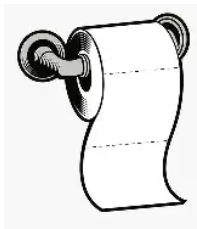


Medical Minute

Improve Your Life



If you are looking to upgrade your toilet paper and seriously who isn't, consumer reports says that the winner is "*Who Gives A Crap*" 100% Bamboo. I have never heard of this, but I LOVE the name!! This brand came out on top for softness, strength, ease of starting a roll and ripping squares, and disintegration speed (better disintegration is better for your plumbing or your septic if you have that). If you have very sensitive skin, then Angel Soft's "Soft and Strong" was the most smooth and soothing for the skin.

A new study has found that eating 5 cups of fruits and vegetables during the day has been linked to sleeping more soundly at night. 5 CUPS??? I don't even eat that in a week! Actually, I doubt I get that in two weeks. I guess I am never going to see a 16% improvement in sleep quality. Oh well.

To really feel good, stop aches, and keep yourself flexible... stretch. Give your muscles a thorough stretch in only 5 to 10 minutes. Focus on one area at a time, like your shoulders or neck. You can even do this while standing or sitting! My kind of exercise!