

9.5+ pH

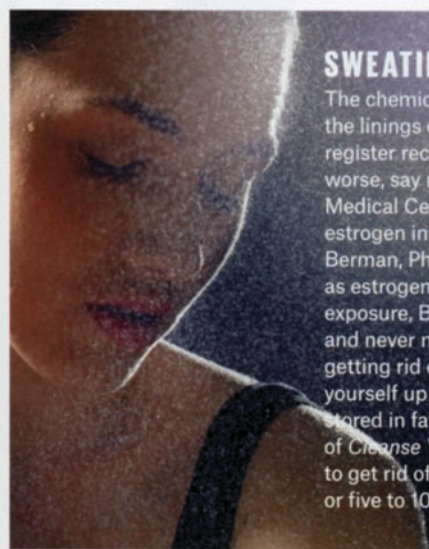
SUPERWATER™

# healthNEWS

THE NEW RULE THAT WILL KEEP YOU SLIM, HEALTHY & DISEASE FREE? GET BACK TO THE BASICS.

## WHERE'S THE FLOSS

Chronic infection from gum disease may trigger an inflammatory response that leads to Alzheimer's disease, says a new study in the *Journal of Alzheimer's Disease*. "Our study findings support a theory that gum bacteria in the mouth enter the bloodstream and end up in other parts of the body, including the brain," says lead researcher Lakshmya Kesavalu, MD, an associate professor in the College of Dentistry at the University of Florida. What can you do to prevent it? Dr. Kesavalu advises that you brush your teeth twice a day, floss regularly to remove plaque from between teeth, visit the dentist every six months for a professional cleaning, and don't smoke. (Cigarette smoking is one of the top risk factors for gum disease.)



## SWEATING OUT A MIGRAINE

The chemical bisphenol A (BPA), found in plastics, the linings of most canned foods, and on cash register receipts—may be making your migraines worse, say researchers from University of Kansas Medical Center. "We believe that BPA mimics estrogen in the body," explains lead researcher Nancy Berman, PhD. (Fluctuating levels of hormones such as estrogen have been linked to migraines.) To avoid exposure, Berman recommends a fresh-foods diet, and never microwaving anything in plastic. By getting rid of BPA already in your system, you'll set yourself up for a clearer head, too. "BPA is a toxin stored in fat," explains Jeffrey Morrison, MD, author of *Cleanse Your Body, Clear Your Mind*. "The best way to get rid of it is by sweating—either through exercise or five to 10 minutes of sauna use—at least.

## Scary and Sweet

Women who drink lots of soda and other sugary beverages have a whopping 78 percent higher risk for endometrial cancer (tumors in the lining of the uterus), says a National Cancer Institute-funded study. The research followed 23,000 post-menopausal women for 24 years. "Ours is the first study to show this relationship," explains lead researcher Maki Inoue-Choi. "But higher consumption of sugar-sweetened beverages has been associated with higher risk of obesity and type 2 diabetes, which are both established risk factors for endometrial cancer." Inoue-Choi recommends that you cut down overall sugar intake, limiting sugary drinks. Or better yet: Why not avoid sodas and such altogether?



# 33%

of calories in the daily American diet come from added sugars in beverages.

SOURCE: CENTERS FOR DISEASE CONTROL AND PREVENTION

## SHOWER POWER

Researchers at the National Jewish Health Medical Center have found that dirty showerheads can spread a dangerous type of bacterial lung infection called nontuberculous mycobacteria. (This is closely related to tuberculosis, but even harder to treat.) The study, published in the *American Journal of Respiratory and Critical Care Medicine*, found that up to 30,000 new cases of these infections occur annually. To prevent them, make it a habit to regularly clean your showerhead from the inside-out (unscrew it to clean the interior) with bleach and water. In a spray bottle, mix ¼ cup bleach with 2¼ cups water. Another rule of thumb: Never re-use what's already been mixed, as bleach has a tendency to lose potency quickly. Make a fresh batch each time you clean.