

ASHBY ADVISOR

Twenty-second edition
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Time marches on into March. Time for some health news.

Boiled peanuts contain up to four times more antioxidants than raw, dry or oil roasted. Apparently boiling them in their shells transfers nutrients to the peanut.

In Britain, a study is underway to see what effects vitamin and mineral supplements, including Omega 3 fatty acids, will have on violent behavior on 16-21 year old inmates over a 12 month period. A previous study, published in 202 showed a 33% drop in violent incidents in the supplement group.

So, let's see – lousy nutrition – violent behavior – prison overcrowding in the U.S. Maybe we need to check into this.

And to back up the violent behavior in people with poor nutrition, another study in 2007 found that low Omega 3 fatty acids was associated with increased aggression in dogs.

Quercetin appears to lower blood pressure in pre-hypertensive patients. Supplementing with 730 mg of Quercetin daily for a month lowered systolic pressure by 7 points and diastolic pressure by 5 points on average. Quercetin is also used to help some people with inflammation and allergies.

Don't forget to "loosen up" before digging into all that spring yard work. Stretching the shoulders, back and legs would be helpful. Shoulder/arm circles are good for getting the blood flow to the muscles.

Next month we'll cover a controversy over statin drugs and low impact collisions in auto accidents vs. the extent of the person's injuries.

Both are great in showing how stats can be manipulated.

Eat good fruits and veggies, exercise, rest (sleep) and live happier.

Quote of the email: The helping hand you need is often the one at the end of your arm.

Harry Banks