



Health/Notes

JUNE

WEEK ONE

How To Reduce Cancer Risk At “The Barbie”

Increase Risk:

- Charred meats
- Grilling with sugary BBQ sauces
- Smoke from fatty drippings
- Marinade in sugary sauce

Solution:

- Cook them low and slow
- Apply those AFTER cooking
- Prevent drippings from flaring up
- Vinegar-base marinade



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JUNE WEEK TWO

How To Take Care Of Your Skin

You **NEED** vitamin D from the sun,
but you **DON'T** need skin cancer from it

How do you know how much is too much?

- First, you should never burn
- Fair skinned people can get all the vitamin D they need from 10 minutes of direct summer sunlight
- Darker skinned people may need as much as 20 or 25 minutes



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Health/Notes

JUNE WEEK THREE

Try This Summer Exercise: Swimming

- You will never sweat!
- It works your core
- It works your arms
- It works your legs
- It's EASY on your bones



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Health/Notes

JUNE WEEK FOUR

Get This Daily Summer Stress Reducer (psst ... this medicine is free!)

- Spend time out in the evening when you can
- Breathe ... Relax
- PLAN on having no PLANS

And watch your stress ...
melt away!



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