



## Health Update

Courtesy of:  
Warren Pyne, D.C.  
(508) 238-8521

*"I'm a great believer in luck, the harder I work, the more I have of it."  
~ Thomas Jefferson*

### **Mental Attitude: Bad Food, Bad Feelings.**

Some foods can help you feel better, while others can do the opposite. One way to reduce the harmful effects of eating bad food is to reduce consumption of foods high in saturated fat. Saturated fat is well known for its role in promoting heart disease and some types of cancer. Now, researchers suspect saturated fat also plays a role in depression. A decrease in saturated fat over a 6 week period was associated with a decrease in depression.

*Coronary Health Improvement Project*

### **Health Alert: Wash Your Hands.**

Not drying your hands thoroughly after washing them could increase the spread of bacteria. Frequently, people give up drying their hands and wipe them on their clothes, but hand-hygiene is a key part of infection control and drying hands after washing is important. Our bodies naturally have bacteria called commensals. However, bacteria from other sources, such as raw meat, can also survive on hands. The most effective way of keeping bacterial counts low, when drying hands, is using paper towels. Amongst the electric dryers, the model that rapidly stripped the moisture off the hands was best for reducing transfer of bacteria to other surfaces.

*Journal of Applied Microbiology, September 2010*

### **Diet: Give Your Heart Some Vitamins And Minerals.**

People with decreased micronutrient intake have a higher risk of coronary heart disease, stroke and heart failure. Decreased intake was associated with a 1.4 times higher risk of death from cardiovascular disease in White Americans, 1.3 times higher in African Americans and 1.6 times higher in Mexican Americans.

*World Heart Federation, June 2010*

### **Exercise: Find Your Fat-Burning, Muscle-Building Zone.**

Many people start training with lower intensity exercise (aerobic exercise). Lifting weights is anaerobic, which is why muscle fatigue occurs so rapidly. A combo of anaerobic and aerobic exercise is needed to achieve lasting, full-body results. Try these: Timed Sets: do as many reps of an activity as possible during a set time. Example: Jumping jacks for 1 minute; pushups for 45 seconds and squats for 1.5 minutes.

*Chelsea Cooper, MPA, CPT*

### **Chiropractic: Popularity of Chiropractic.**

Chiropractic is the largest, most regulated and best recognized of the complementary and alternative medicine (CAM) professions. CAM patient surveys show chiropractors are used more often than any other alternative provider group and patient satisfaction with chiropractic care is very high. Patient use of chiropractic has tripled in the past two decades.

*Annals of Internal Medicine, 2002*

### **Wellness/Prevention: More Tea Please.**

Those who drank one to two cups of Black Tea daily had a 46% lower risk of severe aortic atherosclerosis, a strong indicator of cardiovascular disease. Those who drank more than four cups of tea a day had a 69% lower risk.

*Archives of Internal Medicine, 1999*

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