

WEEKLY HEALTH UPDATE

Week of: Wednesday, January 4th 2012

Courtesy of:

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Mental Attitude: Purchases That Make Your Mouth Water. In certain situations, people actually salivate when they desire material things, like money and sports cars. Merely being exposed to the concept of money has been shown to have dramatic effects on behavior, and it has even been argued that money can be conceptualized as a drug in that it imitates the action of biological incentives in driving behavior.

Journal of Consumer Research, Dec 2011

Health Alert: Uninsured! Approximately 50.2 million Americans live without health insurance.

U.S. Census Bureau, Sept 2011

Diet: Fish And Alzheimer's Risk. 5.1 million people in the US have Alzheimer's disease. Eating fish once a week is good for brain health, as well as lowering your risk of developing Alzheimer's disease and Mild Cognitive Impairment. This is the first study to establish a direct relationship between fish consumption, brain structure and Alzheimer's risk. Consuming baked or broiled fish promotes stronger neurons in the brain's gray matter by making them larger and healthier. This simple lifestyle choice increases the brain's resistance to Alzheimer's disease and lowers risk for the disorder. Eating dried or fried fish does not seem to help preserve brain volume or lower Alzheimer's risk.

University of Pittsburgh School of Medicine, Dec 2011

Exercise: Good Reasons. Exercise helps prevent intestinal ulcers. It also increases the density and breaking strength of ligaments, tendons and the disks of your spine.

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

Chiropractic: Ringing In The Ears. Patients with somatosensory tinnitus may find relief from cervical adjustments.

American Journal of Pain Management, 1994

Wellness/Prevention: Probiotics The average American experiences two to six colds each year, usually mild viral infections that resolve themselves after a few days. Probiotics seems to provide both children and adults with protection against many upper respiratory tract infections, including the common cold. People who consume probiotics are also less likely to end up taking prescription antibiotics for an upper respiratory infection. Probiotics are found in fermented foods like yogurt, soy yogurt, kefir and in supplement form.

The Cochrane Library, Dec 2011

Quote: "The trouble about always trying to preserve the health of the body is that it is so difficult to do without destroying the health of the mind." ~ G. K. Chesterton