

January 2014 Health News Review

January 2, 2014

#5 - [A Lifelong Fight Against Trans Fats](#) - NY Times December 16, 2013

"Cholesterol has nothing to do with heart disease, except if it's oxidized...You can have fine levels of LDL and still be in trouble if a lot of that LDL is oxidized...Eggs have all of the nine amino acids you need to build cells, plus important vitamins and minerals. It's crazy to just eat egg whites. Not a good practice at all." -Fred Kummerow, 99-year old nutrition scientist

#4 - [Snacking Your Way to Better Health](#) - NY Times December 9, 2013

"...all nuts are powerhouses of biologically active substances... 62% of the fat in nuts is monounsaturated that supports healthy levels of HDL cholesterol...Nuts contain omega-3 fats that can lower triglycerides and blood pressure, slow plaque buildup and prevent abnormal heart rhythms...Nuts also contain dietary fiber, about a quarter of which is the type that reduces cholesterol and improves blood sugar and weight control."

#3 - [QiGong Improves Quality of Life In Cancer Survivors](#) - NOW Foods December 18, 2013

Cancer survivors doing 60 minutes of Qigong twice per week for 12 weeks:

*Decreased their fatigue by 14.7%
Decreased their depression by 11.3% *
Decreased their anxiety by 15.9%

#2 - [Chewing Gum is Often Culprit for Migraine Headaches In Teens](#) - ScienceDaily December 19, 2013

"...30 patients who had chronic migraine or tension headaches and chewed gum at least 1 hour per day were asked to quit chewing gum for one month...without gum, 19 of the 30 patients reported that their headaches went away entirely and seven reported a decrease in the frequency and intensity...26 of them agreed to resume gum chewing for two weeks. All of them reported a return of their symptoms within days."

#1 - [Whole Foods Wont' Sell Chobani Yogurt as Of Early Next Year](#) - NY Times December 18, 2013

"...Whole Foods' decision to drop Chobani, attributed it to the yogurt maker's use of milk from cows whose feed is derived from genetically engineered crops, or G.M.O.'s, like corn and soy beans... Whole Foods has said it will require products sold in its stores to disclose whether they contain such ingredients by 2018."

Questions About This Newsletter?

Call (631-352-7654) or email (PitchingDoc@msn.com) Dr. Arnold!