

# ASHBY ADVISOR

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Researchers at Columbia University found that the more a person travels for work, the more likely they will be unhealthy.

Obesity rates for non travelers in a wellness program of 13,000 employees was 33%. It was 92% for extensive travelers (up to 20 nights per month on the road.) They also had high cholesterol and blood pressure. No surprise. “Bad food, No exercise”.

This research is from the April Journal of Occupational and Environmental Medicine.

So we talk a lot about eating right and exercise to stay heart healthy but here are 5 other ways also.

- 1) Live away from the freeway. Exposure to loud noises may increase blood pressure and stress hormones leading to stroke. “European Heart Journal, January 26, 2011.
- 2) Get the right amount of sleep. Sleep more than 6 hours and less than 9 hours. 7-8 is about right for most people. “European Heart Journal.”
- 3) Eat blue berries “American Journal of Clinical Nutrition, February 2011.”
- 4) Beware of diet soda. Daily consumption has been linked to increased stroke. “American Stroke Association International Conference in Los Angeles, February 9<sup>th</sup>, 2011.
- 5) Eat Dark Chocolate. “American Academy of Neurology, 62<sup>nd</sup> annual meeting, 2010. This was only 6.7 grams per day. (Not ounces).

Quote of the month “Minds are like parachutes – they only function when open.”