

ASHBY ADVISOR

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Okay, here's some healthy news.

For those of you who continue to smoke, drink...this in.... ---> Green Tea drinkers were 13 times less likely to get lung cancer than those who never drank it. I wonder about all cancers and green tea.

Fish oil appears to slow genetic aging. It seems to protect the cells during cell division so that they are more likely to make healthy cells by preserving telomeres (that's where your genetic information is stored and passed on when cells divide.) Generally speaking – the longer our telomeres, the more years you have left.

People in an 11 week study with low Vitamin D levels never reached “normal” while taking 1000 iu's of either D2 or D3. If you are low you have to take more, maybe a lot more depending on your level. Everyone plateaued below normal after 6 weeks.

Another fish oil tidbit – high Omega 3's and low Omega's 6's was associated with much lower depression rates. High processed and fast food is high in Omega's 6's which seems to be in higher depressed folks.

Keep your spine Healthy to prevent injuries in sports. A long ago study of college basketball players showed that players with pelvic un-leveling (one hip higher than the other) at the beginning of the season had three times as many hamstring injuries. Pelvic un-leveling is also going to put more stress in the hip joints which means more wearing out faster. Pelvic un-leveling for a long time is also associated with gluteus weakness.

So get that checked. The correction is usually adjusting Sacroiliac joints, strengthening some weak muscles and maybe using a small lift if there is a “true” short leg.

Quote of the month: “It is always well to remember that success is a ladder, not an escalator”