Putting the next generation of brains in danger

The number of chemicals known to be toxic to children’s developing brains has doubled over the last seven years, researchers said.

In 2006, researchers published data identifying five chemicals as neurotoxicants—substances that impact brain development and can cause a number of neurodevelopment disabilities including attention-deficit hyperactivity disorder, autism, dyslexia and other cognitive damage.

Those five are lead, methyl mercury, arsenic, polychlorinated biphenyls, or PCBs, and toluene. Banned in the United States in 1979, PCBs were used in hundreds of products including paint, plastic, rubber products and dyes. Toluene is in household products, like paint thinners, detergents, nail polish, spot removers and antifreeze.

7 Chemicals in your foods

Now, after further review, six more chemicals have been added to the list: manganese; fluoride; tetrachloroethylene, a solvent; a class of chemicals called polybrominated diphenyl ethers, or flame retardants; and two pesticides, chlorpyrifos, which is widely used in agriculture, and dichlorodiphenyltrichloroethane, or DDT.

The continuing research has identified six new chemicals that are toxic to the developing human brain. To examine fluoride, this is in tap water in many areas. A study looked at analysis of 27 studies of children, mostly in China, who were exposed to fluoride in drinking water at high concentrations. The data shows that fluoride causes a decline on average of about seven IQ points in children, shortening of attention span and increased risk of ADH.

This means having emotional problems, less impulse control, (being) more likely to make bad decisions, get into trouble, be dyslexic and drop out of school... These are problems that are established early, but travel through childhood, adolescence, even into adult life.

BPA, phthalate exposure may cause fertility problems

It’s not just children: All these compounds are toxic to adults, too. In fact, in 2006 it was that 201 chemicals toxic to the adult nervous system are usually stemming from occupational exposures, poisonings and suicide attempts.

The best example of this is cosmetics and phthalates. Phthalates are a group of chemicals used in hundreds of products from cosmetics’, perfume, hairspray, soap and shampoos to plastic and vinyl toys, shower curtains, mini-blinds, food containers and plastic wrap.

You can also find them in plastic plumbing pipes, medical tubing and fluid bags, vinyl flooring and other building materials. They are used to soften and increase the flexibility of plastic and vinyl. In Europe, cosmetics don’t contain phthalates, but here in the United States some do. Phthalates previously were used in pacifiers, soft rattles and teeters.

Diethylphthalate, or DEP, used in fragrances, is the only phthalate still used in cosmetics, the FDA said.

Source: http://heath.com/
Top 10 Health Problems in America

According to the Mayo Clinic, the top health problems in America vary slightly between men and women. Men are more likely to commit suicide, and it is the eighth most common health problem for men. Men and women both need to be concerned, however, about the health problems that are common to both of them.

Heart Disease
For both men and women, heart disease kills the largest number of Americans per year. According to the American Heart Association, heart disease, which causes heart attacks and strokes, kills more than all forms of cancer combined. Quit smoking and eat a diet low in fat and sodium to cut your risk.

Cancer
Lung cancer is the responsible for the most deaths in both men and women. Women are also affected greatly by breast and colorectal cancers, according to the Mayo Clinic. Reduce your risk of cancer by not smoking, eating a healthy diet, using sunscreen and getting regular cancer screenings.

Stroke
Stroke is the number three cause of death in women, and the number four cause in men. Lifestyle changes that can reduce your risk of stroke, according to Mayo Clinic, include quitting smoking, losing excess weight, exercising and eating a healthy diet.

Respiratory Diseases
Respiratory diseases such as bronchitis and emphysema belong to a class of diseases called COPD, or chronic obstructive pulmonary disease. The National Heart, Lung and Blood Institute recommends quitting smoking to prevent COPD, as it is the largest risk factor.

Injuries
The leading cause of fatal injuries in both men and women is motor vehicle accidents. Wearing your seatbelt, driving safely and not mixing alcohol and driving can prevent these accidents. Other fatal accidents include poisoning and falls.

Diabetes
Type 2 diabetes can cause kidney damage, heart disease and blindness. It is also a leading cause of death in both men and women. Lose extra weight, exercise and eat a healthy diet to prevent diabetes.

Alzheimer’s disease
Alzheimer disease is the fifth-leading cause of death in women and the tenth in men. Doctors do not know exactly what causes Alzheimer’s disease, but there may be a link between this disease and heart disease, as well as head injuries.

Influenza and Pneumonia
Most healthy people can fight off simple case of influenza, but in some people, it may cause complications such as pneumonia, which are potentially fatal. Wash your hands frequently and get a flu vaccine each year.

Kidney Disease
Kidney disease is the ninth-leading cause of death for both male and female Americans. It is usually a complication of a high blood pressure or diabetes, according to Mayo Clinic. The American Diabetes Association stresses the importance of keeping your blood sugar under control if you are a diabetic.

Septicemia
Septicemia or blood poisoning is the tenth-leading cause of death among women. It is usually of a bacterial infection such as lung or urinary tract infection. The best ways to prevent septicemia are wash your hands often, seek medical care for any infection in the body and to change tampons often and avoid using tampons that are more absorbent than you need.

Source: http://www.livestrong.com
Health Issues

Despite incredible improvements in health since 1950, there are still a number of challenges, which should have been easy to solve. Consider the following:

- One billion people lack access to health care systems
- 36 million deaths each year are caused by noncommunicable diseases, such as cardiovascular disease, cancer, diabetes and chronic lung disease. This is almost two-thirds of the estimated 56 million deaths each year worldwide. (A quarter of these take place before the age of 60)
- Cardiovascular diseases (CVD’s) are the number one group of conditions causing death globally. An estimated 17.5 million people died from CVDs in 2005, representing 30% of all global deaths. Over 80% CVD deaths occur in low-and middle-income countries.
- Over 7.50 million children under the age of 5 die from malnutrition and mostly preventable diseases each year.
- In 2008, some 6.7 million people died of infectious diseases alone, far more than number killed in the natural or man-made catastrophes that make headlines. (These are the latest figures presented by the World Health Organization.)
- AIDS/HIV has spread rapidly, UNAIDS estimates for 2008 that there are roughly:
  - 33.4 million living with HIV
  - 2.7 million new infections of HIV
  - 2 million deaths from AIDS
- Tuberculosis kills 1.7 million people each year, with 9.4 million new cases a year.
- 1.6 million People still die from pneumococcal diseases every year, making it the number one vaccine-preventable cause of death worldwide. More than half of the victims are children. (The pneumococcus is a bacterium that causes serious infections like meningitis, pneumonia and sepsis. In developing countries, even half of those children who receive medical treatment will die. Every second surviving child will have some kind of disability.)
- 164,000 people, mostly children under 5, died from measles in 2008 even though effective immunization costs less than 1US dollars and has been available for more than 40 years.

Source: http://www.globalissues.org
The Most Filling Foods for Weight Loss

Baked Potato
The baked potato has been unfairly demonized—it's actually a potent hunger tamer. In the study that measured the satiating index of 38 foods, including brown rice and whole-wheat bread, people ranked boiled potatoes highest, reporting that they felt fuller and ate less two hours after consuming them. Though potatoes are often shunned because they're considered high in carbohydrates. They shouldn't be. Whether baked or boiled, they're loaded with vitamins, fiber and other nutrients. Result? You get steady energy and lasting fullness after noshing on them. Feel even fuller: Eat baked and boiled tubers skin-on to get more fiber for just 160 calories a pop.

Eggs
A study found that folks who ate eggs for breakfast consumed 330 fewer calories throughout the day than those who had a bagel. “Eggs are one of the few foods that are a complete protein, meaning they contain all nine essential amino acids that your body can’t make itself,” says Joy Dubost, RD, spokesperson for the Academy of Nutrition and Dietetics. “Once digested those amino acids trigger the release of hormones in your gut that suppress appetite.” Feel even fuller: Don’t discard the yolks - about half an egg’s protein lives in those yellow parts. Adding vegetables to a scramble boosts its volume and fiber content for few extra calories (an egg has 78, and a cup of spinach just 7).

Bean soup
“Soup has a high water content, which means they fill your stomach for very few calories,” says Rolls. Broth-based bean soups, in particular, contain a hefty dose of fiber and resistant starch --- a good carb that slows the release of sugar into the bloodstream—to make that full really stick. “Once in the stomach, fiber and water activate stretch receptors that signal that you aren’t hungry anymore,” Rolls says. All this for a measly 150 calories per cup. Feel even fuller: Resist the cracker pack on the side in favor of a bigger soup helping. Beans are satisfying and caloric enough on their own, Rolls says. Hate soup? Throw lentils, black-eyed peas or kidney or navy beans into a vinegar-based salad.

Greek yogurt
Harvard researchers examined the eating habits of 120,000 people for 20 years and found that yogurt was the single best food for shedding pounds: over time, people who downed more of the protein-packed stuff lost pounds without trying. Meanwhile, a Nestle Nutrition Institute study review found that consuming dairy protein increases satiety, reduces food intake and keeps blood sugar steady. “Greek yogurt, which is strained to remove liquid whey, contains double the protein and less sugar than regular yogurt,” Dubost says. Feel even fuller: Top yogurt with fibrous foods like raspberries (4 grams of fiber half cup) or a cereal such as Kashi Go Lean Crisp Cinnamon Crumble (9grms per three quarters of a cup).

Source: http://heath.com/