

# Recent Health Issues

## Some Amazing Facts About Health

Fact # 1: A lack of exercise is now causing as many deaths as smoking across the world, a study suggests.

Fact # 2: People who regularly eat dinner or breakfast in restaurants double their risk of becoming obese.

Fact # 3: Laughing 100 times is equivalent to 15 minutes of exercise on a stationary bicycle.

Fact # 4: Sitting for more than three hours a day can cut two years off a person's life expectancy.

Fact # 5: Over 30% of cancer could be prevented by avoiding tobacco and alcohol, having a healthy diet and physical activity

Fact # 6: Sleeping less than 7 hours each night reduces your life expectancy.

Fact # 7: Every cigarette you smoke reduces your expected life span by 11 minutes.

Fact # 8: 1 Can of Soda a day increases your chances of getting type 2 diabetes by 22%.

Fact # 9: There are more skin cancer cases due to indoor tanning than lung cancer cases due to smoking.

Fact # 10: Exercise, like walking, can reduce breast cancer risk by 25%.

Fact #11: Chicken contains 266% more fat than it did 40 years ago.

Fact #12: Constipation-related health-care costs total US\$6.9 billion per year in the U.S.

Fact #13: On average, people who complain live longer. Releasing the tension increases immunity and boosts their health.

Fact #14: 60% of people needing mental health services in the U.S. don't get it, often because of the stigma of seeking help.

Fact #15: A half hour of physical activity 6 days a week is linked to 40% lower risk of early death.

*Source:* <http://www.factslikes.com/s-Health>

## Fish Oil versus Flax Seed Oil- Which is Better?

Fish oil is definitely “better” than flax seed oil. Fish oil contains two omega-3s that are especially important: EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). The body uses EPA to create

many hormone-like substances that reduce inflammation and other “excited” states in the body, such as raised blood pressure. Also, eight percent of the brain is composed of EPA and DHA, and one wants to be sure this 8% stays healthy!

Taking fish oil can guarantee that the body gets enough of these two vital omega-3s.

However, Dr. Udo Erasmus, author of *Fats that Heal, Fats that Kill*, claims that the process manufacturers use to produce most vegetable cooking oils—a process often used to remove contaminants from fish oils as well—is itself destructive to the quality of the oil. According to Erasmus, oils that have undergone this refining, bleaching and deodorizing process “contain 0.5 to 1.0% damaged, highly toxic molecules.” On the other hand, Erasmus manufactures and sells a competing product, so such statements may be convenient marketing claims rather than independently verified scientific fact. If you want to avoid oils that have been exposed to this refining, bleaching, and deodorizing process, look for either cold-pressed or unrefined on a product’s label. Both terms mean that a mechanical process was used to extract the oil rather than chemicals.

*Source:* [http://www.supplementquality.com/efficacy/fish\\_oil\\_flaxoil.html](http://www.supplementquality.com/efficacy/fish_oil_flaxoil.html)

## Amazing Herb Kills 98% of Cancer Cells in Just 16 Hours

Taking in consideration cancer is one of the deadliest diseases. Scientists constantly try to find a cure and finally put an end to cancer. This herb is one of those cures and it can kill up to 98% of cancer cells in just 16 hours.

Namely, according to the researches published in “Life Science”, artemisinin, a “Sweet wormwood” or “*Artemisia Annua*” derivative, was used in Chinese medicine and it can kill 98% of lung cancer cells in less than 16 hours.

*Source:* <http://www.healthyfoodhouse.com/amazing-herb-kills-cancer-cells-in-just-16-hours/>

## Importance of Omega-3 and Omega-6 Fatty Acids

Both omega-3 ( $\omega$ -3) and omega-6 ( $\omega$ -6) fatty acids are important components of cell membranes and are precursors to many other substances in the body such as those involved with regulating blood pressure and inflammatory responses. There is increasing support for omega-3 fatty acids in protecting against fatal heart disease and it is known that they have anti-inflammatory effects, which may be important in this and other diseases. There is also growing interest in the role of omega-3 fatty acids in the prevention of diabetes and certain types of cancer.<sup>1</sup>

The human body is capable of producing all the fatty acids it needs, except for two: linoleic acid (LA), an omega-6 fatty acid, and alpha-linolenic acid (ALA), an omega-3 fatty acid. These have to be consumed from the diet and are therefore termed "essential fatty acids". Both of these fatty acids are needed for growth and repair, but can also be used to make other fatty acids (e.g. arachidonic acid (AA) is formed from LA). However, as conversion to the omega-3 fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) is limited, it is recommended that sources of these are also included in the diet. ALA and LA are found in plant and seed oils. Although the levels of LA are usually much higher than those of ALA, rapeseed oil and walnut oil are very good sources of the latter. EPA and DHA are found in oily fish (e.g., salmon, mackerel, and herring). AA can be obtained from animal sources, such as meat and egg yolk.

**Source:** <http://www.eufic.org/article/en/artid/The-importance-of-omega-3-and-omega-6-fatty-acids/>

## Scientists Isolate Antibodies That Fight Ebola

February 22, 2016 05:17pm: An Ebola survivor's blood and a new technique for isolating immune cells may have opened up new ways to combat the deadly virus.

In a new study, researchers took antibodies from an Ebola patient who showed a particularly strong immune response against the virus, isolated the groups of antibodies that they suspected would be the most effective in fighting the virus, and then used these

antibodies to treat mice that were infected with the virus.

"What we were trying to do was understand the antibody response in survivors," said Laura Walker, a co-author of the study and a senior scientist at Adimab, a biopharmaceutical company in Lebanon, New Hampshire, which funded the study. "When you put [the antibodies] into mice, it prevents the virus from infecting cells."

**Source:** <http://www.livescience.com/53798-scientists-isolate-antibodies-that-fight-ebola.html>

## Zika Virus Can Enter the Womb, Tests Confirm

February 18, 2016 11:02am: New tests now officially confirm what doctors have long suspected: The Zika virus can cross the placental barrier in a pregnant woman and enter the amniotic fluid, the protective fluid that surrounds a developing fetus within the womb.

However, the findings do not show that the Zika virus causes microcephaly, a congenital condition in infants that causes them to be born with very small heads, the researchers cautioned.

"Previous studies have identified Zika virus in the saliva, breast milk and urine of mothers and their newborn babies" after the mothers had given birth, lead study author Dr. Ana Maria de Filippis, of the Oswaldo Cruz Institute in Rio de Janeiro, said in a statement.

"This study reports details of the Zika virus being identified directly in the amniotic fluid of a woman during her pregnancy, suggesting that the virus could cross the placental barrier and potentially infect the fetus," she said.

**source:** <http://www.livescience.com/53767-zika-virus-crosses-placenta.html>

## Lipids Involved in Cause of Myeloma in One of Three Patients

Why myeloma develops has been a mystery, but new research shows that lipids are involved, at least in about one-third of cases.

Researchers from the Yale Cancer Center report laboratory studies showing that chronic stimulation of

the immune system by lipids made in the context of inflammation underlies the origins of at least one-third of all myeloma cases, and also in the origin of Gaucher's disease.

The finding was published in the February 11 issue of the New England Journal of Medicine.

The researchers show myeloma clonal immunoglobulin associated with transformed plasma cells was reactive against lysolipids, lysoglucoylceremide (LGL1) and lysophosphatidylcholine (LPC).

"Understanding the antigenic reactivity of clonal immunoglobulin not only has direct implications for antigenic origins of myeloma but may also lead to new strategies to prevent or treat clinical cancer by targeting the underlying antigen," the Yale researchers write in their discussion.

Medscape Medical News reached out to two myeloma experts not connected with this story for their comments.

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"This work is very important as it gives us additional potential targets and strategies for prevention for patients with plasma cell disorders," Sagar Lonial, MD, told Medscape Medical News.

Dr Lonial is chair and professor of the Department of Hematology and Medical Oncology and chief medical officer of the Winship Cancer Institute at the Emory University School of Medicine in Atlanta.

Paul G. Richardson, MD, R.J. Corman Professor at Harvard Medical School and the Dana-Farber Cancer Institute in Boston, told Medscape Medical News: "This is an elegant study and the preclinical work in the mouse model provides important clues to potentially translating these observations in the future, and is especially interesting given the links between myeloma, inflammation and metabolic disorders, including obesity."

*Source: Lipids Involved in Cause of Myeloma in One of Three Patients. Medscape. Feb 15, 2016.*