

May Health News Review

May 6, 2015

#5 - [Just an hour of TV a day linked to unhealthy weight in kindergartners](#) - ScienceDaily April 26, 2015

"U.S. kindergartners watched an average of 3.3 hours of TV a day. Both kindergartners and first-graders who watched one to two hours or more than two hours daily had significantly higher body mass indexes than those who watched less than 30 minutes or 30-60 minutes a day..."

#4 - [Babies as young as six months using mobile media](#) - ScienceDaily April 25, 2015

"The American Academy of Pediatrics discourages the use of entertainment media such as televisions, computers, smartphones and tablets by children under age 2."

#3 - [Can Orange Glasses Help You Sleep Better?](#) NY Times April 7, 2015

"Studies have shown that such light, especially from the blue part of the spectrum, inhibits the body's production of melatonin, a hormone that helps people fall asleep...A Swiss study of 13 teenage boys...showed that when the boys donned orange-tinted glasses...in the evening for a week, they felt "significantly more sleepy" than when they wore clear glasses."

#2 - [Eating out = high blood pressure?](#) - ScienceDaily April 10, 2015

"Professor Tazeen Jafar's team surveyed 501 university-going young adults aged 18 to 40 years in Singapore...including meals eaten away from home and physical activity levels...pre-hypertension was found in 27.4% of the total population, and 38% ate more than 12 meals away from home per week...even eating one extra meal out, raised the odds of prehypertension by 6%."

#1 - [Flaxseed Further Helps Medication Improve Cholesterol Levels](#) - NOW Foods April 15, 2015

30 grams of milled flaxseed "lowers total and LDL cholesterol in patients with peripheral artery disease and has additional LDL cholesterol-lowering capabilities when used in conjunction with cholesterol-lowering medications."

Have Questions About This Newsletter?

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