

WEEKLY HEALTH NEWS UPDATE

Week of **Monday, January 17th, 2011**

Mental Attitude: Meditation And Health. Psychological changes that occur during meditation are associated with telomerase activity, an enzyme important for the long-term health of cells. Telomerase activity was 33% higher in the white blood cells of those who meditated. Meditators showed increases in psychological qualities as perceived control (over one's life and surroundings), mindfulness (being able to observe one's experience in a nonreactive manner) and purpose in life (viewing one's life as meaningful, worthwhile and aligned with long-term goals and values). They also experienced decreased neuroticism, or negative emotionality.

Psychoneuroendocrinology, Nov 2010

Health Alert: Health Advice For The Cold. Be extra vigilant during the cold season and check on vulnerable people who could be at risk. Cold weather can be a problem for anyone, especially older people, children, people with a disability and those with long-term illness. Ice and snow is likely to lead to an increase in the number of people presenting with sprains and fractures as a result of slips and falls on icy roads and footpaths. People should pay a visit to elderly neighbors. The elderly can be particularly prone to hypothermia and pneumonia when temperatures dip so ensuring they have enough heat and hot food and regular hot drinks is particularly important.

Department of Health, Dec 2010

Diet: Fruits And Vegetables Win Again. Children who eat lots of fruits and vegetables lower their risk of having stiff arteries in young adulthood. Arterial stiffness is associated with atherosclerosis, which underlies heart disease. When arteries are stiff, the heart works harder to pump blood. Eating fewer vegetables in childhood is associated with higher pulse wave velocity as an adult. The association remains when adjusted for cardiovascular risk factors like high-density lipoprotein, (good cholesterol) and low-density lipoproteins (bad cholesterol). *American Heart Association, Nov 2010*

Exercise: Yoga Could Help Improve Prison Environment. Prisoners can benefit from yoga because it is a practice which helps to foster understanding, self-acceptance, peace and wellbeing. Prisons are highly stressful environments and yoga may offer prisoners a much needed physical and mental release of the tension of prison life, paradoxically turning prison cells into places of retreat, where prisoners can develop self-discipline and concentration skills.

University Of Leicester, Dec 2010

Chiropractic: Chiropractic Making A Difference. For the treatment of low back and neck pain, the use of chiropractic care resulted in a reduction in the rates of surgery, advanced imaging, inpatient care, and plain-film radiographs.

Journal of Manipulative and Physiological Therapeutics, 2005

Wellness/Prevention: Myocardial Infarction And Insomnia. Poor-quality sleep is a known risk factor for cardiovascular disease. Since it can affect remission after an infarction, the risk of complications rises and a vicious circle may be set in motion. Infarction seems to cause neuron loss at the level of the brainstem, which leads to insomnia.

Sleep, Nov 2010

Quote: "In every walk with nature one receives far more than he seeks." ~ *John Muir*

This Weekly Health News Update is compliments of Dr. Ward Beecher and Beecher Chiropractic Clinic. If you have any questions or comments, please contact us at 281-286-1300 or www.BeecherChiropractic.Com.