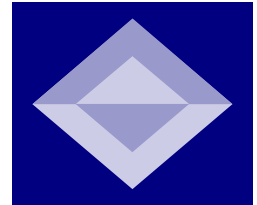


A communication periodical for our clients, staff & the community at large

# The Chronicle

A Paterson Counseling Center Newsletter



## Fighting the Flu

Breakouts of the flu are responsible for millions of lost hours at both work and home each year, not to mention many miserable days trying to recover. If you're wondering what you can do to naturally boost your immunity and prepare your body's defenses, study the foods you're eating, look at your family's meals, and make the changes needed to ensure everyone is eating a well-balanced diet abundant in nutrient-dense fruits and vegetables, low-fat proteins, and complex carbohydrates.



Black currants are even richer in vitamin C than oranges, containing approximately three times the recommended daily intake for adults. It's imperative that you get plenty of vitamin C since it helps prevent infections and helps keep the immune system healthy.

Pork has high levels of zinc and selenium, both of which help keep your immune system

## Healthy Lifestyle

In this issue we decided to focus on content that promotes a healthy active lifestyle. We combed the internet to find articles of interest related to how you can make improvements that are aligned with your recovery efforts.

Many of you have asked for more information on current health topics and we are responding with this issue along with others planned for the future. Our medical philosophy at the clinic is centered around ensuring that clients have the opportunity to take advantage of preventative healthcare through the use of our dedicated primary physicians.

By seeking routine healthcare it is more likely that you will ward off more serious conditions or at a minimum you will find out about serious medical issues early in the process. It is up to each individual to own their care. Look for more informative articles in future issues.



## What is Body Detox?

What is it exactly and how do you know if it can help you? Have you heard of this thing called body detox? Many people are now taking time and effort to detox their bodies and form new, healthier lifestyles. You can do so with a body detox, if you would like to be like these people and improve your body and lifestyle.



A detox is a full and thorough cleansing to remove built up toxins. People might detox from drugs or alcohol as well or even from cigarettes and caffeine. Any chemical that your body

becomes dependant on and you then try to remove from the system will go through the detoxification process.

If you want to totally change your lifestyle for the better, a body

### Special points of interest:

- Paterson Counseling seeks input directly from community leaders.
- Healthy lifestyle choices a focus of this issue.
- Most of our clients are high school and or college educated.
- Paterson Counseling makes incremental gains in hiring certified counselors for treatment.

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Healthy Living

## Fighting the Flu (continued)

strong. It's also one of the best sources of B vitamins and contains only a little more total fat than beef. So be sure to include lots of pork entrees in your menu planning.

Mix up your morning breakfast with a glass of grapefruit juice instead of orange juice for a vitamin C-rich drink that's both sweet and tart. However, you should check with your doctor if you're on certain medications for blood pressure, AIDS, anxiety, or hay fever, as mixing grapefruit juice with certain drugs can lead to dangerous toxicity.

Brussel sprouts are a great vegetable source of vitamin C, are high in fiber and contain lots of folate as well. They improve anti-carcinogenic glucosinolates, which have important cancer-fighting properties. They're a great addition in a stew to provide lots of fl-busting nutrients.

Yogurt that includes live cultures has a positive effect on your GI tract, and as a result, helps the body purge the germs from the

body more quickly and effectively and fight the flu. You want your yogurt to contain the active culture *L. acidophilus*, which is also helpful in fighting off yeast infections.

Potatoes are one of the most affordable sources of vitamin C, and nicely complement any entrée with their high levels of potassium and fiber. The skin contains the most fiber and the flesh just under the skin contains the most vitamin C. Fresh potatoes are the best source of vitamin C. Be careful of how you choose to prepare them, as soaking them in water robs them of their germ-busting vitamin C.

Whole wheat pasta is also rich in niacin, fiber, and iron. Its complex carbohydrates are an essential part of a healthy diet that will keep your immune system strong. Simply substitute recipes calling for traditional pasta with the whole wheat variety instead for a delicious and nutritious twist on your favorite pasta dishes.

Source: Health-Articles.com

## Subscription Service Coming Soon

In an effort to continue to make our website more service oriented, we have decided to establish a service subscription focused on health news.

Soon visitors to our site will be able to get the latest information from sources like the NY Times related to health topics. It's the equiva-



lent of watching the news on TV or listening to the radio in written form.

Articles will be updated throughout the day and will feature daily news updates on topics of interest to our clients. We anticipate deploying these services in June of 2008.

We encourage everyone to visit the center to track the very latest topics in recovery and mental health .

## Body Detox (Continued)

detox and a change in diet plan may be just the thing that you need for a better, brighter future. If you want to detox your body from the inside out, you need a detox.

Are you clean on the inside? You might not know it but there are likely many toxins inside your body that cause things such as:

- Bloating
- Stomach pain
- Weight gain
- Chronic fatigue
- Acid reflux
- Skin and hair problems
- Parasites

This combined with a poor diet and not enough exercise leads to problems such as parasites that live inside. The toxins also lead to poor digestion with leaves "unprocessed" foods inside the body causing many problems listed above. Proper cleansing can remove this and you will feel healthier and more alive.

Many of these common illnesses that people suffer from on a daily basis can be avoided and removed if you take time and effort to detoxify your body. If you have been struggling with these problems for some time, then a proper cleansing can help you with this. Many people do not have bowel movements as often as they should or they are not having complete cleansing when they do.

It can even help you lose weight. When you rid your body of the toxins and your body begins to digest the food more properly, you will lose weight, have a smaller waist line and feel better about yourself.

Source Health-Articles.com