

# ASHBY ADVISOR

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Hope your 4<sup>th</sup> was just a poppin'.

So last month we discovered that lack of exercise is not the cause of most of our weight gain, but too much eating. This month we find that exercise, contrary to previous thoughts, does not turn your body into an all day fat burning machine.

A new study in Exercise & Sports Sciences Review found that while you burn fat and calories while you exercise, there is no greater ability to burn fat over the next 24 hours.

Bottom line: exercise does burn calories, helps general health and weight loss, but not exactly the way we thought it did. Just remember, "It can take an hour to burn up 400 calories, but less than five minutes to put it back on".

Here's an interesting study from the National Institute on Aging & Uniformed Services University, they found that women who had migraines with "Aura" had a 23% chance of developing brain lesions in the cerebellum (part of the brain that controls your balance).

Now it appears that some women may be having "stroke like" blood flow interruptions to the brain that over many years (26 years in the study) can cause some damage. There's a lot more research to come forth in this area, I'm sure.

Asthma and candle burning. Several times in the past couple of months, I've seen reports on lung problems and candle burning. If you or anyone you know is having any type of breathing issues, it is recommended that candles not be burned indoors. There lots of pollution from this. Soy candles burn cleaner, but some people are sensitive to these also. This includes scented and votive candles.

And lastly, the CDC issued a warning on the dangers of falling while using a cane or a walker, reporting 47,000 serious injuries a year. When used properly these aids prevent more falls than they cause. Experts think proper training and fitting are the key elements that are missing. They continue to recommend their use, just use them properly. Training with an occupational therapist can be very beneficial.

Quote of the Month: There are two ways of exerting one's strength:  
one is pushing down, the other is pulling up