

ASHBY ADVISOR

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November 2006

It's time for our monthly review again

The National Cancer Institute recently stated: "Diets rich in fruits and vegetables may reduce the risk of some types of cancer." So what are some of the best-researched fruits and vegetable to eat?

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|---------------------|--------------|
| 1) Tomatoes | 6) Pumpkin |
| 2) Broccoli sprouts | 7) Spinach |
| 3) Berries | 8) Garlic |
| 4) Soy beans | 9) Pineapple |
| 5) Tea | 10) Apples |

Oops there's another one. People who eat more fruits and vegetables also have a 27% lower risk of having a heart attack.

November issue of Arthritis & Rheumatism – acupuncture plus routine care did better at relieving the pain of osteoarthritis. The study followed over 3600 patients in a random study. Improvement was seen in overall pain and quality of life.

Men: Take note. Over 1700 men will be diagnosed with breast cancer this year. Symptoms – a painless lump, redness, swelling or dimpling in the breast area, nipple discharge, and swollen lymph nodes under the arm.

And last: women who drink carbonated cola drinks have a lower bone density. The exact mechanism is under study since men are not affected. This is from the American Journal of Clinical Nutrition, 2006.

**Quote of the month: "If you find a path with no obstacles
it probably doesn't lead anywhere."**

ANNOUNCING – WE NOW HAVE A WEBSITE – WE WOULD LOVE YOUR INPUT
<http://mdashby.chiroweb.com>