

WEEKLY HEALTH NEWS UPDATE

Week of **Monday, May 2nd, 2011**

Mental Attitude: Parents Can Help. Many studies show parenting under stress can negatively affect children. Parents who struggle financially, who suffer from depression, or who are single parents need extra support. In schools offering ParentCorps, a program for families of Pre-Kindergarten students in disadvantaged urban communities that focuses on improved parenting strategies, parents reported using more effective discipline strategies and were observed in the home to be more responsive to their children during play interactions. By the end of the Pre-Kindergarten year, children in schools with ParentCorps were rated by their teachers as better behaved and showed more social and emotional competencies. *Child Development, February 2011*

Health Alert: Unemployed And Unhealthy! Unemployed people between the ages of 30 and 59 years are often affected by physical, emotional, and functional impairments such as sleep disorders, anxiety disorders, and substance addictions. The health consequences of unemployment result from loss of income, loss of social contacts in the workplace, and/or loss of social reputation. Unemployed men and women who are supported by their partners, family members, or friends are less frequently affected by these complaints. *Deutsches Aerzteblatt International, February 2011*

Diet: Genes And Your Sweet Tooth. The substance ghrelin plays an important role in binge-eating and sugar consumption. Ghrelin is a neuropeptide that activates the brain's reward system and increases appetite. People with certain changes in the ghrelin gene consume more sugar than their peers. Researchers also found, when ghrelin was blocked, rats reduced their consumption of sugar and were less motivated to hunt for sugar. *Plos One, April 2011*

Exercise: The Great Outdoors! Exercising in natural environments is associated with greater feelings of revitalization, increased energy and positive engagement, with decreases in tension, confusion, anger and depression. Participants also reported greater enjoyment and satisfaction with outdoor activity and were more likely to repeat the activity. *Environmental Science and Technology, February 2011*

Chiropractic: Stop On A Dime! At the spinal nerve root level, a sustained pressure increase of the weight of a dime was adequate to produce interference in normal nerve transmission! *Dr. Chung Ha Suh, University of Colorado*

Wellness/Prevention: Adopt Healthy Habits! When considering levels of HDL, or "good" cholesterol, people who did not improve any lifestyle factors between youth and adulthood had more than double the prevalence of low HDL levels (26.2% vs. 11.9%). Those who had improved at least two lifestyle factors had a prevalence of low HDL less than one-fourth that of the study average. *Archives of Pediatrics & Adolescent Medicine, February 2011*

Quote: "Being entirely honest with oneself is a good exercise." ~ *Sigmund Freud*

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.