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## **Tips to Renew Yourself in Spring**

With the change of season comes the impulse to clean and replace the old with the new. Spring is also a great time to start healthy new habits and break the old. Here are a few tips to get a head start in your spring health.

- Start an Exercise Routine – The weather is warm and the days are longer which makes it a perfect combination to get active outside. The American Heart Association recommends that individuals do moderate exercise for at least 150 minutes per week, or 75 minutes per week of vigorous exercise.
- Revamp Your Diet with Fresh Fruits, Vegetables and More Water – A healthy diet includes adding vegetables and fruit every day. Vegetables and fruits are low in calories and high in fiber, vitamins and minerals. As the heat kicks in, drink plenty of water before going outdoors and keep some handy to stay hydrated. If you're not a fan of water, try infusing it with cucumbers, berries or cut citrus.
- Check In for a Check Up – You may have chalked up some symptoms and illnesses to the winter blues, but now that it is spring, its time to get back to the doctor for a head-to-toe check up.
- Protect Your Skin – It's going to get hot, the sun is shining, and your skin needs protection. Not only do men and women need to regularly moisturize their skin, but also protect it from the harsh rays of the sun. If you're outside, make sure to use a sunscreen with SPF 15 or higher that protects against UVA and UVB rays. It doesn't hurt to throw on a pair of sunglasses and hat as well.



(Adapted from *7 Ways to Put Spring into Your Health* at <http://www.utmedicalcenter.org/healthy-tips/94/7-ways-to-put-spring-into-your-health/>)

# Research Shows Artificial Sweeteners Affect Weight Gain

Research continues to prove that artificial sweeteners do not have their intended effect on the body.

While many consider low-calorie and zero-calorie sweeteners a healthier alternative to sugar, a recent study suggests they may contribute to fat formation and weight gain — especially in people who are overweight or obese, according to an article published in April in the online newsletter Health Central.

For the study, researchers analyzed the effects of sucralose —an artificial sweetener used in a variety of products including Splenda, diet sodas, baking mixes and cereals — on fat cells. Their goal was to determine how sugar substitutes affect the body's metabolism on a cellular level.

The researchers applied sucralose to stem cells derived from human fat tissue and found an increase in fat production and inflammation markers. Additional research showed that adults who regularly consume low-calorie sweeteners have an overexpression of sweet taste receptors — as well as genes associated with fat production — and an increase in blood glucose.

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- Nine premium strains
- Gluten free
- No refrigeration needed
- 2-month supply in one bottle

What Probiotics Can Do:

- Help improve digestion and absorption of vitamins
- Help stimulate the body's natural defense mechanism — the immune system
- Help manufacture vitamins needed by the body
- Help inhibit the growth of harmful bacteria that cause digestive stress\*



\* These statements have not been evaluated by the Food and Drug Administration.

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