

Fiber Lowers Risk of Stroke

You can lower your risk of stroke by 7% for each additional 7 grams of daily fiber consumed. A meta-analysis of 8 prospective studies shows this is equivalent to the amount of fiber found in a single serving of beans or 1 large apple. Few individuals actually eat the recommended 25+ grams of fiber.³

PositiveTip: Choose more fiber rich foods each day in your diet.



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Editor: Fred Hardinge, Dr.PH, RD.

Design: Paul Reid

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References:

1. <http://1.usa.gov/12IZ5xo>
2. North Pacific Union Gleaner, April 28, 1909 (Also see Fundamentals of Education, pages 60-61)
3. doi: 10.1161/STROKEAHA.111.000151

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Helping You to Better Health

Get Some Sleep!

By Fred Hardinge, DrPH, RD

In the mid-1990s media coverage on the impact of fatigue on human performance was rare. Only if a trucker fell asleep while driv-

Here is a brief summary of why sleep is so important to your success in life, to say nothing about its impact on good physical health.

ing and smashed into a car full of innocent victims did the story hit the news wires. A majority of the population believed that sleep really was an option.

Some things haven't changed much even today, though there is

A cartoon illustration of a man in a green shirt and red tie, leaning forward with his head resting on his hand, appearing to be asleep. He is holding a brown briefcase in his other hand. There are stylized 'Z' symbols above his head indicating sleep. The background is light green with some abstract shapes.

now a huge body of evidence pointing to the importance of regular, adequate sleep. Only about one in ten people say sleep is important to good health. Nearly one-third of Americans get less than six hours of sleep each night!

Short-sleep habits deprive us of the capacity to excel in life because optimal learning, a quality necessary in every profession, requires good sleep.

- Sleep improves your ability to remember things. During the REM phase of sleep you consolidate recently learned information, helping you remember them longer.

- Struggling with solving a problem? Try sleeping on it! While you sleep your brain strengthens important associations and weakens those less relevant.

- Sleep is essential for conveying ideas with the right words.

- Lack of sleep impairs your ability to be flexible in decision-making.

- Our hectic schedules, combined with the increasing complexities of living are taxing on our bodies. A myriad of chemical and electrical connections are restored at night, equipping us for the challenges of the next day.

- A tired person is much more likely to experience health problems such as obesity, heart-disease, the common cold and flu, to name just a few.

See "Get Sleep" on Page 3

An Evaluation of Head Start

By Elvin Adams, MD, MPH

Nearly one million children are enrolled in the federal Head Start program that provides preschool and daycare services for disadvantaged children. Has this program met any of its intended goals?

Head Start was begun in 1965 as part of the War on Poverty. It was designed to give a boost to the intellectual capabilities and physical health of underprivileged children. Head Start hoped to achieve this by providing education, nutrition, and health services, designed to help deprived children catch up to children living in more fortunate circumstances.

The Head Start Impact Study began in 2002 to evaluate its success. Five thousand children who applied to participate in Head Start were randomly assigned to receive Head Start services, or be excluded from Head Start. This multi-year study followed these children through the Head Start years and for several more once they entered

school. It was found that Head Start has had NO effect on cognitive, socio-emotional, health, and parenting outcomes of participating children.¹

For the four-year-old cohort, access to Head Start had a beneficial effect on only two outcomes (1.8 percent) out of 112 measures. For the three-year-old cohort, access to Head Start had one harmful impact (0.9 percent) and five (4.5 percent) beneficial impacts out of 112 measures.

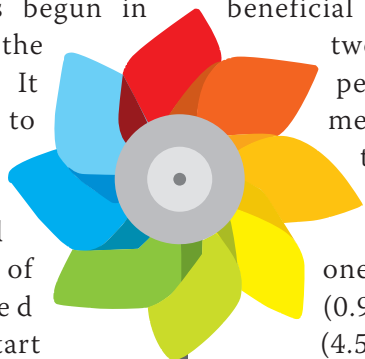
Well intentioned and highly skilled educators implementing a balanced curriculum to preschool children are unable to do any better than a disadvantaged parent and child can do by themselves in an impoverished environment.

The Bible records that Jesus valued the experience of childhood. Jesus did not suggest the early scholastic education of children. He valued children for their innocent trust and faith.

See "Head Start" on Page 3



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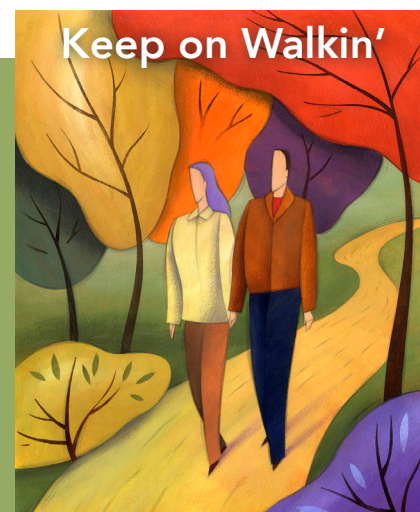
"Get Sleep" from Page 1

Can't you mask physical sleepiness with a cup of coffee or an energy drink? Yes, but only for a relatively short time. Doing this is like whipping a tired horse. It may go a little farther, but at the end of the

day it is even more exhausted.

If you really want to lead the world (at least your universe) with all your faculties intact, go to bed early tonight so you will be well rested!

Analysis of data from the Harvard Nurses Health Study finds that physical activity and body mass index (BMI) are linked to a specific gene pathway associated with cancer of the colon. Those who exercise regularly and have a lean BMI seem to upregulate this pathway reducing their risks.



PositiveTip: Keep on walkin'. Exercise is a vital part of staying healthy and preventing cancer.

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Maturity is not to be rushed. Jesus said, "Let the little children come to Me, and do not forbid them; for of such is the kingdom of heaven." Matthew 19:14 (NKJV)

Ellen White, a 19th century reformer recognized the advantage of not regimenting a child at too young an age. "The first lessons are of great importance. It is customary to

send very young children to school, where they are required to study from books that taxes their young minds. This course is not wise...small children should be left as free as lambs to run out-of-doors, to be free and happy."²

After spending \$167 billion dollars of taxpayer money these statements are proving true.

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