

KEEPING YOUR BODY HEALTHY:

Health, Nutrition and Random Stuff

Mental Appetizers from Four Points Catering

October, 2018

THE BENEFITS OF INFUSED BEVERAGES—Infused (formerly called detox) drinks in the form of smoothies, teas, flavored water and other beverages are getting a lot of attention. Are the claimed benefits real? Health and nutrition experts say drinking beverages infused with fruits, veggies and herbs is OK (especially if they replace high-sugar drinks). The proven benefit is additional hydration, and the extra ingredients are likely to have nutritional value. Are there detox effects? A 2009 investigation of ten companies marketing detox concoctions found they couldn't name the "toxins" targeted by their 15 products—let alone show any credible evidence their products actually work. Maybe that's why detox claims faded into history. Sure, there are toxins everywhere in our modern environment. If the exposure isn't abnormally high, your body's immune system, gastrointestinal system, liver and kidneys have an amazing ability to neutralize and/or filter out the bad stuff. Good nutrition from meals, healthy snacks and adequate hydration are the most important. Infused drinks are a plus.

SNOOP DOGG COOKBOOK—No way, you say. Well, he has been co-hosting with Marta Stewart on "Martha and Snoop's Potluck Dinner Party" on VH1 for a couple of years. "From Crook to Cook" will be published October 23 and feature 50 of his favorite recipes. As Snoop puts it, they are "platinum recipes from boss dog's kitchen." He also plans to release a line of cannabis-themed books, so it's no surprise that his cookbook will have a "munchies" section.

ICE IS NICE—College and pro athletes take ice baths after periods of high-level physical exertion, but why? Take a cold shower to get a sense of how unpleasant it must be, but it speeds up the body's recovery time. A recent study shows athletes who do this are more quickly able to match their high-level of exertion intensity. The magic numbers are 10 minutes in the bath (longer doesn't help much) and within 2 hours of the activity.

HAVE COMMENTS ABOUT OUR NEWSLETTER?—We'll give \$5.00 cash to the first person at each house to provide feedback of any kind.

4 Points Catering is a locally-owned company. In addition to frat houses, our clients include the MU athletic and pathology departments. We also cater weddings and other special events. See our website (4pointscatering.com) after it is operational in early October or check our reviews on Facebook. Contact Travis, Joe or Amaya. **By the way, are your vending machines well stocked and are you getting a fair percentage of the profits? We have recently expanded to meet those needs, and the first machine is already on location. You will get the same level of commitment and service you are accustomed to with 4 Points Catering.**