

ASHBY ADVISOR

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Some bites of information for those tail wagging “dog days” of summer.

First – from the journal RHEUMATOLOGY (2007). A study of almost 2500 patients in England showed that 45% had chronic musculoskeletal pain. 75% of those had multiple sites of pain in the body.

One of their conclusions – working on single sites of pain is often inappropriate. (In other words – check out the rest of the body also – figure out why a person may be having multiple areas of pain. Hey, these guys may be catching up finally.) That’s why I sometimes check every thing.

We spend a huge amount of energy and money battling high cholesterol in the U.S. But there are dangers associated with cholesterol getting too low also. Apparently, studies have linked very low total cholesterol to increases in hemorrhagic strokes, suicide, depression, bipolar disorder and schizophrenia and some cancers.

This is a very controversial area but I do think you will see more about this in the next several years as more people get pushed to use higher amounts of statin drugs to keep cholesterol really low. Just member that any time you change the body’s chemistry there can be a cascade effect in the body. (Cholesterol is the precursor for making hormones in the body).

Quote of the advisor...”When life kicks you, let it kick you forward”.