

HealthyLife[®]

LETTER

JANUARY
2020

Bone broth:

WORTH THE HYPE?

People have been cooking bones to make bone broth for thousands of years.

Today, this age-old recipe is being promoted as a superfood. But, do these health claims hold water? Here are three main points to keep in mind:

1. Homemade bone broth usually contains more protein than store-bought broth.
2. You can make your broth healthier by adding vegetables and herbs — and skipping the salt.
3. Currently, there is no solid evidence that bone broth has any additional or special medicinal properties, but research is ongoing.

Clear facts on eye drops

Staring at a computer, dry winter air, cold temperatures, allergies, medications. A number of things can make eyes red, dry or uncomfortable.



Many people turn to a bottle of eye drops for quick relief. But, if you use eye drops often, there are a few things you should know.



SEEING RED

Redness relief eye drops contain an ingredient that shrinks blood vessels in the eye, giving you that bright-eyed effect. But, these drops can be harmful if you overuse them.

Using redness drops frequently can cause a “rebound” effect, making the redness even worse. Then you feel like you have to use the drops more and more to control the redness.

Don't use redness relief drops on a regular basis. If your eyes are often red, you should see an eye care professional to get to the root cause.



KEEP AN EYE ON PRESERVATIVES

Many eye drops contain preservatives. These keep germs from growing in the drops. They allow you to use the same bottle of drops for a longer period of time.

Some people find that the preservatives in eye drops make their eyes itchy or irritated. If you notice any burning or stinging after using eye drops, even artificial tears, stop using them.

Preservative-free eye drops are available. These work well for people who are sensitive to preservatives. They are usually in small single-use vials that come in a pack. You use the vial once and throw it away.



EYE HEALTH RED FLAGS

The best way to keep eyes healthy is to see your eye health professional regularly. Ask your optometrist or ophthalmologist how often they should see you. It will depend on your age, any health issues and your eye health history.

Call your eye professional right away if you notice:

- Pain or itching in the eye
- Redness that won't go away
- Dry eyes that aren't relieved with artificial tears
- Changes in vision, such as not seeing as well
- Cloudy or blurry vision
- Floaters or other spots in your vision



ARTIFICIAL TEARS

Artificial tear eye drops are generally safe to use regularly. They don't contain any active ingredients. Instead, they are designed to mimic your own tears. These work well for occasional dryness or discomfort.

Stay healthy at work

When work is busy, it can be easy to lose track of your health goals.

Don't assume you have no time to pack healthy snacks or that it's too expensive. If you use some of the shortcuts below instead of buying something while you're at work, you'll likely save yourself time and money. And, these nutritious options won't leave you feeling sluggish by 4 p.m.

Time-saving, healthy ideas include:

- Canned fruit (in juice, not syrup) with Greek yogurt
- Mini microwave packs of frozen vegetables
- Dried fruit and nuts – make your own healthy trail mix
- Pre-chopped fruits, vegetables and salad



DID YOU KNOW?

Frozen and canned fruits and vegetables have the same nutrients as fresh. In some cases, they may be even more nutritious because they are canned or frozen soon after harvest.

Source: Produce for Better Health Foundation

Drinks matter too.

Do you reach for coffee throughout the day? Consider cutting back and replacing it with water. You could reap numerous benefits of reduced caffeine intake, including:

- **Better sleep.** Caffeine can take several hours to leave your body completely. This means that afternoon cup could be keeping you awake many hours later.
- **Reduced stress.** You're sleeping better – and better sleep helps you cope with stress.
- **More energy.** Hydrating with water can fight fatigue.
- **Less anxiety.** Caffeine can trigger anxiety – or make it worse – in some people.