



## Health Update

Courtesy of:  
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*"Let thy food be thy medicine and thy medicine be thy food."  
~ Hippocrates (460-377 BC)*

### **Mental Attitude: Achieving Goals Good For The Mind.**

Achieving personal goals can help in the early stages of dementia management. People who received cognitive rehab felt their daily activity performance improved.

*American Journal of Geriatric Psychiatry*

### **Health Alert: Superheroes Send Wrong Image?**

Watching superheroes beat up villains may not be the best image for boys if society wants to promote kinder, less stereotypical male behaviors. Today's superhero is too much like an action hero who participates in non-stop violence; he's aggressive, sarcastic and rarely speaks to the virtue of doing good for humanity. When not in superhero costume, these men, like Tony Sparks (Ironman), exploit women and convey manhood with high-powered guns. The comic book heroes of the past did fight criminals, but these were heroes you looked up to and learned from because, outside of their costumes, they were real people with real problems and many vulnerabilities.

*American Psychological Association, August 2010*

### **Diet: Understanding A Child's Risk Of Obesity.**

Parents of overweight or obese children do not recognize their child's weight problem. Nearly all parents of healthy-weight children accurately perceived their child's weight. Only 57% of overweight children's parents did so. That improved significantly to 74% three months after an educational program. The most improvement occurred in dietary changes among overweight children. At follow up, they were more likely to drink lower-fat milk and showed the largest reduction in eating out. Overall, children improved fruit and vegetable consumption, decreased sweetened beverages and unhealthy snacks, drank lower-fat milk more and reduced TV screen time.

*University of North Carolina at Chapel Hill School of Medicine, July 2010*

## **Exercise: Getting Motivated to Exercise.**

If you miss an hour with a personal trainer or workout partner, there's a certain amount of guilt attached to motivate you not to skip out next time so find (or hire) someone you won't let down.

## **Chiropractic: Patient Satisfaction.**

Chiropractic patients were found to be more satisfied with their back care providers after four weeks of treatment than were medical patients. Studies also conclude patients are more satisfied with chiropractic care than with physical therapy after 6 weeks.

*American Journal of Public Health, 2002*

## **Wellness/Prevention: Tea For The Brain.**

People who consumed tea at a variety of levels had significantly less cognitive decline, 17-37%, than non-tea drinkers. People who drank tea 5-10 times/year, 1-3 times/month, 1-4 times/week, and 5+ times/week had lower average annual rates of decline 17%, 32%, 37% and 26%, respectively, than non-tea drinkers.

*Cardiovascular Health Study*

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