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**HEALTH & FITNESS** – Mesothelioma, a form of cancer, is caused by exposure to asbestos. This exposure often occurs in the workplace, or through exposure to someone who works around asbestos. Mesothelioma is a deadly disease, nearly...

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**Study Shows Fear of Being Fat a Motivator for Keeping Fit**

**HEALTH & FITNESS** – A study conducted at the University of Bath by Professor Brett Martin and Dr. Rana Sobh showed that the fear of being "fat and unattractive" was a factor in persons keeping fit.

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**Anorexia visible with brain scans**

**HEALTH & FITNESS** – Sophisticated scans have revealed the eating disorder anorexia is linked to specific patterns of brain activity. Even young women recovering from anorexia who have maintained a healthy weight for over a year...

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**The Pros and Cons of Circuit Training**

**HEALTH & FITNESS** – There are plenty of choices in the world of exercise today, but few are as efficient or challenging as circuit training. This type of workout will effectively help you to burn a good number of calories and get fit...

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**Avandia may raise osteoporosis risk**

**HEALTH & FITNESS** – The popular diabetes drug marketed as Avandia may increase bone thinning, a discovery that could help explain why diabetics can have an increased risk of fractures.

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**Healthy Children**

**HEALTH & FITNESS** – What do you think is the greatest public health threat to children in the U.S.? What could it be? Obesity? Drug resistant bacteria? Car accidents? TV? Sex, drugs and rock & roll? Jerry Springer?

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**Tonsils Removed With Hypnosis**

**HEALTH & FITNESS** – Hypnosis has been used in an operation to remove tonsils. Find out more...

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**AQNHCA and AHCA Applaud Initiative to Identify Bad Nursing...**

**HEALTH & FITNESS** – Two separate organizations, the Alliance for Quality Nursing Home Care and the American Health Care Association are applauding the Centers for Medicare and Medicaid Services' initiative that publicly identifies...

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**Hospitals marshal resources to wipe out MRSA**

**HEALTH & FITNESS** – A recent federal report on the growth of "superbugs" – a deadly bacteria resistant against most antibiotics – has renewed public attention to how hospitals are faring in their decades-long war.

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**Free Wheelin'**

**HEALTH & FITNESS** – Inspired during a recent power walk, my friend Mary and I hatched the idea of going on an overnight bike trip to nearby Cortes Island.



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**HEALTH & FITNESS** – At any given moment, more than four out of 10 of us say we're on a diet, but do we really understand when calories do--and don't--put on pounds?

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**HEALTH & FITNESS** – You can feel about 50% better than you do now in one month and up to 90% better within a year using specific fibromyalgia and chronic fatigue syndrome treatment

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**HEALTH & FITNESS** – An icy soak is not only bracing, it's good for your health, too.

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### **What you put in your tummy shows up in your skin**

**HEALTH & FITNESS** – So, breakfast today was a glazed doughnut and a double espresso? Better be careful: If you run into nutritionist Barbara Meconis, she's probably going to know.

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**HEALTH & FITNESS** – With the Kinesis resistance cable device, folks of all fitness levels can exercise their whole body with a wide range of motion.

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### **Study Of Adolescent Eating Disorders**

**HEALTH & FITNESS** – Eating disorders in the U.S. among ethnic groups were thought to be rare, but recent studies have shown that many cultures are now exposed to the thin beauty ideal. As a result, experts expect to see an increase...

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### **Boys of 12 are abusing steroids**

**HEALTH & FITNESS** – Boys as young as 12 and 13 are using anabolic steroids to beef up their bodies in a bid to "get girls", government advisers have warned.

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**Is It Healthy? Food Rating Systems Battle It Out**

**HEALTH & FITNESS** – At the grocery store, shoppers confront a dizzying array of labels promoting whole grains, reduced fat, antioxidants or vitamins. Some foods are said to be "Smart Choices," while others are a "Sensible Solution."

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**FDA mulls stricter regulation of salt in food**

**HEALTH & FITNESS** – Public health advocates on Thursday called for tighter restrictions on salt content in food, arguing that cutting the nutrient's overuse by most Americans could save thousands of lives annually.

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**How to Say 'No' During the Holidays**

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**Intrusion: A chronic western illness**

**HEALTH & FITNESS** – In the equation of the history of civilizations, intrusion into the affairs of sovereign nations/states by western powers has been a constant factor.

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**Cancer care plan to be outlined**

**HEALTH & FITNESS** – Plans for reform of cancer services in England are to be set out by ministers. Cancer survival in the UK is still below the European average, despite recent improvements and the publication of the first Cancer Plan...

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**Daniel was an advocate for health services**

**HEALTH & FITNESS** – A candle badly burned Bonnie Daniel as a child, spoiling typical childhood activities - gym class, swimming - until she had...

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