

Focus On Health

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Antidepressants such as Zoloft (sertraline) must be tapered slowly over several weeks or months when they are being discontinued. This is critical. Otherwise, terrible side effects such as dizziness, nausea, sweating, and “brain zaps” that feel like electric shocks can occur. This is from People’s Pharmacy column in The Dallas Morning News, April 23, 2013.

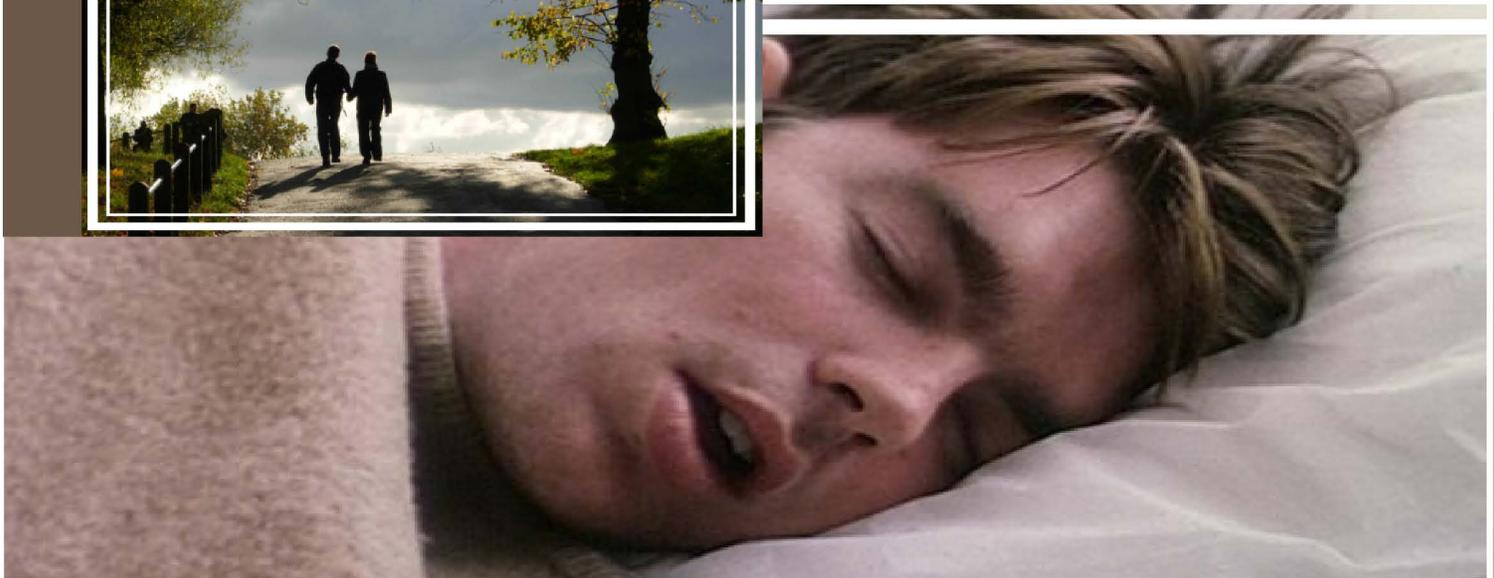
Cinnulin, a cinnamon capsule made by Bluebonnet which is water extracted, can be taken (one or two before high carb meals) and keeps fasting blood sugar 10 to 15 points lower than usual, but it also contains Coumadin and should be stopped one week prior to elective surgery.

From Prevention Magazine: A regular 30-minute walk could slash your risk of catching a cold by 43% and make symptoms less severe.

From a presentation at the National Meeting and Exposition of the American Chemical Society in New Orleans: Some ingredient in potato chips activates the reward center of the brain in rats. The rodents actively pursued the chips in a German study, much more so than powdered animal food or a mixture of powdered and mixed offerings.

Cod liver oil is rich in omega-3 fats and vitamins D and A. It tastes terrible, but not when taken in easy-to-swallow capsule form. Evidence suggests that it bolsters immune function. The Dallas Morning News, April 23, 2013.

An article in Hypertension says that with slow wave sleep (SWS) - a cycle of deep sleep - your heart beats slower, resulting in a drop of blood pressure. Missing this nighttime dip may adversely affect blood pressure regulating organs such as the kidneys, leading to higher daytime numbers. Anything that disrupts sleep - snoring, sleep apnea, your dog at the foot of the bed - can shorten SWS hours, which also naturally declines with age.



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