



FITSTOP FORUM

October
2023

215 W. Manlius St. East Syracuse NY 13057 Phone: 315-214-5466 or 315-415-4043 E-mail: kathysfitstop@gmail.com



Hello Everyone! The beautiful fall weather is upon us and I hope you are all doing well and staying healthy. With that said, this is also the time of year when those fall allergens seem to visit many of us leaving many with all kinds of sinus issues to deal with, including sneezing! While that loud “Achoo!” may be embarrassing, it’s actually a sign according to an article in *Good Housekeeping*, your body is in healthy fighting mode. See the article below to learn what happens when we sneeze, why sneezing is good for our health and all the important reasons why you should never hold your sneezes in. Once again, a reminder to **SAVE THE DATE** for this year’s Christmas party! It will be at a new location: ***Bella Domani’s Restaurant***, on Taft Rd. Monday December 11th 5:00-9:00pm. More details will follow in our November FitStop Forum newsletter. Stay healthy and I’ll see you at the gym!

October Birthdays:

10/05 Ryan H.

10/20 Kathleen T.

10/24 Kate F.

10/30 Maureen W.

****REFER-A-FRIEND****

Any current member who refers a friend that signs up with us for either a 12-month **Select** or 12 month **Basic** membership only, will receive a \$50 Visa gift card for each referral!

A Good Healthy Sneeze:

A sneeze often starts with a little tickle, having your reach in a mad scramble for the tissue box, or even worse, simply clenching down on your mouth and hoping not to make a sound. But sneezing is way more complicated than you likely realize. A sneeze definitely starts in the nose, the brain, and the various muscles of the body. The main cause of a sneeze is some kind of irritation in the nasal lining that triggers the body to expel this foreign substance. Since your nose is designed to naturally filter the air you breathe, the mucous inside your nostrils surprisingly act as a dirt and bacteria trap. Believe it or not the stomach later digests mucous and can kill any

harmful bacteria that it has collected. But a sneeze is actually triggered by allergen, irritants and more importantly, bacteria linked to viruses like the common cold. Another trigger for sneezing is when we are suddenly exposed to a bright light according to *Scientific American*. Though not fully understood, sneezing may be caused by sensitivity to stimuli within the brain that processes the eyes’ sensory nerve impulse. More reasons why we may sneeze include having a full stomach, breathing in cold air and feeling cold. **One of the benefits of the sneeze is that it gets rid of pesky germs.** The nasal mucosa can trigger a sneeze when it recognizes an intruder such as an allergen or harmful virus. It sends a message to the brain stem. Then a series of nerve signals travel to different parts of your body (including your chest, throat and face), to start the sneeze after you come in contact with something harmful in the air. **Sneezing allows waste to exit through your nose**, which is why you should never pinch your nose while sneezing. Holding back a sneeze means all the harmful pollutants and bacteria that your nose has filtered will remain there. Nerve signals from your brain stem direct your mouth’s soft palate and uvula to move down a little; then, the tongue comes up to block the mouth so the majority of what you sneeze out will exit through your nose. Your eyes will involuntarily close, and your diaphragm thrusts upward as your chest muscles contract, pushing air out of your lungs. Trying to stem your sneeze can negatively impact this whole process and potentially

cause you severe pain. **Sneezing may also help you decongest.** Air is expelled through your nose at roughly 100mph and since the tongue doesn’t seal off the mouth completely, some people expel a mixture of mucous waste from there too. Each sneeze can indeed produce up to 40,000 droplets that can travel up to 10 feet. Lastly, **sneezing more than once could be a good sign.** It is not uncommon at all to sneeze more than once or multiple times in a row. Your body is working extra hard to get rid of the bacteria or various triggers that are bothering it! Understanding this, you can rest easy knowing your body truly is self-regulating. “Achoo!”

Fermented SaurKraut:

You may recall our FitStop Forum November 2022 newsletter when we first looked at the importance of gut health and how fermented foods positively affect us. Here are a few more tidbits for us to chew on: Some of the benefits of eating **raw organic sauerkraut** include the fact that it can help optimize immune system function by enhancing nutrient absorption. It is anti-inflammatory and rich in antioxidants, is pre and pro-biotic and may aid in detoxification. Sauerkraut may also support hormone balance, bone strength and blood building along with reducing the risk of high cholesterol, certain cancers and mental health problems. Be sure to **check with your doctor** to see if eating sauerkraut is right for you, if so, just a forkful a day is all you need; and it tastes great too!

Something to Think About!

“It always seems impossible until it’s done”.

—Nelson Mandela

ANY NEWSLETTER IDEAS? Let me know if you have an idea to share with our members or if you would like to promote something that our members may be interested in. **ANY WEBSITE UPDATES?** If you would like to add or update your own personal FitStop fitness testimonial at Kathysfitstop.com, please email your story to me at kathysfitstop@aol.com.