



Health Topic Starters

October 2009

October 2009 Health Edition

1

How to take advantage of free health screenings. Health care is expensive and routine lab work can really add up. Free health screenings are typically run in communities twice a year, one time being right around flu season where they also give away free flu shots. Blog about the advantage of free health screenings, what tests they might offer and how to find one in your area.

2

Grains to substitute for gluten. Gluten, found in white and wheat flour as well as barley and rye, causes a number of digestive, inflammation and an adverse affect on the immune system for a growing number of people. Blog about other grains and products people can use in place of products containing gluten. And consider also blogging about how to tell if a product contains gluten.

3

Natural tips to fight Alzheimer's. There are many theories on what causes Alzheimer's and just as many theories on how to fight or prevent it. Blog about some of the natural ways to fight or prevent Alzheimer's, for example fish oil is thought to help keep the brain healthy.

4

The importance of vitamin D as we head into Flu season. Vitamin D, manufactured in our bodies as a result of sunlight exposure, plays an important role in our absorption of calcium but it also has a strong effect on our immune system. Talk about the importance of vitamin D, how much we need and tips and ideas to make sure we're getting enough.

5

What are probiotics? Blog about these healthy bacteria in our gut, why we need them, how to tell if we're not getting enough.

Affiliate opportunities: Know of any coupons for products that contain probiotics? Link to them here.

6

The health benefits of mushrooms. Mushrooms, you either love them or you hate them. Ancient civilizations have used them as natural remedies for centuries. Talk about the health benefits of mushrooms. Note, Dr Weil swears they're great for your complexion!

7

What is COQ10? Ask any health guru what supplements they take on a regular basis and chances are COQ10 is at the top of their list. Blog about what this supplement is, what it does, and how you can get it naturally.

Affiliate opportunities: Link to a company who's supplement products you use and trust.

8

What are GMOs? Genetically Modified Organisms have people split. Blog about what they are and your beliefs on the subject. Do you believe they're bad for our health and society or do you believe they're good for us and why?

9

Edamame the wonder snack? Edamame, baby soybeans prepared in the pod, is a great and very healthy snack. Blog about the health benefits and provide tips for how to prepare.

10

Blog Energizer

Ten 100-calorie snacks. Snacking isn't only fun, it's healthy if you're snacking on the right things. Blog about ten healthy snacks, you can eat that have 100 calories or less.

For example, two large graham cracker squares with one teaspoon of peanut butter contains less than 100 calories.

11

How to avoid binging on Halloween candy. Halloween is right around the corner and so is all that candy. People bring it into work, it's for sale at the grocery and your children no doubt will horde pounds of it. How do you avoid eating it by the handful? Blog about tips to avoid binging on Halloween candy.

12

The pros and cons of eating red meat. A delicious hamburger, tacos or even a steak can have some health benefits however too much red meat can also cause health problems. Blog about the pros and cons of red meat and consider offering guidelines for consumption.

For example, a recent study found that women who ate about 4 ounces of beef a day had a 20% higher chance of dying of cancer than those who only ate 5 ounces a week. However, women need the iron found in red meat to help prevent anemia.

13

The link between depression and obesity. Recent studies have shown that obese people are depressed and conversely that depression may cause obesity. Blog about this particular mind body connection and how people can pull themselves out of this destructive loop.

Affiliate opportunities: Offer people tools that help with depression like sound or light therapy.

14

The health benefits of vinegar. We know vinegar is great for cleaning windows, coffee pots and other household items. However, did you know it can actually be good for your health? Talk about the various health benefits of vinegar.

For example, vinegar contains acetic acid, which may activate genes that produce enzymes to help break down fat.

15

Perfect workout recovery snacks. Post workout recovery is important and neglecting your nutrition particularly after a strenuous workout can lead to prolonged muscle soreness, a weakened immune system and injury. Blog about the importance of post workout nutrition, what to eat and how to know what you need.

For example, you probably don't need to drink a protein shake after a three-mile walk but a three-mile sprint is a different story.

Affiliate opportunities: Link to snacks and products you mention.

16

Are sleeping pills safe? It seems everyone suffers from insomnia from time to time and it can be a most frustrating experience. It's easy to turn to over the counter sleeping pills for help. Blog about the safety of these pills and consider offering natural remedies like Valerian.

Affiliate opportunities: Suggest stores or places where people can purchase and try Valerian.

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Recipe for home made energy/protein bars. Walk down the energy bar aisle in your grocery store and you'll notice that half of the items contain high fructose corn syrup and other unhealthy ingredients. And they're so darn expensive! Why not skip the expense and eat a healthier, homemade version. Provide your readers with a recipe or two for homemade energy/protein bars.

18

The health benefits of pumpkin (and a recipe). Pumpkins are available! Those lovely orange globes come in a myriad of varieties. Some are great for carving; some of course make great pie. Did you know this little veggie also packs a wallop of vitamins and nutrients? Blog about the health benefits of pumpkin and offer a recipe or two.

19

Why guilt is bad for you and how to let it go. Guilt, it seems some of us are born with a heady sense of guilt perhaps inherited from our mothers. However, guilt, particularly when it's unwarranted, can be detrimental to your health. Blog about guilt and how to let it go. Perhaps share a story of your own about guilt.

Affiliate opportunities: This is a good post to suggest a book on guilt and overcoming it.

20

Tips for taking good care of your spine. Our spine is integral to our overall health and it's amazing what it endures. Talk about how to take good care of your spine including tips for better posture, better sleeping positions and even tools people can use to support their spine.

For example lumbar support when sitting at a desk or driving helps support proper posture.

Affiliate opportunities: Link to pillows and chairs that can help with this problem.

21

Foods for better breast health. Breast cancer has permeated our culture and affects everyone. Offer your readers a list of five or so foods that can help them prevent breast cancer.

22

Myths and facts regarding bladder infections/urinary tract infections. Urinary tract infections are extremely painful and for some people, they can be a recurring problem. Blog about the myths and facts surrounding bladder infections and urinary tract infections.

For example, does cranberry juice really work to cure a bladder infection?

23

How to prevent gum disease. Did you know that about 16 million people have gum disease? Blog about how to prevent this painful disease that can cause people to lose their teeth prematurely.

24

How to cope with anxiety. Some anxiety is natural and even healthy.

For example, if you're getting ready to jump off a bridge then hopefully you're feeling a bit of anxiety or your natural instincts for self-preservation need to be checked out!

However, much of the anxiety we feel is unnecessary and actually harmful to our health. Blog about how to cope with anxiety for better health.

25

Blog Energizer

10 things to have on hand during cold and flu season. Cold and flu season is upon us and experts are predicting a really difficult season. With the H1N1 virus spreading like wildfire, it's important to make sure you're prepared. Blog about 10 items to have on hand at home, a cold and flu emergency kit.

Affiliate opportunities: Offer a checklist or suggest a cabinet or organization kit to help people assemble and keep track of this kit.

26

High heels, good or bad for your feet? We know that high heels can be painful but are they actually bad for us? We know that when they don't fit properly they can cause blisters, corns and calluses but are they actually harmful. Blog about the potential health issues of wearing high heels and discuss your thoughts and feelings on the subject.

27

Foods that fight PMS. Did you know that one of the reasons women crave sugary and fatty foods when they're getting ready to have their period is because junk food actually releases endorphins in the brain? Those feel good hormones help to counteract the icky feelings of cramps, bloating and irritability.

However, these foods can actually cause more bloating and increase cramping. The solution...find foods that prevent the icky feelings in the first place. Blog about foods that fight PMS.

Affiliate opportunities: Do you know a natural supplement that might help or has worked well for you? Link to that here.

28

How to clean your ears, safely. Have you ever used a cotton swab to clean your ears and pushed it too far inside your ear? Ouch! Blog about the right way to clean your ears and offer safe solutions.

For example, hydrogen peroxide is said to be a safe way to clean them.

29

10 things to do to relax that cost next to nothing. While not everyone chooses to meditate, we all choose to relax at one time or another. To continue pushing ourselves and never take a break results in a breakdown. Blog about 10 ways to relax that cost next to nothing.

For example, taking a Sunday afternoon stroll to enjoy the fall color. Getting a massage at your local massage school, taking a bubble bath by candlelight and so on.

30

How to prevent overeating. It's so easy to over eat, particularly when your favorite foods are right in front of you. Blog about how to prevent overeating.

For example, drink a glass of water before each meal. Eat slowly. Learn to recognize the full feeling. Fill your plate and then put the food away so you don't go back for seconds and thirds.

Affiliate opportunities: Suggest a diet plan that has worked.

31

Dark leafy greens. There's probably no single vegetable that's better for you than dark leafy greens like spinach, kale, collards, and chard. These dark leafy greens are packed with minerals, vitamins and even a bit of protein. Blog about the amazing health benefits and how to make sure you're eating these every single day!