

October NEWSflUsh



Q: What do you call someone who puts poison in a person's corn flakes?

A: A cereal killer!

Kelly, Lauren B., Alyssa, Laura, Kevin, Lauren S., Annie, Brittany, Caitlin, Amy, Becky, Julie

Alcohol and the Body

Do you know what factors effect alcohol absorption? Knowing these important variables can shape your ability to make informed decisions about the way drinking will effect your body.

- **Concentration:** drinks with higher alcohol concentration are absorbed faster
- **Carbonation:** liquor mixed with soda speeds up the passage of alcohol from the stomach into the intestines
- **Full/empty stomach:** having food in the stomach slows the rate of absorption of alcohol
- **Emotional state:** it is never a good idea to consume alcohol when you are angry, lonely or tired. Alcohol does not make you happier, it only intensifies current emotions
- **Medication:** antibiotics, aspirin, Tylenol and other drugs all have different effects on how alcohol is absorbed. Any medication with acetaminophen SHOULD NOT be combined with alcohol due to their combined effects on the liver.

Is it a cold?

- Symptoms come on gradually
- Cough possible
- Sore throat common
- Body aches unlikely or mild
- Headache is mild
- Stuffy nose common
- Fatigue/weakness is mild

Or the flu?

- Symptoms come on quickly
- Fever can last several days
- Dry cough common, can be severe
- Body aches, often severe
- Headache prominent
- Vomiting, diarrhea
- Fatigue and weakness common and sometimes severe

Brain Food

Throughout the year and especially before exams, we could all use a little extra brain power. Some foods can actually impact our ability to concentrate and think clearly. Try a few of the following "brain foods" to enhance alertness and clarity:

- **Dark chocolate** has powerful antioxidant properties, and contains natural stimulants like caffeine. It also has a high concentration of flavanols that facilitate blood supply to the brain and enhance cognition.
- **Green Tea** contains catechines as well as polyphenols, a type of antioxidant, that can help you mentally relax and enhance your overall memory.
- **Eggs** contain a nutrient called choline that helps boost memory.
- **Tomatoes** contain lycopene, another amazing antioxidant.
- **Broccoli** contains a powerhouse of nutrients, but especially Vitamin K, which is believed to enhance cognitive function.

Marquette Flu Shot Dates and Locations

- October 4th, 11:30-1:30 pm
AMU 2nd Floor
- October 5th, 4:30-6:30 pm
McCormick Hall
- October 11th, 4:30-6:30 pm
Cobeen Hall
- October 12th, 4:30-6:30 pm
AMU 2nd Floor
- October 25th, 7:00 am– 7:00 pm
AMU 1st Floor
- October 26th, 7:00 am– 7:00 pm
AMU 1st Floor

Flu shots are \$25
Cash, credit and check are accepted
For up to date information visit
<http://www.marquette.edu/shs/>

Catch some Zzzz's

Only 11% of college students get an adequate amount of sleep. Most people need about 8 hrs each night. Research shows students who are sleep deprived perform significantly worse than those who are not

What can you do to get more sleep?

1. **Relax!** Try to unwind by watching TV or reading.
2. **Limit long naps.** Naps over 30 minutes make you drowsy and interfere with your regular sleep.
3. **Try to develop a pattern.** Wake up and go to bed at the same time each day. This helps you stay alert and reduces sleeping problems at night.
4. **Exercise.** 20-30 minutes of physical activity enhances deep sleep. Avoid working out 6 hours prior to sleeping, since exercise promotes alertness.
5. **Avoid caffeine, nicotine, and alcohol.** These can cause restless sleep and frequent awakenings during the night.

For more information on brain foods and how to stay healthy, visit
<http://www.balancemindbodysoul.com/>