

## September Health News Review

September 4, 2014

**#5** - [New Concerns About An Old Heart Drug](#) - NY Times August 11, 2014

*"Digoxin can help slow an abnormal heart rhythm and strengthen the heart's contractions. But the line between an effective dose and a toxic one is especially thin...Unlike many prescription drugs, digoxin has never been subjected to a rigorous clinical trial in which the drug is compared with a placebo."*

**#4** - [Acupuncture provides significant quality of life improvements among breast cancer patients taking drugs to prevent recurrence, study shows](#) - ScienceDaily August 1, 2014

*"Electroacupuncture can decrease the joint pain reported by roughly 50% of breast cancer patients taking...the most-commonly prescribed medications to prevent disease recurrence among post-menopausal women with early-stage, hormone receptor positive breast cancer."*

**#3** - [AskWell: Does Yoga Build Strength?](#) - NY Times August 8, 2014

*"...measurements showed that yoga was equivalent in energy cost to strolling at 2 mph, an intensity of exercise that would 'not meet recommendations for levels of physical activity for improving or maintaining health or cardiovascular fitness'."*

**#2** - [Physically fit kids have beefier brain white matter than their less-fit peers](#) - ScienceDaily August 18, 2014

Healthy body, healthy mind, especially in children.

**#1** - [B. K. S. Iyengar, Who Helped Bring Yoga to the West, Dies at 95](#) - NY Times August 20, 2014

"He felt satisfied. Even at the end, even a few weeks before, he said, 'I'm satisfied with what I've done.' He took yoga to the world. He knew that." -Abhijata Sridhar-Iyengar

[Testimonial of the month:](#)

"My results are wonderful! I have pain relief!" -Rose, Hauppauge

## Have a Question About This Newsletter?

Contact ([PitchingDoc@msn.com](mailto:PitchingDoc@msn.com) / 631-352-7654) Dr. Arnold!