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Dear Friend,

Learn about healthier living the fun way! Come visit [WNY Immediate Care](#) at the [Buffalo Wellfest](#) on April 10 at the University at Buffalo's Alumni Arena and May 15 at the Buffalo Bills Field House. Over 100 exhibitors will be on hand featuring giveaways and tips on how you and your family can achieve wellness. Stroll around Wellfest and you will find complimentary health screenings, main stage demonstrations and raffle prizes. And of course, what Buffalo festival is complete without food? A healthy living food court will also be available to tempt your taste buds.



All of this and some extra special Buffalo Bills spirit will be available at the Field House on May 15. This event will feature interactive sports stations to test your fitness and endurance levels at a professional practice facility. A farmers' market will be open for visitors to make purchases, and doctors will even be on hand to answer all of your medical questions.

A limited number of free tickets are available through WNY Immediate Care. Contact Claire Jones at [cjones@exigencellc.com](mailto:cjones@exigencellc.com) or call 716-204-4500 to arrange for your tickets. Tickets can also be purchased at the event for \$10.

Come visit WNY Immediate Care out and about in your community!



### Helpful Tips For Runners

Now that spring has arrived runners are ready to take off. Whether you are jogging or training for a marathon, there are a few simple things you can do to prevent injury:

1. Warmup: Cold muscles are prone to strains. A proper warm up will increase blood flow to the major muscle groups and improve performance. Start with a light jog for 5 minutes before increasing intensity.
2. Get balanced: Many people have muscle imbalances that cause injuries. Traditional exercise programs do not address these and can contribute to chronic injury patterns. Find an exercise program that addresses the instability of the hip and core stabilizers.
3. Stretch: Remember to always stretch after the warm up and the run. Hold each stretch 30 seconds and don't bounce. You can actually increase your flexibility by stretching every day.
4. Hydrate: Your body is composed of about 60% water. When those levels are compromised your muscles do not perform properly. When you run, hydrate before and after.
5. Get in alignment: Spinal alignment is very important in preventing injury. Every muscle is controlled by

nerves that pass through the spine. If your spinal posture is off, your running will do more harm than good and lead to problems with the spine, hip, knee or ankles. Chiropractic care can prevent the body from breaking down.

Source: Dr. David Chen, [Wellness.com](http://Wellness.com)

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## Q&A Forum

### Do energy drinks really boost energy?

Most energy drinks contain large amounts of caffeine and sugar, which provide a temporary energy surge. The boost is short lived, however, and may be accompanied by weight gain, nervousness, insomnia, rapid heartbeat, irritability and increased blood pressure.

For most people, occasional energy drinks are fine. If you're consistently fatigued or rundown, however, consider a healthier way to boost your energy. Get adequate sleep, include physical activity in your daily routine, and eat a healthy diet.

### Is sea salt better for your health?

Sea salt and table salt have the same basic nutritional value, both consisting of sodium and chloride. However, sea salt is often marketed as a more natural and healthy alternative. The only real differences between the salts are their taste, texture and processing.

Sea salt is produced through evaporation of seawater, usually with little processing, which leaves behind some trace minerals and elements depending on its water source. These insignificant amounts of minerals add flavor and color to the salt.

Table salt is mined from underground salt deposits. Table salt is processed to eliminate trace minerals and usually contains an additive to prevent clumping. Most table salt also has added iodine, an essential nutrient that appears naturally in minute amounts of sea salt.

Both salts also contain about the same amount of sodium chloride. Your body needs only a couple hundred milligrams a day to stay healthy, but most people get far too much — mostly from processed foods. So regardless of which type you prefer, keep sodium consumption between 1,500 and 2,300 mg of sodium a day. People with high blood pressure should aim for the low end of that range.

Source: [The Mayo Clinic](http://The Mayo Clinic)

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### **Tanning beds face new taxes and restrictions**

Growing concerns about the dangers of tanning beds are leading to new taxes — and possibly new restrictions — designed to curb the practice among young people.

A Food and Drug Administration panel recommended actions such as requiring that teenagers get parental consent before using a tanning bed or even banning the use of tanning beds among teens. The panel also recommended reclassifying tanning lamps from Class I medical devices -- a category that includes tongue depressors and elastic bandages — to a Class II or Class III device, which would permit the agency to impose greater restrictions.

About 35% of 17-year-old girls use tanning machines, and people under 30 who tan increase their risk of skin cancer by 75%, according to the [International Agency for Research on Cancer](#).

Because teens have less spending money than adults, a new 10% tax on indoor tanning — included in the new health reform bill — may make some young people think twice about tanning. The tax, scheduled to take effect July 1, is expected to raise \$2.7 billion over 10 years to help offset the costs of the bill.

Source: Liz Szabo, [USA TODAY](#)

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