

# WEEKLY HEALTH NEWS UPDATE

Week of **Monday, November 1<sup>st</sup>, 2010**

**Mental Attitude: Depressed?** Try Fish. Men and women have a lower risk for depression if they eat a lot of fish, particularly fatty fish like salmon, which are high in omega-3 fatty acids. Omega-3s from fish seem to have positive effects on clinically defined mood swings, such as postpartum depression. Good sources of omega-3 fatty acids include: Herring, Rainbow trout, Salmon, Sardines and Tuna.

*Journal of the American Dietetic Association, Sept 2008*

**Health Alert: Obese Workers Cost Workplace More Than Insurance, Absenteeism.** The cost of obesity among US full-time employees is \$73.1 billion per year. The per capita cost of obesity is \$16,900 for obese women and \$15,500 for obese men. Presenteeism (lost time between arriving at work and starting work on days when the employee is not feeling well, and the average frequency of losing concentration, repeating a job, working more slowly than usual, feeling fatigued at work, and doing nothing at work) accounts for 56% of the total cost of obesity for women, and 68% for men.

*Journal of Occupational and Environmental Medicine, Oct 2010*

**Diet: Empty Calories.** Empty calories are very high-energy foods/drinks with poor nutritional profiles, usually made from processed (refined) carbohydrates or fats. An empty calorie has the same number of calories - energy content - as any other calorie, but does not have the accompanying nutrients such as dietary minerals, antioxidants, amino acids, fiber or vitamins. Half of all calories consumed by American kids are empty calories. 40% of calories consumed by kids come from solid fat and added sugars.

*Journal of the American Dietetic Association, October 2010*

**Exercise: Want To Burn Fat And Build Muscle?** Try Complexes: This is a form of circuit training using only one piece of equipment, one space and one load. For example: 15 stability ball squats, 15 stability ball crunches, and 15 stability ball hamstring curls. Or 20 rubber-band biceps curls, 20 rubber-band shoulder presses, and 20 rubber-band rows, done consecutively. *Chelsea Cooper, MPA, CPT*

**Chiropractic: Just better.** Patients receiving manual therapy had fewer absences from work than patients receiving physical therapy or continued care (general practitioner), and manual therapy and physical therapy each resulted in statistically significant less analgesic use than continued care. Manual therapy also scored better than physical therapy on all outcome measures. *Annals of Internal Medicine, 2002*

**Wellness/Prevention: Is It Ice Or Heat?** If you are exercising or have a new injury and experience pain and swelling afterward, use ice to take the swelling down. Typically, 10-20 minutes, every 2 hours. After 3-4 days, the swelling becomes congested and heat typically helps. Try 10-20 minutes, every 2 hours. This will induce circulation and help pump the toxins out of the tissue. If you feel your muscles are too stiff and painful before you start exercising, use heat for a few minutes to warm up the area. (Always check with your health care provider.) *The American Orthopedic Society For Sports Medicine*

**Quote:** “One of the wonderful things about being alive is that it is never too late.” ~*Helen Keller*

This Weekly Health 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) .