



Bat-Zion Susskind-Sacks

The art of living well

Newsletter



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"I'm a great believer in luck and I find the harder I work, the more I have of it."

Thomas Jefferson

Being sun smart - some tips on tanning



With Summer looming, many of us are considering ways to banish our pale look in favour of a fashionable "healthy tan."

Turning tanned skin into a modern day craze is attributed to Coco Chanel. Before the 20th century, a bronzed skin was a sign of manual labour and poverty. It was Coco's telling of how she accidentally acquired a tan while on a yacht that started this fashion.

Even though we know that some sunlight is important as our skin uses it to produce vitamin D, which helps to build and maintain strong bones, we also know Too much sun is harmful and can cause short and long term damage the skin.

Short term damage to the skin includes sun burn and heat strokes. Long term damage manifests itself in old looking skin, brown age spots and wrinkles. Over exposure to the sun can also cause damage to the eyes with the risk of developing cataracts and skin cancer.

To enjoy being outside in the sun and reduce risk of skin cancer, follow the SunSmart messages as recommended by Cancer Research UK:

- Spend time in the shade between 11am and 3pm
- Make sure you never burn
- Aim to cover up with a T shirt, hat and sunglasses
- Remember to take extra care with children
- Then use factor 15 plus sunscreen
- Report mole changes or unusual skin growths promptly to your doctor



If you feel that you must have the sun-kissed glow, you might choose another option- the sunless tanning products. These are generally safe, and can offer an even and natural looking tan.

Dreaming of Sleep



Are you getting enough sleep? The trouble with modern day life is that it is eating away at the amount of sleep we are getting.

We all know about the importance of getting enough of the Z's. A good night's sleep is crucial for a healthy lifestyle, physical and mental health. It helps us master complex tasks, helps with concentration and allows our body and mind to consolidate themselves.

Dreaming of Sleep (continued)

Some tips for shut - eye:

- Establish a regular sleep schedule. Try and get to sleep at the same time and wake up at the same time
- Choose a comfortable surrounding for sleep. Remove noisy clocks or anything else that may disrupt your sleep
- Do not try to "force" yourself to sleep
- In order to get the required amount of sleep, sleep should be continuous
- Limit time you spend in bed solely to sleep
- Engage in regular sports activity (avoid it close to bedtime)
- Caffeine, Nicotine and alcohol are stimulants. Avoid them before sleep
- Avoid heavy meals close to bedtime
- Do not drink much fluids before sleep
- If you wake up in the middle of the night, stay away from the refrigerator
- If you need to make up for lost sleep, do it as soon as possible. It should be done by going to sleep earlier than usual.



A Word of Motivation

by Bob Garvey



"I don't measure a man's success by how high he climbs but how high he bounces when he hits bottom." -- George S. Patton

Resilience is an undervalued characteristic in today's world. It's true; it's not how many times you get knocked down, but how many times you get back up. Purpose adds resilience by putting all of your experiences into context.

You see, purposeful people view life differently than "normal" people. They view setbacks as learning experiences, not character flaws. They see obstacles as challenges, not roadblocks. This is huge!

What if every time you fell down, it was to learn how to teach others to get up? What if every time you lied, it was to learn how to teach others to honor truth? What if every time you were hurt, it was to learn how to teach others to love? What if every crappy job you've ever had was to learn how to teach others the importance of purpose?

If you view every negative experience in the context of learning something new that could one day help yourself and others, you'll be much more open to the lesson and not so wrapped up in your ego. You won't be the one who says "This shouldn't happen to me!"

Yours on Purpose,

Bob

In our next issue: We will learn about the importance of making friends with Fibre, about Body and Self-Image, and Craig Burton will introduce us to Homeopathy.

Until then

Yours in Health, Happiness and Success

Batzi

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Happy Shavuot

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