Omega-3 may curb memory loss, study says

People who eat a diet rich in Omega-3 fatty acids may significantly lower their risk of developing memory problems and Alzheimer’s disease, a new study has found. Researchers recruited 1,219 people over age 65, and followed their dietary habits for more than a year. Then they tested the subjects’ blood for protein called beta-amyloid, a protein associated with memory problems and Alzheimer’s disease. In fact, plaques and tangles which are found in the brain of Alzheimer’s patients are actually clumps of this substance. Interestingly, the people in the study who consumed omega-3 had significantly lower levels of amyloid in their blood.

The effects are continuous. The levels decreased by 20-to 30% for each gram of omega-3 fatty acid added to their diets. One gram is equivalent to a handful of walnuts, or half a piece of salmon.

The study – published in the Medical Journal of the American Academy of Neurology- also evaluated beta-carotene, vitamin D, vitamin B12, vitamin E, omega-6, saturated acids, and non-unsaturated fatty acids in the participants diets. Omega-3 was the only nutrients that showed lower amyloid levels.

A 2010 study Found that people who ate food high in Omega-3 acids had a nearly 40% lower risk of developing Alzheimer’s compared to people who didn’t. Foods rich in Omega-3 fatty acids are often the crux of a Mediterranean diet. Choose fatty fish like mackerel, trout, herring, tuna or salmon. Non-fish options include kale, tofu, soybeans, walnuts and flaxseed.

Source: http://thechart.blogs.cnn.com

Your questions about stress answered!

Nature or Nurture
How much of stress and anxiety is nature versus nurture?

Nature gives us a certain predisposition, a basic structure for stress response. Some people are more reactive and some are less so. Nurture overlaps that genetic structure and can support either the suppression or expression of the genes. It’s been observed that some people tend to have a lower threshold for stress. A bit of noise can discombobulate one person, whereas another can tolerate cacophonous sounds. For some, nature is more important and for others nurture is. But, be cautious, we can’t truly ever know whether someone’s high anxiety levels are due to nature or nurture: it could be low tolerance or it could be because the person never learned to cope.

Take control of your own mind to create a more positive reality.

“Be grateful for your breath, your life and what you have. If you choose your thoughts, you won’t get sucked into the vortex of negativity.

Source: http://thechart.blogs.cnn.com
**How Does Your Hometown Weigh In?**

Feeling hefty in Houston or svelte in Seattle? You're not alone. A new report shows that Houston once again weighs in as the fattest city in America while Seattle ranks as the fittest.

Men's fitness magazine ranked the 50 largest U.S. cities based on a variety of factors related to obesity fitness, such as percentage of obese residents, recreation facilities, sports activities, and number of junk food outlets.

After crunching the numbers, Houston emerged as America's fattest city in 2005. Houston temporarily lost the top spot to Detroit. Houston was joined by two other Texas cities in the top 10 fattest cities, Dallas and San Antonio, suggesting that bigger isn't necessarily better for the residents of the Lone Star state. Three other cities, Memphis, New Orleans, and New York, also bulked up and climbed more than 10 spots to make an appearance in the top 10.

On the positive side, the report shows that some cities are slimming down, as Seattle rose from No. 6 on the fittest list to No. 1, followed by Honolulu and Colorado Springs.

Here's how the rest fared (2004).

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### 25 Fattest Cities

1. Houston  
2. Philadelphia  
3. Detroit  
4. Memphis, Tenn  
5. Chicago  
6. Dallas  
7. New Orleans  
8. New York  
9. Las Vegas  
10. San Antonio  
11. El Paso, Texas  
12. Phoenix  
13. Indianapolis  
14. Fort Worth, Texas  
15. Mesa, Ariz  
16. Columbus, Ohio  
17. Wichita, Kan  
18. Kansas City, Mo.  
19. Miami  
20. Long Beach, Calif.  
21. Oklahoma City  
22. Tulsa, Okla.  
23. Atlanta  
24. Charlotte, N.C  
25. Baltimore

### 25 Fittest Cities

1. Seattle  
2. Honolulu  
4. San Francisco  
5. Denver  
6. Portland, Ore.  
7. Sacramento, Calif.  
8. Tucson, Ariz.  
9. San Diego  
10. Albuquerque  
11. Boston  
12. Virginia Beach, Va  
13. Minneapolis Minn.  
14. Fresno Calif.  
15. Milwaukee, Wis.  
16. Omaha, Neb  
17. San Jose Calif.  
18. Jacksonville, Fla.  
19. Austin, Texas  
20. Oakland, Calif.  
21. Las Angeles  
22. Arlington, Texas  
23. Washington  
24. Cleveland  
25. Nashville-Davidson, Tenn.

Source: http://www.webmd.com/
5 Secrets to a Longer Life

Get-real ways to boost your health
No one can predict exactly how long any individual will live, of course. Genes and luck play too large a role. But you can shift the odds in your favor. Living longer—or not dying young from preventable chronic illness, which amounts to the same thing—comes down to little choices you make every day. You don’t have to become vegetarian, run marathons, or meditate on mountains.

If you can correct your diet, exercise, stress levels and bad habits, such as smoking, you can prevent more than eighty percent of coronary disease. The biggest killer of women. Those positive habits can also help you step other diseases—diabetes, high blood pressure, some cancers—that can shorten your life span.

Woman’s Health – What really matters for longer life, and they agreed on five essentials

Scale Down A women who’s at a healthy weight at age 20 and maintains it—not gaining more than 10 percent through her 30s and 40s— is more than a third less likely to develop heart disease, diabetes, or breast cancer. Compared with an obese woman, she’ll live eight more years.

Downsize portions—a bit. In one study, women who worked out—40 minutes, three times a week—and ate a tad less from all parts of the USDA’s food Guide Pyramid lost nine pounds.

Skip the bacon cheeseburgers. High-protein, low-carb diets can help you shed weight quickly, but there’s no evidence that they help in the long run. And while fish and lean chicken are fine, the saturated fat in high-fat beef, pork, and dairy is bad for the heart. Leaner people eat more fiber, complex carbs and vegetable protein, studies show: fatter ones, more animal protein. So cut down on refined starches and sugar, sure, but do eat your veggies—and beans.

Join the breakfast club Nine out of ten people who’ve lost weight and kept it off start most days of the week with breakfast.

Strengthen your muscles. Extra muscle burns calories, boosting metabolism. Starting in your mid-20s, you’ll lose muscle, so it’s key to build it back with strength training.

Source: http://www.parenting.com/
Best and worst foods for digestion

WORST

High Fat and Fried Food Both high-fat and fried food can overwhelm the stomach, resulting in acid reflux and heartburn. "The body can only handle so much at one time."

Chili Peppers This staple of spicy cuisine can irritate the esophagus and lead to heartburn pain. This can be a particular problem for people with irritable bowel syndrome or those who already suffer from chronic heartburn.

Diary You need calcium in your diet, and an easy way to get it is from dairy products such as milk and cheese. But, for the lactose intolerant, these can cause diarrhea, gas, and abdominal bloating and cramps. Lactose intolerance, a common problem, occurs when people don't make enough lactase, an enzyme that breaks down lactose (the sugar found in milk). Celiac disease, Crohn's disease, and chemotherapy can damage the intestines, which also can lead to lactose intolerance. If you're lactose intolerant, staying away from dairy is probably your best bet.

Alcohol Relaxes the body, but, unfortunately, it also relaxes the esophageal sphincter. This can lead to acid reflux or heartburn. Drinking also can inflame the stomach lining, impairing certain enzymes and preventing nutrients from being absorbed, Anderson says. Too much alcohol can cause diarrhea and cramping, but unless you have a gastrointestinal disorder, moderate amounts of alcohol shouldn't irritate the digestive tract. Guidelines suggest no more than two drinks a day for men and one for women.

BEST

Yogurt - You have trillions of bacteria in your gut that help you digest food, and yogurt contains some types of these healthy bacteria. (Although not all yogurts have them—check for "live and active cultures" on the label.

Kimchi - A Korean favorite usually made with cabbage, radish, or onion, along with lots of spices. The main ingredient is usually cabbage, which promotes the growth of healthy bacteria in the colon. Cabbage is a type of fiber that's not digested, so it helps eliminate waste, keeping bowel movements regular.

Lean Meat and Fish - If you're going to eat meat, go for chicken, fish, and other lean meats—red meats tend to be fattier. The body can handle lean meats and fish and chicken a whole lot better than prime rib. Lean meats and fish have not been associated with an increased risk of colon cancer like high-fat red meats have.

Fiber - Whole grains, such as whole-wheat bread, oats, and brown rice, are a good source of fiber, which helps digestion. Fiber also can help you feel full and lower cholesterol.

Bananas - help restore normal bowel function, especially if you have diarrhea (say, from too much alcohol). Bananas restore electrolytes and potassium that may be lost due to runny stool. This fruit also has lots of fiber to aid digestion.

Ginger - This spice has been used for thousands of years as a safe way to relieve nausea, vomiting, motion sickness, morning sickness, gas, loss of appetite, and colic. But it's best to consume it in moderation. High doses of ginger can backfire; more than 2 to 4 grams per day can cause heartburn.

Source: www.health.com