**WEEKLY HEALTH NEWS UPDATE**

**Week of** Monday, July 4th, 2011

**Mental Attitude: Suicidal Teens And Eating Disorders.** Teens 13-18 years old suffering from anorexia, bulimia and other eating disorders are more likely to suffer from suicidal thoughts, anxiety disorders and substance abuse. 0.3% of the teens surveyed reported suffering from anorexia nervosa and 0.9% from bulimia nervosa. A full 1.6% suffered from binge eating disorder. One third of those with bulimia actually attempted suicide. 15% of those with binge eating had and about

8% of those with anorexia had attempted the same. 55-88% of teens with eating disorders also reported such problems as anxiety, depression, or a behavioral disorder. *American Journal of Psychiatry, May 2011*

**Health Alert: Uninsured Unable To Pay Hospital Bills.** 50 million Americans are uninsured. Most uninsured people have virtually no savings, half with less than $20 net worth. Half of families with income at 400% of the Federal Poverty Level, or $89,400 a year, have financial assets below $4,100. Every year, 2 million uninsured Americans are hospitalized, with 58% of these hospital stays resulting in bills of more than $10,000. *US Dept Health and Human Services, May 2011*

**Diet: Weight Management Tips.** 1.Fruit. Fruit contains vitamins, antioxidants and fiber. Consumption of fiber is associated with lower body weight and gives a feeling of fullness. 2. Keep hydrated. Feeling tired or hungry? You may just be thirsty. Drink at least 6 glasses of water a day. Water helps your body transport nutrients and eliminate toxins. 3.

Close the kitchen. When you finish a meal, clean the dishes and turn off the lights. Tell yourself the kitchen is now closed.

*Family Features, April 2011*

**Exercise: Exercise and Colds.** Regular exercise helps jump-start the immune system, thus helping to reduce the number of colds, flu and other viruses. *Mayo Clinic, May 2011*

**Chiropractic: The Nervous System Connected To The Immune System?** The neurotransmitter norepinephrine is present in sympathetic nerve fibers that innervate lymphoid organs and act on the spleen. Norepinephrine in lymphoid organs plays a significant role in the regulation of the immune system. Stressful conditions lead to altered measures of immune function, and altered susceptibility to a variety of diseases. Many stimuli, which primarily act on the central nervous system, can profoundly alter immune responses. The two routes available to the central nervous system are neuroendocrine channels and autonomic nerve channels. *The Chiropractic Research Journal, 1994*

**Wellness/Prevention: Minutes Of Exercise A Day Can Keep The Pain Away.** As little as 2 minutes of exercise a day can reduce pain and tenderness in adults with neck and shoulder problems. After 10 weeks, the 2-minutes-per-day exercise group experienced significant reductions of neck and should pain (decreased 1.4 points out of 10) and tenderness (decreased 4.2 points out of 32). The 12-minutes-per-day exercise group had slightly larger reductions in pain and tenderness (an extra .5 and .2 points, respectively). *American College of Sports Medicine, May 2011*

**Quote:** “Pain is temporary. Quitting lasts forever.” *~ Lance Armstrong*

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](http://www.BeecherChiropractic.Com).