

## February Health News Review

February 5, 2015

#5 - [Good bedtime habits equals better sleep for kids](#) - ScienceDaily January 26, 2015

"...although the majority of parents endorsed the importance of sleep, 90% of children did not sleep the full amount of time recommended for their age group. Some of the primary consequences of poor sleep among children and adolescents are behavioral problems, impaired learning and school performance, sports injuries, problems with mood and emotional regulation, and a worsening of health-related issues including obesity."

#4 - [Mom's exercise habits good for blood pressure in kids](#) - Science Daily January 5, 2015

"...regular exercise...during the third trimester was associated with lower blood pressure in their children...children whose mothers exercised at recommended or higher levels of activity displayed significantly lower systolic blood pressures at 8 to 10 years old."

#3 - [Nearly one in five women who undergo an hysterectomy may not need the procedure](#) - ScienceDaily January 6, 2015

"...1 in 3 women in the U.S. will have had a hysterectomy by the age of 60...Nearly two in five women under 40 (38%) had pathologic findings that did not support undergoing a hysterectomy versus 12% of those aged 40-50 and 7.5% of those over 50 years."

#2 - [Yeast Supplement Significantly Reduces Cold and Flu Symptoms](#) - NOW Foods January 9, 2015

EpiCor, a dried yeast supplement, "a modified yeast-based dietary supplement taken daily appears to significantly reduce the incidence and duration of cold and flu-like symptoms."

#1 - [Kevin Smith unrecognizable after weight loss, inspired by 'Fed Up'](#) - DietsInReview.com November 7th, 2014

"Basically, you bring your diet down to things you make yourself. If you can't or wouldn't make it, don't eat it. Like Cheez-Its, man, no one would ever make those. I love Cheeze-Its just as much as the next guy, but do you know how long it would take you to make Cheeze-Its?" -Kevin Smith

## Have A Question About This Newsletter?

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