



E-spoons E-zine
October 2011

HOUSE RULES FOR DOGS

Calling all the fat cool dogs - it's time to take your human for a walk and to water the trees. Make sure your human grabs a blue umbrella for sun protection and that they scoop up the poop while fumigating their lungs with a little vitamin D spray. When you find yourself in the dog box because you didn't behave like a goody-2-shoes don't stress, the stress can go to you hair just plug your ears and shake off those skin cells. Finally, beware of "the man" in the white coat.

The E-spoons E-zine is a monthly compilation of stories appearing on [7 Big Spoons™ blog](#). The stories are based on the latest science tit bits and will help you become a little healthier, wealthier and wiser by explaining the why. As a friend of Spoonful of Science you have been included on our mailing list – should you wish to unsubscribe, follow the link at the bottom of the E-zine.

Fat dogs are cool

Body temperature is relatively easy think to measure – a strategically placed thermometer, will quickly reflect the core body temperature of man or beast. Researchers from the University of Southern Carolina set up about measuring the core body temperature, of a collection of dogs over a period of several years.

The researchers gathered body temperature measurements for 287 dogs, big and small, fat and thin. In addition to recording their body temperature, the animal's weight was also tracked. They discovered that fat dogs had lower body temperatures than thin dogs.



Find out how the observation that fat dogs were cooler than thin dogs, could explain why they were packing on the pounds.

Are fat humans just too cool for their own good ?

[Return to Table of Contents](#)

Struggling with your weight ?

If you live on the East Rand then join me for a public lecture on 29 October 2011.

STOP THE FOOD YOU EAT TURNING INTO FAT

[Download the flyer](#)

Can't make it ? Organize your own event or have a [one-on-one health conversation with Dr Sandy](#) over a cup of coffee and find out how to get your body chemistry balanced for optimum health.

Walkies - it's time to take your human for a walk



Using data collected as part of an annual health survey, researchers have discovered dog ownership is a good health habit.

Everyone knows moving is good for your health. Officially you're supposed to engage in at least 150 minutes of physical activity each week, so pounding the pavement with Fido is a move in the right direction.

Owning a dog leads to an increase in overall physical activity. Of course, there is owning a dog and there is owning a dog. If your hound is merely a house accessory, which you simply keep fed and watered, then the only health benefit you may be getting is protection from minor intruders.

The health benefit requires active interaction with your canine. So go on, put the tackies on, fish out the lead. And find the dog or borrow the dog from next door.

[Read the full article to find out just how beneficial walking the dog can be to your health](#)

[Return to Table of Contents](#)

Water the trees



Remember, forests provide shelter to people, habitat to biodiversity; are a source of food, medicine and clean water; play a vital role in maintaining a stable global climate and environment. Forests are vital to the survival and well being of people everywhere, all 7 billion of us.

[Return to Table of Contents](#)

Grab a blue umbrella for sun protection



You've probably heard someone comment about how colours have temperatures. Interior designers will recommend painting a room in a shade of blue, to create a cool atmosphere, while a golden yellow colour will produce a room with a warm ambience.

But what shades should you be "wearing" outdoors to keep "cool" ?

[Return to Table of Contents](#)



Scoop up the poop to clear the air

Scientists have known for years that the air we breathe is definitely not sterile – it is loaded with bugs (bacteria, fungi and viruses). Most of the “bugs” riding the air waves are harmless, but a few are capable of causing health problems.

Researches from the University of Colorado wanted to make the acquaintance of these air borne bacteria, who live among us, so they took air samples from several American cities and arranged a “meet and greet”.

The results of the research confirmed that we share our air with a range of “bugs” and that each city has its own culture. Disturbingly in two of the cities, particularly during the winter months, the major guys swirling around in the air looked pretty much the same as the guys that hang out on dog pooh.

The idea that the air you’re breathing is laced with bacteria that are wafting off Fido’s pooh is not particularly appealing, but it might not actually be that bad for you.....



Bacteria help keep the airways open holding back asthma

But if you’re feeling a bit turned off - let this story serve as motivation to grab the poop scoop and pick it up !

[To read the full article ...](#)

[Return to Table of Contents](#)

Are you a business owner ?

Need a little motivation to keep both yourself and your business healthy ?

There are still a few places for the October Business Booster Breakfast.....click on the link to find out more.

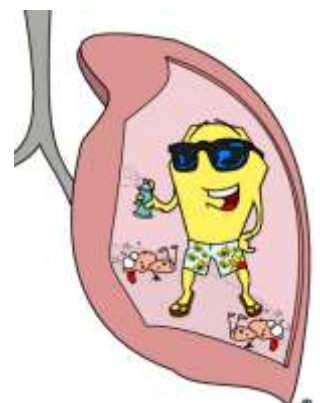


Fumigate your lungs with a little vitamin D bug spray

Since the air we breathe is laced with potentially dangerous bugs and chemicals, so the lungs need to be equipped to handle these intruders.

A veritable army of immune cells battle the bugs that try to gate crash the body via the respiratory system. But, the respiratory epithelium themselves do battle with their own chemical weaponry. These chemicals are the human version of antibiotics – designed to crush foreigners.

The weapons are natural antimicrobial peptides, AMPs for short. [Vitamin D releases the arsenal.....](#)



[Return to Table of Contents](#)

You don't need to be a goody-2-shoes to join the 100 club

If you're struggling to do the right thing when it comes to managing your health, then the results of this study from Albert Einstein College of Medicine of Yeshiva University, will come as a slap in the face.



The researchers discovered folks people who have celebrated approx 100 or more birthdays, are no more virtuous than the rest of us, when it comes to health habits.

They pigged out, drank, smoked and sat on the couch more than they should have, but were dealt some really good genes, which helped them to survive.

Sticking around forever has less to do with health habits and more to do with choosing your parents wisely.

If you chose yours poorly then you probably do need to worry about you health habits. Focus your efforts on sorting out the **7 Big Spoons™** to get the most out of the gene package you've been dealt.

[To read the full story to find about more about the health habits of the long lived wonders....](#)

[Return to Table of Contents](#)

Hair analysis can expose a heart attack waiting to happen

Intuitively we associate stressful moments with cardiovascular "events". Maybe you've caught yourself saying....

"He nearly gave me a heart attack"

When something extremely stressful happens, we almost expect something inside to break.

Fortunately, our declaration is seldom true..... or is it ?



Researchers from the University of Western Ontario used hair analysis to wind back the clock and measure stress levels for 3 months prior to a hospital stay in 112 people.

Heart attack victims hair analysis showed they had experienced significantly higher cortisol levels i.e. STRESS than people in hospital for other problems.

Your stressful life could be brewing a heart attack.

[Find out more about how soldiering on could be endangering your heart....](#)

[Return to Table of Contents](#)

Put ear plugs in your pituitary gland to hear lullaby melodies

Hormone imbalances are often to blame for infertility.

But, the problem hormone is frequently not a female hormone, but insulin. Insulin is consistently implicated in infertility, especially in women who are carrying a few extra pounds.



[But how does a metabolic hormone manage to influence the reproductive system ?](#)

[Return to Table of Contents](#)

Dust might not be as big a health hazard as you think

Maybe you blame Billy, your oversized hair-ball-cum-rotviler for most of the “dirt” in the house. Actually, a lot of it is coming from YOU !

In fact, over a 2-4 week period, you slough off the entire outer layer of your skin.

So you are drizzling a trail of skin flakes every second of the day. The flakes comprise fragments of dead skin cells, layered with skin oils which include cholesterol and “squalene”.

So the dust on the shelf is really human remains. At first glance, this sounds like a health hazard. Actually it is not as bad as it sounds. Turns out the oils, especially squalene, acts a bit like a giant sponge. The chemical that is being soaked up is ozone.

Ozone is good in the upper atmosphere, but not so good in the house atmosphere. It can irritate the eyes, nose and throat and worsen asthma symptoms.

Danish scientists calculated human dust is reducing ozone levels by 2 – 15 % in homes and day care centres.

So go on, create more human dust and shake it up baby !

[To learn more read the full article](#)

[Return to Table of Contents](#)

If you have a little greyhound in you beware of white coat syndrome

Greyhounds are considered a high strung breed and seldom register “normal” blood pressure readings when visiting the vet. But based on research carried out by students at Ohio State University College of Veterinary Medicine, the blood pressure reading is reflecting the animals state of angst, rather than their blood pressure.



The blood pressure problem was not the vet per se but the clinic. Readings taken at the clinic were on average 30 points higher than those taken at the animal’s home, even when the “vet” pitched up wearing all the gear (scrubs).

The environment in which the blood pressure is taken counts for greyhounds and it is also true for humans. High blood pressure is a big deal, it is one of the three killer factors for a cardiovascular event i.e. a heart attack or stroke.

If you have high blood pressure you need to get it down, whether you use **drugs**, supplements, **exercise** or **diet** BUT.....

Verify you really do have high blood pressure. Verify your level is really a problem.

Read the full story to find out if you might [have a little greyhound in you and don’t really have high blood pressure but are suffering from white coat syndrome...](#)

[Return to Table of Contents](#)



Other stories from the blog this month.....

- Why type 2 diabetes happens
- What has gone wrong in polycystic ovary syndrome (PCOS) ?
- Activities in BED increase the risk of high blood pressure
- Psychosocial stress in pregnancy is knocking a few years off junior's life expectancy
- To give your baby-2-be a strong heart enrol them in an exercise class

Did you enjoy the E-zine ?

Give us a like on **facebook**

Thank you for taking the time to read the e-zine. I love hearing from readers, so [drop me an e-mail](#) to let me know which story you enjoyed the most, did you learn something new or do you have a different perspective.

Which drug(s) would you like to see featured as a "Medical Spoon" ?

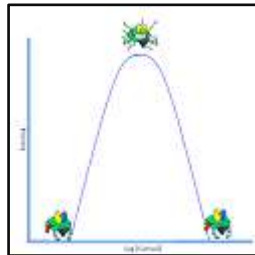
Did you catch this months Neurotechnology Tips ?

Neurotechnology tips provides tit bits of science to help you buzz up your brain performance.

[Click here](#) to have a Neurotechnology Tip delivered directly to you in box next week.



Listening in on cell conversations disconnects your concentration



Too much stress can cause a brain freeze



Hire a Viking to read to you to improve your recall ability

We will be monkeying around next month. Look out for it in your inbox on 2 November 2011 (the first Wednesday of the month).

Yours scientifically

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The cartoons were drawn by [Guy Alain Ngangob](#) – drop him an e-mail if you need a cartoon or two. If you want to access the science articles used to compile the newsletter visit the relevant pages on the blog and follow the link.

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