Do People Transmit Happiness By Smell?

As emotions go, happiness usually hides in plain sight seen in a broad smile, heard in a raucous laugh, felt in a big hug.

But new research suggests there may be a less obvious way to pick up on another person’s positive vibes: Smell.

According to a team of European researchers, happiness may generate chemicals that get secreted in sweat, and that sweat signal gets sniffed by those around us.

The experiment also suggests that we not only breathe in the upbeat emotions of others, but by doing so we actually become ourselves.

Human sweat produced when a person is happy induces a state similar to happiness in somebody who inhales this odor. The findings were published recently in Psychological Science.

The researchers noted that prior research has already demonstrated that negative emotions, such as fear or disgust, can be communicated via odor in sweat.

To see whether the same holds true for the happier feelings, Semin’s team gathered sweat samples from 12 young men after each watched videos designed to induce a variety of emotions, including happiness and fear. All the men were healthy, drug-free nonsmokers, and none drank, consumed smelly foods or engaged in sexual activity during the study period.

In turn 36 equally young women were engaged to smell the samples while their reactions were monitored. The small group, explained investigators, was confined to women because women typically have a better sense of smell than men and are also more sensitive to emotional signaling.

After analyzing the facial expressions of the smell group, the research team concluded that does, in fact, appear to be a so-called “behavioral synchronization” between a sweating person’s emotional state, the sweat generated, and the reaction of the person who sniffs that sweat.

Specifically, that meant that the faces of women who smelled “happy sweat: displayed facial muscle activity deemed to be representative of happiness.

Sweat didn’t always produce a contagious response in the smeller, however. For example, those smellers who verbalized having a “pleasant or “intense reaction to a sweat sample did not manifest those reactions in their facial expressions.

Caffeine Myths And Facts

Caffeine myth or caffeine fact? It’s not always easy to know. Chances are you have some real misperceptions about caffeine. For starters, do you know the most common sources of caffeine? Well maybe two of the sources aren’t too hard to name - Coffee and tea leaves. But did you know Kola nuts and cocoa beans are also included among the most common caffeine sources? And do you know how much caffeine content can vary from food to food? Turns out it’s quite a lot actually, depending on the type and serving size of a food or beverage and how it’s prepared.

Caffeine content can range from as much as 160 milligrams in some energy drinks to as little as 4 milligram in a 1-ounce serving of chocolate-flavored syrup. Even decaffeinated coffee isn’t completely free of caffeine. Caffeine is also present in some-over-the-counter pain relievers, cold medications and diet pills. These products can contain as little as 16 milligrams of caffeine. In fact, caffeine itself is a mild painkiller and increases the effectiveness of other pain relievers.

Caffeine Myth No.1: Caffeine Is Addictive

This one has some truth to do it, depending on what you mean by “addictive.” Caffeine is a stimulant to the central nervous system, and regular use of caffeine does cause mild physical dependence. But caffeine doesn’t threaten your physical, social, or economic health the way addictive drugs do. (Although after seeing your monthly spending at the coffee shop, you might disagree!) If you stop taking caffeine abruptly, you may have symptoms for a day or more, especially if you consume two or more cups of coffee a day. Symptoms of withdrawal from caffeine include:

- Anxiety
- Irritability
- Depressed moods
- Difficulty concentrating

No doubt, caffeine withdrawal can make for a few bad days. However, caffeine does not cause the severity of withdrawal or harmful drug-seeking behaviors as street drugs or alcohol. For this reason most experts don’t consider caffeine dependence a serious addiction.

Caffeine Myth No. 2: Caffeine Is Likely to Cause Insomnia

Your body quickly absorbs caffeine. But it also gets rid of it quickly. Processed mainly through the liver, caffeine has a relatively short half-life. This means it takes about five to seven hours, on average, to eliminate half of your body. After eight hours, 75% of the caffeine is gone. For most people, a cup of coffee or two in the morning won’t interfere with sleep at night. Consuming caffeine later in the day, however, can interfere with sleep. If you’re like most people, your sleep won’t be affected if you don’t consume caffeine at least six hours before going to bed. Your sensitivity may vary, though, depending on your metabolism and the amount of caffeine you regularly consume. People who are more sensitive may not only experience insomnia but also have caffeine side effects of nervousness and gastrointestinal upset.
Caffeine Myth No. 3: Caffeine Increases the Risk of Osteoporosis, Heart Disease, and Cancer

Moderate amounts of daily caffeine - about 3000 milligrams, or three cups of coffee - apparently cause no harm in most healthy adults. Some people are more vulnerable to its effects, however. That includes such people as those who have high blood pressure or are older. Here are facts:

Osteoporosis and caffeine. At high levels (more than 744 milligrams/day), caffeine may cause increase calcium and magnesium loss in urine. But studies suggest it does not increase your risk for bone loss, especially if you get enough calcium. You can offset the calcium lost from drinking one cup of coffee by adding just two tablespoons of milk. However, research does show some links between caffeine and hip fracture risk in older adults. Older adults may be more sensitive to the effects of caffeine on calcium metabolism. If you’re older woman, discuss with your health care provider whether you should limit your daily caffeine intake to 300 milligrams or less.

Cardiovascular disease and caffeine. A slight, temporary rise in heart rate and blood pressure is common in those who are sensitive caffeine. But several large studies do not link caffeine to higher cholesterol, irregular heartbeats, or an increased risk of cardiovascular disease. If you already have high blood pressure or heart problems, though, have a discussion with your doctor about caffeine intake. You may be sensitive to its effects. Also, more research is needed to tell whether caffeine increases the risk for stroke in people with high blood pressure.

Cancer and caffeine reviews of 13 studies involving 20,000 people revealed no relationship between cancer and caffeine. In fact, caffeine may even have a protective effect against certain cancers.

Caffeine Myth No. 4: Caffeine Is Harmful for Women Trying to Get Pregnant

Many studies show no links between low amounts of caffeine (a cup of coffee per day) and any of the following:

- Trouble conceiving
- Miscarriage
- Birth defects
- Premature birth
- Low birth rate

At the same time for pregnant or those attempting pregnancy, the March of Dimes suggests fewer than 200 milligrams of caffeine per day. That’s largely because in limited studies, women consuming higher amounts of caffeine had an increased risk for miscarriage.
Caffeine Myth No. 5: Caffeine Has a Dehydrating Effect

Caffeine can make you need to urinate. However, the fluid you consume in caffeinated beverages tends to offset the effects of fluid loss when you urinate. The bottom line is that although caffeine does act as a mild diuretic, studies show drinking caffeinated drinks in moderation doesn’t actually cause dehydration.

Caffeine Myth No. 6: Caffeine Harms Children, Who, Today, Consume even More Than Adults

As of 2004, children ages 6 to 9 consumed about 22 milligrams of caffeine per day. This is well within the recommended limit. However, energy drinks that contain a lot of caffeine are becoming increasingly popular, so this number may go up.

Some kids are sensitive to caffeine, developing temporary anxiety or irritability, with a “crash” afterwards. Also, most caffeine that kids drink is sodas, energy drinks, or sweetened teas, all of which have high sugar content. These empty calories put kids at higher risk for obesity.

Even if the caffeine itself isn’t harmful, caffeinated drinks are generally not good for kids.

Caffeine Myth No. 7: Caffeine Can Help You Sober up

Actually, research suggests that people only think caffeine helps them sober up. For example, people who drink caffeine along with alcohol think they’re OK behind the wheel. But the truth is reaction time and judgment are still impaired. College kids who drink both alcohol and caffeine are actually more likely to have car accidents.

Caffeine Myth No. 8: Caffeine Has No Health Benefits

Caffeine has few proven health benefits. But the list of caffeine’s potential benefits is increasing. Any regular coffee drinker may tell you that caffeine improves alertness, concentration, energy, clear-headedness, and feelings of sociability. You might even be the type who needs that first cup o’ Joe each morning before you say a single word. Scientific studies support these subjective findings. One French study even showed a slower decline in cognitive ability among women who consumed caffeine. Other possible benefits include helping certain types of headache pain. Some people’s asthma also appears to benefit from caffeine. These research findings are intriguing, but still need to be proven. Limited evidence suggests caffeine may also reduce the risk of the following:

- Parkinson’s disease
- Liver diseases
- Colorectal Cancer
- Type 2 Diabetes
- Dementia

Despite its potential benefits, don’t forget that high levels of caffeine may have adverse effects. More studies are needed to confirm both its benefits and potential risks.

Sushi Salmonella Outbreak Is On A ‘Roll’

Raw tuna mostly from sushi may be at the heart of a recent salmonella outbreak that stretches across nine states (June 4, 2015).

The outbreak, which started back in March according to the Centers for Diseases Control and Prevention, has made at least 53 people sick. The bacterium at the heart of the outbreak is the Salmonella paratyphi B variant.

While patients have reported being sick in nine states, most of the cases are concentrated in Southern California or in people who reported traveling to the area. Most of the victims reported eating sushi containing raw tuna in the week before they became ill, according to the CDC.

A cluster of 31 cases is in California. There are 10 more cases in Arizona, six in New Mexico, and one each in Mississippi, Illinois, South Dakota, Virginia, Washington and Wisconsin.

No one has died from this latest outbreak, but the illness has been severe enough that at least 10 people have been hospitalized, including a 1-year–old.

There are sometimes risks when eating raw or undercooked meats, fish, or poultry. This is particularly true for young children, the elderly, or people with compromised immune systems who may be at an increased risk of severe illness.

The CDC says people in those categories should always avoid raw fish or shellfish, outbreak or not, as these people are naturally more vulnerable to foodborne illnesses.

**Salmonella Fast Facts:**

While local and state health departments continue to interview patients sick with salmonella the Food and Drug Administration said it is increasing its monitoring of tuna. The agency is trying to trace the outbreak to its source and is looking at records to find a common source of tuna.

The FDA said in a news release that it is a “labor intensive and painstaking work, requiring the collection, review and analysis of hundreds and at times thousands of invoices and shipping documents,” meaning it could be a while before the agency determines the exact tuna that is making people sick. Once the FDA figures that out, it will work with the manufacturer to get it out of stores or restaurants, and typically, the FDA will send out an alert so people can avoid eating it.
If you are worried you have salmonella, the signs of the disease are fever, abdominal cramps and diarrhea. Typically, people come down with symptoms in the first 12 to 72 hours of infection and are often sick with it from four to seven days. Most people can recover from the bacterial infection without treatment, but sometimes it can spread from the intestines into the bloodstream, causing symptoms severe enough to require hospitalization. Salmonella infections can also cause death.

The good news is there is treatment for people with Salmonella. Doctors use antibiotics to treat the infection and also typically provide supportive care with fluids for diarrhea.

Source: http://www.cnn.com/2015/05/22/health/salmonella-outbreak-tuna/index.html

Always Look On The Bright Side Of Stress

Stress situations can make us feel either distress or eustress (also known as “good stress’) depending on how we view pressure.

Don’t stress out! Or do. Despite the bad reputation that stress has long held, there is a growing appreciation that pressure has its perks.

You think that stress is bad, but research shows that in moderation and with the proper resources, not all stress is bad.

The difference between bad and good stress, some experts argue, is all in how we view the situation. It is the difference between feeling distress, the ugly side of stress we all know too well, versus its feel-good cousin called eustress.

The ability to withstand stress may also help you harness the benefits that come with being in a bind. One small study found that young men had boosts in their short-term memory after they were put in a socially stressful situation. Other reports suggest that pressure can make you more creative and responsible.

The good, the bad and the toxic

Although events or life changes, such as buying a house or getting married, seems joyous, they are stressors nonetheless. Nothing is objectively positive, it’s all in how you perceive it.

Likewise, most situations are also not objectively negative, although some do qualify. Assault, natural disaster and losing a job are a few. Still, these stresses are manageable, especially support from family and friends.

Yet there are cases where stress can be dangerous. Toxic stress, which can be borne out of high-levels or frequent adversity, occurs when our body’s stress response that normally helps us cope with a difficult situation— including increased heartbeat and stress hormone levels—goes into overdrive. It can have lasting damage, particularly in children, who may suffer developmental delays and face higher risk of chronic diseases.
The more you know

The 2013 study that asked people to engage in public speaking gave about half the participants a lesson about stress before they went into the uncomfortable situation. The lesson covered how the body’s stress response is important for survival and studies on the psychological benefits of stress. Not only did the educated half have more mild physical responses to public speaking, such as maintaining a lower heart rate, they also performed better according to a panel of judges.

Public speaking can be stressful thing for a lot of people. In the research it’s all about how you appraise the situation and how you think about what it means to be stressed.

Perks of Stress

Stress is more than just a nuisance we have to deal with. It is a reminder that we are doing something we are passionate about.


10 Worst Body Language Mistakes

Our bodies have a language of their own, and their words aren’t always kind. Your body language has likely become an integral part of who you are, to the point where you might not even think about it.

If that’s the case, it’s time to start, because you could be sabotaging your career.

Talent Smart has tested more than a million people and found that the upper echelons of top performance are filled with people who are high in emotional intelligence (90% of top performers, to be exact). These people know the power that unspoken signals have in communication and they monitor their own body language accordingly.

What follows are the 10 most common body language blunders that people make, and emotionally intelligent people are careful to avoid.
1. Avoiding Eye Contact - When you don’t look someone in the eyes, it can signal deception or a lack of respect.

2. Slouching - Bad posture signals to others that you lack confidence and have poor self-esteem or low energy levels.

3. Weak Handshake - A handshake that isn’t firm will signal a lack of authority. One that is too firm could make you seem overly aggressive.

4. Folding Arms - This stance creates a sense of being closed off and may signal to others that you are disinterested in them or don’t buy into their message.

5. Looking Down - If giving a presentation, when you look down while making a point, it loses all of its power and can make you look weak. In everyday interactions, it can make you look uncomfortable or self-conscious.

6. Angling Body Away from Others - Too much physical distance, angling the body away from the person you’re speaking with or not leaning into a conversation shows that you are uncomfortable, distrustful or disinterested in the subject.

7. Fidgeting And touching Hair - Fidgeting and playing with hair or clothes can reveal an excess of energy, which signals discomfort or anxiety.

8. Invading Others’ Space - When you are closer than 1.5 feet away from a colleague or you treat their possessions and office space as if it were your own, it signals disrespect and that you don’t have a clear understanding of personal boundaries.

9. Glancing At The Clock - Glancing at the clock or at your watch or even looking past a person who you’re speaking with will communicate disinterest or arrogance.

10. Frowning or Scowling - Scowls and frowns, often unintentional and unconscious, communicate unhappiness and disagreement

Source: http://www2.forbes.com/leadership/10-worst-body-language-mistakes/11/