

Listening to the news this morning, the report came over that more than 2700 teenagers have been charged since 'zero alcohol for drivers under 20' came into force last August. The report continued that the police were reasonably content with that number, but of course hoping for a drop in that figure. While we hear and read much on driving and alcohol, there is another factor in relation to drivers and crashes, that we cannot ignore in our society any more.

In this edition of **healthbites**, we look at the impact of Cannabis on the ability of our brain to perform motor tasks especially as it is shown in our ability to drive safely.

Over the page we talk about the use and impact of Ginger on our health and we include a recipe and a collection of interesting **littlebites** in the side column!

Cannabis increases Crashes

Drivers who consume cannabis within three hours of driving are nearly twice as likely to cause a vehicle collision as those who are not under the influence of drugs or alcohol, claims a paper published recently on the British Medical Journal website.

The paper's authors, from Dalhousie University, reviewed nine studies with a total sample of 49,411 people to determine whether the consumption of cannabis increases the risk of a motor vehicle collision.



This is the first review to look at various observational studies concerned with the risk of vehicle collision after the consumption of cannabis. Previous studies have failed to separate the effects of alcohol and other substances from the use of cannabis, resulting in a lack of agreement.

Cannabis is the most widely used illicit substance globally and recent statistics have shown a significant increase in use across the world. Rates of driving under influence have also increased. A roadside survey carried out in Scotland in 2007 showed that out of 537 drivers tested, 15% aged 17-39 admitted to having consumed cannabis within 12 hours of driving.

All motor vehicle collisions involved in the study took place on a public road and involved one or more moving vehicles such as cars, vans, sports utility vehicles, trucks, buses and motorcycles. Results were taken through blood samples or direct self-report.

Results show that if cannabis is consumed before driving a motor vehicle, the risk of collision is nearly doubled. Previous results have also found that there is also a substantially higher chance of collision if the driver is aged 35 or younger.

In conclusion, the authors suggest that the consumption of cannabis impairs motor tasks important to safe driving, increasing the chance of collisions and that future reviews should assess less severe collisions from a general driving population.

The author of an accompanying editorial, from the University of Queensland Centre for Clinical Research, questions the benefits of roadside drug testing on public health. He argues that further evidence of this is required so that countries already carrying out drug testing can help to inform those countries that have yet to introduce it.

—ScienceDaily, 10 February, 2012

Quote of the Month

By practicing temperance in eating, in drinking, in dressing, in labor, and in all things, we can do for ourselves what no physician can do for us.

—E G White

healthbites

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Autumn Leaves NZ Ltd
PO Box 654
Rangiora 7440
New Zealand



Ph 03 313 7762
health@autumnleaves.co.nz

www.lifestyl matters.co.nz

Effective health care depends on self-care; this fact is currently heralded as if it were a discovery. —Ivan Illich

little bites

Soft drink and lung problems

EmaxHealth, February 2012

A new study compared people who drink at least a half-litre of soft drinks daily to those who consumed none to find they were twice as likely to develop asthma and chronic obstructive pulmonary disease (COPD).

High fibre foods reduce disease

Naturalnews.com, 10 Feb 2012

Increased dietary fibre consumption can reduce the risk of developing a number of health complications. Dr. Vikas Rana, who has looked at multiple studies conducted over the last two decades across the globe, explained that dietary fiber can reduce cholesterol levels and decrease blood glucose, maintain gastrointestinal health, increase calcium bio-availability and promote immune function.

—Michelle Bosmier

Oregano delivers more antioxidants

Naturalnews.com, 7 Feb 2012

Oregano, a common ingredient in Italian and Mexican cuisine, comes from the leaves of an herb native to the Mediterranean, is one of the most concentrated antioxidant sources ever studied. Even well-known antioxidant-containing fruits fail to measure up: Oregano has four times the antioxidant activity of blueberries, 12 times that of oranges and 42 times that of apples.—Mike Adams

Fasting Weakens Cancer in Mice

Naturalnews.com, 7 Feb 2012

A recent study found that fasting combined with chemotherapy cured 20 percent of mice with a highly aggressive type of children's cancer that had spread throughout the organism and 40 percent of mice with a more limited spread of the same cancer. Even fasting on its own effectively treated a majority of cancers. No mice survived in either case if treated only with chemotherapy.

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Ginger

Ginger root is a favorite among herbalists, used in a variety of situations. The spicy root, or rhizome, of the ginger plant can either be eaten raw, powdered, made into tea, juiced, tinctured, or even candied. One of the most common uses for ginger root is for nausea and vomiting. Placebo-controlled, double-blind studies have proven that ginger root effectively reduces nausea and vomiting caused by motion sickness, surgery, and morning sickness during pregnancy. Because organic ginger root is completely safe to use during pregnancy, the herb is especially treasured by pregnant women around the world.



Ginger root is an effective antidote for motion sickness while at sea. A Danish study published in 1988 tested the effects of ginger root powder on 80 new Naval cadets who were out on the high seas in stormy weather for the first time. The sea-sick cadets were either given a placebo or 1 gram of ginger root powder, then measured every hour for symptoms of motion sickness for four hours. During this time, the control group of cadets experienced cold sweats, dizziness, and vomiting. The group of cadets who had taken ginger root powder had measurably fewer symptoms.

Ginger root has been demonstrated to reduce nausea and vomiting after surgery. Researchers in a London hospital tested ginger root as an anti-emetic, a "drug" that prevents nausea and vomiting. In a double-blind, placebo controlled study of 60 women who had just had major gynecological surgery, ginger root was compared to a placebo and the drug metoclopramide (Metosolv ODT by Salix or Reglan by UCB). Ginger root compared very similarly to this commonly prescribed anti-nausea drug in reducing nausea after surgery.

Pregnant women may safely take ginger root for morning sickness. The venerable medical journal Obstetrics and Gynecology published a 2001 study on the effectiveness of ginger for pregnancy-related nausea and vomiting. Seventy pregnant women who were less than 17 weeks pregnant were studied for five months to determine if ginger had any effect on morning sickness. They were given either 1 gram of ginger daily or a placebo. Both nausea and vomiting decreased significantly in the ginger group, while barely at all in the control group. No adverse outcomes were reported. The researchers concluded that ginger is safe and effective for nausea and vomiting during pregnancy.

Complementary Therapies in Nursing and Midwifery reviewed safe alternatives for nausea and vomiting during morning sickness in pregnancy in 2002. The author noted that most pregnant women were reluctant to take any prescription drugs during pregnancy, but that these women did want to find relief from morning sickness. Ginger root was one of the alternatives noted as safe and effective.

—Donna Earnest Pravel, NaturalNews.com

Back to Eden DVD Series Kaye Sehm

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Recipe of the Month

Broccoli and Ginger Stirfry

1 broccoli head
2T oil or water
2T grated ginger root
1 chopped red capsicum

1½T Braggs Aminos*
1½t tomato sauce
2T chopped coriander or parsley

Cut broccoli into bite size pieces. Bring to the **boil** 2 cups of water with 1t of salt. **Add** broccoli. **Boil** 2-3 minutes. **Strain** and keep aside. **Sauté** ginger and capsicum in oil or water for 4-5 minutes. **Add** Braggs Aminos, tomato sauce, and coriander. **Mix** well. **Add** broccoli. **Stirfry** for 5 minutes. Serves 4.

