

The Wellness Exchange



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BUSINESS HEALTH SERVICESSM
Solutions for a Healthier WorkplaceSM

For more information call 1-800-765-3277 or visit www.bhsonline.com



Go Green This April!



Why Go Green?

The U.S. Census Bureau reports that the world's population is growing at an astonishing and rapid rate. They report that the world's population was 6 billion in 2000 and is expected to reach 9 billion by 2050. That is 8 billion more than the world's population in 1800. It's not surprising that as the world's population increases the amount of natural resources decreases.

Our Resources

Unfortunately, there is only a set amount of natural resources available, some of which have been used up and are no longer available. In order to ensure future generations have all the same luxuries that we currently have, we need to make some dramatic changes as a society. We need to save our clean air, water and fuel sources. So how can we achieve this goal?



Did You Know...

Recycling one ton of paper saves 7,000 gallons of water, 380 gallons of oil, and enough electricity to power the average household for 6 months.

Recycling 1 aluminum can will save enough electricity to run a T.V. for 6 hours.

One recycled glass bottle saves enough electricity to run a 100-watt light bulb for 4 hours.

What Can We Do?

We can start by looking at some of the everyday products that we use and then throw away. For example, batteries and the electronics we put the batteries in often contain harmful chemicals that can leak through landfill barriers and contaminate ground water. Contaminated ground water can affect the food we eat and the water we drink from our home taps, and pose a great health risk to all humans. For more information on battery disposal and additional recycling information please visit <http://earth911.org>.



Recycle

One way to prevent future harm is to recycle as many products as we can which will increase or preserve our energy, water and natural resources. Recycling also preserves landfills. Essentially, the more conscience we are as a society the more likely future generations can live a life similar if not better than ours.

10 Ways to Go Green

1. Look at different commuting options for work such as walking or biking to work or telecommuting.
2. Buy used products.
3. Buy your goods locally.
4. Compost your food scraps, which helps reduce the amount of waste that ends up in landfills.
5. Use energy-saving devices and products throughout your home.
6. Cut down on the amount of bottled water you buy. Instead, filter your tap water.
7. Use homemade cleaning products.
8. Reconsider buying new electronics.
9. Try to eat one more meatless meal per week.
10. Instead of buying new books and movies, borrow them from your local library.

**Go to www.gogreeninitiative.org
 and www.worldwatch.org
 to learn more!**

Eating Disorder Awareness

What is an eating disorder and how can I help?



What Is An Eating Disorder?

An eating disorder is an emotional and physical illness that is associated with an obsession with food, body weight, and/or body shape. Often, a person with an eating disorder diets, exercises, and/or eats excessively. These behaviors can have serious health consequences and can even be life threatening. The three most common types of eating disorders are anorexia, bulimia, and binge eating.



How Many People Have An Eating Disorder?

According to statistics from the National Eating Disorders Association (NEDA), as many as 10 million girls and women and 1 million boys and men in the United States struggle with anorexia and bulimia alone. It is estimated that an additional 25 million individuals struggle with binge eating.

“Research shows that more than 90 percent of those who have eating disorders are women between the ages of 12 and 25.”

(www.mentalhealth.samhsa.gov)



Signs Of An Eating Disorder

Anorexia Nervosa:

- obsession with food
- significantly reduced food intake
- unusual eating habits
- noticeable weight loss
- excessive exercising
- feeling overweight in spite of weight loss and increasing thinness

Bulimia Nervosa:

- bingeing followed by feelings of fear, guilt, and depressed mood
- food disappears from fridge and cupboards
- frequently spends time in washrooms after meals to purge
- chronic sore throat
- vomiting or laxative abuse or excessive exercising

Compulsive Eating:

- thinks about food and eats often, consuming large amounts of food when not physically hungry
- often feels out of control when eating
- eats as a reaction to stress, conflicts, and daily problems
- feels high after overeating, which may be followed by feelings of guilt

Want To Learn More?

For more information on eating disorders, please visit the following websites:

www.nationaleatingdisorders.org
www.nimh.nih.gov
www.nlm.nih.gov

Master's Level Clinicians are available 24 hours a day, 7 days a week. Call us today!

What Causes An Eating Disorder?

Although no one is certain about what causes eating disorders, experts suggest that a variety of factors may increase the risk. Eating disorders can arise from a variety of physical, emotional, social, and familial issues.



How Can I Help?

Someone with an eating disorder will tend to avoid seeking help on their own, so the involvement of friends and family is crucial. Consider trying the following:

1. **Learn** as much as you can about eating disorders.
2. **Be Honest.** Talk openly and honestly about your concerns with the person who is struggling.
3. **Be Caring,** but firm. Caring means helping them take responsibility for their actions and the consequences of those actions.
4. **Remain connected** with them and offer to assist them in getting help.

Remember: You cannot force someone to seek help, change their habits, or adjust their attitudes.