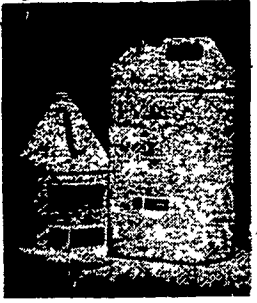


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Ladies Have You Heard?

By Doris Thomas
Lancaster Home Economist

Magic Foods That Burn Up Calories Are A Myth

Many fad diets stress using a particular nutrient or food that can supposedly "burn up calories as you eat them." Can a particular food you eat really "magically" burn up the extra calories you eat?

The answer is an unquestionable NO! Nutritionists would be the first people to celebrate if

there was such a substance people could eat to melt away excess calories. But there just simply is no such food.

You've probably heard such myths as "water can flush away calories," "grapefruit can burn up calories as you eat them" or that "special fruit drink and bulky fiber diets can literally help you lose weight by-the-hour." The hard fact is that

can neutralize the effects of calories.

Any food you eat is first digested, and then the nutrients from that food are absorbed into the body — that includes calories. Cellulose is the only food substance the human body cannot digest. Therefore, cellulose doesn't provide humans with calories.

Cellulose is found in celery and leafy vegetables, which are also high in water content. Water doesn't contain any calories either. But neither cellulose nor water can keep your body from absorbing the energy or calorie value from the other foods eaten.

The next time you read or hear about a new diet myth — that there is a diet that can help burn up calories as you eat — **BEWARE!** Remember, there is NO magic food substance that can burn up excess calories.

Safety of Accidentally Thawed Food

Meat, fish, poultry or combinations of these foods when accidentally thawed have a far greater risk of causing food poisoning than fruits and vegetables.

Two factors — temperature and time — are important as to whether accidentally thawed meat, fish, or poultry are safe to eat.

These two factors also apply to meat that is thawed

and then not cooked. Food that registers 40 degrees F or below is generally considered safe. If the food contains ice crystals it is usually safe for cooking or refreezing. But don't expect the quality it had before thawing. It should be cooked and eaten as soon as possible.

If the food has an odor before or during cooking, spoilage has set in. It is proven that spoilage bacteria can grow at a temperature of 40 degrees F but the rate of growth is very slow. It is when foods are at a temperature above 40 degrees F for a few hours that risk of poisoning sets in. Bacterial growth may double every 15 or 30 minutes in warmer temperatures.

The two types of bacteria responsible for most food poisoning are Salmonella and Staphylococcus Aureus. Salmonella can be destroyed by cooking food to an internal temperature of 165 degrees F. Staphylococcus Aureus is NOT destroyed by the normal heat used in preparing food for meals.

To be on the safe side, keep food below 40 degrees F to prevent bacterial growth.

xxx

Today's household items are tomorrow's antiques and your teakettle could one day fall into this classification. Researchers at KitchenAid appliances report many homemakers are turning to the company's Hot-water Dispenser as a practical alternative to the familiar teakettle.

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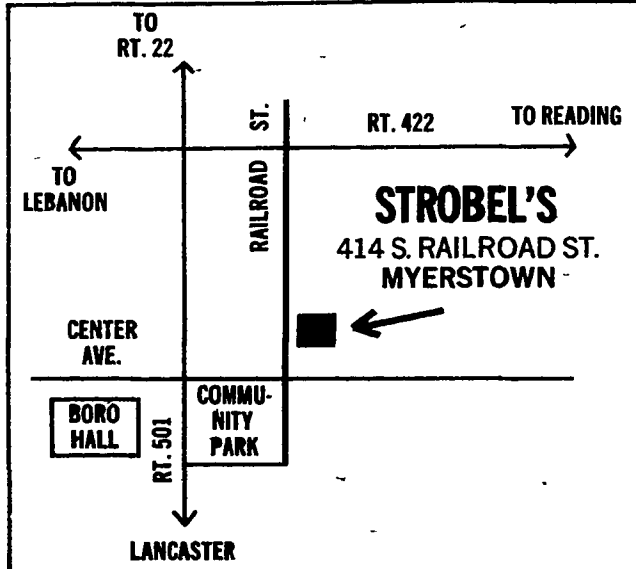
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WHAT IS THE BOCH CLINIC?

The Boch Clinic is a specialty clinic for problem cases - back, nerve and joint conditions. Some of the more specific problems that will be considered for care include: headaches; arthritis; neck, shoulder and arm conditions; and back, hip and leg conditions.

The Clinic's main policy is to carefully screen and evaluate each patient's case so that only those who can be helped will be accepted for treatment.

Physically, the Clinic is a new 1500 square foot ground level building with wall to wall carpeting, central heat and air conditioning and parking for 20-30 cars. A wheelchair ramp will be installed at the rear entrance in the near future.

Some of the diversified services being used at the Clinic include: specific Chiropractic vertebral adjustment; localized intersegmental traction (for stronger spinal ligaments and restoration of joint flexibility); pulsed diathermy (penetrating heat therapy); vitamin therapy; new, low patient exposure X-ray equipment; and intensive day care facilities for emergency and out of town patients.

Based on charges for comparable services, the fees at the Boch Clinic are most reasonable. In fact no patient will ever be denied care due to financial reasons alone.

Anyone who wants to have their condition or health problem evaluated for possible acceptance for treatment should call 898-0177 for an appointment. There is no charge for the initial consultation and screening tests.

THE BOCH CLINIC
2900 Yellow Goose Rd.
Lancaster, PA 17601
(off 283 - opp. Kellogg plant)

