Human Cells Respond in Healthy, Unhealthy ways to Different Kinds of Happiness

Human bodies recognize at the molecular level that not all happiness is created equal in ways that can help or hinder physical health. The sense of well-being derived from “a noble purpose” may provide cellular health benefits whereas “simple self-gratification” may have negative effects, despite an overall perceived sense of happiness.

Philosophers have long distinguished two basic forms of well-being; a ‘Hedonic [hee-DON-ic] form representing an individual’s pleasurable experiences, and a deeper ‘eudaimonic,’[u-DY-mohnick] form that results from striving towards meaning and a noble purpose beyond simple self-gratification.

It's the difference, for example, between enjoying a good meal and feeling connected to a larger community through a service project. Both give us a sense of happiness, but each is experienced very differently in the body's cells.

We know from many studies that both forms of well-being are associated with improved Physical and mental health, beyond the effects of reduced stress and depression, researchers said. Eudaimonic well-being was, indeed, associated with a significant decrease in the stress-related CTRA gene expression profile. In contrast, hedonic well-being was associated with a significant increase in the CTRA profile.

Source: http://sciencedaily.com/
**Salmonella**

Salmonella is a bacterium that causes food poisoning in people eating raw foods, such as raw eggs and tainted chickens. The U.S. is experiencing a salmonella outbreak caused by a chicken distributing company in California.

**What is salmonellosis?**

Salmonellosis is a type of food poisoning caused by the Salmonella bacterium. There are many different kinds of these bacteria. Every year approximately 40,000 cases of salmonellosis are reported in the U.S. Salmonellosis is more common in the summer than in the winter. Children are mostly likely to get salmonellosis. Young children, older adults, and people who have impaired immune systems are the most likely to have severe infections.

**What causes salmonellosis?**

You can get salmonellosis by eating food contaminated with salmonella. This can happen in the following ways:

- Food may be contaminated during food processing or food handling
- Food may become contaminated by the unwashed hands of an infection food handler. A frequent cause is a food handler who does not wash his or her hands with soap after using the bathroom.
- Salmonella may also be found in the feces of some pets, especially those with diarrhea. You can become infected if you do not wash your hands after contact with feces.
- Reptiles, baby chicks and ducklings and small rodents such as hamsters are particularly likely to carry salmonella. You should always wash hands immediately after handling one of these animals, even if the animals are healthy.
- Beef, poultry, milk and eggs are most often infected with salmonella. Contaminated foods usually look and smell normal.

**What are the symptoms?**

Symptoms of salmonella include diarrhea, fever and abdominal cramps. They develop 12 to 72 hours after infection, and the illness usually lasts 4 to 7 days. Most people recover without treatment. But diarrhea and dehydration may be so severe that it is necessary to go to the hospital. Older adults, infants and those who have impaired immune systems are at highest risk. If you only have diarrhea, you usually recover completely, although it may be several months before your bowel habits are entirely normal. A small number of people who are infected with salmonellosis develop Reiter syndrome, a disease that can last for months or years and can lead chronic arthritis.

**How is salmonellosis diagnosed?**

Salmonellosis is diagnosed based on a medical history and a physical exam. Your doctor will ask you questions about your symptoms. Foods you have eaten, and your work and home environments. A stool culture and blood tests may be done to confirm the diagnosis. You treat salmonellosis by managing any complications until it passes. Dehydration caused by diarrhea is the most common complication. Antibiotics are not usually needed unless the infection has spread. To prevent dehydration, take frequent sips of rehydration drink (such as pedialyte). Try to drink a cup of water or drink for each large, loose stool you have. Soda and fruit juices have too much sugar and not enough of the important electrolytes that are lost during diarrhea, and they should not be used to rehydrate.

Try to stay with your usual diet as much as possible. Eating your usual diet will help you to get enough nutrition. Doctors believe that eating a normal diet will also help you feel better faster. But try to avoid foods that are high in fat and sugar. Also avoid spicy foods, alcohol, and coffee for 2 days after all symptoms have disappeared.

Source: www.webmd.com
Fast facts on Salmonella

The CDC reports that people in a normal state of health who ingest Salmonella-tainted food may experience diarrhea, fever and abdominal cramps, which typically begin within 12 to 72 hours. This may be accompanied by vomiting, chills, and headache and muscle pains. These symptoms may last about four to seven days, and then go away without specific treatment, but left unchecked, Salmonella infection may spread to the bloodstream and beyond, and may cause death if the person is not treated promptly with antibiotics.

Children, the elderly, and people with compromised immune symptoms should practice extreme caution, as salmonellosis may lead to severe illness or even death.

About 48 million people contract some form of food poisoning each year, according to the CDC.

Salmonella was the top cause of foodborne illness, according to the CDC's 2012 report card on food poisoning. However, the overall incidence of Salmonella was unchanged from the 2006-08 data, the agency said. The report card is based on reports from 10 U.S. regions, representing about 15% of the country.

Sources of Infection

- Infected food, often gaining an unusual look or smell, then is introduced into the stream of commerce;
- Poor kitchen hygiene, especially problematic in institutional kitchens and restaurants;
- Excretions from either sick or infected but apparently clinically healthy people and animals (especially endangered are caregivers and animals);
- Polluted surface water and standing water
- Unhygienic ally thawed fowl (the melt water contains many bacteria);
- An association with reptiles (pet tortoises, snakes, iguanas aquatic turtles, and also amphibians (frogs) is well described.

Deaths

An estimated 142,000 Americans are infected each year with Salmonella Enteritidis from chicken eggs and about 30 die. The shell of the egg may be contaminated with Salmonella by feces or environment, or its interior (yolk) may be contaminated by penetration of the bacteria through the porous shell or from a hen whose infected ovaries contaminate the egg during egg formation. Nevertheless, such interior egg yolk contamination is theoretically unlikely. Even under natural conditions, the rate of infection was very small (0.6% in a study of naturally contaminated eggs and 3.0% among artificially and heavily infected hens). However, the natural infection rate would result in roughly one in fourteen cartons (one dozen eggs) to contain at least one egg with interior egg yolk contamination.
Fastest-Growing Metros for Health Care Jobs

Since the start of 2012, no industry has added more new jobs than health care and social assistance – an estimated 365,000. All but five of the 100 largest metros have seen job gains during this time. Richmond is the fastest-growing metro for health care since the start of last year (5.6 percent), just ahead of Houston (5.2 percent). Boise, Grand Rapids and Las Vegas, round out the top five.

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<tr>
<th>Metropolitan Statistical Area Name</th>
<th>2012 Jobs</th>
<th>2013 Jobs</th>
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