

200

**That's the number of minutes of moderate-paced exercise you need per day to fight inflammation,**

according to researchers at the University of California San Diego School of Medicine. Senior study author Suzi Hong, PhD, of the Department of Psychiatry and the Department of Family Medicine and Public Health at UC San Diego School of Medicine, says the team's findings may one day lead to new therapies for those suffering from obesity and chronic inflammatory conditions such as fibromyalgia. Adding to the already-proven benefits of exercise, which include cardiovascular support and weight management, the researchers found that one 20-minute block of moderate-paced exercise (such as fast walking) activates the immune system, which produces an anti-inflammatory response. During this response, the body's cells produce small secreted proteins called cytokines. One such cytokine – TNF – is a crucial regulator of acute and chronic inflammation that aids in boosting immune responses. Now that researchers have identified what sets the regulatory mechanisms of inflammatory proteins in motion, Hong's team plans to use their findings in developing avenues of therapy for sufferers of chronic inflammatory diseases (including the nearly 25 million Americans who are living with an autoimmune disease).



## The Mineral of Life

Diabetes and heart disease are common health epidemics. A combination of exercise and healthy eating habits are often the go-to advice for improving health outcomes, but the numbers continue to climb. According to a new study published in *BMC Medicine*, increasing your intake of dietary magnesium can reduce the risk of stroke, heart failure and type 2 diabetes. Researchers, led by Fudi Wang, PhD, of the School of Public Health at Zhejiang University in China, found that people getting an extra 100 milligrams a day of magnesium lowered their risk of heart failure, stroke and type 2 diabetes by 22%, 7% and 19%, respectively. While the research also found a 10% lower risk of all-cause mortality, there was no correlation between increased magnesium intake and decreased risk of coronary heart disease or total cardiovascular disease. Current guidelines recommend adult females get 310 to 320 milligrams of magnesium a day. Males should aim for a daily amount of 400 to 420 milligrams. While it is estimated that up to 80% of Americans are deficient in this mineral, the simple fix is to eat magnesium-rich foods on a daily basis. A few good food sources include leafy green vegetables, whole grains, beans and nuts.

### CHEW ON THIS

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**Keep your herbs fresh for up to a month by storing bunches in the freezer. Wash herbs thoroughly and then place in a sealed plastic bag before freezing. Once you are ready to use them, remove herbs from the bags – they will thaw quickly and be easier to chop.**