

DAILY HEALTH UPDATE

Friday, May 9th, 2014

Courtesy of:

Mental Attitude: Time Spent with Grandkids Affects Women's Brain Power. A study of 186 older women, ages 57 to 68 years, found that those who spent one day a week taking care of their grandchildren demonstrated improved mental acuity. However, women who looked after their grandkids five or more days a week experienced a negative impact on their cognitive abilities. Though the study found an association between the amount of time caring for grandchildren and mental acuity in older women, it did not prove a cause-and-effect relationship. *Menopause, April 2014*

Health Alert: Air Pollution a Problem for Minorities in the US. A recent report shows that non-white Americans are exposed to 38% higher levels of nitrogen dioxide (NO₂) air pollution than white Americans. NO₂ pollution originates from power plants and car exhausts, and is associated with asthma and heart disease. *PLOS ONE, April 2014*

Diet: Green Tea May Help Reduce Blood Sugar Spikes. Research involving mice subjects reveals that specimens fed corn starch in addition to an antioxidant found in green tea called epigallocatechin-3-gallate (EGCG) had a much smaller post-meal blood sugar spike than mice fed corn starch alone. According to the researchers, the amount of EGCG fed to the mice is equivalent to what you'd consume in 1.5 cups of green tea and if forthcoming studies on humans confirm their findings, it could help individuals better control their blood glucose levels following a meal. *Molecular Nutrition and Research, November 2012*

Exercise: Women's Exercise Performance Can Improve After Taking Iron. Investigators at the University of Melbourne found that women who were iron deficient or anemic experienced significant fitness improvements after taking an iron supplement. *Journal of Nutrition, April 2014*

Chiropractic: Expert Recommended. After assessing the available evidence on risks and benefits, an expert panel recommended spinal manipulation of the neck as an appropriate treatment for patients with neck pain. *Task Force on Neck Pain and its Associated Disorders, 2008*

Wellness/Prevention: Smartphone App Helps with Jet Lag? A new Smartphone app called Entrain can help fight the frustrating issue of jet lag while traveling to different time zones. The app lets a user know when they need to be exposed to the brightest light possible and when they need to shelter in a dark environment in order to help regulate the body's internal clock. Its developers hope their app can also help improve the health and quality of life for pilots and flight attendants, as well as shift workers. *PLOS Computational Biology, April 2014*

Quote: "The path to success is to take massive, determined action." ~ *Anthony Robbins*



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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.