

by Scott_LaFee

Here's one more reason why you should eat your broccoli. Or at least rub it on your body.

A team of Johns Hopkins University scientists have found that a topical application of an extract of broccoli sprouts is highly effective against the damaging effects of ultraviolet radiation.

VEGETABLE OIL FOR THE SUN - Researchers have found that a topical application of an extract of broccoli sprouts is highly effective against the damaging effects of ultraviolet radiation. CNS Photo.
MEDTRONICA - The Alzheimer's Association Web site at alz.org is a good place to start for understanding the scope and details of the disease. CNS Photo. Using tests on both mice and human volunteers, the researchers found that the degree of skin redness caused by UV rays, an accurate index of inflammation and cell damage, was markedly reduced on extract-treated skin.

The extract is not a sunscreen. Rather, lead investigator Dr. Paul Talalay said, the key ingredient is a chemical called sulforaphane, which works inside cells to boost the production of protective enzymes that defend cells against many aspects of UV damage. As a result, the protection lasts for several days, even after the extract is no longer present on or in the skin.

Sulforaphane has other beneficial properties: Talalay and colleagues had previously shown that it prevents tumor development in lab animals treated with cancer-causing chemicals.

MEDTRONICA

Alzheimer's Association: alz.org

A very good place to start for understanding the scope and details of this dreaded and widespread disease; every 72 seconds, someone is diagnosed. Credible, easy to navigate, with plenty of links to diverse information.

STORIES FOR THE WAITING ROOM

Here's some advice from "The Girl's Own Annual" (1903) on encouraging hair growth: "The very best way of making the hair grow is to rub paraffin into the roots but, of course, you must be very careful afterward not to go near a fire or light of any kind. The next best cure is to rub the head with Vaseline."

Which ensures nobody will go near you.

BODY OF KNOWLEDGE

Your two nostrils register smell in different ways. The right nostril detects the more pleasant odors. The left nostril is more accurate.

GET ME THAT. STAT!

Most women and large numbers of men are interested in having cosmetic surgery, according to a new UCLA study. Forty-eight percent of the women surveyed said they would be interested in cosmetic surgery, liposuction or both, and 23 percent said they would possibly be interested.

Among men, 23 percent said they would be interested in surgery, with 17 percent expressing possible interest.

PHOBIA OF THE WEEK

Aulophobia - fear of flutes

NEVER SAY DIET

The world's speed-eating record for whole pickled beef tongue is 3 pounds, 3 ounces in 12 minutes, held by Dominic Cardo.

BEST MEDICINE

The optometrist pointed to the top of the eye chart and said, "Now read this."

"I'm sorry, you'll have to read it to me," replied the patient. "Didn't anybody tell you I'm here on account of my poor eyesight."

OBSERVATION

Keeping off a large weight loss is a phenomenon about as common in American medicine as an impoverished dermatologist.

- American writer Calvin Trillin

A DRINK A DAY

Have a toast to your diet. According to a Mayo Clinic study, a drink a day may actually help you stay slim. Researchers analyzed data on more than 8,000 men and women and found that those who consumed five alcoholic drinks a week were 38 percent less likely to be obese than nondrinkers. Doctors speculate that light drinkers are less likely to have dessert or a second helping at a meal. But don't get carried away. Four or more drinks a day doubles the obesity risk.

DANGERS OF FAT CELLS

Fat breaks your heart. Fat cells release active chemicals in the same way your pancreas produces insulin. One of those chemicals, C-reactive protein (CRP), may help explain why overweight people have a much higher risk of heart disease than normal-weight folks, a University of Texas study says. When CRP is released from fat, it prompts cells that line artery walls to become inflamed and atherosclerosis can build up.

- Compiled by R.J. Ignelzi

WellNews: Vegetable oil - for the sun by Scott_LaFee