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Happy
FATHER'S
DAY

Special points of interest:

- **Magnesium-rich Drinking Water May Protect Bones**
- **10 Weight-Loss Myths**
- **Manager's Corner**

*If you have a water
emergency after-hours,
weekends or on holidays,
please call us at
870.633.1571*



Kimie-K 06/01

Cornell Taper 06/02

Shedrich McClinic 06/04

Chris Thigpen 06/07

ASK ABOUT E-BILLING: Get your water bill sent to you through your email.

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Magnesium-rich Drinking Water May Protect Bones

One of the best ways to have a successful, fulfilled older adulthood is to pay attention to the health and strength of the bones. While men and women both can fall prey to brittle bones, it is a particular problem for women due to the hormonal changes their bodies go through during menopause, when low estrogen levels can cause the loss of minerals like calcium and magnesium from the bones themselves. This loss in turn makes bones brittle and increases the chances of a fall, which in turn can lead to decreased mobility or even placement in assisted

living. All of these problems can be avoided, however, if people as they age lead a lifestyle that promotes strong bones. This can include getting plenty of calcium, magnesium and vitamin D in the diet and regular exercise. And recent research is showing that even the kind of water that people drink can make a big difference.

The latest study

This new study is coming out of Norway, and

researchers there analyzed the levels of calcium and magnesium in the public drinking water of areas throughout the country. These two minerals in particular were studied because they play such an important role in keeping bones strong and healthy even as someone ages. The researchers wanted to determine if there was a relationship between a person's bone health and the kind of water they were drinking. At the same time, this study followed a group of 700,000 elderly patients for seven years. During

10 Weight-Loss Myths You Should Stop Believing

If only figuring out how to lose weight were an open and shut case. But if slimming down happens to be a goal of yours, you may have experienced the struggle of parsing through conflicting weight-loss advice. Should you go high-protein or high-fat? Cut the dairy, or make Greek yogurt a snacking staple? Here, experts explain the truth be-

hind 10 popular misguided pieces of weight-loss

1. Myth: carbs will make you gain pounds, period. Some people equate carbohydrates with weight gain because they bind water and can lead to bloating. You're not truly getting bigger, but it can sure feel like it

2. Myth: indulging is off-limits. The fact is that humans have increasingly long lifespans. Can you honestly imagine never touching your favorite food again for decades? It's just not sustainable.
3. Myth: going gluten-free is clutch for dropping pounds.

Alive with Pride

that time, over 5,000 hip fractures were reported for men in this group and over 13,000 for women.

When the data from this study was analyzed, it was found that the men and women living in areas where the drinking water was naturally higher in **magnesium** had the fewest incidents of hip fractures. What surprised researchers, however, was that there was not a similar correlation for areas of drinking water which had higher levels of calcium. It is calcium, after all, that most healthcare providers focus in

Magnesium-rich Drinking Water May Protect Bones cont.

on when educating the middle-aged and elderly on **bone health**. This is the first study to look at incidence of hip fractures and bone health in relationship to drinking water.

The reason for the study

There was good reason to conduct such a study. Norway, like most developed countries, is also an aging country and has a special interest in promoting the **health** of its elderly, with the goal of

keeping them in their own homes as they age whenever safely possible. One major roadblock to this goal is fractures due to falls – particularly hip fractures, which often result in weakness and loss of mobility and can often lead to placement in a nursing home, assisted living or similar facility. This has an enormous social and financial cost for both the individuals and their families as well as for society as a whole.

In short, the problem of weak bones - and the

potential for hip fractures or other serious fractures - in an aging population is a major social issue. And while many factors play a part in this disease, studies like this can be extremely useful in determining different ways - such as magnesium supplementation in areas with low magnesium levels in the water - to help avoid this problem to begin with.



10 Weight-Loss Myths You Should Stop Believing Cont.

If you don't have celiac disease or a gluten sensitivity, adopting a gluten-free diet probably won't do much in the way of lasting weight loss

4. Myth: the number on the scale is the best marker of health.

So not true!

5. Myth: low-fat and fat-free foods are automatically better for you.

“Many processed low-fat or fat-free foods have just

as many calories as the full-fat versions, or even more.”

6. Myth: exercise needs to be hardcore to count.

Working out comes in many forms, and not all of them will leave you breathless and drenched in sweat.

7. Myth: there's nothing wrong with cutting out entire food groups or nutrients. Your body re-

quires fat, protein, and carbohydrates to function. Removing one of these components may lead to nutrient deficiencies, and may even hinder weight loss, as your body lacks what it needs.

8. Myth: skipping meals is a great way to lose weight.

Even though that seems logical, that's generally not how the human body works.

9. Myth: artificial sweeteners are the brilliant answer to your sugar cravings.

Remember that just because something is sweetened with artificial sweeteners doesn't mean it's calorie-free,

10. Myth: you can eat whatever as long as you exercise.

It's all about balance. Refer back to number three and remember: that includes room for indulging!

Arkansas One Call



Know what's below.
Call before you dig.



ADEQ

ARKANSAS
Department of Environmental Quality

Manager's Corner

W.H. Calvin Murdock,
Manager