

Industrial Insurance Agency

September 25th, 2012 TIPS FOR TUESDAYTM

Handling Headaches

Headaches can bring pain and discomfort. They can even prevent you from accomplishing the things you need to do. Learning the causes, symptoms, treatment, and self-care of the most widespread kinds can help you find relief. The two most common types are tension and migraine headaches.

Tension Headaches

These headaches are usually caused by tight muscles in the shoulders, neck, scalp or jaw, brought on by anxiety, depression or stress. Holding your neck or head at an uncomfortable angle can cause them, too.

Symptoms may include a dull ache on both sides or all around your head, or tightness in the jaw or neck. These headaches often strike in the middle of the day. They tend to begin slowly and gradually get worse.

Migraine Headaches

Among other things, migraines can be triggered by alcohol, chocolate, some cheeses, MSG, and too little caffeine or sleep. Even changing weather, bright sunshine and hormonal shifts cause migraines in some people. Four out of five people who get them have a family history of the problem and three times more women than men are affected by migraines.

Migraines can cause severe throbbing, pounding pain that often begins on one side of the head. Sufferers often experience sensitivity to light and noise, nausea and vomiting. Some migraine sufferers have an aura before the headache hits that may include seeing jagged lines, flashing lights or hallucinations.

Other Kinds of Headaches

Other types of headaches include:

- Rebound headaches, often caused by overusing pain medications
- Cluster headaches, which occur many times a day
- Sinus headaches, which create pain behind the cheeks, nose and eyes

In rare cases, headaches can warn of a serious condition, such as meningitis, a brain tumor, stroke or extremely high blood pressure.

Self-Care

Over-the-counter pain medications and rest can often ease headaches. Effective self-care can also include:

- Applying heat or cold to your head
- Getting enough sleep, as well as going to bed and getting up at the same time each day
- Eating at regular times
- Exercising for 30-to-60 minutes most days
- Practicing yoga, meditation and other relaxation therapies

Seek medical treatment if self-care fails to relieve your headaches.


Recipe Summary

Prep Time:  - 15 min.

Cook Time:  - 15 min.

Spicy:  - Mild

Difficulty:  - Easy

Budget:  - Inexpensive



Chicken Burger

These burgers taste great and have less fat than a traditional hamburger. Try grilling them, too!

Ingredients

1 lb. ground chicken, ½ cup red bell pepper chopped, ¼ cup green bell pepper chopped, ¼ cup red onion chopped, ¼ cup celery chopped, 2 Tbsp. parsley chopped, ½ tsp. dried thyme, 1 clove garlic minced, 1 Tbsp. light soy sauce, 1 cup soft bread crumbs

Instructions

1. Preheat oven to 350° F.
2. Mix all ingredients together. Add black pepper to taste.
3. Divide mixture into 4 patties, and bake on greased baking sheet for 12 to 15 minutes per side, or until meat has reached 170° F.

Yield: 4 servings--Serving Size: 1 Patty

Each serving provides:

Calories: 170 Fat: 2 g Cholesterol: 65 mg Sodium: 280 mg Carbohydrates: 9 g Fiber: 1 g Protein: 28 g

The Sneeze Goes On

Does the end of summer make you sneeze? Ragweed produces the most sneeze-inducing pollen. When your immune system reacts to a foreign substance, like pollen, then you are likely to have an allergy. When you have an allergy, your immune system thinks that the foreign substance is an invader. When you come into contact with the allergen, your immune system's reaction can inflame your skin, sinuses, airways or digestive system. And, it won't do much good to get rid of the weeds in your yard. Ragweed

pollen has been found two miles above the ground and 400 miles out to sea.

What can you do when the sniffles won't stop? Try to stay indoors with the windows closed and the air conditioner on when the pollen count is high. Pollen is most abundant early in the morning. Pollen counts can be especially high on sunny, dry, or breezy days. Check the daily pollen count in your area.

Here are some other strategies for coping with weed allergies:

- Wear a mask when cutting the grass or working outside.
- Use sunglasses to keep pollen from irritating your eyes.
- Shower before bedtime to wash pollen off your hair and skin.
- Try over-the-counter or prescription antihistamines or decongestants.
- Prescription topical nasal steroids can also prevent symptoms.

Strength Exercises: Build Muscle as Well as Increase Your Metabolism

Safety Tips:

- Don't hold your breath during strength exercises. This could affect your blood pressure.
- Use smooth, steady movements to bring weights into position. Avoid jerking or thrusting movements.
- Avoid locking the joints of your arms and legs into a strained position.
- Breathe out as you lift or push a weight and breathe in as you relax.
- Muscle soreness lasting a few days and slight fatigue are normal after muscle building exercises. Exhaustion, sore joints, and painful muscle pulls are not normal.

Arm Raises

Arm raises strengthen your shoulder muscles.

1. Sit in a chair with your back straight.
2. Keep feet flat on the floor shoulder width apart.
3. Hold hand weights* straight down at your sides with palms facing inward.
4. Raise both arms to side, shoulder height.
5. Hold the position for 1 second.
6. Slowly lower arms to the sides. Pause.
7. Repeat 8 to 15 times. Rest.
8. Do another set of 8 to 15 repetitions.

* You can use as little as one or two pound hand weights or you can substitute cans of soup.

Some people start without weights.

Chair Stands

Chair stands strengthen stomach and thigh muscles.

1. Place pillows against back of chair.
2. Sit in middle or toward front of chair, knees bent, feet flat on floor.
3. Lean back on pillows in half-reclining position, keeping your back and shoulders straight.
4. Raise upper body forward until sitting upright, using hands as little as possible -- or not at all, if you can. Your back should no longer lean against the pillows.

5. Slowly stand up, using hands as little as possible.
6. Slowly sit back down. Keep back and shoulders straight throughout exercise.
7. Repeat 8 to 15 times. Rest. Then repeat 8 to 15 times more.

Bicep Curls

Bicep curls strengthen upper-arm muscles.

1. Sit in armless chair.
2. Keep feet flat and even with shoulders.
3. Hold hand weights at sides, arms straight, palms facing toward your body.
4. Slowly bend one elbow, lifting weight toward chest. Be sure to rotate palm to face shoulder while lifting weight.
5. Hold position for 1 second. Slowly lower arm to starting position. Repeat with other arm. Alternate until you have repeated the exercise 8 to 15 times on each side.
6. Rest. Then do another set of 8 to 15 alternating repetitions.

Tricep Extensions

Tricep extensions strengthen muscles in the back of the arm.

1. Sit near the front edge of the chair, feet flat on floor and even with shoulders.
2. Hold a weight in one hand, raise that arm straight toward the ceiling, palm facing in.
3. Support arm below the elbow with the other hand.
4. Slowly bend raised arm at elbow, bringing hand weight toward same shoulder.
5. Slowly re-straighten arm toward ceiling. Hold position for 1 second.
6. Slowly bend arm toward shoulder again.
7. Pause, then repeat the bending and straightening until you have done the exercise 8 to 15 times.
8. Repeat 8 to 15 times with your other arm. Rest. Then repeat another set of 8 to 15 repetitions on each side.

Knee Flexion

Knee flexion strengthens muscles in the back of the thigh.

1. Stand straight, holding onto table or chair for balance.
2. Slowly bend one knee as far as possible, so foot lifts up behind you. Don't move your upper leg at all; bend your knee only.
3. Hold position.
4. Slowly lower foot all the way back down.
5. Repeat with other leg.
6. Alternate legs until you have 8 to 15 repetitions with each leg.
7. Rest. Then do another set of 8 to 15 alternating repetitions.

How Much, How Often?

Do strength exercises for all your major muscle groups at least twice a week. Don't do strength exercises of the same muscle group on any 2 days in a row. Depending on how fit you are, you might need to start out using as little as 1 or 2 pounds of weight, or no weight at all, to allow your body to adapt to strength exercises.

Lift a minimum of weight the first week, then gradually build up the weight. Starting out with weights that are too heavy can cause injuries. Remember that you have to add gradually a challenging amount of weight in order to benefit from strength exercises. If you don't challenge your muscles, you won't get stronger.

When doing a strength exercise, do 8 to 15 repetitions in a row. Wait a minute, then do another set of 8 to 15 repetitions in a row of the same exercise. Tip: While you are waiting, you might want to stretch the muscle you just worked or do a different strength exercise that uses a different set of muscles.

Take 3 seconds to lift or push a weight into place. Hold the position for 1 second, and take another 3 seconds to lower the weight. Don't let the weight drop -- lowering it slowly is very important.

It should feel somewhere between hard and very hard for you to lift or push the weight. It should not feel very, very hard. If you can't lift or push a weight 8 times in a row, it's too heavy for you and you should reduce the amount of weight. If you can lift a weight more than 15 times in a row, it's too light for you. Increase the amount of weight.



Industrial Insurance Agency
1632 Colonial Parkway
Inverness, IL 60067
(847) 705-6600

info@webiia.com