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***Wholistic News Reviews:
Traditional, Complementary, Alternative, and Psycho-Social
Modalities of Treatment***

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Mild cognitive impairment may be prevented by a Mediterranean diet

Dr. Nikolaos Scaramas and colleagues at the Columbia University Medical Center in New York report that elderly individuals eating a Mediterranean diet are less likely to develop mild cognitive impairment overall, and if they do develop mild cognitive impairment, it is less likely to develop into Alzheimer's Disease. A Mediterranean diet was characterized by consistent consumption of fish, fruit, vegetables, legumes, cereals and a moderate intake of alcohol. The researchers analyzed 1,393 cognitively normal individuals and 484 mild cognitive impairment individuals with all participants having the mean age of 77. The results showed that the group with the adherence to the Mediterranean diet had a 17% lower risk in developing mild cognitive impairment and those with the highest adherence to the diet, demonstrated a 48% lower risk in developing Alzheimer's Disease.

Archives of Neurology 2009, 66, 216-225)

Better results, less stress, if infertile couples seeking treatment get along well with one another

Dr. Benedicte Lowyck and colleagues of the University of Leuven in Belgium studied the relationship characteristics, personality traits and relationship satisfaction of 70 couples undergoing in-vitro fertilization and sperm injections at the start of treatment, as well as three months and six months later. They found that those couples who felt securely attached to their partner maintained higher levels of wellbeing and suffered less stress in the fertilization treatment than those couples with a poor sense of attachment who were either overly self-critical of themselves or overly dependent on their partners.

Fertility and Sterility, 2009, 91(2), 305

Drinking green tea promotes healthy gums

Dr. Yoshihiro Shimazaki and colleagues of the Kyushu University in Fukuoka, Japan, studied 940 men between the ages of 49 and 59 for gum disease — which included a questionnaire on smoking, drinking, tooth brushing and intake of green tea. They found that those who had consistent intake of green tea had lower incidences of gum disease. The researchers hypothesized that if the green tea itself is not responsible for preventing gum

disease, it could be due to the concentration of polyphenols in it which are antioxidants. Although these preliminary findings are promising, Dr. Shimazaki cautioned that green tea is no substitute for seeing a dentist.

Journal of Periodontology 2009, 80(3), 372-377

Psychosomatic Illnesses Increase for Kids Who Are Consistently Bullied At School

Drs. Gianluca Gini and Tiziana Pozzoli, of the University of Padua in Italy, report a meta-analysis of studies on bullying, covering 150,000 children and adolescents aged seven to 16 years of age. They found that those most frequently involved in the bullying, especially the victims, are two times more likely to show a variety of psychosomatic problems such as headaches, stomachaches, backaches, abdominal pain, dizziness, insomnia, low appetite, enuresis, skin problems, vomiting, feeling tired and feeling tense, as compared to their uninvolved schoolmates. Dr. Gini and colleagues conclude: "The current results suggest that one possible cause of such recurrent problems, especially during childhood and early adolescence, is bullying, which is a considerable source of stress in a child's life..."

Pediatrics 2009, 123,1059-1065

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