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HUMAN BEHAVIOR ASSOCIATES, LLC
EAP NEWSLETTER

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Don't Leave Home Without Them

With vacation time approaching, a lot of us are planning road trips. Taking some time now to prepare could prove invaluable, maybe even lifesaving, in an emergency situation.

THE ESSENTIALS

Jumper cables: If your battery conks out, it's best to call for assistance rather than ask a stranger for help. But if you're in a safe area and feel comfortable accepting a jump-start from another motorist, it helps to have your own cables.

Flares or warning lights: Your first concern after an accident or breakdown is getting your vehicle out of traffic as best you can. After that, you need to light the scene to alert oncoming drivers to the trouble ahead. If you feel comfortable using flares, store several in a plastic bag in the trunk. Or carry a battery-operated flashing light or strobe light. You can find both of these items in stores selling automotive products.

Spare tire: Even if you don't have a clue how to change one, be sure you have a spare available in case of a flat. Whenever you have your tires inspected, have the spare checked to make sure it's fully inflated.

Help sign: Some of the cardboard sunshades designed for windshields have emergency messages on the other side. You can also make your own "send help" sign at home and keep it in your trunk.

Flashlight: Aside from the obvious, it will come in handy if you see someone approaching your car at night. It is also useful if you need to do something that requires light when the car battery is dead. (Continued on page 2)

START HOOFING IT!

Most people take 4,000 steps per day. It takes at least 10,000 to keep you fit.

Vitamin Do's and Don'ts

Do discuss supplements with your doctor if you regularly take medications. Drugs and medical conditions can adversely affect supplements and vice versa.

Do take supplements with meals or a full glass of water. They're more easily absorbed when digestion is already taking place

Do store supplements in a cool, dry place. Keep them tightly closed in their original bottle or another opaque container. Heat, light, oxygen and moisture can deteriorate them.

Do keep all vitamins away from children. Iron overdose is a common cause of poisoning in children and can be fatal.

Don't expect to meet all the RDAs in one pill. A tablet with all that would be too huge to swallow. Calcium, for instance, is usually best taken as an additional supplement.

Don't buy vitamins from a doctor who sells them on the side. The American Medical Association frowns on this practice, saying doctors shouldn't profit from treatments they "prescribe" for their patients. Buy vitamins from a drugstore, grocery store or reputable health-food chain instead.

NON-NICOTINE HABIT KICKER: A new non-nicotine prescription drug has been found to be twice as effective as the nicotine patch in helping people kick the smoking habit. Called Zyban, it outperformed the patch in head-to-head comparisons. When both aids were used together, their combination was even more effective. Using both methods helped prevent weight gain associated with quitting. About 46 million Americans smoke, and 75% of them say they want to quit.

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Hiccups Cure

You've heard that swallowing a teaspoon of sugar will cure you hiccups. So how does it work? Swallowing stimulates the vagus nerve in the back of the throat, which may signal the diaphragm to interrupt the involuntary contractions that result in hiccups. The sweetness will likely increase saliva production causing you to swallow more frequently.

Potassium Up Stroke Down

Stroke is now the third leading cause of death in the United States. What can you do to reduce your risk? Harvard University researchers say that eating lots of potassium rich foods, namely fruits and vegetables, can bring it down.

In an 8-year study of 44,000 middle-aged and older men, it was found that those whose daily dietary intake of potassium averaged 4,200 milligrams were 30 percent less likely to have a stroke as those who only consumed 2,400 milligrams. The greatest benefit appeared in men who had high blood pressure, a leading cause of stroke. But all men who ate a lot of vegetables and fruit appeared to be protected to some degree.

Produce highest in potassium include:

Baked potatoes with skin	Acorn squash
Avocados	Artichokes
Dried figs	Raisins
Swiss chard	Orange juice
Bananas	Spinach
Beans (many types)	

The best advise is to not worry about potassium, just eat lots of fruits and vegetables.

DOMINATION ISN'T A WISE STRATEGY

Dominating makes you feel smart. But it makes your colleagues feel dumb, which usually kills your chances of getting cooperation. Few colleagues are secure enough to say, "How wonderful that he's so smart. Even though he makes me feel dumb, I'll work hard to help him." More likely, they'll try to prove you're not so smart. A better approach, even if you have a great solution, is to ask teammates good questions and listen well without interrupting until they tire of giving you suggestions. Who knows, their ideas might even enhance your brilliant plan.

ARE YOU GETTING ENOUGH SLEEP?

You can easily figure out whether or not you are getting enough sleep. If you're not feeling alert all day long, try going to bed 15 minutes earlier each night. Continue to do that until you reach the point where you feel energetic all day and don't experience that mid-day slump. Most people will find that they need to add at least an hour to their sleep time.

Don't leave home without them –Continued

BETTER SAFE THAN SORRY

Blanket: Keep a blanket or sleeping bag in your trunk in case you get stranded. Often it's safer to stay bundled up in the car until help arrives than it is to try to walk to safety.

Road Atlas or map. It's invaluable if you need to find your way out of trouble or describe your location to someone coming to help you.

Food and water. Keep a bottle of water and some nonperishable food in your trunk in case an emergency strands you for hours. You can also use the water to fill the overflow bottle next to your radiator if your car overheats.

Cell phone: Frankly, it's one of the best safety gadgets you can have in your car, as long as you don't use it when the car is moving.

Finally, there's one thing you don't need in your car: a fire extinguisher. Unless you're trained in putting out fires, get as far away from a burning vehicle as quickly as you can. Leave firefighting to the professionals.

HBA is your 24-hour employee assistance program. Eligible employees and family members may call for confidential assistance with personal, legal, childcare, financial, alcohol/drug and other problems. HBA has identified a variety of community resources and self help associations. Also available is a panel of professional counselors and hospitals that have agreed to provide free or low cost counseling and treatment services to persons who have been referred by Human Behavior Associates. Dial 1-800-937-7770 for information or assistance.