

WEEKLY HEALTH NEWS UPDATE

Week of **Monday, May 9th, 2011**

Mental Attitude: Improved Memory? Scientists from the Mount Sinai School of Medicine in New York increased the amount of the protein IGF-II in rats and found they showed significantly improved long term memory. The effects of the IGF-II were also found to last for several weeks. *Nature, February 2011*

Health Alert: Kids Working? Many teens work part-time during the school year and in the current economic climate, more youths may seek after school employment. Working more than 20 hours a week is associated with declines in school engagement, a lower probability of continued education, and increases in problem behavior such as stealing, carrying a weapon, drinking alcohol and using illegal drugs. *Child Development, Feb 2011*

Diet: I Could Have Had A... Studies show drinking vegetable juice may be a simple way for people to increase their vegetable intake and may help them more effectively manage their weight. Adults who drank one 8-ounce glass of vegetable juice each day consumed nearly twice as many vegetable servings a day than those who did not drink any vegetable juice. Also, 9 of 10 who drank the popular vegetable juice V8 said they felt they were doing something good for themselves. *Journal of the American Medical Association, 2010*

Exercise: Burning Calories! Most people know exercise keeps muscles strong. Did you know strong muscles burn more calories? Muscle mass is metabolically active tissue. The more muscle mass you have, the more calories you burn even when you're not working out! For each pound of muscle you add, you will burn an additional 35-50 calories per day. So, an extra 5 pounds of muscle will burn about 175-250 calories a day or an extra pound of fat every 14-20 days. *Mayo Clinic*

Chiropractic: Light As A Feather! Pressure on a nerve root equal to a feather falling on your hand resulted in up to a 50% decrease in electrical transmission down the nerve supplied by that root. *Seth Sharpless, Ph.D. and Marvin Luttges, Ph.D.*

Wellness/Prevention: Prevent Bad Lifestyle Habits. Unhealthy habits are especially predominant amongst young adults ages 19-26. Data points to the fact that young people show more risk behavior than expected (more even than they themselves perceive) and believe they are healthier than they really are. Unhealthy habits include poor diet, excessive alcohol consumption, lack of physical activity, risky sexual practices, smoking cigarettes, taking drugs and getting insufficient sleep. Bad habits tend to worsen with age. Special attention has to be paid to adolescents because around 16 years of age appears to be the point of no return, the age when either healthy activities are adopted or risk behavior patterns arise. *AlphaGalileo Foundation. January 2011*

Quote: "For the rational, psychologically healthy man, the desire for pleasure is the desire to celebrate his control over reality. For the neurotic, the desire for pleasure is the desire to escape from reality." ~ *Nathaniel Branden*

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.