



My Newsletter

Inspiring Tomorrow's Doctors Today™

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Importance of drinking water and staying hydrated?

Hey guess what! Your body needs water to work right. All of your cells, organs and tissues rely on water. Water is needed to keep a good body temperature, lubricate the space between your bones, and to keep you from being too dry.

Every time you sweat, go to the bathroom, and even breathe you lose water. Water is lost much faster when you have a fever, in hot weather, or when you exercise. That is why it is very important to drink lots of water and other liquids during the day to keep from being dehydrated. Drinking lots of water is a great way to keep your body healthy.

Fun Medical Facts



- If 7-9 hours of sleep are needed per day, how many hours would be needed in 70 years?
- The amount of water in the human body ranges from 50-75%.
- Our heart beats around 100,000 times every day or about 30 million times in a year.
- When we touch something, we send a message to our brain at 124 mph

Importance of eating breakfast before a full day of school

Children should always remember to wake up early enough to eat breakfast before going to school. Our growing body and brain needs to have the energy from food in order to work right.

Food helps to boost our blood sugar so that we can feel full of energy as we go throughout the day. So what that means is better grades and happier parents.

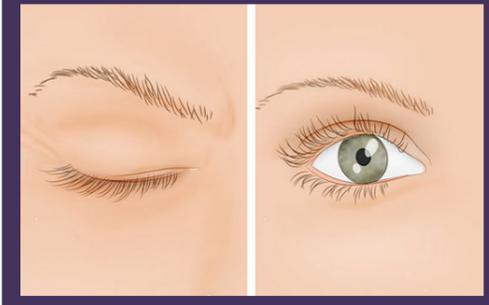
If you are in school sports you definitely shouldn't skip

breakfast because you need the energy to help you perform better. Not eating in the morning can result in more trips to the school nurses office because of headaches, stomachaches and more.

Eating breakfast in the morning is a favorite mealtime for many so this should be an easy task to remember. Just make sure that what you eat is healthy so that you can feel great all day.

Little Medical School Word of the Month "Blink"

Blinking is semi-autonomic fast closing and opening of the eyelid. It is an important function of the eye that helps spread tears across and remove things from the surface of the eye.



I Will Try That!

Did someone say Eggplant? Eww, that doesn't sound tasty at all. Well, since it's suppose to be healthy for us, I guess I'll try it.

Eggplants provide iron, calcium and other minerals that are important for your body. In fact they play a great role in heart care, and even lowering bad cholesterol. They are fiber rich, full of potassium and other vitamins to help keep our hearts healthy. Most of the health benefits of eggplants come from it's dark purple skin. The skin may be a little bitter, but well worth it because of all the good stuff that goes into our bodies. Eggplants also keep you full, so your intake of calories is

lower. They only have 20 calories which is great for those who want to lose weight.

Overall, I can see why it is a great idea to add eggplants to any diet and keep an open mind about the taste.

Egg Plant



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