

LIFE, Inc.

Health & Fitness 2020 Volume 4

Smoking increases risk and severity of disabilities.

A study published in the *Oxford University Press USA*, 03/14/18 followed over 50,000 participants over eight years for nicotine and tobacco research.

Researchers analyzed data from participants' annual health checkups. Smoking status was determined for current, former, and never smokers, including the number of cigarettes smoked per day and the duration of smoking cessation. Researchers considered factors including noise exposure and still noted an increased risk of hearing loss among the current smokers compared with never smokers.

With the long study period used and large participation group, "the study provides strong evidence that smoking is a risk factor of hearing loss."

Mood Boosting Probiotics

A peer review journal, the *BMJ Nutrition, Prevention & Health*, published on 06/09/2020 states that they reviewed 7 different studies with the same results. All studies demonstrated significant improvements in one or more outcome that was measured after consumption of prebiotics and probiotics compared to the control groups who received a placebo treatment.

The study findings indicate that regular prebiotics and probiotics influences psychiatric conditions such as depression and anxiety.

As the studies were short term, more long-term investigation is warranted to conclude the effectiveness of including prebiotics and probiotics as a therapy, and long-term effects are, so far, not determined.

Other Events in Lubbock, or Virtual

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|-------|--------------|---|
| 09/03 | 10:30 - 12 | Interviewing, Hiring, & Communication: What Employers Need to Know
Free Virtual Event, Link Needed |
| 09/04 | 7 - 9 pm | Online Shamanic Healing Circle
Free Virtual Event, Link Needed |
| 09/04 | 6 pm | Virtual First Friday Art Trail of Lubbock
Free Virtual Event, Link Needed |
| 09/07 | 10 am - 5 pm | Buddy's Birthday Bash
Free In-Person at 1801 Crickets Ave. (mask required)
Come dressed as Buddy Holl for a prize.
Or Virtual Available from 10 am - 12 pm, Link Needed. |
| 09/08 | | July 4th on Broadway |

09/09	1 - 1:30 pm	How to Improve Your Focus and Limit Distractions Free Virtual Event, Link Needed
09/18	7 - 10 pm	Lubbock Online Game Night: Trivia, Charades, etc. Free Virtual Event, Link Needed
09/21	1 - 2 pm	How to Improve Your Memory Free Virtual Event, Link Needed

Contact LIFE, Inc. to request the links to the virtual events listed to be emailed or texted to you, or find them on www.everythinglubbock.com

Look for more events on www.everythinglubbock.com, www.lubbockintheloop.com, or Facebook Events.

“Patience is not passive, on the contrary, it is concentrated strength.” – Bruce Lee

We are proud to have Superior Health Plan as the sole sponsor of the LIFE, Inc. hygiene closet.