



DIABETES LINKED TO DIRTY AIR

Health wise, the air we breathe is just as important as the foods we eat, according to a recent report published in the journal *Diabetes Care*. The report is based on one of the first large-scale, population-based studies linking diabetes prevalence with air pollution. According to researchers from Children's Hospital Boston, a strong, consistent correlation exists between adult diabetes and particulate air pollution, an association that persists after adjustment for other risk factors such as obesity and ethnicity. The relationship was seen even at exposure levels below the current U.S. Environmental Protection Agency safety limit.

GREEN VEGGIES BOOST IMMUNITY

Researchers reporting in the journal *Cell* have found another good reason to fill our plates with plenty of green vegetables like bok choy and broccoli: Tiny chemical compounds found in these healthful greens interact with the immune cells of the gut, known as intraepithelial lymphocytes (IEL), by effectively protecting them and boosting their numbers.

IELs, white blood cells that inhabit the lining of many body cavities and structures, are concentrated in the gastrointestinal tract, where their primary purpose is to destroy target cells that are infected by pathogens. Because pathogens frequently enter the body via the gastrointestinal tract, a high IEL count benefits overall health.

Source: Babraham Institute, Cambridge, UK



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