

ASHBY ADVISOR

Sixty-sixth edition
Winter 2012

Time for the holidays - again- it's already here

I've always heard the old axiom that time goes by faster as you get older. It sure seems that way, but the truth is: time is going by at the same rate - we're just moving slower!! (and sometimes thinking slower)

Which brings us to this Newsletter's focus: How is all the fancy technology we use affecting our brains?

A 2010 study at McGill University found that people who always relied on GPS instead of mentally mapping their route had a noticeable loss of gray matter in the area of the brain used for that task.

Stanford researchers in 2009 found that people who are "heavy media multitaskers" are more susceptible to irrelevant environmental stimuli - short attention span and missing the main idea.

All this mobile technology can be helpful but constant reliance on it may have some negative consequences for future generations and our kids. No one knows what this will do to us as we expand technology use in the years to come. Let's see how we adapt.

More reasons to make sure you get adequate CoQ10 in your diet. From the American Journal of Clinical Nutrition, (12/05/12) - a review of 13 studies of CoQ10 found that it improved the ejection fraction in Congestive Heart Failure. Ranges of CoQ10 given were 60-300mg for 4-28 weeks.

From the International Journal of Cardiology (05/22/12) CoQ10 with Selenium reduced cardiovascular disease deaths by 54% in patients aged 70-80 over a 5 year period. Patients were given 200 micrograms of Selenium twice daily and 100 mg of CoQ10 twice daily for 48 months.

Current recommendations from various sources are all over the place but generally speaking if you are fairly healthy and lower risks of heart/cardiovascular issues 30 mg of CoQ10 from diet and/or supplements are usually adequate.

If you have higher risk factors, ie.. family history, life style, known heart disease, then 100-300 mg per day maybe helpful. Be sure to tell your doctor/cardiologist what you are taking.

Quote: " Live long and prosper"