

Tri-State Health and Nutrition

YOUR HEALTH IS OUR BUSINESS!



Nutrition Matters

Volume 5, Issue 4, 2010

Iron Deficient ... Or Not?

Should you take an iron supplement? Some people are definitely iron deficient. However, there are many folks that have too much iron in their systems causing serious toxic reactions.

What should you do? How do you know if you should be supplementing your regular diet with iron?

Iron is not excreted. The iron you absorb stays and accumulates in storage. A person can lose approximately one milligram a day through hair, skin cells, and finger nails. [More>>](#)



Iron Overdose?

In older adults, an excessive amount of iron can present a greater health risk than iron deficiency!

The *American Journal of Clinical Nutrition* reported that in a study of more than 1,000 white men and women aged 67 to 96 who live at home, 13 percent had too much iron in their blood, but only 3 percent had too little.

After School Snack Attacks

Running into the kitchen after school, your child grabs a couple of cookies and starts munching—a normal occurrence for a growing child. Are the snacks you have around healthy? How can you know?

Governmental studies have shown that snacks can make up as much as 20 to 30 percent of a child's diet. After a full day at school, children do need an energy boost before starting on homework and other activities.

Here are some snacks that are sure to please:

- Apple slices and a *Laughing Cow* cheese wedge.

[More>>](#)

Ugh! Bedbugs



Bed Bugs are only 5mm long!

Bed bugs—Oh no! These tiny, blood sucking insects, are becoming a problem in some areas. Here's what you should know about them.

Bedbugs are reddish, flat, oval-shaped insects that feed on the blood of humans and other warm-blooded animals. They're most likely to set up house in places with a high turnover of residents, such as hotels, motels, assisted-living facilities, and apartment buildings.

Your home can become infested with bedbugs in a variety of ways:

- From bugs and eggs that "hitchhiked in" [More>>](#)

To remove your name from our mailing list, please [click here](#).

Questions or comments? E-mail us at someone@example.com or call 555-555-5555