

ASHBY ADVISOR

Seventeenth edition
February 2007

Well everyone let's get to the monthly newsletter:

-Healthcare costs are rising at the slowest rate since 1999. 6.9%!!! That doesn't sound very slow to me. The driving forces behind it technology, prescription drugs, and home health care.

-One percent of the population accounts for one fourth of the spending and five percent accounted for almost half of the spending.

-Infant car seats: Watch out letting an infant's head tip far forward or to the side - it can obstruct breathing. A small study of life threatening events in New Zealand infants found this one. It is rare but can cause an infant to turn blue or stop breathing. It was suggested not letting the head tip forward on the chest. (It's also pretty hard on the neck and upper back.)

-Reduced levels of selenium are associated with an increase in cognitive (mental) decline. Eat those veggies and take a good multivitamin to fill in the gaps.

-Moderate alcohol consumption has been associated with reduced cardiovascular disease. The way alcohol is consumed makes a big difference.

Small amounts of wine during meals have the greatest benefits. Two drinks per day is the protective limit for women, for men slightly higher limits, three to maybe four. These are 4 ounce glasses of wine/liquor.

-Another reason to keep up your Vitamin D: Cuts colon cancer rates by half to two thirds with the consumption of 2000 IU's of vitamin D3, breast cancer risk also dropped 50% with 2000 IU's per day. This was through diet, supplements and 10-15 minutes of sun exposure. Obviously if you are sun sensitive avoid sunlight exposure. 2000 IU's is definitely more than is normally recommended but no adverse effects were noted in these studies.

**Quote of the month: No one would ever have crossed the ocean
if he could have gotten off the ship in the storm.**