

+Your+ HEALTH

Lower blood pressure by listening to soft music

MUSIC hath charms to soothe the savage breast — and high blood pressure!

People who take drugs to control their mild hypertension can slash their pressure by breathing slowly as they listen to classical, Celtic, Indian or other slow music for 30 minutes a day for a month, a new study reveals.

At the end of the month, volunteers' systolic blood pressure, the first number in the reading, was down an average of three points and the diastolic blood pressure, the second number, had tumbled four points. Other volunteers who didn't listen to music or who didn't practice slow breathing did not have the same benefits.

Presenting his findings to the American Society of Hypertension in New Orleans, study leader Dr. Pietro A. Modesti of Italy's University of Florence says: "The effects are considered the result of a combination of music and breathing."



Beat CO

All-natural

By Lynn Allison

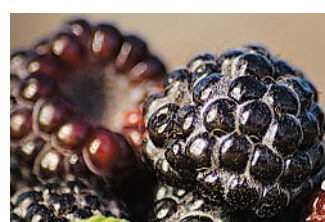
COLD sufferers can snuff their sniffles and ease their aches the natural way by adding a little medicinal spice to their lives through drinking ginger tea!

"Ginger has been used medicinally for thousands of years by traditional healers in India, China, Mexico and the Caribbean," Dr. Ellen Kamhi tells The EXAMINER.

"Ginger acts as an anti-inflammatory agent which helps soothe the aches and pains that accom-

Berry good way to fight cancer

FLAVONOIDS in black raspberries not only halt cancer growth, they cause cancer cells to commit suicide, say researchers.



Ohio State Comprehensive Cancer Center researchers found that a class of flavonoids called anthocyanins, found in black raspberries, slows the growth of the standard mixture of anthocyanins.

WOMEN who cut carbohydrates from their diets could suffer memory loss.

A new study by Professor Holly Taylor of Massachusetts' Tufts University found that women ages 22 to 55 who slashed high-energy, carb-loaded foods like pasta, bread and potatoes starved their brain of the fuel it needs

Cutting carbs can cause memory loss

to function properly and had impaired memory function after just one week.

Luckily, the memory returned as soon as the carbs were added back into the diet.

"This study demonstrates the food you eat can have an immediate impact on cognitive behavior," says Taylor. "The popular low-carb, no-carb diets have the strong-