

# Complete Health Newsletter

*"Because Optimal Health is the Ultimate Goal" - Vol.4 No. 1 - January 7, 2010*

## The Most Overlooked New Year's Resolution

### It's Resolution Time!

- As New Year hits, so do [those resolutions to help better ourselves](#). And while [less than 1 in 10 of these resolutions will be kept](#), it's time to focus on perhaps the most overlooked New Year's resolution.

### Getting More Sleep In 2010

*"Health is the first muse, and sleep is the condition to produce it"*

-Ralph Waldo Emerson

- The [2009 "Sleep in America Poll"](#) found that 84% of people "just accept" not getting enough sleep while 58% drink caffeinated beverages and 38% choose high-sugar foods to deal with sleepiness.
- Lack of sleep carries serious health including [obesity](#), [diabetes](#), [heart disease](#), [headaches](#) and [heartbeat irregularities](#).
- [Drowsy driving claims more than 1,500 lives](#) and causes at least 100,000 motor vehicle crashes each year.

### Why Is Sleep So Important?

- [A 2009 study](#) states "neither diet nor exercise replaces the need for sleep" and another 2009 study found [getting adequate sleep led people to make better food choices](#).
- Deep sleep ("REM Sleep") is the most important phase of sleep as it's when the brain organizes information, processes new learning and stores long-term memories. REM sleep decreases as we age and explains memory problems in the elderly.
- Sleep also helps emotion, enabling people to process feelings and resolve personal issues.

### How Can I Catch Up On My Sleep?

- Catching up on sleep is all about listening to your "biological clock" which regulates hormone levels, body temperature and alertness, all of which are regulated by daylight.
- One hormone affected by sunlight is melatonin, known as the "the sleep hormone" and [tied directly to sleep quality](#).

- Keep a consistent schedule, especially in getting up the same time every morning. To catch up on sleep, it's best to go to bed earlier, NOT sleep in later.
  - Nutritional supplements can be very beneficial to improving your quality of sleep and include [melatonin](#), [whey protein](#),
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- [Green Tea Benefits Mental Health In The Elderly - 12.2.09](#)

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- [Vitamin D Found to Help Kidney Health - 12.8.09](#)

### Bone Health

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### Cancer

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### Children's Health

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- [Vitamin D Linked to Obesity and Growth In Children - 2.3.09](#)

### Diabetes

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- [Mediterranean Diet Again Helps Those With Metabolic Syndrome - 12.15.09](#)

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### Eye Health

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#### Fats & Oils

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  - [Omega-3 Fats Help Blood Vessel Plaques - 12.8.09](#)

#### Inflammation Health

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#### Heart Health

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- [Study Recommends Omega-3 Fat Dose for Heart Health - 9.29.09](#)

#### Kidney Health

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- [Antioxidant Intake Help Kidney Health - 7.28.09](#)

#### Lung Health

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#### Men's Health

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- [Tea Consumption Maintains Healthy DNA In Men - 10.20.09](#)

#### Mental Health

- [Green Tea Helps Ease Mental Distress - 11.24.09](#)
- [Mediterranean Diet Helps Mental Health - 11.10.09](#)

#### Pregnancy & Infant Health

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- [Low Folic Acid During Pregnancy Affects Infant Mental Health - 11.24.09](#)

#### Skin Health



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- [CoQ10, Vitamin E and Selenium Helps Skin Health - 3.9.09](#)

#### Weight Health

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- [Calcium Helps Weight Loss In Those Deficient In Calcium - 5.18.09](#)

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