



## Health Update

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*"The best way to get something done is to begin." ~ Anonymous*

### **Mental Attitude: Stress And Mood Disorders.**

Depression in young people is increasing in successive generations. People are suffering from depression earlier in life and more people are depressed. Studies show kids from at-risk families are at higher risk of having a psychiatric disorder. They're not just inheriting these traits but they are also being raised in an environment that is stressful, chaotic and lacking in structure. Cortisol, the stress hormone, was used to assess stress levels. Findings show adolescent offspring of at-risk families have higher salivary cortisol levels than kids from families without disorders. High cortisol levels in adolescences doubles your risk for developing a serious mood disorder in young adulthood.

*Concordia University, November 2010*

### **Diet: Self Control?**

You skip lunch and then later you eat a snack and can't stop and then beat yourself up about your lack of self-control and inability to maintain a healthy diet. By studying the effect of low blood sugar on self-control in dogs, a researcher found the brain needs glucose to exercise self-control. The results showed that self-control does correspond with diet, and that is why we should eat healthy foods like carrots and lean proteins that give us a long lasting supply of glucose to keep the brain strong and help us resist unhealthy foods.

*University of Kentucky, November 2010*

### **Exercise: Exercise Fights Breast Cancer.**

Women who exercise vigorously for two hours or more a week reduce their risk of developing breast cancer by 64% compared to sedentary women. Moderate exercises like walking can reduce risk by 17%.

*American Association for Cancer Research, Oct 2010*

### **Chiropractic: Satisfied?**

Hands-on therapies were tops among treatments for back pain relief. 88% of those who tried chiropractic said it helped a lot, and 59% were 'completely' or 'very' satisfied with their chiropractor. How the others rated: Physical therapist - 55%, Acupuncturist - 53%, Physician (specialist) - 44%, Physician (primary-care doctor) - 34%.

*Consumer Reports, May 2009.*

### **Wellness/Prevention: No Technology, Please.**

More than half of children and teenagers who text, or surf the internet at bedtime are not only likely to have problems falling asleep, but experience mood, behavior and cognitive problems during the day (ADHD, anxiety, depression, and learning difficulties). The number of messages sent per month at sleep time was 3,404 and occurred over periods ranging from 10 minutes to 4 hours after bedtime. 77.5% have problems falling asleep and were woken once per night.

American College of CHEST Physicians, November 2010

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