WellNews: C gets bad grade, but OJ is A-OK

by Scott_LaFee

Taking daily supplemental doses of vitamin C does not significantly affect the common cold, according to a new review of 30 past studies, with one exception: People exposed to periods of high physical stress, such as marathon runners and soldiers on sub-Arctic exercises, are 50 percent less likely to catch one if they take C supplements.

OJ IS OK - Researchers say they have found that orange juice, despite its high caloric load of sugar, helps diabetics battle oxidative damage to their cells. CNS Photo. MEDTRONICA - The Never-Ending Squirrel Tale Web site at www.squirreltales.com/ offers practical advice and encouragement for parents of children with cancer. CNS Photo. The review, which re-examined studies involving 11,000 people over several decades, was conducted by Australian and Finnish researchers. They concluded that extra vitamin C does little to reduce the length or severity of a cold in most people. The current recommended daily allowance of vitamin C is 60 milligrams. An 8-ounce glass of orange juice contains just under 100 milligrams of vitamin C.

Aside from colds, diabetics may have a new reason for making sure they drink orange juice. University of Buffalo (New York) researchers say they have found that OJ, despite its high caloric load of sugar, helps diabetics battle oxidative damage to their cells.

The high-sugar negative of orange juice is countered by its abundant flavonoids - chemicals that suppress destructive oxygen free radicals. An overabundance of free radicals can damage cells, contributing to the development of many diseases, including diabetes.

"Our data are relevant to patients with diabetes because stress from (free radicals) and inflammation are increased in this population and may contribute to development of atherosclerosis," Dr. Paresh Dandona said. "Clearly the choice of foods that either don't increase or actually decrease oxidative and inflammatory stress is important."

MEDTRONICA

The Never-Ending Squirrel Tale

www.squirreltales.com/

A Web site of practical advice and encouragement for parents of children with cancer.

STORIES FOR THE WAITING ROOM

Last month, an Englishman was admitted for leg surgery, but his surgeons found something else: green blood.

The unusual coloration was due to sumatriptan, a drug the patient was taking for migraines. The drug caused sulfur to be combined with hemoglobin in red blood cells. When the man reduced his dosage, the blood returned to its normal red color.

BODY OF KNOWLEDGE

More electrical impulses are generated in one day by a single human brain than by all of the telephones in the world.

GET ME THAT. STAT!

The United States Department of Agriculture tests less than 1 percent of slaughtered cattle for mad cow disease. It has opposed increased testing for fear of a high likelihood of false positives.

PHOBIA OF THE WEEK

Atelophobia - fear of imperfection

BEST MEDICINE

A guy goes to the doctor's office and the doctor says, "I haven't seen you for a while."

The guy replies, "I know, I've been sick."

CURTAIN CALLS

In 1933, a 19-year-old student committed suicide by jumping into an active volcanic crater on the island of

Oshima in Japan. For reasons unknown, his action inspired 311 other students to follow suit over the next three months.

NEVER SAY DIET

Sonya Thomas holds the world's record for eating 65 hard-boiled eggs in six minutes and 40 seconds.

WellNews: C gets bad grade, but OJ is A-OK by Scott_LaFee