



November 9, 2009 – Grand Rapids, MI

Smokin'

On Saturday, Paula and I went out with some friends to a local club where our favorite band was playing, Mike Milligan and Steamshovel. We had a great time, and Paula and I got to use some of what we've been learning in our dance lessons. If you haven't heard Mike and his band, check out his website from the link in the Friends section. They play great blues and rock, have opened for James Cray and Keb' Mo', and regularly play the House of Blues in Chicago. Mike and his band were really smokin'—and so were lots of other people.

When Paula and I got home, we had to take off all our clothes and put them right into the washer—the smell of smoke permeated our clothes right down to our socks. For the people who work in clubs like that, it's not the healthiest work environment; they need to make maintaining their health a priority with a healthy diet, exercise, and the right supplements. The people dancing and getting some exercise also had the benefits curtailed, but exposure to that level of smoke once in a while isn't that big a deal as long as you keep your immune system strong and make sure you supplement with a good multivitamin-mineral, antioxidants, and omega-3s. In my opinion, the exercise offsets the smoke, so get up and dance.

What are you prepared to do today?

Dr. Chet

WGUV Straight Talk on Health

Hear Dr. Chet's take on the latest health news and research—listen to *Straight Talk on Health* at 7 p.m. Sundays in the Eastern Time Zone on WGUV-FM 88.5 or 95.3, or listen live via the internet by going to www.wgvu.org and clicking on "Listen Live" in the gray bar at the top.

The health information in this message is designed for educational purposes only. It's not a substitute for medical advice from your healthcare provider, and you should not use it to diagnose or treat a health problem or disease. It's designed to motivate you to work toward better health, and that includes seeing your healthcare professional regularly. If what you've read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.

Subscribe to the Message from Dr. Chet at DrChet.com — © Chet Zelasko PhD LLC