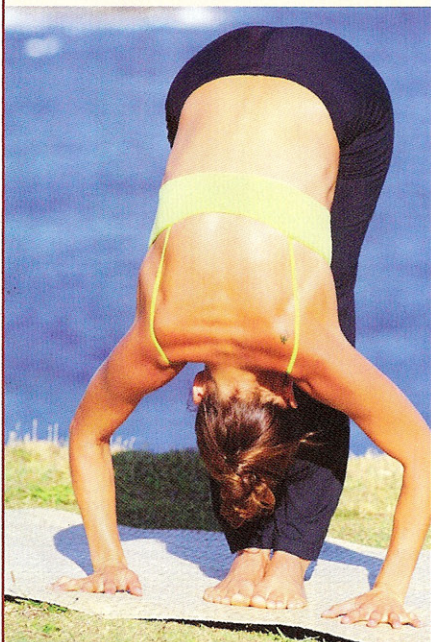


## A Pliable Solution to Back Pain

A little bending and stretching could be the most beneficial thing to do for lower back pain. A study published in the *Annals of Internal Medicine* reported that yoga is more beneficial for chronic low back pain than exercise or a self-help book.

The researchers measured 101 adults with chronic low back pain at 12 and 26 weeks after either 12-week sessions of yoga, conventional



therapeutic exercise or following a self-care book. After 12 weeks, the yoga group experienced less pain than the other two groups. While the yoga group only had a modest amount of pain reduction compared to therapeutic exercise, after the 12-week programs were killed, the yoga group continued to get more pain-free and mobile from weeks 12 to 26—the only participants to see such results.

## See no Fat, Have no Fat

How you see yourself in the mirror could have a major impact on your health. New research shows women who accept their bodies the way they are seem to be more likely to follow principles of healthy eating.

Tracy Tylka, co-author of several studies and assistant professor of psychology at The Ohio State University's Marion campus, says the finding suggests that women's typical reasons for changing their diets is not being happy with the way their body looks.

Tylka and colleagues conducted several studies on a concept called "intuitive eating," which is eating based on feelings of hunger and fullness.

In one of the studies, "intuitive" eaters—those who ate only when they were hungry—were less likely to spend a lot of time thinking about how their body appears to others, and more time considering how their body feels and functions.



## A First-Aid Kit for Kids

A Phoenix-based company is bringing awareness to homes across the country with a unique first-aid kit for children. The Medibag first-aid kit features a quick-action, first-aid flip chart, a CD on safety around the home, cardiopulmonary resuscitation and first-aid training opportunities, children's first-aid products and a kid-friendly, "sting free" approach to first aid.

"When conducting focus groups and gathering data for our research, we found that families were unprepared on how to handle minor injuries that happen around the home. Furthermore, so few parents are CPR and first-aid trained," says Richelle Nassos, inventor and head of me4kidz, creators of the kit. *For more information, visit me4kidz.com.*

## Can Your Waistline

An extra can of soda a day can pile on 15 pounds in a single year. Researchers believe that increased consumption of sugary beverages is a key reason for the obesity epidemic. Researchers at the Harvard School of Public Health reviewed 40 years of nutrition studies.

About one-third of all carbohydrate calories in the American diet come from added sweeteners and beverages account for about half of this amount. Federal dietary guidelines recommended beverages without added sugars and the World Health Organization advises that added sugars should provide no more than 10 percent of total calories.

The main sweetener in beverages, high fructose corn syrup, does not spur production of insulin to make the body process calories. It also does not spur leptin, a substance that helps moderate appetite.

## A Stiff Warning for the Web

The Food and Drug Administration says some sexual enhancement products sold on the Internet contain the same ingredients as prescription drugs such as Viagra and are not only illegal but also dangerous.

Without a prescription, consumers may not know if the unknown chemicals will interact with other medication causing possible fatal consequences.

The FDA warns consumers not to purchase or consume Zimaxx, Libidus, Neophase, Nasutra, Vigor-25, Actra-Rx or 4EVERON. The FDA also notes that erectile dysfunction products can cause a deadly interaction with many heart drugs, notably those containing nitrates.