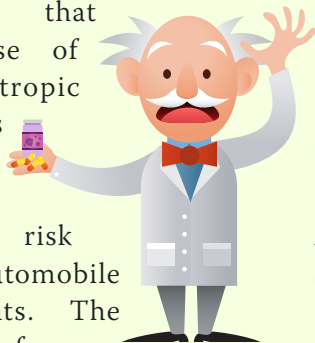


Psychotropic Drugs and Driving

A recent case-controlled study from Taiwan³ has shown that the use of psychotropic drugs increases the risk of automobile accidents. The odds of mo-



tor vehicle accidents were significantly higher in people who used the following classes of drugs within the last month:

- Antidepressants by 73%
- Benzodiazepines by 56%
- Z-drugs (Ambien, Sonata) by 42%

PositiveTip: Stay safe! Avoid driving if you are taking any of these medications.



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References:

1. Mayo Clin Proc. 2012 Jun;87(6):587-95.
2. 1 Corinthians 10:31
3. <http://bit.ly/SZ9TXT>

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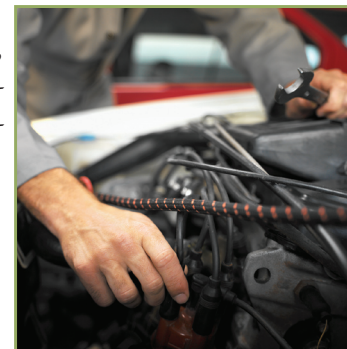
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for more health information.

Lessons from Looking for a Used Car

By Fred Hardinge, DrPH, RD

A few years ago our family was looking for another car. The budget dictated it be a used one. I knew which make and model I wanted. After scouring the local ads, I narrowed the choices to two possible vehicles. After calling each owner and discussing the year, price, mileage, options, and conditions an appointment was made to come view them.

As I approached the first address, my heart leapt with joy! In the driveway was



a freshly washed, sparkling automobile that looked like it had just come off the assembly line—instead of being 4 years old. I actually drove right past the house, choosing to believe I did not have the correct address!

After verifying the address and turning around, I drove back, parked, and walked toward the front door of the house, looking with excitement at this automobile in mint condition.

A very cheerful owner, with keys in hand, appeared at the door when

I knocked. He unlocked the car, and urged me to inspect it. The more I inspected it, the more I wanted this car. I could already see the look on my wife's face as she saw it for the first time. When we took it for a test drive, it was like driving a brand new model.

As I handed the owner the keys, I asked if he had records of the service performed on this vehicle. He laughed heartily while telling me that "it had run so well he had never

had any service performed—even oil changes!" My heart sank.

Almost heart-broken, I drove to look at the second vehicle. It was the same age, same model, same mileage, same price. It too was sitting in the owner's driveway, having just been washed. But it had a few scratches, small dents, and while clean, the interior looked a bit used.

After examining it just as carefully and taking it for a test drive, I asked about service records. This See "Used Car" on Page 3

If a Little Bit is Good...

By Max Hammonds, MD, MPH

"If I take two fish oil pills a day to increase my intake of omega-3 fatty acids, four pills a day would be better. If I run 5 miles a day to improve my heart function, 10 miles a day would be better."

According to Dr. James O'Keefe and his colleagues at St. Luke's Mid-America Heart Institute in Kansas City, MO, this is not true. They found that extreme endurance exercising (20 to 50 miles or more of running a day) is not beneficial, and is probably detrimental to the health of your heart.¹

Their research found

ultra-marathon running, Tour d'France bicycle riding, English Channel swimming can lead to scarring and stiffening of the walls of the heart—especially the parts where the electrical system of the heart is located, increasing irregular heart rhythms, some of which are lethal, by as much as 5 times the normal level.

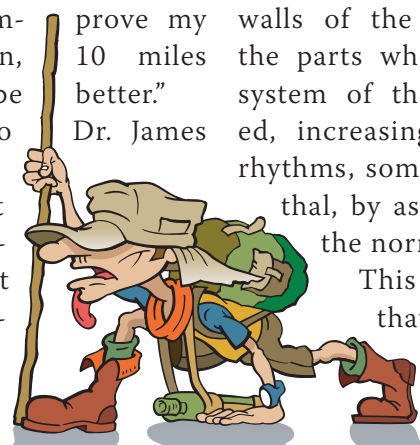
This does not mean that exercise is bad for your heart health. Moderate exercise (walking, jogging, swimming 30 minutes to an hour a day) is one of the most beneficial things you can do to strengthen your heart.

What is the principle involved here? As with most things you might do to improve

See "Moderation" on Page 3

The regular consumption of **high-sugar beverages** may lead to significant weight gain and its serious consequences, as well as increase the risk of type 2 diabetes. Become aware of how much sugar is in soda, juice, and sports drinks. You may be surprised to find just how harmful that favorite beverage is for your health.

Ref: www.thenutritionsource.org



"Used Car" from Page 1

time the owner replied, "Let me get them for you." He returned from the house with a folder containing the receipts for each service the manufacturer recommended—including all the oil changes.

Which car did I purchase? It was a hard decision, but common sense dictated that the second one was truly the better value. Indeed it turned out to be so, as our family drove that vehicle almost 300,000 miles (482,803 km) without any major service problems!



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"Moderation" from Page 2

your health—eating wholesome foods in moderate amounts, ½ hour of sunlight exposure a day, sleeping 7-8 hours each night—a moderate amount of these activities is beneficial. However, an excessive amount of good things has destructive effects.

The human body is a delicate machine requiring careful maintenance. It is also a gift from the Creator that houses the most powerful computer and communication tool in the world (brain). This computer can speak multiple languages, calculate at blinding speed, dis-

How well do we maintain our bodies? Too often we keep the outward adorning beautiful, but the inside is a physiological mess! Being biologically inefficient internally is just as much a disgrace to God, our Creator, as to have the outside coated with filth.

Living physiologically, in harmony with our Manufacturer's maintenance recommendations is the best way of minimizing our risks of disease, and maximizing our service to others and God. How are you doing?

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cern danger, imagine and create what it imagines, empathize compassionately with other created beings, and speak with the Creator Himself. When the physical body is not well the brain will suffer a decrease in computing and communicating power. Maintaining physical health is not optional; it is imperative.

When considering how much of a good thing to use or to do, remember moderation. In fact, a Biblical insight would be helpful here: "Whether you eat or drink, or whatever you do, do all to the glory of God."²