

WINNER OF CONGRESSIONAL BLACK CAUCUS BEACON OF LIGHT AWARD

SPECIAL
HEALTHY HEART GUIDE

HEALTH QUEST

Health, Fitness, Spirit & Mind & Spirit

18/MAR 2000

LADIES FIRST

Real-Life
Strategies for
Taking Care
of You

Black History
Month Special:
Trace Your Medical Roots

Healthy Breakfasts
A Delicious Wake-Up Call



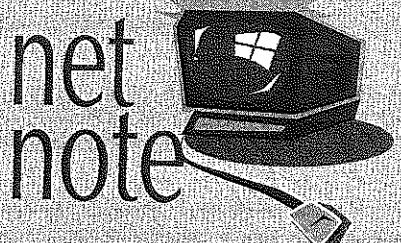
Holly Robinson-Peete

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THE LATEST HELPFUL & HEALTHY NEWS



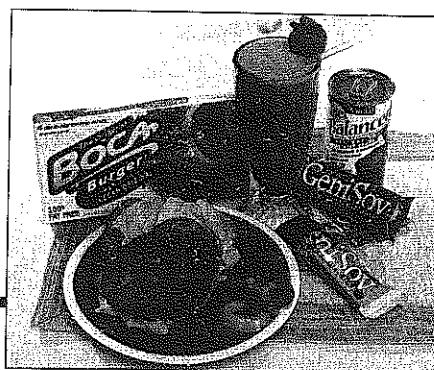
If you're looking for a web site which contains information on both traditional medicine and alternative care, www.4healthylife.com may be the place for you. And for an annual fee you can also subscribe to a service which allows you to enter all your medical records into a single, password-protected file you can access world-wide, 24 hours a day by phone or the Internet. A great idea for travelers, people who want to consolidate records scattered among multiple doctors and those wanting to combine records of their traditional and complementary care.

Soy Protein Improves Heart Health

Here's good news for black folks concerned about their heart health. There's a new way to reduce blood cholesterol without taking a prescription drug: consume 25 grams of soy protein daily. Studies show that it can reduce bad blood cholesterol by up to 13%, says Kenneth Setchell, M.D., of the University of Cincinnati's Children's Hospital and Medical Center.

Now the Food & Drug Administration is making it easier to find heart-healthy soy foods. It has approved labeling for foods that are low-fat, low-saturated fat, low-cholesterol and contain at least 6.25 grams of soy protein per serving. This news is particularly important for African-Americans, who suffer and die from heart disease at a disproportionate rate. Soy protein provides another way to prevent and reduce bad blood cholesterol without the side effects of medication.

Explore soy burgers, hot dogs and chicken products; milk, protein bars and cheese; tofu, tempeh and texturized soy protein. Visit www.talksoy.com for recipes and a list of the protein content of various soy-based foods or look for recipes in a vegetarian cookbook or magazine.



Sick and Tired

Contrary to previous medical reports, black women are more likely to suffer from **Chronic Fatigue Syndrome (CFS)** than the white, middle-class women commonly portrayed as having the condition that is also known as "yuppie flu." They're also more likely to go untreated.

A study conducted by Leonard Jason, Ph.D., of DePaul University in Chicago, found that the CFS rate among African-Americans is almost 10% higher than among Caucasians. The rate is even higher among women and those with lower educational levels.

"CFS sufferers are often sick, poor and disbelieved by their families or the medical community," says Dr. Jason. "Many lack access to health care." About 90% of black women go undiagnosed, he says.

CFS differs from plain old tiredness caused by stress, parenting and working two jobs. CFS is extremely debilitating and sufferers don't recover—even when on vacation—and exercise only makes them feel worse. Symptoms include unexplained and debilitating fatigue lasting six months or longer, headaches and unrefreshing sleep.

If you suspect you have CFS, visit the website of the CFIDS Association at www.cfids.org or call 1-800-442-3437. If you're uninsured, call your state health department for a referral to a community-based clinic.