



WEEKLY HEALTH & NUTRITION ROUNDUP

August | 2017 - Week 3



Hello, everyone! Felicia Irons here. Welcome to another addition of V.E. Irons Weekly Health and Nutrition News Roundup! We're excited to have you here as we breakdown this week's top stories from around the web.

Before we get started, I just want to personally thank you for your patience as we work to provide you with the best possible news format delivered straight to your inbox each Saturday morning.

Last week's article was carefully put together so that our readers could print it off if they so choose. The problem with it was that search engines couldn't find it that way, so we're back to using the regular format on our blog.





Weekly Health & Nutrition News Roundup!



THE LIES YOU'RE FED: SIX 'HEALTHY' FOODS THAT ACTUALLY AREN'T

From **VancouverSun**: "Foods are manipulated and then advertised with words such as "healthy," "real" and "contains vegetables" to make them sound more nutritious than they really are — but don't be fooled. Here's how some well-marketed processed foods compare with the real thing.

THESE ARE THE 5 FRUITS YOU SHOULD ALWAYS BUY ORGANIC, NO MATTER WHAT

From **PopSugar**: Organic food prices can add up, which can be hard on your budget. Here is a list of five fruits you should always get organic at the market.

THE TRUTH ABOUT MIDNIGHT SNACKING

From **The Huffington Post**: We've all heard the warnings: indulging in a late-night snack is a one-way ticket to weight gain, insomnia and poor eating habits. But if your stomach is grumbling as the clock chimes midnight, eventually you're gonna go with your gut. Is that really so bad?

ESTROGEN IN MEAT, DAIRY, & EGGS

From **Nutrition Facts.org**: This short video featured here discusses the sex steroids found naturally in animal products and how they exceed the hormonal impacts of endocrine-disrupting chemical pollutants.

TRY THESE STRETCHES EVEN IF YOU'RE NOT A FLEXIBLE PERSON

From **LIFEHACKER**: The video is 20 minutes, but if you're short on time, click the gear in the lower right corner and set the speed to 1.5 or double. They're static stretches, after all, so you'll just be cutting the duration of each in half. Feel free to buy some extra time by continuing each stretch while your host, Nico, is explaining the next one.

CAN YOU SWEAT OUT TOXINS?

From **The New York Times**: Does it matter that people excrete small amounts of toxins in their sweat? "The fact is, nobody really knows," Dr. Schwarcz said. Claiming that no one will ever be able to conduct a large enough study to link such low levels of chemicals with health problems. "It's not figure-outable," he said.



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PROBIOTIC CURE FOR PEANUT ALLERGIES SHOWS LONG-TERM SUCCESS

From **New Atlas**: A new four-year follow-up study on the efficacy of a probiotic-based peanut allergy cure has revealed the majority of the original participants are still displaying tolerance to peanuts, paving the way for the final phase of trials to bring the treatment to the public.

WHAT A 6,000-YEAR-OLD KNEE CAN TEACH US ABOUT ARTHRITIS

From **Smithsonian.com**: In this article, study co-author Daniel Lieberman suggests that the epidemic of sitting in modern-day America could be affecting how our joints are formed and maintained, leading to more arthritis. Changing diets and the rising rates of injuries from sports among children and adults could also play a role.

15 SIGNS YOU MAY HAVE AN IRON DEFICIENCY

From **Health.com**: Iron deficiency is the most common nutritional deficiency in the United States, and women are among those at greatest risk. Iron is critical for producing hemoglobin, a protein that helps red blood cells deliver oxygen throughout your body. So without it, everything suffers—and can lead to anemia.

SWOON-WORTHY SPIRALIZER RECIPES YOU NEED TO TRY

From **Cooking Light**: Spiralizing is an awesome and entertaining way to get fresh fruits and vegetables into your diet without incorporating complicated and calorie-heavy ingredients. Anything that gets you excited about cooking is worth some buzz, and we have some “in-spiralizing” ideas to get you started on this spiral sensation.



That's it for this week! Thanks so much for reading! If you enjoyed this blog post, please be sure to share this article by posting it to your website & Facebook pages.

- Felicia Irons, VE Irons, Inc., Social Media Director