

Bryant Stamford sees potential in reflexology but cautions about lack of oversight of practitioners.



# Health & Fitness

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**THURSDAY**  
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## HEALTH WATCH



### Keeping Alzheimer's at bay

► **A drink a day?** Low to moderate alcohol consumption, just a drink or so a day, may be good for the brain, a large and rigorous study of nurses reveals.

Women who consumed a drink a day or less, on average, tended to perform better on memory tests than those who abstained from alcohol entirely or drank more heavily. The study appeared in the *New England Journal of Medicine*.

► **A fighter in your spice rack?** Curcumin, the yellow pigment in the herb turmeric and a key ingredient in curry spice, may have benefits against Alzheimer's disease, a new study reports.

The study showed that curcumin reduced the tendency of beta amyloid to form sticky clumps in the brains of mice that had been genetically altered to develop amyloid plaques like those found in Alzheimer's patients.

Beta amyloid is the potentially

## None for the road

There's still time to buy an Alcohawk ABI Digital Breath Alcohol Screener for your Super Bowl party. You could use this handheld device on friends and family who have had too much to drink but insist they can drive home.

The Alcohawk is a professional-grade breath alcohol screener cleared by the Food and Drug Administration and approved by the U.S. Department of Transportation. It passes accuracy standards required by federal transportation agencies.

A 9-volt battery, included, powers the breath alcohol screener for about 300 uses. It also plugs into a car dashboard power socket.

The Alcohawk uses a semiconductor oxide sensor to measure breath alcohol content quickly and accurately. A user simply presses a button, blows into the mouthpiece and waits just three seconds for a number to appear.

It is sold at Sharper Image stores for \$99.95. If you can't get to a store, look for online sources at [www.q3i.com](http://www.q3i.com).



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