

# ASHBY ADVISOR

**Edition Thirty-two  
January 2009**

Hope your New Year goes great this year. It's an exciting time for research (not sure about development) into health and wellness.

The top honor for scientific breakthroughs in 2008 went to a team of researchers that were able to reprogram cells from patients with a variety of illnesses and reprogrammed them into stem cells. Now if these guys can fine tune this programming of cells then a patient could be treated with a "healthy" version of their own cells. I can hear Dr. McCoy on Star Trek now "Jim, I'm just an old country doctor!"

In honor of one of my son's favorite shows, "Mythbusters", we will have our own mythbuster this month. Caffeine has long been touted as a diuretic and that anyone that does a lot of hot outdoor activity should avoid caffeine "because it is a diuretic and you'll get dehydrated." "Well, say it ain't so, Joe" Research has shown that up to 450mg. of caffeine in a 165 pound person does not have a diuretic effect or cause dehydration. It can also, though, enhance athletic and mental performance. So having a couple of cups of coffee before engaging in outdoor sports should not have a negative effect on performance. It might improve it. Of course, some people are highly sensitive to caffeine. If you're one of those, then the above may not apply to you. This myth is busted!

For those of you that missed the first Wilson's Temperature Syndrome discussion in November, our next one is scheduled for the evening of Tuesday, January 20<sup>th</sup>. Hope you can make it. Send us an e-mail if you're interested or call us. We'll probably start around 7:00 p.m.

Quote of the month: "The soul could have no rainbows if the eyes had no tears."  
-Native American Proverb

Here's hoping that you can always find the rainbow in your tears. Thanks for all your support and trust for the past 21 years. I look forward to many, many more.