the real truth. It's confusing when so many self-described nutrition experts offer less-than-accurate nutrition nonsense and perpetuate food fears and myths. Join us for this not-to-be missed seminar to learn about the most controversial food and nutrition topics. We will dissect the trends and highlight healthy food choices and diets to consider.

To register for an upcoming Source4Women online seminar, visit www.source4women.com and click on "Online Seminars & Events." All seminars are recorded and archived for viewing after the live seminar date.

August Health Tip: A fresh twist

Grilling veggies and fruits can enhance their flavor. A few ideas for the grill: peppers, corn on the cob, squash, onions, eggplant, plums, pineapple and bananas.

August Dare:
Fill Up with Whole Grains

Take our dare. Share a picture filling up on whole grains for a chance to win a KitchenAid mixer.

To register for **We Dare You**, click here:
www.wedareyoutoshare.com

August Healthy Recipe: Grilled Corn Confetti Slaw

A colorful picnic favorite with garden-fresh veggies.

Ingredients:

6 ears of corn
1 red pepper

2 jalapeno peppers
Cooking spray
1 tsp olive oil
1 bunch green onions, chopped
1 Tbsp fresh lime juice
1 Tbsp fresh thyme, chopped basil or cilantro (choose the fresh herb based on how you are going to serve the slaw/salsa)
Kosher salt and pepper to taste

Directions:

Prepare grill. Shuck, wash and dry corn and coat with cooking spray. Wash peppers, slice into quarters and coat with cooking spray. Place corn and peppers on the grill for about 10-15 minutes, turning frequently, until corn is lightly browned. Cut kernels off the corn cobs and chop peppers to size similar to corn kernels. Combine corn, peppers and remaining ingredients; season with salt and pepper to taste, toss well. Chill for 1-2 hours. Serve chilled or at room temperature. Serve grilled corn confetti slaw on top of grilled fish, in soft meat tacos, as a colorful side dish or a dip with baked pita chips.

Yield: 8 servings

Nutrition Facts:

Calories: 107 - Calories from fat: 11%
Protein: 3g - Carbohydrates: 24g
Fat: 1g - Saturated Fat: 0g
Trans Fat: 0g - Cholesterol: 0mg
Fiber: 3g - Sodium: 297mg

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