

WEEKLY HEALTH UPDATE

Week of: Wednesday, January 25th 2012

Courtesy of:

Paul Milone, D.C., P.C., d/b/a Marblehead Chiropractic
(781) 639-0808

Mental Attitude: A Good Laugh. When we laugh heartily among friends, we exhale repeatedly without drawing breath. This physical effort leaves us exhausted and triggers the release of protective endorphins, one of the complex neuropeptide chemicals of the brain that regulate pain and promote feelings of wellbeing. Watching 15 minutes of comedy in the company of others can increase your pain threshold by an average of 10%. Laughter is 30 times more likely to happen when we are with others than when we are alone.

Proceedings of the Royal Society, Dec 2011

Health Alert: Antibiotic Resistance. Overexposure to antibiotics has long been a concern in the medical community, most specifically the development of antibiotic resistant infections as a result of repeated use. Ophthalmologic antibiotics have been found to promote antimicrobial resistance too, prompting a call from Vanderbilt Eye Institute physicians to be more judicious in the administration of certain classes of antibiotics.

Archives of Ophthalmology, Dec 2011

Diet: Protect Your Bones. A calorie-restricted diet higher in protein (mostly from dairy foods) and lower in carbohydrates, coupled with daily exercise, demonstrated a major positive impact on bone health. Bone health improvements were particularly evident due to the diet's high density of bone-supporting nutrients, such as calcium, vitamin D and dairy-based protein.

Journal of Clinical Endocrinology and Metabolism, Dec 2011

Exercise: It's Harder To Run As You Age. Runners who find it more difficult to run as they age can make the experience easier on themselves by adding strength training and flexibility exercises to their fitness routine.

Journal of Strength and Conditioning Research, Dec 2011

Chiropractic: Bad Posture. Asymmetries in posture and motion can cause tethering, the adverse prolonged stretching of the central nervous system. This can result in spinal cord ischemia (lack of blood flow) and consequently motor, sensory, and autonomic neurological dysfunction. Tethering of the spinal cord has been linked to demyelinating diseases, such as multiple sclerosis.

Koch, 2002

Wellness/Prevention: Cancer Prevention In Your 50s. Cancer is more likely to show up in men over 50 years old. That's why the majority of cancer screening exams begin at age 50. Finding and treating cancer as early as possible is one of the best ways to beat this disease. In the case of prostate cancer (the most common cancer in men), treating the disease at an early stage means men may be less likely to experience long-term side effects, like impotence.

University of Texas MD Anderson Cancer Center, Nov 2011

Quote: "Money cannot buy health." ~ Dorothy Parker