

April Health News Review

April 2, 2014

#5: [Precise reason for health benefits of dark chocolate: Thank hungry gut microbes](#) - ScienceDaily March 18, 2014

"There are two kinds of bacteria in the gut: the 'good' ones and the 'bad' ones. The good microbes...feast on chocolate. When you eat dark chocolate, they grow and ferment it, producing compounds that are anti-inflammatory." -Maria Moore

#4: [Honey offers new approach to fighting antibiotic resistance](#) - ScienceDaily March 16, 2014

"The unique property of honey lies in its ability to fight infection on multiple levels, making it more difficult for bacteria to develop resistance...[and] is filled with healthful polyphenols, or antioxidants." - Dr. Susan Meschwitz, PhD

#3: [Peter Gammons interview on baseball injuries](#) - WFAN Sports March 21, 2014

"All these guys with the Tommy John surgery and coming off a year where 40% of starting pitchers in the Major Leagues ended up on the disabled list. I think it starts with these traveling teams when they're 15 years old, they're going to showcases and over-pitching and then college where their college coaches abuse them. A lot of injuries you see in the Major Leagues come from what they did between the ages of 12 and 21." -Peter Gammons

#2: [Tree nut intake plays strong role against obesity and metabolic syndrome](#) - NOW Foods 3/24/14

Consuming 16 grams of tree nuts per day can decrease your risk of Metabolic Syndrome by 32% and your risk of obesity by 46%.

#1: [How a warm-up routine can save your knees](#) - NY Times March 19, 2014

"...neuromuscular training dropped the likely incidence of ACL injuries [by 50%]...and consists of about 15 to 20 minutes of exercises including marching, jumping, squatting and side-to-side shuffling that...help to wake up the brain and nervous system" and get the entire body moving with sharper coordination. The programs also emphasize landing with knees bent and in the proper alignment."

Testimonial of the month:

"I would like to thank you for your volunteer provision of Chiropractic care at the [Martinez, CA, Veterans Administration facility]...I received nothing but good feedback about the quality of your care, and it is clear that this was a real benefit to our veterans." -Dr. Martin Hoffman, MD

Have a Question About This Newsletter?

Call (631-325-7654) or email (PitchingDoc@msn.com) Dr. Arnold!

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