

GOOD HEALTH MATTERS

Key facts

At least half of the world's population still do not have full coverage of essential health services.

About 100 million people are still being pushed into extreme poverty (defined as living on 1.90 USD or less a day) because they have to pay for health care.

Over 800 million people (almost 12% of the world's population) spent at least 10% of their household budgets to pay for health care.

All UN Member States have agreed to try to achieve universal health coverage (UHC) by 2030, as part of the Sustainable Development Goals



World Health Day:

7 April 2019

"Universal health coverage: everyone, everywhere."



What is Universal Health Coverage?

UHC means that all individuals and communities receive the health services they need without suffering financial hardship.

UHC enables everyone to access the services that address the most significant causes of disease and death, and ensures that the quality of those services is good enough to improve the health of the people who receive them.

Protecting people from the financial consequences of paying for health services out of their own pockets reduces the risk that people will be pushed into poverty because unexpected illness requires them to use up their life savings, sell assets, or borrow – destroying their futures and often those of their children.

Achieving UHC is one of the targets the nations of the world set when adopting the Sustainable Development Goals in 2015. Countries that progress towards UHC will make progress towards the other health-related targets, and towards the other goals.

We know universal health coverage is possible, let's make it happen!

- Health is a human right; it's time for health for all.



Foods for Healthy, Supple Skin

Myths and Facts About Detox



Detox diets can be addicting.

If you do a detox diet often, you may slow down your metabolism. Detox diets are meant to be short-term. Fasting and cleansing too often can reset your metabolism so it works more slowly. This makes it harder to keep off weight you've lost, and you can have trouble losing weight later, too. You may lose weight from a detox, but not fat. Detoxing rids your body of water weight and muscle mass. The number on your scale is very likely to go back up once you go off the diet.

- **Drinking water** is one of the best things you can do to keep your skin in shape. The common advice is to drink 8 glasses of water a day, but you may not need exactly that many. The water in fruits, veggies, juice, and milk counts toward your total.
- **Selenium for Your Skin.** You can get it from nuts, button mushrooms, shrimp, lamb, and fish like snapper, cod, halibut, tuna, and salmon.
- **Antioxidants for Healthy Cells.** You can find them in all kinds of foods, especially colorful fruits and vegetables like berries, tomatoes, apricots, beets, squash, spinach, sweet potatoes, tangerines, peppers, and beans.
- **Vitamin A for Skin Repair.** So grab an orange, carrot, or slice of cantaloupe. They're loaded with vitamin A. You can also find it in leafy greens, eggs, and low-fat dairy foods.
- **Vitamin C: Power Over the Sun.** Vitamin C can help protect you. It also helps undo sun damage to collagen and elastin, which firm up your skin. Get vitamin C from red bell peppers, citrus fruits, papayas, kiwis, broccoli, greens, and brussels sprouts.
- **Vitamin E: Booster of Skin Health.** Get it from vegetable oils, nuts, seeds, olives, spinach, asparagus, and leafy greens.
- **Get Some Healthy Fats.** Omega-3s and omega-6s are good fats that help make your skin's natural oil barrier, keeping away dryness and blemishes. You can get them from olive and canola oils, flaxseeds, walnuts, and cold-water fish like salmon, sardines, and mackerel.
- **Antioxidant Powerhouse in a Cup.** Green tea may be the closest thing to a magic potion that you can find for your skin. Drink it!



-Whole Foods has a good health care plan. John Mackey

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“We do not stop exercising because we grow old – we grow old because we stop exercising.” »

Dr. Kenneth Cooper .

