Talk Therapy

Live Science (livescience.com) - Talk Therapy May Help Social Anxiety Better than Drugs - By Bahar Gholipour - (Thursday, September 25, 2014)

Talk therapy should be regarded as the best first-line treatment for people with social anxiety disorder, researchers say.

Social anxiety disorder, or social phobia, is a psychiatric condition in which people have such intense fear of social situations that it gets in the way of their normal daily lives. The most common treatments for the condition are talk therapy, anti-anxiety medications and antidepressants.

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Sleep More

Prevention (prevention.com) - Drink This, Sleep 90 More Minutes a Night - By Nina Elias - (September, 2014)

Give your box of chamomile a rest. New research presented at the Experimental Biology 2014 meeting finds drinking tart cherry juice twice a day can help you sleep nearly 90 more minutes a night.

Researchers from Louisiana State University had seven older adults with insomnia drink eight ounces of Montmorency tart cherry juice twice a day for two weeks, followed by two weeks of no juice, and then two more weeks of drinking a placebo beverage. Compared to the placebo, drinking the cherry juice resulted in an average of 84 more minutes of sleep time each night.

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BRCA Testing

Huffington Post Healthy Living (huffingtonpost.com) - BRCA Test and Re-Test - By Amy Rothenberg, ND - (Monday, September 22, 2014)

As a naturopathic physician, I am interested in primary prevention, preventing illness, not just catching it early. Because of that, I was encouraged in 2007, based on my family history and European Jewish ancestry, to have the BRCA genetic test. I breathed a small sigh of relief when my test came back negative. I kept up my diagnostic imagining and self-exams along with my pristine lifestyle.

When I was nonetheless diagnosed with breast cancer earlier this year, I was asked to have genetic testing done. When I reported that I already had and was negative, I was encouraged to get RE-TESTED, that much more was known now about these genes. Lo and behold on RE-TEST, I was positive.

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Magnesium Deficiency
Magnesium deficiency is often misdiagnosed because it does not show up in blood tests - only 1% of the body's magnesium is stored in the blood.

Most doctors and laboratories don't even include magnesium status in routine blood tests. Thus, most doctors don't know when their patients are deficient in magnesium, even though studies show that the majority of Americans are deficient in magnesium.

It turns out that antidepressants may be changing your brain. Scientists have found that a single dose of antidepressant is enough to produce dramatic changes in the functional architecture of the human brain.

In this case, the researchers focused on a commonly prescribed SSRI (serotonin reuptake inhibitor). While SSRIs are among the most widely studied and prescribed form of antidepressants worldwide, it is still not entirely clear how they work. However, they are believed to change brain connectivity in important ways over a period of weeks rather than hours.