

Healthy Lifestyle Updates

More late-breaking news from the health care front.

Adding fat to your diet can prevent heart disease, stroke, rheumatoid arthritis, high blood pressure and cancer!? Oils from fish called EPA and DHA can help with all of these concerns. In a recent study, the risk of death from heart attack was cut in half in men who ate at least 8.5 ounces of fish per week. It doesn't matter if it's canned or fresh. Halibut, mackerel, salmon, shark, trout and tuna have the highest quantities of these good oils. If you want to take supplements (eating fish is the better choice) try taking 2,000mg per day of fish oil capsules.

Adding fat to your diet can cause raise cholesterol and cause heart disease!? In this case the culprit is the "bad" saturated fat. Without a doubt, the best way to lower blood cholesterol is to cut back on saturated fat. Dietary cholesterol is not a significant factor in changing blood cholesterol levels. Keep in mind that cholesterol is found in animal products and those are the foods with the highest amounts of saturated fat. EAT FISH!

Exercise helps depression. A recent study found that people, aged 60 and over, who worked out on resistance equipment for 45 minutes, 3 times per week slept better and were no longer depressed. We knew exercise helped prevent osteoporosis, and now we know it will make us happier as well! Exercise adds days to our life and life to our days.

Yours in health,

Dr. Rick

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