



Vantage Health Hints

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Vantage Health Hints 2 #1

Curry:

In a study performed at the Department of Medicine and Neurology, University of California, Los Angeles, A compound in curry seasoning reportedly helps stave off Alzheimer's disease.

Early research indicates that curcumin, an ingredient in curry spice, may help inhibit the buildup in the brain of certain proteins that have been associated with Alzheimer's disease. Curcumin also is believed to possess powerful antioxidant and anti-inflammatory properties. Curry Leaf also has many following medicinal properties including improving digestion, and reducing hypertension.

Epidemiological studies have indicated that the rate of Alzheimer's disease is particularly low in Indian villages where curcumin is a very common part of everyday diets. The causes of Alzheimer's disease are unclear. However, some research suggests that it may be caused by a buildup of plaque proteins within the brain. These plaques may interfere with communication between the synapses of the brain.

Vantage Health Hints 2 #2

Tea Time

Although coffee drinking has been heralded in recent news for its association with a reduction in Parkinson's disease risk, a recent study revealed that drinking two cups of tea per day also may reduce your risk. What's more, tea contains important health-protective flavonoids that coffee lacks, and, tea typically has less caffeine than coffee.

Like their better-known chemical cousins, the carotenes, flavonoids are plant pigments, creating a rainbow of colors. In addition, many flavonoids and carotenes function as antioxidants and protect plants from damaging free radicals. The big difference is that flavonoids are water soluble, whereas carotenes are oil soluble.

The major dietary sources of flavonoids include fruit and fruit products, tea, and soy. Studies have found that the flavonoids in these foods also protect against heart disease and cancer.

Vantage Health Hints 2 #3

Water and Health...

The United States has one of the safest water supplies in the world. However, national statistics don't tell you specifically about the quality and safety of the water coming out of your tap. That's because drinking water quality varies from place to place, depending on the condition of the source water from which it is drawn and the treatment it receives.

Experts recommend drinking six to eight, 8-ounce glasses of water every day. Water helps to thin the blood, making it less likely to clot and cause blockages. In one study, men who drank at least five glasses of water per day had a 54% lower risk of dying from a heart attack compared to men who drank only two glasses of water per day. Women who drank five glasses per day had a 41% lower risk of heart attack death compared to women who drank only two glasses per day.

Vantage Health Hints 2 #4

Vitamin D

Choosing a calcium supplement with vitamin D may give you an extra measure of cancer protection.

Studies suggest that diets containing adequate amounts of vitamin D may help to prevent colon cancer. Vitamin D appears to reduce the amount of harmful compounds in the colon, particularly a highly toxic compound called lithocholic acid, which the human body produces naturally.

Too much vitamin D in the diet is harmful; so do not take excessive amounts. The key with vitamin D supplements is to not take too much or too little. Excess vitamin D in the body may leach calcium from the bones, but adequate amounts of vitamin D may help your body absorb sufficient amounts of calcium and may protect against colon cancer. Safely getting 20 minutes of sunlight each day can help you meet your vitamin D needs; however, if your sun exposure is limited, choose a calcium supplement that includes vitamin D.

Vantage Health Hints 2 #5

Reducing Your Chances of Prostate Cancer:

If you want to reduce your risk of prostate cancer, be sure to add lots of cruciferous vegetables to the menu.

Diets high in cruciferous vegetables have been associated with a reduction in prostate cancer risk. This vegetable family, consisting of foods such as Broccoli, Brussels sprouts, Cauliflower, Cabbage, Kale, and Mustard and Collard Greens, also is an excellent source of fiber.

It is not known what causes prostate cancer. However, certain diet and lifestyle habits have been associated with a reduced risk of prostate cancer. A diet low in animal products and high in fruits and vegetables, particularly tomato products, is believed to provide some protection against the development of prostate cancer. Moderate exercise on most days of the week also is an important part of disease prevention.

Vantage Health Hints 2 #6

Exercise and Body Weight

If you love your exercise routine but feel frustrated by the steady state of your bathroom scale, don't be discouraged. You're still doing your body a world of good.

You don't have to be rapidly losing weight to be reaping rewards from an exercise program. In a recent animal study, dramatic improvements in health markers were achieved through exercise even when no weight loss occurred. In particular, researchers noted a significant improvement in cholesterol profiles.

Even if you don't see results right way, perseverance will pay off when it comes to exercise. Remember that muscle weighs more than fat, but takes up less room, so you could be reducing body size or improving body tone without seeing a dramatic change in your weight. Also, weight loss that lasts is generally a gradual process, so give your exercise program time to have an effect. You'll be gaining great health benefits along the way. However, if weight loss is your goal and you do not see the results you would like after several months, you may need to increase the intensity, frequency, or duration of your workouts.

Vantage Health Hints 2 #7

Noise level & Hearing

If you want your ears to work for you well into middle age and beyond, be sure to keep your headphones turned down.

Due to an increase in toxic levels of noise, studies suggest that hearing loss is becoming a more youthful problem, rather than a scourge of senior citizenry. Personal headphones may be one common hearing-loss culprit. Save your ears and turn the music down if you can't hear someone speaking to you or if the people around you can hear your tunes.

Limiting the time you spend using personal headphones may help protect your ears. Hearing protection should be practiced when you are exposed to any sounds over 85 decibels, such as when using a lawnmower, which typically produces sounds 90 decibels loud. For sounds exceeding 100 decibels, such as the sounds made by woodworking tools, exposure should be limited to 15 minutes. Exposure to sounds over 110 decibels and lasting more than 1 minute could result in permanent hearing loss. Experts estimate that typical stereo headphone volumes clock in between 90 and 110 decibels.

Vantage Health Hints 2 #8

Weight Exercise:

According to the Human Performance Research Center at Brigham Young University, Weight-lifting exercises can help you reduce and / or maintain your weight. Weight exercise also can help to halt the progression of age-related muscle loss and help to ward off osteoporosis. Weight machines, free weights, or elastic bands all will help you get the job done.

To get the most from your muscles, give them a short break between weight-lifting sets. Experts recommend taking a short break between weight-lifting sets because a recovery period can rejuvenate your muscles get back some of the strength they will need for the next round.

A resting period of no more than 60 seconds is needed to help sustain your power output. This rest period should be your standard practice whether you're using light weights and doing many repetitions or fewer repetitions with heavier weights.

Vantage Health Hints 2 #9

Loving Relationships = Long and healthier lives

Loving, long-term relationships can be an important health marker. People involved in supportive relationships tend to live longer than people who go it alone. Researchers speculate that supportive partners may help their loved ones stay on top of their health goals and help motivate them to take better care of themselves. Supportive partners also can help counteract the aging effects of stress.

Vantage Health Hints 2 #10

Living with Depression

Today, it is widely recognized that depression is a medical condition that may be associated with an imbalance in the delicate chemistry of the brain. If this imbalance occurs, it can affect the way people feel and the way they see the world. It is thought not having enough of a brain chemical called serotonin may play a role in depression.

Depression is an illness that affects not only the life of the individual suffering from depression but family and friends as well. Depression is just as realistic as a broken bone or a disease.

But some depression is more serious. According to the American Medical Association, more than 19 million Americans suffer from depression and other mood disorders, but the good news is that depression can be treated. Depression treatments range from self-care treatments, such as exercise, relaxation, talking to friends, dancing, and laughing at a funny movie or book, to visiting your doctor for therapy and, possibly, antidepressant medications.

Vantage Health Hints 2 #11

Less is better:

Foods cooked at high temperatures for long periods of time may not be good for you, so avoid burning or singeing your foods when you fry, grill, or broil them. Avoid fried foods as much as possible, as these tend to be high in fat and calories. In addition, commercial fried foods often are high in trans fats, which are associated with increased heart disease risk.

Vantage Health Hints 2 #12

You are what you eat...

Every day you make choices about what to eat and how much, but are those choices helping you to stay young? Research shows us that over 70% of the premature aging that takes place in our bodies is the result of the choices we make, not the result of genetics.

The truth is, just a few small but meaningful changes in your diet can significantly make you look, act and feel younger.

Foods cooked at high temperatures for long periods of time may not be good for you, so avoid burning or singeing your foods when you fry, grill, or broil them. Avoid fried foods as much as possible, as these tend to be high in fat and calories. In addition, commercial fried foods often are high in trans fats, which are associated with increased heart disease risk. You truly are what you eat.

Vantage Health Hints 2 #13

Early prevention of Arthritis

Why is good posture important?

Good posture reduces stress on vulnerable joints. Protect your neck, back, hips and knees by making sure they are always lined up correctly. For example, stand with your weight evenly distributed between both feet and choose a chair that's the right height for the work surface you're using.

Research suggests that people with arthritis, particularly rheumatoid arthritis, will fare better by taking early action against their condition. If you've got aching joints, see your doctor for a diagnosis. Early treatment can help prevent or delay the progression of the disease.

Even if your arthritis is making you angry or frustrated, let others around you know how you feel. Sharing this information can help avoid misunderstandings - such as people you care about erroneously thinking you are upset with them.

Vantage Health Hints 2 #14

Broccoli

Do you want to avoid painful ulcers? Fortify your efforts with a few florets of broccoli.

A recent study revealed that compounds found in broccoli may help to inhibit a certain type of bacteria that is associated with ulcers. In laboratory analysis, the chemical sulforaphane, found in broccoli, killed the common ulcer-causing bacteria called *Helicobacter pylori*.

Ulcers appear to be closely related to the existence of *Helicobacter pylori* in the gastrointestinal tract. Some stomach cancers also have been linked to this kind of bacteria. Sulforaphane, found in broccoli and other cruciferous vegetables such as cabbage and cauliflower, appears to inhibit this kind of ulcer-causing bacteria

Sulforaphane inhibits extracellular, intracellular, and antibiotic-resistant strains of *Helicobacter pylori* and prevents benzo[a]pyrene-induced stomach tumors.

Vantage Health Hints 2 #15

Attitude is Everything

Do you wish that you were better able to meet the physical demands of your day? Then set aside negative notions.

A recent study of older adults with knee pain revealed that overly pessimistic people were less able to complete certain tasks, such as walking or climbing stairs, compared to other people. On the other hand, an optimistic attitude may be the motivation you need to try new tasks.

To Quote an excerpt on Attitude, by Charles Swindoll " I am convinced that life is 10% what happens to me, and 90% how I react to it. And so it is with you ... we are in charge of our Attitudes.

Vantage Health Hints 2 #16

Back Pain

Lower back pain is very common, affecting at least 80% of the general population at some time. Fortunately, 90% of back pain sufferers recover completely within 6 weeks. However, for the 10% of patients who do not recover within a few weeks, back pain can be a painful, prolonged, costly and frustrating experience.

If you are currently experiencing low back pain or are worried about injuring your back in the future, you're not alone. Back Pain is the second most frequently cited reason for visiting a medical clinic. But in many cases back pain can be treated at home with nonprescription pain relievers, cold or heating pads, and other methods. If rest, stretching and simple exercise do not resolve the problem seek professional help.

The MRI (Magnetic Resonance Imaging) was developed in the 1980's and has revolutionized treatment for patients with low back pain. An MRI scan is generally considered to be the single best imaging study of the spine.

Vantage Health Hints 2 #17

It's Time to get Wet and Wild.....

A water workout is a perfect program that not only refresh you during hot spells but gives you multi purpose agility-building exercise. Though healthful at any age, This study was performed with women 60 and older, and revealed that walking, dancing, and doing resistance-training exercises in water can significantly improve various agility skills, such as vertical jumping and side-stepping. What's more, exercising in water is a great way to stay cool during hot summer and Indian summer conditions.

Water workouts are a good way to build strength without jarring joints. This is especially useful for people who would like to build strength without exacerbating osteoarthritis pain. Water provides low-impact resistance, adding a strength-training aspect to aerobic exercises such as walking or jogging. Your aquatic exercise program may center on anything from walking in place to aerobics or martial arts. Water fitness videos are also available in stores and many health clubs provide a healthful water aerobic schedule.

Vantage Health Hints 2 #18

The Ginkgo Biloba Claim.

Ginkgo is an herb extracted from the ginkgo tree, it has been used medicinally in China for centuries. Ginkgo is called the "memory herb," because it is reported to improve blood circulation to the brain, improving memory and concentration, and, is also lauded as a sex enhancer:

Can those claims be proven? Two studies in 1997 published in the Journal of the American Medical Association, showed some benefits for mild to moderate Alzheimer's symptoms and senile dementia, but there is no evidence that it improves memory in an otherwise healthy brain....that's also a ditto regarding Ginkgo's sexual enhancing properties. Taker beware, because Ginkgo acts as a blood thinner and should not be taken with other medications or aspirin.

Vantage Health Hints 2 #19

Selenium

Selenium is a mineral found in many plants and in the soil in some regions in the USA. It's touted as a powerful antioxidant that reduces cancer, stroke and heart-disease risk. An Arizona Cancer Center study done in 1996 showed that residents in a poor selenium region in the Southeast were only half as likely to get prostate, lung and colon cancer after taking 200 mcgs of selenium daily. A 1995 American Journal of Epidemiology study found that those with higher blood-selenium levels had 60% less risk of heart disease.

Taking Selenium as a supplement should not exceed 200-300 mcgs a day. A similar amount of Selenium could also be found in 3 average sized Brazil Nuts. Excessive amounts of Selenium, over 600 mcgs., could cause hair loss and even nerve damage.

Vantage Health Hints 2 #20

Black Cohosh

Black Cohosh is an herb containing a form of plant estrogen that acts like human estrogen, but without risky side effects. For decades, European women have used it under the name Remifemin, to ease menstrual problems, and to alleviate menopausal symptoms.

A 1998 analysis of eight Black Cohosh studies in the Journal of Women's Health, found that the herb as a satisfactory alternative to hormone-replacement therapy for many women and provided significant relief from menopausal symptoms. Some experts caution that because of its estrogen-like qualities, Black Cohosh should not be taken by woman with a history of breast cancer. However, epidemiological studies from Europe suggest that the concern may be unwarranted.