

## March Health News Review

March 5, 2015

#5 - [Pea Protein Proves Effective Alternative to Whey for Muscle Strength and Size](#) - NOW Foods January 31, 2015

*"The comparable [muscle strength and size] results with those obtained for whey intake make pea protein an alternative to whey-based dietary products for athletes from different levels and sports."*

#4 - [Another breastfeeding benefit: Preparing baby's belly for solid food](#) - ScienceDaily February 5, 2015

*"This study provides yet more support for recommendations by the World Health Organization and others to breastfeed exclusively during the first six months of life." - Dr. Amanda Thompson*

#3 - [Doulas, a Growing Force in Maternity Culture, Seek Greater Acceptance](#) - NY Times February 10, 2015

*"For many women, the doula (an antiquated Greek word for a female servant) offers less-fraught emotional support than do sisters, mothers or husbands. They offer tactics to help women manage the pain of labor, as Lamaze breathing classes did to a previous generation. They are familiar faces and patient advocates in a situation where the patient may be meeting the nurses or the obstetrician on call for the first time during the birth. They also consult on prenatal subjects like nutrition and postpartum challenges like breast-feeding."*

#2 - [Was Brian Williams a Victim of False Memory?](#) - NY Times February 9, 2015

*"Memories don't live as single, complete events in one spot in the brain. Instead they exist as fragments of information, stored in different parts of our mind. Over time, as the memories are retrieved, or we see news footage about the event or have conversations with others, the story can change as the mind recombines these bits of information and mistakenly stores them as memories. This process essentially creates a new version of the event that, to the storyteller, feels like the truth."*

#1 - [Slow Runners Come Out Ahead](#) - NY Times February 4, 2015

*"The ideal amount of jogging for prolonged life, this nuanced analysis showed, was between 1 hour and 2.4 hours each week. And the ideal pace was slow...Plodding joggers tended to live longer than those who ran faster. In fact, the people who jogged most often and at the fastest pace — who were, in effect, runners rather than joggers — did not enjoy much benefit in terms of mortality. In fact, their lifespans tended to be about the same as those who did not exercise at all."*

## Have Questions About This Newsletter?

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