

## November Health News Review

November 12, 2014

#5 - [Overuse Injuries Becoming More Common In Young Athletes](#) - ScienceDaily, October 29, 2014

*"Specialization is often driven by parents who believe their child has to start early and stay serious in order to get a scholarship or be the best...a lot of college and professional athletes did not specialize when they were younger,...One of the best pieces of advice I can give to parents and young athletes is to do multiple activities. It's much better to stay diversified."*

- Dr. Matthew Silvis

#4 - [Why Are American So Fascinated with Extreme Fitness?](#) - NY Times, October 14, 2014

*"There's also a very American fixation on extremes at play: More is always better. If you're running just four miles a day and doing a few pull-ups, you're a wimp compared with the buff dude who's ready for an appearance on 'American Ninja Warrior.' And it's hardly a stretch to go from lifting a 35-pound kettlebell to wondering why you can't run half a mile with it, especially when a CrossFit coach is right there, urging you to 'crush it.' Common wisdom seems to dictate that it's not enough to look good and feel good if you're not prepared to lift a Mini Cooper off an injured stranger."*

#3 - [To Improve Memory, Consider Chocolate](#) - NY Times, October 26, 2014

*"...the improvement of high-flavanol drinkers meant they performed like people two to three decades younger on the study's memory task..."*

#2 - [The Dangers of Eating Late at Night](#) - NY Times, October 25, 2014

*"To stop the remarkable increase in reflux disease, we have to stop eating by 8 p.m., or whatever time falls at least three hours before bed. For many people, eating dinner early represents a significant lifestyle shift. It will require eating well-planned breakfasts, lunches and snacks, with healthy food and beverage choices."*

-Dr. Jamie A. Koufman

#1 - [Rise and Shine: What Kids Around the World Eat For Breakfast](#) - NY Times Magazine Food Issue

*"After birth, babies prefer the foods they were exposed to in utero, a phenomenon scientists call 'prenatal flavor learning.' Even so, just because children are primed to like something doesn't mean the first experience of it on their tongues will be pleasant. For many Korean kids, breakfast includes kimchi, cabbage leaves or other vegetables fermented with red chile peppers and garlic. A child's first taste of kimchi is something of a rite of passage, one captured in dozens of YouTube videos featuring chubby-faced toddlers grabbing at their tongues and occasionally weeping."*

### Testimonial of the month:

*"A few weeks or so later...with Dr. Arnold's incredible willingness to address my issues, I am sleeping through the night for the first time in 12 years." -Jerry, Holtsville*

Have a Questions About this Newsletter?

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