



E-spoons E-zine
September 2011

Border crossing

Leave the car behind, it's making you fat, and hot foot it across the tree lined border with a caffeine muscle boost. Clean out your socks not your colon, so that your smelly feet don't make you a target for mosquitoes which will bring fire to your feet. Ask for directions, don't let the worm in your head cause you to jumping in front of a hungry cat, on your way to the acne pool party. Laugh lots, sip "weed-free" herbal tea and don't hang the wiring at the party, finally remember to take out the rubbish to avoid Alzheimer's Disease.

The E-spoons E-zine is a monthly compilation of stories appearing on [7 Big Spoons™ blog](#). The stories are based on the latest science tit bits and will help you become a little healthier, wealthier and wiser by explaining the why. As a friend of Spoonful of Science you have been included on our mailing list – should you wish to unsubscribe, follow the link at the bottom of the E-zine.

Your car is making you fat



A professor of computer science has crunched the numbers and found that cars are what is in reality making us fat. The obesity epidemic started with Mr Ford and his vision to take the automobile from a toy of the rich and famous, to the man on the street.


Cars began hitting the roads in mass, in the 1950s. They've multiplied like bunnies, to the point that they are EVERYWHERE. But as the car has been embraced by the masses, so has the mass of the masses began creeping up. Yup, the car population of the world started edging up in the 1950s and so did waste lines.

Commuting in the car means less, pretty close to no energy consumed.

Before the invention of the car – it took a lot more energy to live. You had to expend energy to get food. Now you can actually accumulate more energy, as you scoff down food, *en route* to acquiring your food.

So consider leaving the car parked in the garage and hot footing it to where you need to go. I did say HOT FOOTING it, not car pooling.

Find out what else could be making you fat



Struggling with your weight ?

Find out about the chemistry that puts on the pounds so you can plan your attack.

[Chat to Dr Sandy over a cup of coffee](#)

One-on-one or group conversations.

[Return to Table of Contents](#)

Tree lined border



Remember, forests provide shelter to people, habitat to biodiversity; are a source of food, medicine and clean water; play a vital role in maintaining a stable global climate and environment. Forests are vital to the survival and well being of people everywhere, all 7 billion of us.

[Return to Table of Contents](#)

Caffeine can wake up your muscles to make you go-go so don't carbo load rather caffeine load



The surreptitious use of a little caffeine just before the big event is one of the little tricks of the trade, used by professional endurance athletes, to improve stamina and allow them to keep going for longer.

The caffeine effect is not magic

Don't get excited – a dose of caffeine is not going to allow you to finish the Comrades or Argus, without doing any training, but it might improve your time, a little.

[Read the full article to find out how to safely fire up the muscles with caffeine](#)

[Return to Table of Contents](#)



Business **BOOSTER** Breakfast

Taking YOU and YOUR business to the next level

Friday, 14 October 2011

Should you periodically clean out your colon ?

The idea cleaning things out is inherently appealing, because getting rid of the old junk in your garage or your life, typically improves appearances. The custom, of periodically expelling the contents of an otherwise healthy colon, is universally practiced. I recently witnessed the extended family's colon emptying ceremony.

[Read about this moving experience](#) then decide for yourself if colon hygiene is all it's cracked up to be.

[Return to Table of Contents](#)



Your smelly feet are making you a target for hungry mosquitos

Does this happen to you. You are sitting in a room full of people. There is one mosquito in the room. The mosquito picks you, despite the fact that you're definitely not the juiciest, in terms of having the most soft squishy bits. I am that person ! I feel victimized by mosquitoes.

According to research from Wageningen University, mosquitoes select their next victim, not based on texture but on smell. Specifically they like people with smelly feet.



Click here to find out [how mosquitos zone in on their victims.....](#)

As we head for mozzie season, adopt a [camouflage or bait 'n switch tactic](#) and avoid being eaten.

And take comfort, if you find yourself donating blood to produce baby mosquitoes – it isn't a picnic for the mosquito [tapping into your red hot piping juice, she suffers just a little !](#)

[Return to Table of Contents](#)

Mitochondria burn out brings fire to the feet

Diabetics, HIV/AIDS patients, as well as those suffering from circulatory disorders, are among the people who can find themselves suffering from unexplained, unpleasant sensations in their hands and feet. Being old or being unusually tall, increases the odds of developing the problem. The official name for the nerve whining and whinging is a neuropathy.

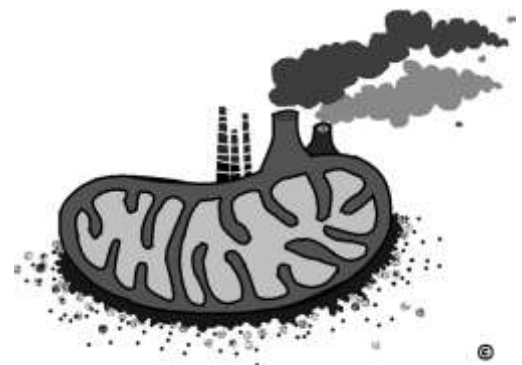
Researchers at John Hopkins University School of Medicine, have discovered one of the factors contributing to the nerve damage is the age of the power factories (mitochondria) in the feet. Mitochondria in the feet are stuck in a time warp making them very old. These older mitochondria are not up to the stresses and strains of the disease process and malfunction causing the burn.

Click here to learn [why feet mitochondria are the oldest mitochondria in your body and if you're tall, why they're even older.](#)

One way to keep your mitochondria healthy is to GO GREEN !

GOING GREEN physiologically speaking, is about burning less fuel i.e. eat less. The more fuel burned, the more nasty waste products i.e. oxidative radicals produced. More oxidative stress translates into damage, which brings on chronic diseases such as diabetes, cardiovascular disease and cancer.

[Return to Table of Contents](#)

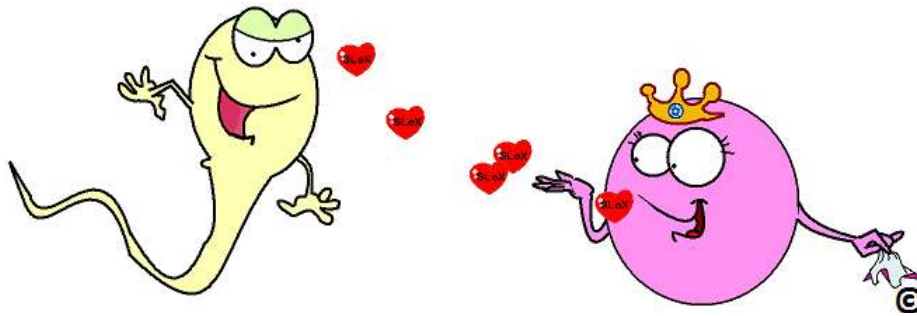


Thankfully sperm don't need to ask for directions

Men never ask for directions, so how do sperm manage to locate the egg ?

Human eggs, already understand the imperfections of the other half, so they have developed a sophisticated signalling system. The system sends out the egg's location, guiding the handsome prince in shining armour, to find the egg. Once the egg is located, the signalling system helps the sperm pierce through the multiple layers to form a zygote which develops into an embryo.

For years, scientist have been keen to understand the signalling system, suspecting that in some cases, infertility is caused by a lack of appropriate advertising, on the part of the lady. The signalling system is a sugar chain with a very fancy name, the sialyl-lewis-x sequence (SLeX). SLeX ties the knot following SEX, to bring the sperm and the egg together to create a brand new being.

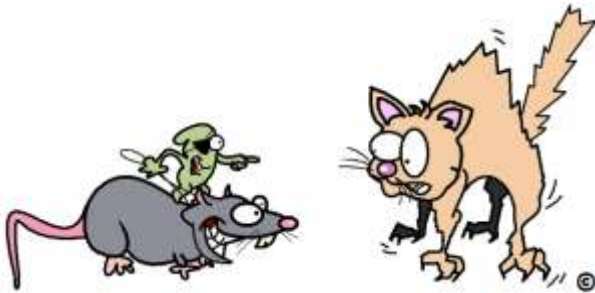


Read how this discovery is expected to [help both stop and start pregnancies](#).

But in the mean time, it is good to know, the absence of the map reading gene will have no bearing on your ability to procreate. Baby making boils down to marketing not map reading.

[Return to Table of Contents](#)

Why rats commit suicide by jumping in front of hungry cats ?



You really don't want to take the last piece of chocolate cake. But a voice in your head convinces you that it is okay.

Of course, as you wipe the last crumbs from the corner of your mouth and feel a wave of indigestion – you come to your senses and know, it was NOT the right thing to do.

It is as if someone else is controlling your brain.....

Well this is what happens to rats who become kitty lunch.....

[Return to Table of Contents](#)

Acne happens when a wild pool party is curtailed by security

I'm sure it's happened to you – you went to bed looking normal and woke up with a pimple the size of mount everest on your nose. What happened ?

Three things need to be going on simultaneously for a pimple eruption to occur.

Factor 1

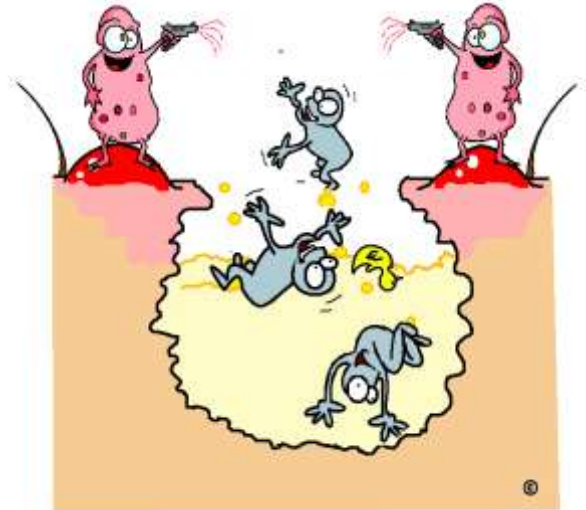
The sebaceous follicles, which are really just little sacs in the skin that squirt out oil get blocked up. The reason they get blocked up is because something goes wrong with the outer layer.

Factor 2

There are extra male hormones around which increase the production of skin oils (sebum).

Factor 3

Propionibacterium acnes can't resist the oil pools. It pops in for a quick dip and soon there is a pool party going on – with hundreds of bacteria splashing about.



The neighbours complain and call the police to shut down the party. But the bacteria don't go quietly, so the immune system needs to use force. In the process, things turn red hot and ugly. The end result a huge bright red carbuncle, which is not only horrific to look at but damn sore too.

The pool party is eventually shut down. The force of the intervention leaves lots of little bodies in its wake and so, the pimple changes from a red hot fiery mountain, to yellow wasteland, filled with pus.

So if you don't want to look like a spotty ogre – you need to prevent the pool party from happening.

So how would you stop a pool party ?

How can you avoid spots without spending a fortune.

[Return to Table of Contents](#)

Laughing is not just good medicine for the soul it helps the heart too



If you've been watching the news lately – you've probably put your heart under some serious stress.



Mental stress causes blood vessels to seize up in alarm. The narrowing of the blood vessels, restricts the amount of blood flowing through the vessel. Vasoconstriction bumps up the pressure in the pipes, ultimately putting strain on the heart.

BUT..... **A good laugh does the opposite.**

[Return to Table of Contents](#)

Your herbal tea could include a weed or two

You're feeling a little frazzled, **not too keen on further winding yourself up**, so instead of a caffeine loaded espresso, you opt for a herbal infusion of rooibos.

You boil the water and pop the tightly woven little bag into the cup, then leave it to dangle for a few minutes. The flavours of the tea, percolate into the water and the earthy scents of mother nature's antioxidant parcel, waft into your nose.

Already you're feeling more relaxed.

But, what is this ? In your precious blend **there is a WEED !**

[Return to Table of Contents](#)



Don't let alcohol hang the wiring in your brain



Alcohol is a really small molecule, which means it can travel anywhere in your body, including your brain. Once inside your brain, it influences a whole bunch of neurotransmitters, the chemicals your brain uses to communicate.

The “good” feelings you enjoy when consuming alcohol, come because it boosts the levels of dopamine. But, unfortunately the “good” feelings are often accompanied by a feeling of being sleepy because of increases in the chemical called GABA.

The part of the brain “falling” asleep is the thalamus. The thalamus is responsible for sorting through the thousands of bits of information (parcels), arriving in your brain. Even at the best of times, the thalamus can only hold a few items. Under the influence of alcohol it drops more and more bits of information (resulting in quirky behavior). It can get completely overwhelmed causing you to pass out and even fail to breathe.

Enjoy alcohol responsible – don't drink so much that you hang the wiring completely.

[Read the full article](#)

[Return to Table of Contents](#)

Vitamin D takes out the rubbish in Alzheimer's Disease

Scientists have known for years that patients with Alzheimer's are often short of vitamin D.

The assumption has been that the vitamin D levels merely reflect the house bound status of the demented patient, but recent research suggests being “house” bound, might be a big part of the problem.

Japanese researchers have discovered that the amyloid-beta protein, which is responsible for blocking nerve talk Alzheimer's, depends on vitamin D for disposal.



Maybe it's time to take out a vitamin D insurance policy..... Spend a little time in the sun or swallow a vitamin D pill. Physiological vitamin D levels will help your bones, metabolism and immune system and now might even preserve your cognitive function.

[Read the full article](#)

[Return to Table of Contents](#)

Other stories from the blog this month.....

- [You can stop cancer cells growing by cutting off their food supply](#)
- [High insulin levels hammer your heart whether you're thirteen or thirty](#)
- [Could the stomach ulcer bug, Helicobacter pylori, cause Parkinson's disease ?](#)
- [Aspirin discriminates against women](#)
- [Stop counting steps and start counting bites](#)
- [Bacteria are brushing away salt crystals to restore old walls](#)

Did you enjoy the E-zine ?

Give us a like on **facebook**

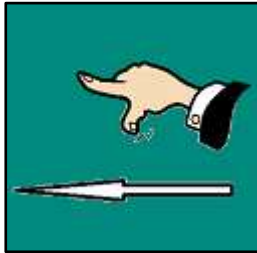
Thank you for taking the time to read the e-zine. I love hearing from readers, so [drop me an e-mail](#) to let me know which story you enjoyed the most, did you learn something new or do you have a different perspective.

Which drug(s) would you like to see featured as a “Medical Spoon” ?

Did you catch this months Neurotechnology Tips ?

Neurotechnology tips provides tit bits of science to help you buzz up your brain performance.

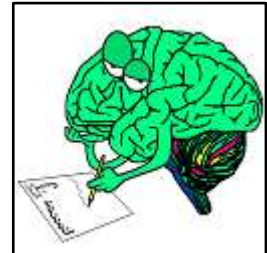
Click [here](#) to have a Neurotechnology Tip delivered directly to you in box next week.



How to “see” those spelling mistakes that hurt you



Are your academic results sleep sliding away ?



Doodle to avoid boredom induced dumbness

We will be dog-ging around next month. Look out for it in your inbox on 5 October 2011 (the first Wednesday of the month).

Yours scientifically

Dr Sandy

Phone : +27 (0)11 452 2207

Cell : 083 262 5023

E-mail : drsandy@spoonfulofscience.com

The cartoons were drawn by [Guy Alain Ngangob](#) – drop him an e-mail if you need a cartoon or two. If you want to access the science articles used to compile the newsletter visit the relevant pages on the blog and follow the link.

Copyright © 2011 by Sandra Evans. YOU ARE WELCOME TO COPY the e-Zine's contents for use in your own newsletter, company or club publication, BLOG or website. Please give proper credit and a link back to <http://www.7bigspoons.com>.

Disclaimer : The e-zine is provided as a service. Dr Sandy's reports and opinions are for information only, and are not intended to diagnose or prescribe. For your specific diagnosis and treatment, consult your doctor or health care provider.