

WEEKLY HEALTH UPDATE

Week of **Monday, May 23rd, 2011**

Mental Attitude: Exercise Your Mood. Regular exercise reduces symptoms of moderate depression and enhances psychological fitness. During exercise, plasma levels of endorphins increases in the body, which can have an effect on the psychological state. Endorphins are hormones in the brain associated with a happy, positive feeling. A low level of endorphins is associated with depression. A recent National Health and Nutrition survey found physically active people were half as likely to be depressed. Exercise also boosts the neurotransmitter serotonin in the brain. Neurotransmitters are chemicals that send specific messages from one brain cell to another. Though only a small percentage of all serotonin is located in the brain, this neurotransmitter is thought to play a key role in keeping your mood calm. *WebMD.com*

Health Alert: Diabetes Out Of Control! 8.3% of Americans of all ages are affected by diabetes! 11.3% of Americans over 20 years old have diabetes. 27% of Americans who have diabetes do not know and 35% of individuals over 20 years old in the US have pre-diabetes. How do you prevent it? Try a healthy diet and regular exercise. *CDC, 2011*

Diet: Is It A Fad Diet? How can you tell if a diet is a fad diet? Here are some useful hints: It promotes or bans certain foods or food groups. It pushes a 'one-size-fits-all' approach. It promises quick, dramatic or miraculous results. It focuses on short-term changes to eating and exercise habits. It encourages 'miracle' pills, potions or supplements - often promoted as 'fat burners' and 'metabolism boosters'. It contradicts the advice of trusted health professionals. It makes claims based on a single study or testimonials. *Dietitians Association of Australia, January 2011*

Exercise: 7 Benefits of Regular Exercise. 1) Exercise improves mood. 2) Exercise combats chronic disease. 3) Exercise helps you manage your weight. 4) Exercise boosts your energy level. 5) Exercise promotes better sleep. 6) Exercise can put the spark back in your love life. 7) Exercise can be fun! *Mayo Clinic*

Chiropractic: The Very First! "I claimed to be the first person to adjust a vertebra by hand, using the spinous and transverse processes and levers. I developed the art known as adjusting, and formulated the science of chiropractic, and developed its philosophy." ~ *DD Palmer*

Wellness/Prevention: Family Mealtimes? The amount of time families spend eating meals together has been linked to the health and wellbeing of children and teens. Families who eat together regularly report declines in substance abuse, eating disorders, and unhealthy weight in their children. *Child Development, Feb 2011*

Quote: "If you're interested in 'balancing' work and pleasure, stop trying to balance them. Instead make your work more pleasurable." ~ *Donald Trump*

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.