

WEEKLY HEALTH NEWS UPDATE

Week of Monday, April 11th, 2011

Mental Attitude: It Could Be In Your Head. Your emotional response to challenging situations can predict how your body responds to stress. People with high levels of anger and anxiety showed greater increases in a marker of inflammation than those who remained relatively calm. This could help explain why some people with high levels of stress experience chronic health problems. Over time, these emotionally-reactive individuals may be more vulnerable to inflammatory diseases, such as cardiovascular disease. *Brain, Behavior, and Immunity, February 2011*

Health Alert: Time To Get Healthy! A shortage of oncologists and the rising cost of chemotherapy and radiation therapies and imaging tests are making delivering quality cancer care increasingly difficult. By 2020, the shortage of oncologists in the US will be between 2,350 and 3,800, which represents a capacity of between 9.5 million and 15 million office visits. *Cancer, March 2011*

Diet: Vitamin E And Pneumonia. Vitamin E decreased pneumonia risk by 69% among those who had the least exposure to smoking and who also exercised. In contrast, vitamin E increased pneumonia risk by 79% among those who had the highest exposure to smoking and who did not exercise. Over half of the participants were outside of these two subgroups and vitamin E did not affect their risk of pneumonia. *Clinical Epidemiology, February 2011*

Exercise: Fat Burner! Muscles are metabolically active, so the more muscle mass, the more calories you burn even when you're not working out. For each pound of muscle you add, you will burn an extra 35-50 calories per day. Every 5 pounds of muscle added will burn 175-250 calories a day, or an extra pound of fat every 14-20 days.
Mayo Clinic

Chiropractic: Better Immune System? Ronald Pero, Ph.D., chief of cancer prevention research at New York's Preventive Medicine Institute and professor of medicine at New York University, performed one of the most important studies showing the positive effect chiropractic care can have on the immune system and general health. In his initial 3-year study of 107 individuals who had been under chiropractic care for 5 years or more, the chiropractic patients had a 200% greater immune competence than people who had not received chiropractic care.

The Chiropractic Journal, August 1989

Wellness/Prevention: A Leg Up? 9 million Americans over the age of 50 have peripheral arterial disease. Symptoms: 1. Claudication (fatigue, heaviness or cramping in the leg muscles that occurs during activity and goes away with rest). 2. Foot or toe pain at rest that often disturbs sleep. 3. Skin wounds or ulcers on the feet that are slow to heal. Risk increases if you: smoke, or used to smoke, have diabetes, have high blood pressure and/or abnormal blood cholesterol, if you're African American or have a Vascular disease. *Foundation, February 2011*

Quote: "Anyone who has never made a mistake has never tried anything new." ~ *Albert Einstein*

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.

