

## July Health News Review

July 7, 2015

#5 - [Heart attack risk increases 16-21% with use of common antacid](#) - ScienceDaily June 11, 2015

*"The FDA estimates about 1 in 14 Americans has used proton pump inhibitors. Doctors prescribe PPIs to treat a wide range of disorders...The drugs can also be purchased over the counter. PPIs come in a variety of slightly different chemical forms...brand examples of PPIs are Nexium, Prilosec, and Prevacid."*

#4 - [The food-waste paradox](#) - ScienceDaily June 9, 2015

*"...strategies that are intended to save money such as buying in bulk and shopping monthly (rather than more frequently), and cooking from scratch, actually contributed to the generation of food waste and ultimately did not result in savings."*

#3 - [The less you sleep, the more you eat](#) - ScienceDaily June 1, 2015

*"...after a bad night's sleep, the hormone controlling appetite is affected, emotional stress is greater, more food is desired to compensate for lack of energy and impulsivity is increased, all of which affect the amount of food that you would consume in a day."*

#2 - [Breastfeeding Status at Age 3 Months Is Associated with Adiposity and Cardiometabolic Markers at Age 4 Years in Mexican Children](#) - Journal of Nutrition

*"These data confirm the importance of exclusive breastfeeding and prolonged breastfeeding for later cardiometabolic health."*

#1 - [Chocolate for your heart](#) - ScienceDaily June 15, 2015

*"...compared with those who ate no chocolate, [eating up to 100 grams per day] was linked to an 11% lower risk of cardiovascular disease...9% lower risk of hospital admission or death as a result of coronary heart disease...and a 23% lower risk of stroke..."*

Testimonial of the Month:



**Melissa F.**  
Islandia, NY  
0 friends  
1 review



Dr. Arnold helped me alleviate back pain after pregnancy. I found him to be knowledgeable and he really took the time to speak with me about the pain and origins of the pain...not only did he help me physically but also showed genuine concern and actually followed up with me the days after treatment. He is a genuine person and amazing practitioner.

## Have a Question About This Newsletter?

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