



WEEKLY HEALTH & NUTRITION ROUNDUP

August | 2017



Hey there, everyone! Felicia Irons here. Welcome to another edition of V.E. Irons exciting new blog series titled '**Weekly Health and Nutrition News Roundup!**' We're excited to have you here as we breakdown our week's top 10 stories from around the web.

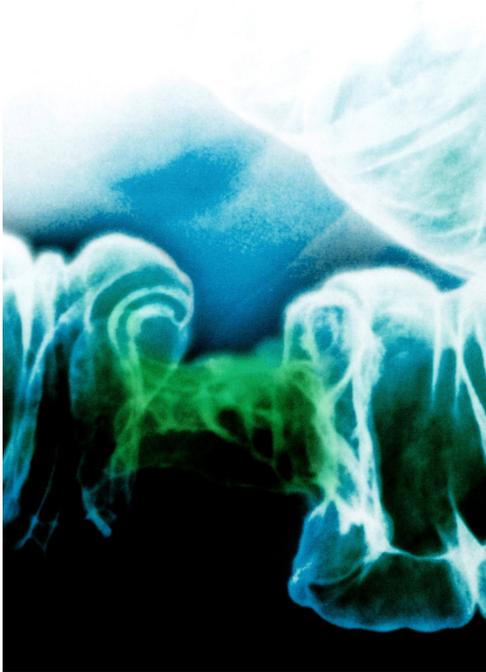
We're covering everything from a new study that reveals a deeply concerning increase in colon cancer rates, to lighter topics such as some seriously delicious new recipes that we're anxious to try this weekend. Yum! Check it out!





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MORE YOUNG PEOPLE ARE DYING OF COLON CANCER

From **The New York Times**: When researchers reported earlier this year that colorectal cancer rates were rising in adults as young as their 20s and 30s, some scientists were skeptical. The spike in figures, they suggested, might not reflect a real increase in disease incidence but earlier detection, which can be a good thing.

'NOT ONE DROP' OF POLAND SPRING BOTTLED WATER IS FROM A SPRING, LAWSUIT CLAIMS

From the **Washington Post**: Poland Spring, the country's best-selling bottled water, is "a colossal fraud," according to a class-action lawsuit.

WHAT THE COLOR OF YOUR BREAD BAG TWIST TIE CAN TELL YOU

From **Tasting Table**: Behind every great sandwich is a fresh loaf of bread. Though you can search a bread bag for the expiration-date fine print, there's another small detail that will quickly and easily tell you how fresh its contents are: the twist tie.

DELICIOUS EGGPLANT ROLLATINI RECIPE

From **Forks Over Knives**: This Italian-style eggplant rollatini dish is usually filled with bread crumbs and cheeses. This version uses a savory millet and spinach filling—seasoned with fresh basil— and baked and topped with tomato sauce. This can stand alone or be served with a salad or on a bed of pasta.

COSTCO JOINS A HOST OF RETAILERS REFUSING TO SELL GMO SALMON

From **Healthy Holistic Living.com**: Costco announced in 2015 that it would become one of the largest sellers of organic products in the US. Since Costco customers rallied in Seattle to deliver more than 50,000 signatures asking the company not to sell GM salmon, they are finally taking a stand on GMO Salmon.

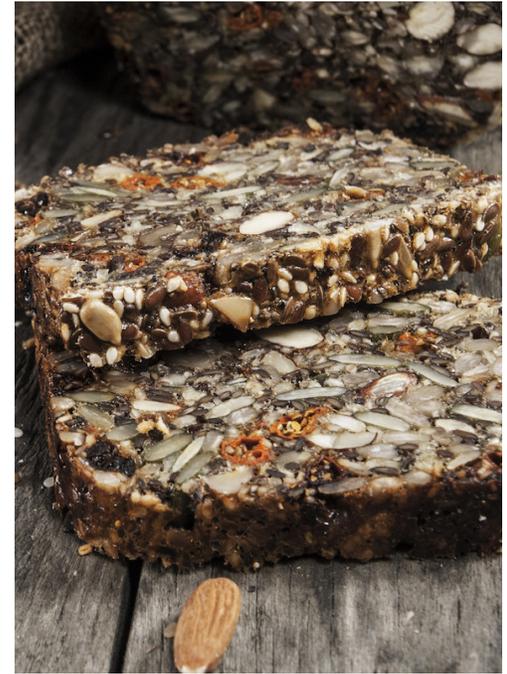
VITAMIN C DEFICIENCY MAY INHIBIT IMMUNE SYSTEM'S ABILITY TO COMBAT LEUKAEMIA

From **News.Com.AU**: An apple a day may keep the doctor away, but a glass of juice could keep you out of a cancer ward. Research involving mice has linked vitamin C deficiency to leukemia.



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GOOGLE WANTS TO KNOW IF YOU'RE DEPRESSED. WHAT COULD GO WRONG?

From **The Guardian**: Around 72% of Americans look up health information online, according to a 2013 Pew study. And last year, Google reported that about 1% of the site's searches relate to medical symptoms.

SPICY GRILLED CAULIFLOWER STEAKS RECIPE

From **Bon Appetite**: If you like spicy food, you're going to love this recipe for Grilled Cauliflower Steaks by Rick Martinez! Give it a try and let us know what you think!

STUDY: THIS COMMON INGREDIENT FOUND IN MOISTURIZERS INCREASED TUMOR GROWTH BY 200%

From **Healthy Holistic Living**: A study has found that topical applications of moisturizers such as Dermabase, Dermovan, Eucerin Original Moisturizing Cream, or Vanicream could increase skin cancer risk.

GOOD-FOR-YOUR-GUT NUT BREAD

From **Dr. Hyman.com**: Optimal gut balance begins with your diet. You want to eat lots of fiber, lean protein, and healthy fats - which you'll get from this delicious, gut friendly "bread" recipe.



That's it for this week! Thanks so much for reading! If you enjoyed this post, please be sure to check our blog again next week for another edition of the VEI Weekly Health And Nutrition Roundup!

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