

August Health News Review

August 5, 2014

Dr. Arnold's latest Baseball Newsletter - [3 tips for a successful baseball offseason](#)

#5 - [Think fun when you're exercising and you'll eat less later](#) - ScienceDaily July 9, 2014

"Together, these studies point to one reason why people in exercise programs often find themselves gaining weight...that some exercisers have a tendency to reward themselves by overeating after their workout."

#4 - [The Price of Prevention: Vaccine Costs are Soaring](#) - NY Times July 4, 2014

"It's a risky business developing vaccines, so you can explain — if not necessarily justify — the higher costs of vaccination. A more difficult question is, after the research and development costs are recouped, why don't prices come down?" -Dr. Alan Hinman

#3 - [Eating Probiotics Regularly May Improve Your Blood Pressure](#) - ScienceDaily July 21, 2014

Not all bacteria are bad - some can actually lower your blood pressure.

#2 - [Evening Primrose Oil Benefits Skin Health In Children](#) - NOW Foods July 11, 2014

320 milligrams of Evening Primrose Oil twice daily for eczema

#1 - [Missing Sleep May Hurt Your Memory](#) - ScienceDaily July 21, 2014

The least-discussed health epidemic: Lack of sleep

[Testimonial of the month:](#)

"I felt so much better instantly...The pain was gone, and right away I felt like I was walking better."

-Angela, Commack

Have Questions About This Newsletter?

Contact (PitchingDoc@msn.com / 631-352-7654) Dr. Arnold!