



# **Health Topic Starters**

September 2009

## September 2009 Health Edition

1

Toenail fungus affects y 18 percent of the population. That's millions of people worldwide. It can be caused by everything from a damaged toenail to poor hygiene and of course from germs found in the gymnasium locker room. Blog about symptoms of toenail fungus and what people can do about it.

**Affiliate opportunities:** Link and recommend a good remedy

2

Halitosis. There's nothing worse than bad breath and chronic bad breath can be a real problem for many. Whether it's from bacteria in the mouth or a systemic issue, halitosis can leave people feeling self-conscious. Blog about how people can overcome halitosis, common solutions and tips to know you have bad breath before someone has to tell you.

3

Tips to amplify your walking/running workout. Blog about interval training and how walking or running a little faster for specified periods of time can really amplify the effects of a workout. Offer interval training plans for people to follow.

**Affiliate opportunities:** This is a great opportunity to plug workout DVD's, plans or membership subscriptions.

4

Abdominal exercises. Your core muscles are important for posture and when they're strong, they also help burn fat and give you proper form during other activities. Offer your readers 3-5 abdominal exercises they can fit into every day.

**Affiliate opportunities:** Sometimes a chart can be helpful. Is there an abdominal workout chart you can offer?

5

Exercises for stress. Stress leads to chronic illness, pain, and depletes the quality of life. Offer exercises that help people manage stress for life changing results. They can be exercises people do every day to combat stress, exercises to help you alleviate stress or a combination of both.

**Affiliate opportunities:** In addition to exercise products, suggest too soothing natural oils or gadgets and CD's that help relaxation.

6

Energy tips. Do you tend to lack energy later in the day? Many people have an afternoon lull that slows their focus and their motivation. Offer your readers a few exercises or activities they can do to shake off the mid day doldrums and gain more energy.

7

Top ten energy foods. Some days are tougher than others and life can seem to zap all the energy from us before we've made it to lunch. Offer your readers the top ten energy foods. Consider including recipes that include these foods to make it easy for readers to integrate them into their day.

**Affiliate opportunities:** Offer a diet plan or book

8

Home exercises for a better bum. Enough said, right? Provide your readers with exercises they can do at home to sculpt a better bottom.

## Blog Energizer

**Affiliate opportunities:** Great lead in to a DVD

9

Neti pots. Neti pot users swear by this simple device to eliminate sinus issues, keep allergy symptoms at bay and help alleviate cold symptoms. Talk about what a neti pot is and offer steps to use one effectively.

**Affiliate opportunities:** Suggest a Neti pot kit for those who are new to it.

10

Three common excuses and how to get over it! "It's too hard", "I don't have time", and "I'm too tired" are common excuses we use to stay inactive. Blog about the excuses you've used in the past and how you got over them and got off the couch.

11

Headache myths and facts. Headaches plague 45 million Americans each year and migraine headaches affect 25 million. Many people think they're caused by a number of things including chocolate and stress. Blog about the myths surrounding the causes of headaches and the treatment of them as well.

12

According to the CDC, an estimated 46 million adults in the United States reported being told by a doctor that they have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia. Blog about the many types of arthritis and available treatments.

**Affiliate opportunities:** Offer a book that helps people who live with chronic pain.

13

Understanding BMI. Do you know your body mass index? Do you know how to determine it? Many people don't and this number can be very helpful in determining health and fitness levels. Inform your readers what BMI is and teach them how to determine their personal BMI.

14

Outdoor cold weather exercises. Cold weather is just around the corner. It's often the time we stop being active outdoors however there are many outdoor exercises that are fun and incredibly effective at burning calories and improving aerobic fitness and muscle strength. Blog about cold weather activities, how to access them, and the necessary steps to get started.

**Affiliate opportunities:** Recommend good quality workout clothing and gear for the cold weather.

15

Is cold medicine safe? Lately there has been a lot of news about the safety of cold medicines, particularly for children. Blog about your opinion on the safety of cold medicines and consider offering natural alternatives.

**Affiliate opportunities:** We're pretty certain there are books and brandable e-books out there about natural cold remedies. Offer those in this post.

16

How to buy a helmet. Whether you're on a bicycle, rock climbing, skiing or zipping around on roller blades, a helmet is a good idea. According to the Bicycle Helmet Safety Institute, About 540,000 bicyclists visit emergency rooms with injuries every year.

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Of those, about 67,000 have head injuries, and 27,000 have injuries serious enough to be hospitalized. Blog about the importance of helmets and how to buy the right one.

**Affiliate opportunities:** This is a natural post to link to good helmets.

17

Is cycling the perfect exercise for you? Many people want more fitness than walking provides yet don't have the desire or ability to run. Bicycling may be the perfect alternative. Blog about the benefits of bicycling, the many types of bicycling, and how to get started.

**Affiliate opportunities:** Link to some quality bikes.

18

How to do the Heimlich. The Heimlich maneuver is known as the first step when someone is choking and yet many people don't know how to perform it. Talk about how to perform the Heimlich and also talk about back blows and how some doctors are now recommending the Heimlich for drowning victims to clear the water from the lungs before CPR is administered.

19

Essential oils for stress. Essential oils are a marvelous thing. They can energize you, put you in a sensual mood and even help clear migraines and other ailments. However, essential oils are most commonly used to manage and alleviate stress. Talk about which essential oils are best for stress and how to use them.

**Affiliate opportunities:** Goes without saying, link to a store that offers essential oils and essential oil products that you believe in.

20

Natural digestive aids. Food poisoning, over eating, spicy foods and even irritable bowel plague millions of people around the world every day. Over the counter pharmaceuticals often only work for the short term and prescription medicine can be extremely expensive.

Mother Nature, on the other hand, has provided us with a wealth of potential cures and digestive aids. For example, ginger and peppermint both relieve upset stomachs and cranberry helps soothe food poisoning symptoms. Blog about natural digestive aids.

21

Dairy substitutes. A large and growing population are either allergic to one or both of the proteins found in dairy products: casein and whey, and millions of others are lactose intolerant making milk, ice cream, cheese and yogurt a no-go in their diet.

However, there are many wonderful and tasty alternatives. Goat cheese for example may not cause the same symptoms in people with dairy allergies and soy products have come a long way. Blog about tasty dairy substitutes for those who are vegan, or have dairy issues.

22

Managing household allergens. Dust, mites, pet dander and hair all cause allergies and respiratory complications for millions across the world. There are, however, some easy things you can do to manage these allergens.

For example, you can remove carpets and install hardwood floors and you can install air filters in each bedroom and/or use hepa filters in your heating and cooling system. Blog about the dangers of household allergens and how to protect yourself.

## Blog Energizer

**Affiliate opportunities:** Suggest a good air filters that could help. Better even if you have one of them.

### 23

Natural remedies for fertility – how to enhance it. Whether you're in your 20's, 30's, 40's and even your 50's you may want to have a baby. Sometimes our bodies just don't cooperate. Leaving potential moms and dads frustrated and looking at potentially expensive fertility treatments. Blog about natural remedies for fertility. There are many studies conducted on this.

For example, a study conducted by the University of Surrey showed that couples, with a history of infertility, who made changes in their lifestyle and diet and took nutritional supplements had an 80 percent success rate.

### 24

Living life to the fullest. Blog about making your bucket list and checking off the items one by one. Why wait until you're close to death to start living the life you wanted to live. Live it now. Make a list of the things you've always wanted to do and start doing them. Blog about your personal bucket list and what you're doing to live your life to the fullest – today!

**Affiliate opportunities:** Offer them a good quality and attractive journal to keep and write down their list.

### 25

Creative expression is a great way to combat depression, reduce stress and meditate. Blog about how to find ways to express yourself creatively. For example, photography, journaling or writing, painting, cooking, gardening and even dancing are all potential creative outlets.

### 26

Kicking the soda habit. Soda accounts for more than 25% of all beverages consumed in the country and is second only to tap water in volume of consumption. Soda contains high fructose corn syrup and/or cane syrup and sugars, all of which are empty calories.

Combine that with the artificial flavorings and colorings and it's just not good for us. Diet Soda isn't much better with Aspartame and other artificial sweeteners being potentially dangerous. Offer people tips and advice to kick their soda habit.

### 27

Natural bath and body products. Blog about the contaminants and potential toxins found in every day bath and body products. Discuss the benefits of natural bath and body products. Consider offering a few simple recipes for soap, shampoo and bath gel.

**Affiliate opportunities:** Do you know of a good online store who offers home made, natural, bath and body products? Recommend them and link directly to your favorite products to give more credibility to your recommendation.

### 28

Flip flop foot health. The NY Times and Forbes have both reported that flip flops not only damage the structure of your foot but the bacteria that breeds in the foamy bottom of your flip flop is dangerous to your health. ABC news also reported on the number of foot injuries due to flip-flops.

Blog about how people can wear these favorite shoes without damaging their feet or their health. The APMA, American Podiatric Medical Association, offers 10 tips to help you get started -

<http://www.apma.org/MainMenu/News/Safely-Step-Into-Summer-With-10-Essential-Flip-Flop-Tips.aspx>

### 29

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Exercise won't make you lose weight. Time magazine recently reported that exercise won't make you lose weight. Their theory is that it makes you hungrier and you eat more than you actually burn off. What's your opinion on this story? Blog about it.

**Affiliate opportunities:** Suggest a good diet plan to compliment exercise.

### 30

Team sports to boost your fitness level. Some people just aren't going to be able to motivate themselves to work out on their own. Activities like running, cycling and swimming may not appeal to more social folks. That's why team sports can be great for boosting fitness.

Sports like basketball, baseball/softball and even relay type races can be a great motivator. Blog about the benefits of team sports and how to get involved.

**Affiliate opportunities:** Recommend a good store for people to buy gear once they decide to join a team.