

## SOME DOCTORS' DISCOVERIES



Just a few things you maybe didn't know or haven't heard about yet to help you out. Always here to please and advise!

Have some brown or age spots that you're using a lightening cream on? Check the ingredients and make sure they don't contain hydroquinone and mercury. They can cause your face to swell, permanently discolor your skin, and damage your kidneys and lungs. Good to know.

Probiotics appear to lower levels of disease-causing inflammation. People with rheumatoid arthritis report improvements in their joint stiffness, pain and swelling when they take probiotics. And here I thought they were for your gut.

A tick bit can cause an allergy to meat. Now there's a side effect I never heard of.

New research shows that singing helps stroke recovery victims. Singing helps more things than most people think, in my opinion. Better breathing, socialization, memory, organization, and on and on. Call Lori.

Morning workouts may be better for your heart. Still don't care.

Ease back, joint and bone pain---swim in a heated pool. Now that's one I can dive into!