

## March Health News Review

March 5, 2014

### #5 - [Don't Ask Your Doctor About 'Low T'](#) - NY Times February 3, 2014

*"Losing weight is a tried and true way to naturally boost testosterone levels...obese men who lost an average of 17 pounds saw their testosterone levels increase by 15%. In general, a man's waist should be half his height.*

### #4 - [A Big Bet on Gluten-Free](#) - NY Times February 17, 2014

*"...there is a small number of people who have celiac disease or are gluten intolerant. But there is a growing population of people who have somehow heard that gluten-free is healthier or think of it as fashionable, and when they remove gluten from their diet, they're inadvertently taking out a lot of processed foods and are really feeling the benefits of eating healthier foods."*

- Hitesh Hajarnavis

### #3 - [Why Vitamins May Be Bad For Your Workout](#) - NY Times

*"In this [new] theory, free radicals are not villainous but serve as messengers...starting the various biochemical reactions that end in stronger muscles and better metabolic health. Without free radicals, those reactions don't begin. And large doses of antioxidant supplements absorb most of the free radicals produced by exercise. Of course, that theory is still unsubstantiated and requires long-term testing in people..."*

### #2 - [Acupuncture Holds Promise For Treating Inflammatory Disease, Study Finds](#) - ScienceDaily February 23, 2014

*"This research shows physical evidence of acupuncture's value beyond any that has been demonstrated before, and also shows potential benefits not just for sepsis, but for treating other inflammatory diseases such as rheumatoid arthritis, osteoarthritis and Crohn's disease."*

### #1 - [Testimonial of the month:](#)

*"I am so happy and impressed with the level of coaching and care Christian has experienced with Dr. Greg. I trust technically and medically he is in great hands with Dr. Greg."*

-Bob, Smithtown

## Have Questions About This Newsletter?

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