



Toilet Talk

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Meditation may strengthen the body's immune system

The benefit of managing stress has been shown to have a positive effect on immune system function.¹ In addition, the practice of meditating has been found to boost immune function as well.² In a study involving 41 subjects, randomly assigned to control and experimental groups, it was found that the amount of antibody titer produced in response to the flu vaccine ($P < 0.05$) was greater in the experimental group (those who had meditated).

Although studies evaluating the benefits of meditation have been under fire from the mainstream scientific community, there has been a gradual trend toward acceptance. An example of this would be the amount of NIH funding allotted to such studies – an estimated \$541 million for 2011.³

References

1. Antoni MH. Cognitive-based stress management intervention effects on anxiety, 24-hr urinary norepinephrine output, and T-cytotoxic/suppressor cells over time among symptomatic HIV infected men. *J Consult Clin Psychol* 2000; 68: 31–45
2. Davidson RJ, et al. Alterations in brain and immune function produced by mindful meditation. *Psychosom Med.* 2003;4:564–70.
3. Gilgoff D. (2010) Can meditation change your brain? Cnn.com <<http://religion.blogs.cnn.com/2010/10/26/can-meditation-change-your-brain-contemplative-neuroscientists-believe-it-can/>>

Education without values, as useful as it is, seems rather to make man a more clever devil

Flu Shots still available!

Just \$15!

To schedule your appointment you can either stop by Health Services or call 260-982-5306.

Hungry? Try some 100 calorie (or less) snacks!

- Low fat yogurt or pudding cup
- 1 large apple, orange, grapefruit or banana
- String cheese
- Celery with peanut butter
- 1 cup of popcorn
- 10 cashews or almonds
- If on the go, try the fruit and yogurt parfait at McDonalds (just 130 calories)

Diabetes – An epidemic?

A group of researchers recently projected that 1 in 3 Americans will suffer from diabetes by 2050.¹ Their data was obtained from CDC forecasted incidence levels as well as US census projections of mortality and migration. The authors suggested that the increase will consist primarily of type II diabetes, and will be driven by the increase in life expectancy.

Currently, the prevalence of diabetes stands at 14% of the US population, which costs the country more than \$197 billion per year.¹

1. Boyle JP, et al. (2010) Projection of the year 2050 burden of diabetes in the US adult population: dynamic modeling of incidence, mortality, and prediabetes prevalence. *Population Health Metrics* 8, 29.