

## HIGH CHOLESTEROL AND YOUR SEX LIFE

Although it is not considered a disease but if you have high cholesterol, you may be at risk for some serious health conditions.

High cholesterol can manifest with or without symptoms. Of course, the number one danger of this condition is that it clogs arteries, which reduces blood flow and increases the risk of heart attack or stroke.

Did you know that the reduced blood flow caused by high cholesterol has also been linked to sexual disorders?

It is known to cause fatty deposits that clog blood vessels leading to the pelvic area. Men with high cholesterol sometimes end up with erectile dysfunction because they are not receiving enough blood flow to the penis.

This has been known for a while as far as male sexual dysfunction is concerned but only recently has it emerged as a culprit in female sexual disorders. In women, the fatty deposits from high cholesterol may impact lubrication, causing painful intercourse and a lowered libido.

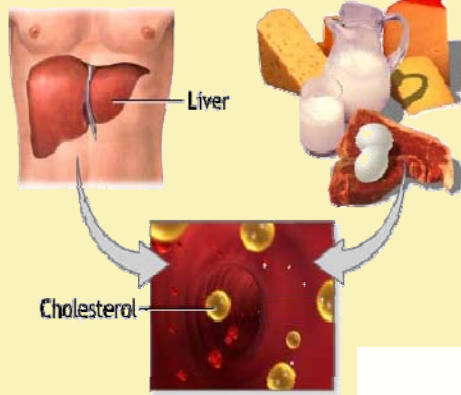
Men and women who believe high cholesterol may be affecting their sex lives should consult a physician to rule out other causes. Once cholesterol is determined to be the problem, doctors usually advise patients to seek dietary and lifestyle changes, such as, eliminating saturated fat from the diet, quitting smoking, and increasing exercise. If necessary, doctors may also recommend a cholesterol-lowering medication.

## BODY ODOR CRAMPING YOUR STYLE?

Body odor is an embarrassing condition and can really put a damper on your social life. These days, it also seems that children start to have body odor way before puberty actually hits. According to medical sources, sweat is odorless. It is the bacteria that grows on the surface of the body that creates the odor when it comes into contact with the sweat. Here are some of the ways you can combat this problem:

- ◆ Of course, proper hygiene is the first thing you should observe. Regular bathing will help along with the use of some anti-bacterial soap on sweat prone areas.
- ◆ The use of antiperspirant deodorant, even if you think you DON'T sweat or DON'T smell, comes highly recommended.
- ◆ You can also try a combination of one tsp hydrogen peroxide along with one cup of water. Make this solution and keep in a bottle and wipe onto prone areas after you shower. The hydrogen peroxide helps kill the odor causing bacteria.
- ◆ If none of these options help, there may be a bigger problem that needs to be resolved with the assistance of a physician. The physician can help you study your diet and help you to alter it.

Cholesterol is produced by the liver and we consume it from meat and dairy products



## DOES EATING LATER AT NIGHT MAKE YOU GAIN WEIGHT?

At the end of the day, the more calories you eat, the more weight you gain and it really doesn't matter if it's during the day or at night. Even the healthiest foods, when eaten in greater amounts than needed for energy and eaten later on in the day, will be stored as fat. The reason most people think that eating at night causes weight gain is because people tend to eat extra at night. They might not take into account what they have already eaten during the day and this leads to weight gain. If you have eaten well balanced meals during the day and saved some of your extra calories to eat at night, you will NOT gain weight.

So if you eat the same exact meal at 5 p.m. or 9 p.m. it will not affect your body differently, as long as they have the same amount of calories. What really matters is the total amount of food and drink you had over the course of the day, week, or month and how much energy you expend during that time frame.

However, the reason most people gain weight when eating at night is because they have a late dinner after not eating for a long period of time. This makes it hard to make good food choices and also to keep portions in control. You may end up picking up a slice of pizza or two whereas if you weren't as hungry you would have time to cook a healthy dinner without sabotaging your diet. The second concern that comes with late night eating is "mindless" snacking in front of the TV, while studying for finals, or hanging out with your buddies. People tend to pig out on ice cream, cookies, or pizza (not on celery and carrots) and this leads to weight gain because it is usually extra calories taken in.

So aim to spread your calories out throughout the day and if you do have to eat a late dinner, don't worry about it leading to weight gain as long as you have not overeaten during the day. Just remember, it all comes down to the total number of calories taken in—regardless of what the clock says.

## SLOW AND STEADY WINS THE RACE

You've heard the old saying, "Slow and steady wins the race." Well, it may also burn more calories, at least in the long run. Researchers at Maastricht University in the Netherlands concluded that people who engage in moderate physical activity, such as walking and biking, had the highest overall physical activity levels. Their study of 30 men and women over a two-week period also revealed that those who exercised vigorously for short periods of time compensated for that activity by spending a greater part of their day being sedentary. Sure, vigorous exercise burns more calories, but the moderate exercisers tended to be more active overall.