

# DAILY HEALTH UPDATE

Wednesday, May 14<sup>th</sup>, 2014

Courtesy of:

**Mental Attitude: Carotid Artery Narrowing Can Lead to Memory & Thinking Problems.** New research presented at the American Academy of Neurology's 66th Annual Meeting suggests that problems with learning, memory, thinking, and decision-making may be linked to narrowing of the carotid arteries in the neck. This is the first study to link carotid artery narrowing to memory and thinking problems. When the arteries become narrowed, blood flow is restricted and harmful plaque can be released into the brain. Researcher Dr. Brajesh K. Lal adds, "These results underscore the importance of assessing the status of memory and thinking in people with carotid artery narrowing... I anticipate a large number of follow-up studies searching for causes and the best treatment option for this newly identified morbidity associated with carotid narrowing." *American Academy of Neurology's 66th Annual Meeting, April 2014*

**Health Alert: Are You Prepared for a Tornado?** Experts warn that it is important to have an emergency plan in the event of a tornado. According to National Oceanic and Atmospheric Administration (NOAA), tornadoes can occur in every state in the United States with an average warning time is just 13 minutes. Families should decide in advance where to seek shelter in the event of a storm, such as a local community shelter, basement, or a "safe" room in the home. Experts further recommend including the following items in an emergency kit: first aid supplies, flashlight, batteries, cash, important documents, extra car keys and eyeglasses, and a portable NOAA all-hazard radio.  
*Cornell University, April 2014*

**Diet: Chocolate Milk Ban Leads to Unexpected Results.** Banning chocolate milk as a means to reduce added sugar in the diets of children in eleven elementary schools in Oregon led to an unexpected result. After chocolate milk was banned, 10% fewer children purchased milk and those who did drank less of it. While children consumer fewer calories and added sugars overall, they also consumed lower amounts of protein and calcium. *PLOS ONE, April 2014*

**Exercise: Weight Training Reduces Risk of Type 2 Diabetes.** A past study demonstrated that men who lifted weights 30 minutes per day, five times per week reduced their risk for developing type 2 diabetes by up to 34%. This finding suggests that weight training can confer benefits independent of aerobic exercise and may provide an alternative for individuals who have difficulty with aerobic exercise. *Archives of Internal Medicine, August 2012*

**Chiropractic: Helpful For Children.** Functional disorders of the spine in children may not be indicated by spinal pain but instead may manifest themselves as sleep disorders, loss of appetite, and psychological problems.  
*Manuelle Therapie, 1973*

**Wellness/Prevention: Massage Improves Blood Flow & Eases Muscle Soreness.** A small study indicates that massage therapy can help ease sore muscles while improving blood flow, and these results will last more than 72 hours.  
*Archives of Physical Medicine and Rehabilitation, April 2014*

**Quote:** "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." ~ *Maya Angelou*



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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.*