

# WEEKLY HEALTH UPDATE

Week of: Wednesday, December 7<sup>th</sup> 2011

Courtesy of:

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**Mental Attitude: Commuting To Work Is Bad For Your Health!** Spending hours each day behind the wheel or crammed in a public train or bus, commuting to and from work is bad for your health. Those who commuted reported more everyday stress, exhaustion, missed work days and generally poorer health. Those with longer commutes reported even worse health.

*Duke University, Oct 2011*

**Health Alert: Under Construction!** Nearly all construction workers will experience one or more work-related injuries or illnesses over a lifetime, plus a greater risk of premature death. Over a 45-year career, a construction worker has a 75% chance of a disabling injury, and a one in 200 chance of being fatally injured on the job. An individual who begins construction work at the age of 20 has a 15% chance of developing chronic obstructive pulmonary disease and an 11% chance of developing dust-related parenchymal chest X-ray changes.

*Center for Construction Research and Training, Oct 2011*

**Diet: Strawberries & Stomach Ulcers.** Scientists discovered strawberry consumption might help reduce and or slow the formation of stomach ulcers caused by alcohol consumption, viral infections and nonsteroidal anti-inflammatory medications, like aspirin and ibuprofen.

*Plos One, Oct 2011*

**Exercise: Good Reasons.** Exercise helps speed recovery from chemotherapy treatments, increases the ability to supply blood to the skin for cooling and increases the thickness of the cartilage in your joints.

*Surgeon General's Report on Physical Activity and Health, 1996*

**Chiropractic: Wound Healing & Mechanical Stress.** Exerting mechanical forces on an injury site immediately after healing begins significantly inhibits vascular growth into the bone defect region. However, after healing is underway, introducing mechanical forces on the injury site can lead to a more robust vascular network.

*Proceedings of the National Academy of Sciences, Oct 2011*

**Wellness/Prevention: Cranberry Juice vs. Cranberry Extracts.** Cranberries have been recognized for their health benefits for years, especially in preventing urinary tract infections. However, it was found that drinking actual cranberry juice is much more effective in preventing a Urinary Tract Infection than simply consuming cranberry extracts.

*Food Science and Biotechnology, Oct 2011*

**Quote:** "Every man must decide whether he will walk in the light of creative altruism or in the darkness of destructive selfishness." ~ Martin Luther King, Jr.