

Health News Review

July 10, 2013

- 5) [Vitamin D Improves Mood and Blood Pressure in Women With Diabetes](#) - ScienceDaily June 25, 2013

50,000 IU of vitamin D per week helped decrease depression symptoms by 55%

- 4) [Protect Yourself Against Tickborne Disease](#) - FDA Press Release June 26, 2013

"Ticks must stay attached for more than 36 hours to transmit the parasite...taking a shower within two hours of being in an area with ticks has been shown to be helpful...when checking for ticks, include hard-to-see areas such as between toes, between legs and on the head...Remove any ticks with pointed tweezers, grabbing ticks by their mouth parts, close to your skin."

- 3) [Sport At Competitive Level Improves the Academic Performance of Secondary Education Students](#) - ScienceDaily Jun 12, 2013

Why ALL kids should compete in organized sports:

"...athlete students have better study habits and spend less time on sedentary leisure activities than non-athlete students...they are more motivated to study and the reasons why they do it are more clear to them."

- 2) [Beneficial Effects of a Higher-Protein Breakfast In Overweight/obese, "Breakfast-skipping," Late-adolescent Girls](#) - American Journal of clinical Nutrition

"Consuming a breakfast of 35 grams of protein can decrease hunger hormone levels by 20%, reduce night-time snacking by 22% and "might be a useful strategy to improve satiety, reduce food motivation and reward, and improve diet quality..."

- 1) [E-Cigarettes Are In Vogue and At A Crossroads](#) - NY Times June 12, 2013

"...more than 20% of adult smokers said they had tried e-cigarettes, double the rate in 2010...[they] could account for nearly 5% of the value of all tobacco products in the next two decades...[and] would also challenge the pharmaceutical industry, where stop-smoking products like nicotine patches and gums pulled in about \$2.4 billion in 2011..."

Have A Question About This Newsletter?

Call (631-352-7654) or Email (PitchingDoc@msn.com) Dr. Arnold!