

ASHBY ADVISOR

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- ❖ Well, we're in full swing for the eating season.
- ❖ Speaking of eating – a study published in the “Journal of the American College of Nutrition” Reports that vegetables grown today have lower values of vitamins and minerals than 50 years ago.
- ❖ Statin drugs (cholesterol lowering drugs) have been linked to helping prevent and treat Alzheimer's disease. However, some people on statins have reported memory problems or confusion while on them. It's the second most common side effect after muscle pain and weakness.
- ❖ Health care costs for Americans age 65 and older is expected to rise to \$16 trillion by the year 2030. This alone should give everyone some incentive to take better care of themselves. We will all be footing this bill along with our kids and grandkids.
- ❖ Since November is our month of giving Thanks, that's what we would like to do. Thank you for allowing us the opportunity to help you with your health concerns. Hope that you have had a very positive experience and I look forward to the new year with you and your family, friends and colleagues.

Quote of the email: Health is the thing that makes you feel that
NOW is the best time of the year