

ASHBY ADVISOR

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So why are some people hoarders, not able to part with anything? Functional Brain MRI studies indicate over-activity in two areas of the brain that help us make choices. Too much stimulation causes the brain to become overwhelmed so they can't make a decision. This from the August 6th Archives of General Psychiatry.

Processed Foods (what we shouldn't) now makes up almost 3/4 of global food sales according to the Agriculture Department (3.2 Trillion Dollars) and almost half of all food money in the US goes to restaurants according to National Restaurant Association reports (and we know how healthy that can be.)

A study funded by Life Extension Foundation found that the Body Mass Index (BMI) in its current format does not do well at predicting obesity. They found that the BMI miscalculated 25% of men and 48% of women as either overweight or normal instead of obese.

They suggested that the predictive value of the BMI would be more accurate if it were modified. Obesity thresholds should be 24 for women and 28 for men (current guide is 30 for obesity). So don't give up on eating better.

Researchers used a number of comparative parameters including BMI, D4A (Dual energy x-ray absorption), fasting leptin and insulin. Results were published in April 2012 and appeared in media across the country.

Here's an interesting tidbit about Olympic athletes. About 8% of them have asthma or one of its symptoms. It's the most common chronic disease at the games. Years of intense training and inhaling polluted or cold air may be part of the reason for it.

Quote: "The road to success is always under construction."