

WEEKLY HEALTH UPDATE

Week of: Monday, July 26th, 2010

Courtesy of:

Mental Attitude: Alcohol and Depression. One third of people with major depression also have an alcohol problem. In many cases, depression may be the first to occur. Children who are depressed are more prone to develop alcohol problems once they reach adolescence. Teens who've had an episode of major depression are twice as likely start drinking alcohol than those who have not had an episode of major depression. Depression may be a particularly significant trigger for alcohol use in women as women are more than twice as likely to start drinking heavily if they have a history of depression. *National Institute on Alcohol Abuse and Alcoholism*

Health Alert: Calcium And Risk Of Osteoporosis And Hypertension In Postmenopausal Women.

Postmenopausal women who have a low calcium intake show a higher risk of developing both osteoporosis and hypertension than those who consume higher levels of calcium.

European League Against Rheumatism, June 2010

Diet: Mayonnaise Alternatives. A 1/4 cup serving of Mayonnaise can include up 360 calories and 40 grams of fat. Try using a lower-calorie condiment instead (mustard, BBQ sauce, salsa chili or taco sauce) or switch to a light mayonnaise (35 calories and 3.5 grams of fat per tablespoon) or pare down the portion of real mayonnaise to a couple of teaspoons (60 calories and 6.7 grams of fat). *Elaine Magee, MPH, RD*

Exercise: Ride Your Bike! Exercise is important for older adults. It keeps you strong, burns calories, helps maintain a lower weight, improves flexibility, contributes to balance and maintains bone strength. The best exercise builds lean muscle and promotes endurance, flexibility and maintains stability. Exercise declines with age, yet cyclists show a smaller decline than those involved in gym activities. Cycling is safe, with fewer risks of more strenuous exercises. *To Your Health, July 2009*

Chiropractic: Circulate Your Blood! Your body has 60,000 miles of blood vessels! Adjustments help maintain your flexibility and joint mobility, which in turn allows for better blood flow. Blood flow is important as it delivers vital nutrients (oxygen, water and food) to all of your cells.

Wellness/Prevention: Tea's Role In Oral Health. Flavonoids in tea may inhibit the plaque-forming ability of oral bacteria and the fluoride in tea may support healthy tooth enamel. In a study, hamsters were fed water with Black Tea extract developed up to 63.7% fewer dental caries (also known as tooth decay or cavity) than hamsters fed just water. *Journal of Indian Society of Pedodontics and Preventive Dentistry, 2000*
International Journal of Food Sciences and Nutrition, 2003

Quote: "Holding on to anger is like holding on to a hot coal with the intent of throwing it at someone else; you are the one who gets burned." ~ *Buddha*

**To Receive These "Weekly Health Updates" Every Monday Via Email,
Sign Up At www.WeeklyHealthUpdate.com - CODE:**