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The Healing Power of Sleep

Because sleep is the time our bodies repair and rebalance themselves, any deficit can wreak havoc, compromising our immune systems, causing inflammation, hormonal imbalance and weight gain, and even messing with our genes.

University of Chicago sleep researcher David Gozal, MD, explains that sleep problems can cause a surge of pro-inflammatory molecules throughout the body, contributing to problems like memory loss, sexual dysfunction, cardiovascular disease, even Alzheimer's. For this reason, the field of sleep medicine is fast expanding, and good sleep habits are increasingly seen as essential to a healthy lifestyle.

For more on sleep, see ELmag.com/powerofsleep.



12.

For more on electromagnetic fields, see ELmag.com/emfs.

Electrosmog Exposure

Some researchers and public-health advocates are expressing increasing concern about the potential health impacts of electromagnetic frequencies (EMFs). While electromagnetic radiation exists in nature, we're currently exposed to as much as 100 million times more than our grandparents were, says Ann Louise Gittleman, PhD, author of *Zapped*. We get it via cell phones, computers, appliances, cell towers, smart meters, and even solar panels.

Recent studies have linked electromagnetic frequencies — especially those from cell phones carried close to our bodies — to brain tumors, damaged DNA, fertility problems, and autism. In 2011, the World Health Organization declared cell phones a possible carcinogen. A group of independent scientists and health experts from around the world cataloged the risks and recommended safety steps in *Bioinitiative 2012* (www.bioinitiative.org).

"Powerful industrial entities have a vested interest in leading the public to believe that EMF and RFR, which we cannot see, taste, or touch, are harmless," notes Harvard Medical School pediatric neurologist Martha Herbert, PhD, MD. But, "cell towers can exert a disorganizing effect on the ability to learn and remember, and can also be destabilizing to immune and metabolic function."

While more research on this topic is required, we predict that it's one area many health-seekers will be watching with interest. ☛

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Ibuprofen Awareness

When we start popping over-the-counter painkillers for chronic issues, we're setting ourselves up for a world of hurt.

Every year, some 100,000 people are hospitalized in the United States with gastrointestinal bleeding from taking nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen (including the brands Advil and Motrin), naproxen (often branded as Aleve), or aspirin. Some 16,500 of those hospitalized die.

Excessive NSAID use may also cause a range of health problems, such as leaky gut, renal and cardiac damage, joint deterioration, and improper healing of broken bones.

Acetaminophen, the active ingredient in Tylenol, is not an NSAID, but overdoses of the medication are the leading cause of acute liver failure in the United States.

The takeaway: It's OK to use these powerful medications in moderation for the occasional headache or short-term injury, but it's best to deal with chronic pain and inflammation by getting to the root of the matter.

For more on NSAIDs, see ELmag.com/nsaids.

