

DAILY HEALTH UPDATE

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Courtesy of:

Mental Attitude: Emotional Impact of Domestic Violence Affects Kids. According to new research, children who witness domestic violence are at increased risk for anxiety, depression, nightmares, teen dating violence, and school problems, just as if they themselves were abused. Lead researcher Dr. Sherry Hamby adds, "Parents are such big figures in a child's life. If a parent is endangered, that can threaten a child's well-being. They get worried that if their parent is in danger, then who is going to protect them?" *Psychology of Violence, April 2014*

Health Alert: Longer TV Hours Linked to Reduced Sleep in Young Kids. Investigators have found that for every extra hour spent TV watching, young children sleep seven fewer minutes per night. This association was stronger among boys than among girls. Inadequate sleep can be detrimental to the mental and physical health of young children. *Pediatrics, April 2014*

Diet: Green Tomatoes Could be the Answer to Bigger, Stronger Muscles. Tomatidine, a compound in green tomatoes, appears to stimulate muscle growth and improve muscle strength and endurance in mice. If their findings translate to human subjects, investigators believe tomatidine may be used as part of a treatment for age-, illness-, and injury-related muscle atrophy. *The Journal of Biological Chemistry, April 2014*

Exercise: How Basketball Influences Overall Fitness. Depending on your intensity, you can burn 700 or more calories per hour while playing basketball. Jumping and the other physical demands of shooting hoops can improve bone health while also improving hand-eye coordination and balance. Like other sports, playing can help reduce stress and allows for socialization. Individuals should always check with their doctor before starting a new exercise program. *Saint Louis University, March 2014*

Chiropractic: Do You Have a Fixation? A spinal fixation is defined as the loss of proper motion between two vertebrae. A past report found that 84% of a control group had fixations in relation to at least two of the three upper cervical vertebra/segments. Skilled spinal manipulation is often used by chiropractors to reduce fixations. *Journal of Manipulative & Physiological Therapeutics, January 1992*

Wellness/Prevention: Cleaning Helps Decrease Allergy Symptoms. Dr. James Sublett, president-elect of the American College of Allergy, Asthma and Immunology (ACAAI), advises that "thoroughly cleaning your home can help eliminate allergens and keep new ones from easily entering." A few of his recommendations include changing air filters, vacuuming regularly, washing bedding and stuffed animals, reducing mold with moisture control, and wearing a pollen mask while gardening or mowing the lawn. *Asthma and Immunology, April 2014*

Quote: "The only way to survive eternity is to be able to appreciate each moment." ~ *Lauren Kate*



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This information should not be substituted for medical or chiropractic advice. Any and all health care concerns, decisions, and actions must be done through the advice and counsel of a health care professional who is familiar with your updated medical history.