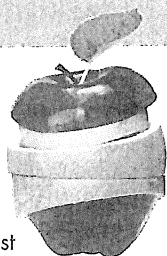


One-and-a-half apples a day may keep heart disease away.



A recent, seven-year follow-up study of almost a half-million people in China revealed good news for fruit lovers: Daily consumption of fresh fruit cut the risk for coronary heart disease by 15 percent and for strokes caused by clots (the most common type) by 24 percent. In a separate analysis the researchers found that compared with those who never ate fruit, people who consumed about 1½ servings per day lowered their risk for fatal coronary heart disease by 27 percent and for fatal strokes by 40 percent. One possible reason: Fruit eaters had significantly lower blood pressure.

Source: Presented at the European Society of Cardiology Congress, Sept. 1, 2014

Ordinary moments can bring extraordinary joy.

Small events in daily life can bring on happiness when recalled later, according to research from Harvard Business School. In one study, a group of students noted a recent conversation, the last social event they'd attended, and the last three songs they'd listened to. Revisiting the memories three months later, the subjects rated them as more meaningful and surprising than they had anticipated. In another experiment, subjects underestimated the joy in rediscovering an ordinary day spent with their partner. The study's lead author recommends journaling and capturing moments instantly in photos and videos to savor them later.

Source: Psychological Science, Aug. 29, 2014

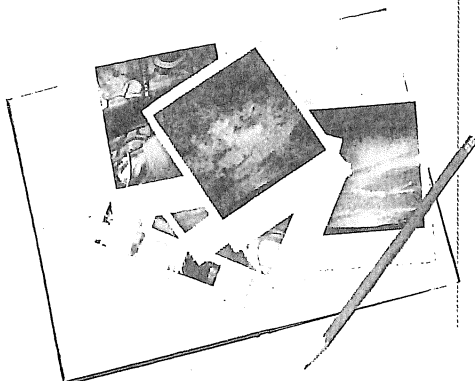


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Volunteering does mind and body good.

A recent review of 73 studies involving people 50 and older found that engaging in regular volunteer work helped reduce the risk of depression and increased longevity. Volunteers also reported better overall health. Researchers reported that the "sweet spot" for enjoying the health perks comes when volunteers do about 2 to 3 hours of work per week. What kind of volunteering is best? "[An] opportunity that's socially and mentally stimulating and that keeps you physically active, within your own limitations," says lead researcher Nicole Anderson, Ph.D., a senior scientist at Toronto's Rotman Research Institute.

Source: Psychological Bulletin, Aug. 25, 2014



Stand up for a longer life?

In a small Swedish study of overweight people in their late 60s, those who sat less while also following an exercise program had lengthened telomeres—protective "caps" on the ends of chromosomes that shield genetic data from becoming scrambled. Longer telomeres have been linked with lower risk for heart disease, type 2 diabetes, and certain cancers. For six months, the Swedish study subjects tracked their sitting time; half also followed an exercise program. Telomeres lengthened only in exercisers who also shortened their sitting time. Though the researchers didn't specifically link telomere length to longevity, they did hypothesize that, especially for older people, even short breaks from sitting might be more important

than exercise for reducing health risks and extending life span.

Source: British Journal of Sports Medicine, Sept. 3, 2014

Sex for men with bad backs.

In a recent study from Canada, 10 couples agreed to don motion-sensing equipment that tracked their spinal movements during sex.

One surprising finding? Contrary to popular belief, "spooning" may trigger low-back pain in men whose back trouble is made worse by spinal flexion, such as touching the



toes. A better position for this group was being behind their partner, and moving from the hips rather than the spine. Men who have pain when arching the back might be more comfortable spooning or resting on their elbows in the missionary position. Results for women are expected soon.

Source: Spine, Sept. 15, 2014

Good news about osteoporosis meds.

As many as one in two women are at risk for osteoporosis-related bone fractures during their lifetime. A recent review of 294 studies completed since 2005 concluded that certain drugs to treat low bone density can reduce risk of a spinal fracture by 40 to 60 percent in high-risk women, and other bone fractures can be reduced by 20 to 40 percent. Bisphosphonate drugs such as alendronate (*Fosamax* and generic) and ibandronate (*Boniva* and generic) are generally safe, despite rare side effects such as deterioration of the jawbone and fractures of the femur, the review found. For more on osteoporosis drugs, see our free Best Buy Drugs report at CRBestBuyDrugs.org.

Source: Annals of Internal Medicine, Sept. 9, 2014