

WEEKLY HEALTH UPDATE

Week of: **Monday, December 21st, 2009**

Courtesy of:

Andrew Stynchula, D.C.

(703) 255-1220

Mental Attitude: Diet Moodiness? Low-Fat vs. Low-Carb. A recent study shows a short-term improvement in the moods of people who went on low-fat and low-carb diets. However, mood gains did not last for people on low-carb diets. People in both groups got the same daily calorie budget. They also met regularly with a dietitian and completed mood surveys several times during the study. By the end of the year, people in both groups had lost the same amount of weight, about 30 pounds. Mood improvements DID last for people on the low-fat diet. Researchers suggest the low-carb diet may have been "so far removed" from normal eating patterns that it became a lot of work and a social burden.

Archives of Internal Medicine

Health Alert: Too Fat? According to the annual America's Health Rankings, spending to treat the health effects of obesity, \$86 billion last year, will quadruple over the next decade, and almost half of US adults will be obese by 2018. If obesity rates held at current levels, on the other hand, the US would save nearly \$200 billion in health care costs. *Henry J. Kaiser Family Foundation*

Diet: Unsaturated Fats Protect the Heart. Fat is needed in our diet - about 25-35% of our daily calories. However, not all fats are equal. Unsaturated fats- like those found in canola, olive and safflower oils - lower LDL "bad" cholesterol levels and may help raise HDL "good" cholesterol. Saturated fats -like those found in butter and palm oil - and trans fats raise LDL "bad" cholesterol. Even good fats have calories, so eat in moderation.

American Heart Association Nutrition Committee

Exercise: How to Start an Exercise Program. Use Whatever Gets You Going. Some of us need a little something extra to keep us exercising from week to week. For some, this could be working out with an mp3 player like an iPod. For others, it could be listening to audiobooks as you walk, or watching favorite TV shows while you use the treadmill or stationary bike. *Elaine Magee, MPH, RD*

Chiropractic: Causes of Back Pain. Injuries: Spine injuries such as sprains and fractures can cause either short-lived or chronic back pain. Sprains are tears in the ligaments that support the spine, and they can occur from twisting or lifting improperly. Back pain may be caused by more severe injuries that result from accidents and falls. *American Academy of Orthopaedic Surgeons*

Wellness/Prevention: Posture Survey. Poor posture can lead to a variety of health problems over time. Take a moment to do your own survey: take a look at people in their 40's, 50's, 60's and 70's. If people have bad posture, they almost always LOOK unhealthy. On the flip side, people with good posture people will almost ALWAYS look healthy.

Quote: "Life is not merely being alive, but being well." ~ *Martial, Epigrams*