## The Myth of Resveratrol

Resveratrol, a polyphenol antioxidant found in the skin of grapes, cocoa powder, dark chocolate, peanuts, and some berries has been hailed as the possible agent responsible for the benefits of red wine. However, research found it did not correlate with longevity, lower risk of cardiovascular disease or cancer. In fact, adjusted hazard ratios favored those with the lowest intakes, and there were no significant findings for all measured biomarkers.[6]

***PositiveTip:***
*Eat a balanced diet, get plenty of physical activity, and live a positive lifestyle for the best health.*

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Editor: Fred Hardinge, Dr.PH, RD.
Design: Paul Reid

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# Health Bites
JUNE–JULY 2014
Helping You to Better Health

## A Mother's Diet Changes Baby's Genes

*by Elvin Adams, MD, MPH*

A healthful diet during pregnancy results in a healthy baby. This is common sense and universally known to be true. Research has discovered that a woman's diet at the time of conception can permanently impact the genetic code of her baby.[1]

The genes of the baby are forever changed by mom's diet before and during pregnancy. Mother's diet has direct implications for health outcomes of the next generation.

Contrary to common sense, the mothers with a lower protein diet and the least weight gain during pregnancy had the most favorable genetic pattern in their children. So, mother's diet not only contributes to healthy growth of the unborn child, but it permanently affects the genetic makeup of her child for his or her entire life.

This unique kind of prenatal influence is proclaimed in the Bible. The mother of Samson was advised to begin eating a healthy diet before she conceived her son. This ancient principle is being confirmed by studies like this one.

*"And the angel of the Lord appeared to the woman and said to her, 'Indeed now, you are barren and have borne no children, but you shall conceive and bear a son. Now therefore, please be careful not to drink wine or similar drink, and not to eat anything unclean. For behold, you shall conceive and bear a son...and he shall begin to deliver Israel out of the hand of the Philistines.'"*
*Judges 13:3-5 (NKJV)*

Ellen G. White, a 19 century health reformer, understood that the outcome of the future adult was dependent on the mother's diet and temperament during pregnancy.

*"The basis of a right character in*

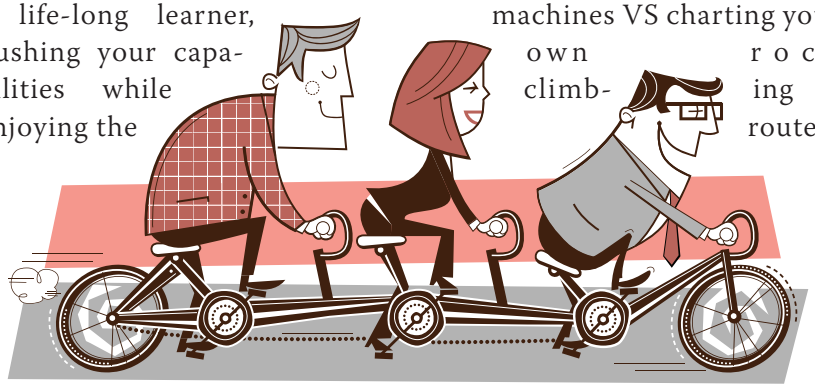
*See "Mother's Diet" on Page 3*

# Play Your Way to Health!

*by Brian Bell, MPH*

Exercise sometimes seems like a chore and a bore. But it wasn't always that way! Just watch a child play! The running and jumping and climbing they do is exercise, but we call it play. The goal is discovering, exploring, enjoying life. They make it look like fun!

At some point we "grow up" and forget that play still has a purpose. It's healthy to be a life-long learner, pushing your capabilities while enjoying the



process. In fact, "play researchers" like Stuart Brown from The National Institute for Play have catalogued an impressive body of research demonstrating that "patterns of play" in early and later life can improve our problem-solving, intelligence, communication, mental health, social ties and physical health.[3]

You're more likely to continue doing something you enjoy. Injecting a sense of play back into life and your exercise approach has several benefits.

**It's "unboring".**

Compare some typical mechanical, repetitive exercise regimes with similar "play exercises".

Straining against workout machines VS charting your own rock climbing route.

Running circles around a track VS chasing a frisbee across the park with friends.

They're all physically beneficial, but you're more likely to enjoy and keep doing the playful options for life.

**It's good for the brain.**

Play involves discovery and adventure. Dealing with this

See "Unboring" on Page 3

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*"Unboring" from Page 2*

unexpectedness boosts brain development and adaptability. As you play experience new, fun activities with new players you are building new neural pathways and body strength.

**It builds community.**

Exercise typically strengthens social ties as well as muscles. Whether you're rollerblading with a friend or playing pick-up basketball down the street, these social interactions build a sense of belonging, shared accomplishment and life-long enjoyment.

**Tips for Play Exercise**

- *Go social: team sports or a "play partner" keep you connected and motivated.*
- *Mix it up: keep your brain and body engaged with new options like alternating weights, cardio and sports workouts. Try some fun "functional workouts."*[4]
- *Add some adventure: try snowshoeing or cross-country skiing, play pond hockey in the winter. Bike, run or walk in nature, swim at the lake, surf, play ultimate frisbee in the park during the summer.*

**Bottom line:** Choose play exercise options you can enjoy for a lifetime of fun and physical activity.

*"Mother's Diet" from Page 1*

*the future man is made firm by habits of strict temperance in the mother prior to the birth of her child... This lesson should not be regarded with indifference."*[2]

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## *Light Physical Activity Lowers Risk for Disability*

Current exercise guidelines recommend 150 minutes of weekly moderate-to-vigorous intensity activity. However, light physical activity (casual walking, pushing a grocery cart, light housework, etc.) of at least 229 minutes/week may reduce new disability by up to 49%. This was found in a group of 1680 adults 49 and older who had knee osteoarthritis or risk factors for it. These findings were independent of more vigorous activity levels.[5]

**PositiveTip:**
Keep up the light and vigorous activities. The benefits are real!