There is something about operating in our strengths & spending time with those we love that improves our health, thus increasing our quality of life. Today I read a piece from a counselor who spoke about “Refusing to Die Before Your Time” & it struck me. I know I’m young, but I still make the same decisions as you do each day. Will I choose to live this day well, using my full potential to help others, show love & mercy, & make my corner of the world better? Or will I give up, lost in my own problems of the day & miss opportunities to truly live? Everyday we have a choice to make. So I ask you a question: “Will you choose to LIVE today?”

Source: http://storylineblog.com/2014/03/21/refusing-to-die-before-your-time/

~Brittni

Benficial Effects of Creatine Supplementation in Knee Osteoarthritis

Results:

The use of creatine supplements by the participants of this study resulted in improvements of their physical function and increased leg muscle size. However, both groups, regardless of the supplement used, felt large reductions in pain and improvements in their quality of life.

Conclusion:

The findings of this study suggest that a supplement, once considered to be exclusively a sports supplement, could be used as a new approach to treating pain and other symptoms of osteoarthritis. Additional research could advance this new approach by determining the specific doses that will bring the most benefit to those with osteoarthritis.

Important: Anyone considering starting a supplement program should first consult with their physician.

By Austin Pena


Quote courtesy of: http://www.health.com/health/gallery/0,,20642720_13,00.html
Can your shoes help with lower back pain?

As the weather gets warmer and the grass gets greener, it must mean one thing: spring time has arrived! What better way to bring in the new season than to whip out your favorite running shoes and take a nice walk around the park. However, it may not be as simple for those suffer from chronic lower back pain. There has been speculation that rocker sole shoes, such as Sketchers Shape-Ups, are the solution to this problem. But is that truly the case?

A study was recently done testing whether rocker sole shoes relieve lower back pain. The study tested 115 people over a year long period. The participants would wear the rocker sole shoes or flat sole shoes for a minimum of 2 hours a day for 12 months. By the end of year, the study found that both groups did show improvement due to the exercises they performed. However, those that were stating they were having low back pain while walking or standing, and were wearing the flat sole shoes, showed a greater improvement in their lower back pain than those who were wearing the rocker sole shoes.

The study concludes that clinicians should be able to advise patients to purchase either rocker sole shoes or flat sole shoe because they both provide positive results. However, they should urge those who suffer from lower back pain while stand or walking to continue on with flat sole shoes. This is something to keep in mind and perhaps discuss with your clinician so you can make the right decision when you go out and enjoy the springtime air!

By: Kourtney Green & Maggie Sherman


Healthy Banana Cookies


Ingredients:
- 3 ripe bananas
- 2 cups rolled oats
- 1 cup dates, pitted and chopped
- 1/3 cup vegetable oil
- 1 teaspoon vanilla extract

Directions:
1. Preheat oven to 350 degrees F (175 degrees C).
2. In a large bowl, mash the bananas. Stir in oats, dates, oil, and vanilla. Mix well, and allow to sit for 15 minutes. Drop by teaspoonfuls onto an ungreased cookie sheet.
3. Bake for 20 minutes in the preheated oven, or until lightly brown.