

ASHBY ADVISOR

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Hope your Spring is going great.

For migraine sufferers (migraneurs) – A patient introduced me to a book on natural approaches to Migraine. Angela Stanton, PhD was a long time migraine sufferer that found simple balances in your sodium, potassium, magnesium and calcium can be very helpful for some migraine triggers. The book is called “Fighting the Migraine Epidemic.” I think she has some great tools for migraines and it does not involve another drug.

Been thinking about a standing desk at work but not sure about the benefits? (Just ask Andrea, she has been standing non-stop for almost 4 years). I think corporations that truly want to care for their workers and their bottom line can do this with sit/stand desks. A new study reinforced one last year that sitting is the “New Smoking”.

How about these statistics: Sitting 8-12 hours a day increases your risk of Type II Diabetes by 90%. Those that sit most are 147% greater risk of cardiovascular disease than those who sit least. Unfortunately, a few hours of exercise per week does not seem to overcome this effect. So stand frequently when at work, change your work station to a sit/stand station or just keep doing what you are doing now. The choice is yours and your company's. We reap what we sow.

Quote: “We can no more afford to spend major time on minor things then we can to spend minor time on major things.”