



Health Topic Starters

August 2009

Blog Energizer

1

Define 4 types of massage – which one is your favorite? Whether it's for muscle aches or relaxation, a massage is a true luxury. And with many spas and salons cutting their prices to drive business, you can get a massage for much less than you think. Provide your readers with an understanding of the various types of massage, the pros and cons of each and if you have a personal favorite share what it is and why.

🔥 Affiliate opportunities: In these times we must also be mindful of budgets. Suggest a massage for couples book to save money and also re-ignite their relationship.

2

Offer 5 brain foods – foods that stimulate your brain for example salmon because of the omega 3 fatty acids. Provide your readers with insight to various brain foods. Talk about what the food does for their noggin and then consider sharing a recipe or suggestions for including the food in a daily diet.

3

How to get more calcium in your diet – Both Sonya Sotomayor and Hillary Clinton have recently broken bones. Ten million Americans suffer with osteoporosis, and another 34 million have low bone mass and high risk for osteoporosis. Women lose bone density as they age and the need for calcium is vitally important. Blog about the importance of calcium, how much a woman requires at various ages, and how to get more calcium in your diet.

4

Following a blog post about how to get more calcium in your diet, offer 5 exercises that help boost bone density. For example, weight bearing exercises like push-ups or pull-ups, yoga poses, or working out with a balance board.

🔥 Affiliate opportunities: Recommend workouts or even the WiiFit.

5

How to lose weight by eating more. Study after study has shown that people who eat 5 to 6 small meals a day lose weight faster, and keep the weight off, than those who eat 3 larger meals per day. Discuss the reasons why this tactic works and offer meal suggestions and portions sizes for your readers.

6

Tracking your progress with online tools for example fitday.com. Recently, scientists studied two groups of people to see if knowing how many calories you're consuming helps you control your appetite. Both groups were fed a turkey sandwich. One group was told how many calories, and nutrients were in the sandwich and the other group wasn't. The group that was told how many calories were in the sandwich consumed fewer calories overall that day than the group who didn't know what they were consuming. Knowledge, as they say, is power.

However, tracking this information and knowing what you're eating can be a labor intensive process and not one that most busy people are going to have time for. Thank goodness there are online tools that make it easy. Share a few of these tools with your audience to help them stay on track.

🔥 Affiliate opportunities: Remember to check out if those tools have an affiliate program you can promote this time and the future too.

7

Memory boosters. Two studies were published recently regarding memory. One found a positive link between coffee and Alzheimer's prevention and the other found no link between Ginkgo and memory

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improvement. Offer your readers a list of natural memory boosters. Consider exercises in addition to supplements.

🔗 Affiliate opportunities: There are also exercises and games that help one improve memory. Recommend those.

8

3 healthy desserts to make with fall fruit. Apples, melons and peaches are coming into season. In addition to their health benefits, they offer a uniquely dessert friendly flavor. Offer your readers three easy to make and healthy dessert recipes with fall fruit.

🔗 Affiliate opportunities: You can also suggest kitchen tools or gadgets that make it easier to cook and store these fruits.

9

Should you fast? Pros and cons. Fasting is often considered a healthy way to purge toxins from your body and to lose weight. Blog about your viewpoints on fasting including the pros and cons.

10

The Lowdown on Elimination diets. Elimination diets are often recommended to determine food allergies however; they can also be a great way to kick a habit or to detoxify.

For example, a sugar elimination diet might be great for people who have a strong sweet tooth and want to get off the sugar kick. A gluten elimination diet is a great way to see if you have gluten sensitivities because once the diet is over and you begin to slowly add gluten back into your diet, you might find that first bite of bagel gives you a headache, makes you break out in a rash or you instantly gain 5 pounds. Blog about elimination diets, what they are and whom they might benefit.

11

5 guilty pleasures that are good for you. A little dark chocolate, a glass of red wine, and even a cup of coffee – once considered indulgences these foods offer health benefits too. Blog about your favorite, healthy, guilty pleasures.

12

Root veggies benefits and how to cook them. As the crops come in, carrots, turnips, fennel, beets, radishes, the list goes on and on, are all in abundance at the market. Blog about unique and tasty ways to cook root veggies. For example, turnips can be boiled along with your potatoes and mashed to make a delicious side dish.

🔗 Affiliate opportunities: Sounds like a good post for recommending cookbooks.

13

The fine art of doing nothing and why it's necessary for optimal health. Call it meditation, call it daydreaming, zoning out, staring at the walls...whatever, doing nothing does offer health benefits. Blog about how you find time to do nothing, the benefits you've discovered, and help your readers create the habit.

🔗 Affiliate opportunities: If you've been using our prompts in the past months, you may have already suggested meditation CD's. Suggest those again.

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What makes you feel beautiful? Blog about what makes you feel beautiful and offer advice to your readers to find and enjoy what makes them feel beautiful. It could be something as simple as a bubble bath or something more adventurous like rock climbing.

15

5 healthy and tasty snacks. Snacks are where people often fall off the wagon so to speak. A bag of chips is sometimes much easier to access than a piece of fruit. Offer your readers 5 healthy and tasty snacks, take it one-step further, and offer suggestions on how to prepare for those potential slip-ups. For example, always keep meal replacement bars in your purse, glove box or desk drawer.

🔥 Affiliate opportunities: When packing your own snacks, suggest some good containers that last and make food attractive.

18

Laughter is the best medicine – 5 websites that make you laugh. There's no denying the popularity of funny YouTube videos or the animal antics at <http://icanhascheezburger.com>. Blog about the importance of laughing and its link to longevity. Give your readers 5 funny websites to visit and enjoy.

19

Blog about the best health advice you ever received. Who gave it to you? What did they say? Did you follow the advice and what were the results? Would you give the same advice to others? If not, what advice would you give?

20

Blog about how to find 20 minutes to relax every day. There's a new book out called, IF YOU GIVE A MOM A MARTINI . . . 100 Ways to Find 10 Blissful Minutes for Yourself. However, everyone needs to relax and preferably more than 10 minutes each day! Blog about ways to find 20 minutes, whether you're a mom, a dad, a student or simply a professional on the move.

🔥 Affiliate opportunities: You should know by now to use your affiliate link for the book.

21

How to find the right doctor. Finding the right doctor can make all the difference. If you love your doctor you're much more likely to take their advice and to go to them when you have questions. Dislike your doctor and well. Blog about how to find the right doctor and why the doctor/patient relationship is so important to your lifelong health.

22

Venting – how to be angry. Some people have no problem expressing themselves when they're upset while others, stuff it all down. They keep the anger inside of them and that's harmful to their health. Whether the person is afraid of being angry or it just feels uncomfortable, expressing yourself is an important aspect of good mental health.

And because your mental health is directly connected with your physical health, think stress and headaches, then it's important to be able to be angry. Blog about how people can become more comfortable with anger and why it's important. (You may also want to talk about not sweating the small stuff and appropriate expressions of anger.)

🔥 Affiliate opportunities: Suggest a resource that helps people express themselves and do it in a safe and constructive manner.

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Blog about common skin conditions explained and how to treat them. Millions of people suffer from Rosacea, Psoriasis, Keratosis Pilaris, adult acne and more. Blog about these common, and difficult, skin conditions and what people can do to treat or prevent them.

🔥 Affiliate opportunities: Do you know of any good and natural remedies that you can recommend?

24

Tips to make fast food healthy. Sometimes the drive thru is your only option. Whether you're traveling cross-country or you're in between meetings and starving, a fast food option can sometimes be your only option. Give your readers tips on how to make a fast food trip as healthy as possible. Provide examples at various restaurants of what works and what to avoid.

25

What is swine flu and how to avoid it. The H1N1 virus was in the news quite a bit for a while and then it seemed the media died down, however it's picking back up again and folks are bracing themselves for an eventful flu season. As the summer comes to a close and the flu season approaches, blog about the H1N1 flu, how to avoid it, and how to protect yourself from getting any flu this fall.

🔥 Affiliate opportunities: Suggest supplements or foods that help people stay healthy

26

The amazing power of naps. There's something wonderful about a nap, or if you want to feel more cultured, a siesta. Not just when children do it, though that alone is a blessing, however the ability to grab 10-20 minutes of sleep in the afternoon offers a number of health benefits. Blog about the benefits and offer advice on how to sneak a quick nap in during the day.

27

The truth about belly fat. Belly fat is deadly fat. Most of us have heard this but it bears repeating. Blog about the danger of belly fat - people with wide girths are more likely to have large amounts of deep-hidden belly fat around their organs. It increases your risk for diabetes, heart disease, stroke and some types of cancer. Offer tips for people to reduce their belly fat. Each inch lost adds to their lifespan.

🔥 Affiliate opportunities: Has a particular diet worked for you? Recommend it.

28

How to add 10 more minutes of fitness each day. Just consider what an extra 70 minutes of exercise could do for your health? At the same time, adding 70 minutes into a day is probably asking too much, but adding 10 minutes to your current exercise routine isn't a stretch, right? You could add another block to your daily dog walk, walk to lunch rather than drive, jump rope for 5 minutes in the morning and 5 minutes in the evening, swim a few more laps, the list could go on and on. Talk about the health benefits of 70 more minutes of exercise each week and how to break it down into bite-sized bits each day.

🔥 Affiliate opportunities: Exercise sheets, cardio dance videos are great suggestions too.

29

Do you floss? Did you know some scientists think there is a link between the plaque in your teeth and the plaque in your brain that causes Alzheimer's? Eek! Regardless of whether there is a connection between flossing your teeth and Alzheimer's, flossing is important to your overall health. Blog about the benefits of flossing and how to get it done.

30

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5 tips to get healthy without even trying. Ever hear the phrase, "If your grandma wouldn't recognize it as food, don't eat it"? It's essentially saying to steer clear of processed foods. So, in addition to avoiding processed foods, what other tips can you blog about to help people be healthier?

🔗 Affiliate opportunities: There are some 'old fashioned' cookbooks popping up lately. Link to them.

31

5 common reasons for an upset stomach and how to avoid them naturally. Watch television for 30 minutes and chances are you'll see at least one advertisement for some sort of stomachache relief. Whether it's IBS, indigestion, gas or heartburn, it seems many people are in a chronic state of gastric distress. Blog about 5 common reasons for an upset stomach, for example a food sensitivity, and help people learn how to avoid and eliminate them without pharmaceuticals.

Bonus Blogging Prompts

Tasty replacements for white flour. Pasta, bagels and cookies oh my! White flour certainly goes into some of the most wonderful foods. And yet, it is soooo bad for us. It burns quickly and throws our metabolism out of kilter, it has zero nutritional value and boy oh boy do those pounds start to pack on when we eat too many. Yet giving up pasta, bagels and cookies isn't always the answer. Offer your readers a few tasty, and healthy, replacements for standard white flour.

7 natural metabolism boosters. A boost in your metabolism means more energy, better sleep, a better outlook on life, and perhaps best of all it means faster weight loss. Blog about 7 natural metabolism boosters. For example, eating smaller meals several times a day boosts metabolism. Adding a bit of weight training to your fitness routine boosts metabolism too.