



Health

The latest news and wisdom so you can live life to the fullest

Slow Down to Slim Down

Do you savor your food or eat at a rapid tempo? If speed is your style, know this: Taking time to enjoy your meal may help you lose weight, according to research in the journal *BMJ Open*. Study participants who switched to eating at a leisurely pace improved key health markers, such as lowering their BMIs and waist circumferences. Follow these tips to bring your speed down a notch:

1 Choose "active" snacks

Reach for the perfect hold-you-back noshes: pistachios and peanuts in the shell. Cracking them creates a delay between nuts, and the shells remind you of how much you've eaten.

2 Stretch out your mains

Fill half your plate with vegetables, which are low in calories and take a while to chew. Pair them with chicken on the bone or shell-on shrimp, since these take more time to eat.

3 Create a pause

Rest your fork or spoon on your plate or bowl after each bite. Then don't pick it up to get the next bite ready until you're completely finished with the current one.

SOURCE: Toby Smithson, R.D.N., diabetes lifestyle expert





PAIN ALERT

Three science-tested ways to ease aches now.

HOLD HANDS

Take advantage of the power of human touch: New research in the journal *Proceedings of the National Academy of Sciences* shows that when you hold the hand of a loved one in pain, your brain wave patterns synchronize (as do your breathing and heart rates). That convergence may help some of the other person's pain go away.

CONSIDER NON-OPIOID OPTIONS

People who used opioid alternatives (like acetaminophen) for back, hip, or knee issues got more relief than those who were prescribed opioids, a new study in the *Journal of the American Medical Association* found. Opioid users also had about twice as many side effects and were at risk for addiction.

KEEP ON MOVING

If you're concerned about stiffening up as you age, don't avoid working out—embrace it. A study in the journal *Pain* revealed that older adults who stayed active were better able to process pain in their central nervous systems. That's important because a drop in pain processing can put people at risk of developing chronic pain later in their lives.

SOURCES: Pavel Goldstein, Ph.D., Cognitive and Affective Neuroscience Lab, University of Colorado Boulder; Erin E. Krebs, M.D., M.P.H., associate professor of medicine, University of Minnesota; Kelly Naugle, Ph.D., assistant professor, Indiana University—Purdue University Indianapolis

4 Things to Know About the Ketogenic Diet

1 It's not actually new. This high-fat, super-low-carb plan has been used for decades as a research-backed way to help prevent seizures in people with epilepsy; those with type 2 diabetes may also benefit from it.

2 You must limit fruits and vegetables. So long, sweet potatoes: The ketogenic diet allows only about 20 grams of "net" carbs per day (net = total carbs minus grams of fiber), so followers fill up on proteins and fats like meat, fish, butter, mayo, eggs, and nuts.

3 You stop burning carbs. The diet puts your body into a state of "ketosis," meaning you start breaking down fat into molecules called "ketone bodies." You use these ketones instead of carbs to create the energy that keeps your body ticking.

4 Weight loss can come at a price. Because the plan burns fat and cuts out many foods, you'll likely shed pounds, but it's still considered a therapy for medical issues rather than a sustainable way to lose weight. Eating this way may also raise cholesterol levels (if you feast on foods like bacon) and could lead to nutrient deficiencies and hair loss.

SOURCE: Pegah Jalali, R.D.N., practicing at Middleberg Nutrition in New York City



The Truth Behind Tech and Your Slumber

You may think that switching to the night shift mode on your device helps you go to sleep more easily, but the glow can actually keep you from getting zzz's. Even on that setting, your tech may be suppressing melatonin, a hormone that increases at night to make you sleepy, a recent study from the Rensselaer Polytechnic Institute found. To let melatonin rise, try to put down your tablet or phone at least 30 minutes prior to bedtime.

SOURCE: Mariana Figueiro, Ph.D., professor and director, Lighting Research Center, Rensselaer Polytechnic Institute