

# DAILY HEALTH UPDATE

Thursday, May 15<sup>th</sup>, 2014

Courtesy of:

**Mental Attitude: Outgoing Behavior Boosts Emotions.** When introverts engage in extroverted behavior, they experience greater feelings of happiness. A research team from the College of Education at Washington State University used five criteria (extraversion, agreeableness, conscientiousness, neuroticism, and openness) to identify personality traits in college students from universities in Asian and North American countries. Across all cultures, they found individuals scored more highly for positive emotions when they behaved in a more extroverted manner.

*Journal of Research in Personality, April 2014*

**Health Alert: Which Teens Are More Likely to Engage in Cancer-Risk Behaviors?** A Harvard study reveals that the most “feminine” girls and most “masculine” boys are more likely to take part in activities that are associated with cancer risk. Investigators found that boys who described themselves as being very masculine in terms of self-image were nearly 80% more likely to chew tobacco and 55% more likely to smoke than the boys who described themselves as the least masculine. Girls who described themselves as being very feminine were 32% more likely to use tanning beds and 16% more likely to be physically inactive than the girls who described themselves as the least feminine. The study's overall findings indicate that social concepts of masculinity and femininity influence teens' behaviors and place them at increased risk for cancer. *Journal of Adolescent Health, April 2014*

**Diet: Colon Cancer Risk Greater for Some People Who Eat Processed Meats.** A common gene variant present in one in three people, known as rs4143094, may increase a person's risk for developing colorectal cancer by as much as 30% if they regularly consume processed meat. Researchers speculate that digesting processed meats may initiate an inflammatory response that promotes tumor growth. In most people, this inflammatory response would be suppressed. However, this does not occur in those with the rs4143094 gene variant. *PLOS Genetics, April 2014*

**Exercise: Protects Against Heart Disease and Stroke.** An exercise routine including either fast walking or jogging can reduce the development of risk factors for heart disease and stroke by up to 50%. *British Medical Journal, October 2012*

**Chiropractic: Growing Pains Resolve.** A 3-year-old boy with complaints including leg pain, low back pain, foot pain, headaches, and recent bedwetting was treated with chiropractic care over a 13-week period. After seven visits, he was able to sleep thru the night without leg pain, and by the fifteenth visit he remained symptom free for almost three weeks. The findings support the effectiveness of chiropractic care for children with growing pains.

*Pediatric Integrative Medicine Conference, October 2006*

**Wellness/Prevention: New Blood Test for Asthma.** A research team at the University of Wisconsin-Madison has developed a faster, cheaper, and more accurate diagnostic test for asthma. By using a single drop of blood, researchers were able predict asthmatics based on neutrophil cell activity. This finding will help doctors determine if a patient is asthmatic or suffers from another ailment, such as rhinitis. *PNAS, April 2014*

**Quote:** “Don't be too timid and squeamish about your actions. All life is an experiment. The more experiments you make the better.” ~ *Ralph Waldo Emerson*



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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.*