



Health Corner

August 2023

OVER-CAFFEINATED? – HOW MUCH COFFEE IS TOO MUCH?

If you rely on coffee to get you going in the morning or to give you an extra lift during the day, you aren't alone. Millions of people use caffeine every day to stay alert and improve concentration.

Coffee, tea and other caffeinated drinks can be helpful, but they can pose problems too. Find out how much is too much and if you need to slow a little.

How much is too much?

According to the Mayo Clinic up to 400 milligrams (mg) of caffeine a day appears to be safe for most healthy adults. That's about four cups of brewed coffee, 8 cups of black tea, 10 cans of cola or two "energy shot" drinks. Keep in mind that the actual caffeine content in beverages varies widely, especially among energy drinks.

What are side effects of too much caffeine consumption?

If you drink more than the above recommended amount of caffeine, you might experience some of the following side effects:

- Headache
- Insomnia
- Nervousness
- Irritability
- Frequent urination or inability to control urination
- Fast heartbeat
- Muscle tremors

If these sound familiar, it might be time to cut back on your caffeine consumption. You can do so by:

- Paying attention to how much caffeine you're getting from foods and beverages.
- Cutting back gradually to help your body get used to the lower levels of caffeine and lessen potential withdrawal effects.



Energize without caffeine

Feeling a little tired?

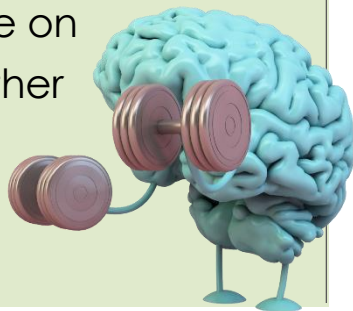
Before you grab the next cup of coffee try one of these first:

- Drink water. Feeling sluggish can come from dehydration. Grab a big glass of water to replenish fluids and boost your energy.
- Try acupressure: The 'kiss point' (also known in acupressure as GV-26) is located between your upper lip and nose, about a third of the way down from the bottom center of your nose. Using a fingertip, apply pressure for one minute.
- Get moving. Go for a quick walk around the block or do a couple of jumping jacks. This will get your blood flowing and oxygenates your body and brain.

Did you know?

Using your non-dominant hand for everyday tasks can improve brain health and self control. It strengthens neural connections in your brain and even creates new ones.

So, every now and then, try brushing your teeth with the opposite hand or use your computer mouse on the other side.



SNACK smart

ENERGY BALLS

Ingredients

- 1 cup whole roasted cashews (unsalted)
- 1 cup whole toasted almonds (unsalted)
- 1/2 cup dried cranberries or blueberries
- 1/2 cup golden raisins
- 1/4 teaspoon kosher salt
- 2 tablespoons of honey or maple syrup
- 1/2 teaspoon vanilla extract

Preparation

- Add the cashews and almonds to a food processor. Process until the nuts are a coarse flour.
- Add the cranberries, golden raisins, and salt, and continue the process until the dried fruit is finely chopped. The mixture should hold together if you pinch it between your fingers.
- Drizzle the honey and vanilla extract into the mixture and pulse several times to incorporate.
- The mixture should now stick easily. If not, add another tablespoon of honey.
- Roll into balls and place on a plate in the refrigerator to harden.



MONEY smart

TIPS TO TEACH YOUR KIDS ABOUT FINANCES

When it comes to learning about finances and creating healthy habits, the rule “the earlier the better” definitely applies. Following are some tips for you to teach your kids smart money managing habits:

- Lead by example. Remember that children learn a lot just by observing their parents.
- Give your child a weekly allowance and let them make their own spending choices with it. (Guideline: \$0.50 - \$1.00 / year of age of your child) Encourage them to plan for purchases in advance.
- Expect your child to help with family chores. Occasionally, provide extra income opportunities for doing an extra chore.
- Teach your child to save regularly. Set up a process for saving money in a piggy bank or bank account.
- Show your child to be a wise consumer. Teach them how to compare prices and quality.
- When your child is old enough to understand what credit is, consider allowing them to borrow a small amount of extra money from you to make a major purchase and negotiate a repay schedule. This will teach them a healthy attitude towards credit.
- Teach your child the value of investments.

