

ASHBY ADVISOR

**Edition Thirty-seventh
June 2009**

Well, it's that time of the year again. Vacations, pool, parties, barbeques and summer celebrations. So obviously we need to look at the other side of our "traditional habits".

The June 9th edition of the journal "Circulation" voices concern about the health of arteries in obese and diabetic youth. They checked the carotid arteries of these youth and found "unhealthy" changes in them. Since no one has really studied arteries in youth in great detail over years a lot more research will be coming.

And speaking of obesity in the U.S., a new report at the European Congress on Obesity has found that over eating is the main cause of obesity in the U.S. and not lack of exercise. To get back to the average weights in the 1970's kids need to consume 350 less calories per day and adults need about 500 less calories per day. Or you could add another 110 minutes of walking per day.

Recommendation – eat healthier food, exercise.

Caffeine consumption in youth is beginning to affect their alertness and ability to function during the day. This is from a study by Dr. Christina Calamaro of the Drexel University in Philly. The study also found that the more "multi-tasking" they did the more likely it would affect daytime alertness.

The bottom line: the more caffeine was consumed at night and/or the more multitasking (T.V., MP₃, DVD's, computer, texting, etc.) during the day the higher the likelihood of falling asleep in class.

Only 20% of the youth reported getting 8-10 hours of sleep. Average caffeine consumption was 215mg/day with the range from 100mg to 1400mg/day. Teens are typically "wired" to stay up later, but technology and caffeine are making them sleep less and having problems with staying alert.

Next month will talk about structural imbalance.

Quote of the month "The greatest things ever done on earth have been done little by little."