

Surprising 2009 health studies

By City Centre Health and Fitness staff

Health Researchers around the world were scrambling for cures and preventions as H1N1 dominated the health news in 2009. According to the University of North Carolina taking 3 Brazil nuts per day provides enough of the micronutrient selenium to help protect against influenza. Tufts University found that mushrooms contained the magic with proteins called cytokines that could help the body defend itself against viruses. Curtin University in Australia found that drinking one probiotic yogurt was beneficial while Imperial College in London concluded 5 cups per day of herbal tea was the answer.

Heart studies are always popular and sometimes produce secondary results quite by accident. A Harvard study on heart health of over 22,000 men not only found that aspirin every other day reduced the chances of having a heart attack in men by 44%, but also realized the men were 22% less likely to develop asthma than those who took the placebo.

If you need an excuse to purchase a new entertainment system, one study showed that older household electronics produced tiny plastic airborne fragments that contained PBDE which was linked to thyroid problems, sterility and weight gain. Sony and Phillips were two manufactures who promptly announced they don't use PBDE's. Eating burgers in front of an old TV can be even more dangerous as another study on PBDE found that men who regularly ate cheaper cuts of meat had 23% more PBDE in their body than those who were vegetarians or ate only organic meat.

You might have thought that too much sugar was bad for your mouth but research at the University of Wolver Hampton found that putting a sugar cube on mouth sores helped to cure them. It was thought that sugar kept the wound bacteria-free and enabled faster healing. The toothpaste industry would not be happy to know that according to a study in *General Dentistry* aloe vera tooth gel was as effective as regular toothpaste in preventing cavities.

According to *Men's Health UK* magazine a study in the US found that chemicals in beer helped to regulate metabolism and burn fat. No mention was made on which Beer Company may have funded the study.

Counting to 40 while chewing your food could help you lose weight. Participants in a study published in the *American Journal of Clinical Nutrition* reported to be more satisfied if they chewed their food to the count of 40 than those who chewed counting to only 25.

Sports drinks manufacturers had more than the of reputation Tiger Woods to contend with in 2009 when researchers at the University of Texas assessed that eating wholegrain cereal and milk was better at replacing energy and synthesizing muscle protein than expensive sports drinks.

Other interesting studies were –

If your home overlooks a park you will live 5 years longer –Tokyo Medical University

Ginger Root can increase your concentration level by 50% -Nanjing University, China
Squeezing a rubber ball daily reduces blood pressure in men – University of Michigan
Drinking one Bloody Mary per day reduces blood pressure -American Heart Journal
Drinking a Bloody Mary on an empty stomach increased hypertension risk by 50%. –
New York University

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