

TOWN of MAMARONECK FIRE DEPARTMENT

FAMILY HEALTH and WELLNESS

I would like to introduce you to a new feature added to our department resources. Through extremely helpful and respectful guidance, Chief Joe Russo agrees with the committee's request for a newsletter of some type, to pass relevant information along to you and your families in the area of health and wellness.

There is no secret about the state of America's health. One really just needs to stroll through an amusement/water park and the problems become all too obvious. I am NOT referring to a state of appearance, as free people we have the right to be fat or skinny or in shape or out. My focus is on what is not seen. Let me give you an example. A man in his 40's who is obese and has a very large, what is referred to as "Belly Fat", belly and exhibits the obvious fat presence, but fat does not grow in only one direction and fat is not inanimate. Fat eats, it is dynamic, constantly on the move to grow and nourish. What we see on the outside is a mirror of what is happening on the inside. The vast majority of our VITAL organs are located directly in line with this growing, developing mass. As the fat grows it exerts pressure on these same organs; the pancreas, liver, kidneys, lungs and others. These organs react to this perceived "attack" and become inflamed. Each one of these vital organs is responsible for life sustaining functions. When the organ becomes inflamed, like us, it concentrates on healing itself first. When it reacts to outside warnings it is not as reliably able to do its' job and eventually there is a system failure, we call either disease or death.

In the next newsletter I will give you all the specific's regarding a topic I mentioned at the meeting - grilling chicken.

I hope that you are able to find these small installments helpful to you and your families. We are all in it together.

Bob Blaufarb- Health & Wellness TMFD