

DAILY HEALTH UPDATE

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Courtesy of:

Mental Attitude: Materialistic People More Depressed and Unsatisfied. Researchers have found that materialistic people are more likely to be depressed and less likely to be satisfied with their lives because they focus on what they do not have and are unable to appreciate what they already possess. Perhaps the ancient Greek philosopher Epicurus was right when he said, "Do not spoil what you have by desiring what you have not; remember that what you now have was once among the things you only hoped for." *Personality and Individual Difference, April 2014*

Health Alert: E-Cigarette-Related Calls to Poison Centers Increasing. A new report from the Centers for Disease Control and Prevention (CDC) reveals that the number of calls to poison centers regarding e-cigarette liquids has increased dramatically from one call per month in 2010 to 215 calls per month in 2014. More than 50% of the calls involved children under age five. CDC Director Dr. Tom Frieden writes, "This report raises another red flag about e-cigarettes; the liquid nicotine used in e-cigarettes can be hazardous. Use of these products is skyrocketing and these poisonings will continue. E-cigarette liquids as currently sold are a threat to small children because they are not required to be childproof, and they come in candy and fruit flavors that are appealing to children." *Centers for Disease Control and Prevention, April 2014*

Diet: Energy Drinks May Increase Drug Abuse Risk. Young adults are at risk for dependency and problems with addiction to stimulants due to the high demands placed upon them during their school years. A new study finds that an increased consumption of energy drinks is associated with an greater likelihood of illegal prescription stimulant medication use. *Substance Abuse, March 2014*

Exercise: Fitness Benefits for Adults with ADHD. According to WebMD, regular exercise may improve attention deficit hyperactivity disorder (ADHD) symptoms in adults with ADHD. They report that exercise eases stress and anxiety, improves impulse control and reduces compulsive behavior, enhances working memory, improves planning and organization skills, and improves working memory. *WebMD, May 2012*

Chiropractic: Sprained Ankle Treatment? It may surprise you that chiropractors treat sprained ankles. A study conducted in 2001 compared chiropractic adjustments with a placebo (detuned ultrasound therapy) to treat sub-acute and chronic ankle sprains. Participants in each group received eight treatments over a four-week period. The results revealed statistically significant differences in respect to reduction in pain, increased ankle range of motion, and ankle function in those who received adjustments compared with the placebo group. The findings suggest that chiropractic care is a viable treatment option for the management of ankle sprains. *Journal of Manipulative Physiological Therapeutics, January 2001*

Wellness/Prevention: Sunlight Fights Obesity. Recent studies have suggested that manipulating sleep duration and/or light exposure can produce alterations in the circadian system, metabolic function, appetite, and body fat. Overall, these findings suggest that light may be useful for fighting obesity. Study co-author Dr. Kathryn Reid writes, "Light is a modifiable factor with the potential to be used in weight management programs. Just like people are trying to get more sleep to help them lose weight, perhaps manipulating light is another way to lose weight." *PLOS ONE, April 2014*

Quote: "Alone we can do so little; together we can do so much." ~ *Helen Keller*



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This information should not be substituted for medical or chiropractic advice. Any and all health care concerns, decisions, and actions must be done through the advice and counsel of a health care professional who is familiar with your updated medical history.