

January Health News Review

January 6th, 2015

#5 - [Brain inflammation a hallmark of autism, large-scale analysis shows](#) - ScienceDaily December 5

"...the team was able to narrow in on a specific type of cell known as a microglial cell...In the autism brains, the microglia appeared to be perpetually activated, with their genes for inflammation responses turned on...given the known genetic contributors to autism, inflammation is unlikely to be its root cause."

#4 - [Infusionarium Aims to Take Trauma Out of Chemotherapy for Young](#) - NY Times December 15, 2014

"Matthew used to sob on nights before treatment. The boy didn't want his siblings to accompany him. He hated the cramped cubicle. Now Matthew looks forward to treatment. Matthew and his brother Micah ran into the Infusionarium, grabbing controls for an Xbox game. The boys whooped, as Matthew, mask over mouth, bounded around the treatment chairs, an IV pole wobbling in his wake.."

#3 - [Prenatal exposure to common household chemicals linked with substantial drop in child IQ](#) - ScienceDaily December 10, 2014

"Children of mothers exposed during pregnancy to the highest concentrations of DnBP and DiBP had IQs 6.6 and 7.6 points lower, respectively, than children of mothers exposed to the lowest concentrations...the researchers recommend that pregnant women take steps to limit exposure by not microwaving food in plastics, avoiding scented products as much as possible, including air fresheners, and dryer sheets, and not using recyclable plastics labeled as 3, 6, or 7."

#2 - [Weigh In Once A Week or You'll Gain Weight](#) - ScienceDaily December 17, 2014

"If you want to lose weight, it's best to weigh yourself every day. But if you weigh yourself only once a week, do it on Wednesday because that will give you the most accurate reading." -Dr. Brian Wasnick

#1 - [British Regulator Urges Home Births Over Hospitals for Uncomplicated Pregnancies](#) - NY Times December 3, 2014

"...first-time mothers with low birth risks would now be advised that a midwife-led unit would be particularly suitable for them, while mothers who already have given birth would be told that a home birth would be equally safe for the baby and safer for the mother than a hospital...In the United States, where a culture of litigation adds a layer of complication, only 1.36% of births took place outside a hospital in 2012."

NOW Foods article of the month: [Knee Arthritis Progression Linked to Vitamin D Levels](#)

Have a Question About This Newsletter?

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

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