

LIVE WELL WORK WELL

 MORETON & COMPANY

April 2019

No Safe Level of Alcohol New Study Concludes

A new scientific study concludes there is no safe level of drinking alcohol.

The study, published in the international medical journal *The Lancet*, shows that in 2016, nearly 3 million deaths globally were attributed to alcohol use, including 12% of deaths in males between the ages of 15 and 49.

"The health risks associated with alcohol are massive," said Dr. Emmanuela Gakidou of the Institute for Health Metrics and Evaluation at the University of Washington and the senior author of the study. "Our findings are consistent with other recent research, which found clear and convincing correlations between drinking and premature death, cancer, and cardiovascular problems. Zero alcohol consumption minimizes the overall risk of health loss."

Alcohol use patterns vary widely by country and by sex, the average consumption per drinker, and the attributable disease burden. Globally, more than 2 billion people were current drinkers in 2016; 63% were male.

"Average consumption" refers to a standard drink, defined in the study as 10 grams of pure alcohol, consumed by a person daily, about the equivalent of:

- A small glass of red wine (100 ml or 3.4 fluid ounces) at 13% alcohol by volume
- A can or bottle of beer (375 ml or 12 fluid ounces) at 3.5% alcohol by volume
- A shot of whiskey or other spirits (30 ml or 1.0 fluid ounces) at 40% alcohol by volume

"We now understand that alcohol is one of the major causes of death in the world today," said *Lancet* Editor Richard Horton. "We need to act now. We need to act urgently to prevent these millions of deaths. And we can."

"With the largest collected evidence base to date, our study makes the relationship between health and alcohol clear – drinking causes substantial health loss, in myriad ways, all over the world," said Max Griswold, senior researcher and lead author.

"There is a compelling and urgent need to overhaul policies to encourage either lowering people's levels of alcohol consumption or abstaining entirely," Gakidou said. "The myth that one or two drinks a day are good for you is just that – a myth. This study shatters that myth."



University of Washington School of Medicine. "No safe level of alcohol, new study concludes: Three million deaths in 2016 were attributed to alcohol, which carries 'massive health risks,' according to paper." *ScienceDaily*. www.sciencedaily.com/releases/2018/08/180824103018.htm (accessed March 18, 2019).

Air Pollution Affects More than Your Overall Health

According to a study conducted by the International Food Policy Research Institute, breathing polluted air contributes to significantly reduced verbal and math scores and can cause cognitive impairment that can lead to an increased risk of developing Alzheimer's disease or other forms of dementia.

Although the United States experiences lower air pollution than other major countries, it's important to be aware of how your daily activities can contribute to air pollution. Here are some things to consider:

- Research the household products that you use to determine if they're harmful to the environment.
- Monitor home and working environments to make sure that there are adequate airflow and proper exhaust systems installed.
- Refrain from smoking, especially indoors, to make sure that this specific type of smoke doesn't pollute the air you're breathing.

Don't Forget About Indoor Air Pollution

Americans spend 90% of their lives indoors, where the air is 2-5× more polluted than outdoors. Common indoor pollutants include:



Airborne
Particles



Indoor
Formaldehyde



Household
Gases



Ozone

As Married Couples Age, Humor Replaces Bickering

A new University of California, Berkeley study shows those prickly disagreements that can mark the early and middle years of marriage mellow with age as conflicts give way to humor and acceptance.

Researchers analyzed videotaped conversations between 87 middle-aged and older husbands and wives who had been married for 15 to 35 years and tracked their emotional interactions over the course of 13 years. They found that as couples aged, they showed more humor and tenderness towards one another.

Overall, the findings, published in the journal *Emotion*, showed an increase in such positive behaviors as humor and affection and a decrease in negative behaviors, such as defensiveness and criticism. The results challenge long-held theories that emotions flatten or deteriorate in old age and point instead to an emotionally positive trajectory for long-term married couples.

In their investigation of marital relationships, researchers viewed 15-minute interactions between spouses in a laboratory setting as they discussed shared experiences and areas of conflict. They tracked the emotional changes every few years.

The spouses' listening and speaking behaviors were coded and rated according to their facial expressions, body language, verbal content, and tone of voice. Researchers found that both middle-aged and older couples, regardless of their satisfaction with their relationship, experienced increases in overall positive emotional behaviors with age, while experiencing a decrease in overall negative emotional behaviors.

"These results provide behavioral evidence that is consistent with research suggesting that, as we age, we become more focused on the positives in our lives," Verstaen said.



University of California - Berkeley. "As married couples age, humor replaces bickering: Longtime married pairs finds less rancor and more tenderness as time goes by." ScienceDaily. www.sciencedaily.com/releases/2018/12/181203185353.htm (accessed March 18, 2019)

Music Improves Social Communication in Autistic Children

Engaging in musical activities such as singing and playing instruments in one-on-one therapy can improve autistic children's social communication skills according to researchers at Université de Montréal and McGill University.

Researchers from UdeM's International Laboratory for Brain, Music and Sound (BRAMS) and McGill's School of Communication Sciences and Disorders (SCSD) enlisted 51 children with autism spectrum disorder (ASD), ages 6 to 12, to participate in a clinical trial involving three months of a music-based intervention.

First, the parents completed questionnaires about their child's social communication skills and their family's quality of life. The children underwent MRI scans to establish a baseline of brain activity.

Children were then randomly assigned to two groups: one involving music and the other not. Each session lasted 45 minutes. In the music group, the kids sang and played different musical instruments, working with a therapist to engage in a reciprocal interaction. The control group also engaged in reciprocal play but without any musical activities.

Parents of children in the music group reported significant improvements in their children's communication skills and family quality life, beyond those reported for the control group.

Data collected from the MRI scans suggest that the positive outcomes could be a result of increased connectivity between auditory and motor regions of the brain and decreased connectivity between auditory and visual regions, which are commonly observed to be over-connected in people with autism.

"Remarkably, our results were observed after only 8 to 12 weekly sessions," said Hyde. "We'll need to replicate these results with multiple therapists with different degrees of training to evaluate whether the effects persist in larger, real-world settings," she said.

University of Montreal. "Music improves social communication in autistic children." ScienceDaily. www.sciencedaily.com/releases/2018/11/181105081708.htm (accessed March 18, 2019).

April Recipe Indonesian Fried Rice

- 4 cups brown rice, cooked
- 1 lb boneless chicken breasts, cut into 1-inch cubes
- 1 whole egg plus 3 egg whites
- 3/4 cup bell pepper, chopped
- 1/2 cup onion, chopped
- 1/4 cup cilantro, chopped
- 2 Tbsp. lite soy sauce
- 1 Tbsp. vegetable oil
- 1 tsp garlic, minced
- 1 tsp chili powder OR 1 Tbsp. sweet chili sauce
- 1 Tbsp. brown sugar
- Salt and pepper to taste



Heat stove top to medium. Pour vegetable oil into a wok or large frying pan. Add in chopped pepper and chopped onion. Cook, stirring occasionally, until onion starts to brown. Add in chicken, soy sauce, minced garlic, and chili powder. When chicken is almost cooked through, add in cilantro and brown sugar, turning up heat to medium-high. Ingredients in the pan should become quite hot. Don't forget to stir ingredients frequently so they don't burn. Once everything in the pan is hot, pour it over egg and egg whites, stirring frequently. This will fry the egg while incorporating it with the rest of the ingredients. Turn heat to low and cook for 5 minutes. Serve over rice or add rice directly to the pan to fry with other ingredients.

Yield: 4 servings. Each serving provides: Calories-350, Carbs-39g, Protein- 32g, Fat-7.4g

Source: <http://staylean.blogspot.com/2009/09/nasi-fried-rice.html>

This is for informational purposes only and is not intended as medical advice. For further information, please consult a medical professional.

© 2007, 2010, 2013-2019 Zwave, Inc. All rights reserved.