

ASHBY ADVISOR

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- A report in September 2006 issue of American Journal of Respiratory & Critical Care stated that mothers with the lowest levels of Vitamin E intake had children whose risk for asthma or wheezing by age five was FIVE times greater than those in the highest intake group. The children's own E intake apparently did not change the associated risk.
- The secret to long life is not all in our genes. Researchers at the Max Plank Institute in Germany have found that only 3% of longevity can be explained by the life span of the parents. Even identical twins die 10 years apart in age on average. Longevity is very complex and random events and lifestyle greatly influences it. Several cancers have genetic links but the great majority do not. Even those with genetic links are not as strongly associated as previously thought.
- Don't forget to keep active. Countless research articles keep showing that people who are physically and mentally active live longer on average and have fewer age related illnesses. Keep up flexibility and strength in order to stay independent longer. Life is defined by deliberate movement.

Remember: We cannot direct the wind, but we can adjust the sails.