



May 5th, 2012

Creativity: There's No App For That

Want to better tap in to your inherent creativity? Ditch the electronics! Get back to nature! A recent study tested a group of young backpackers before they headed out into the bush without their gadgets, and again after 4 days of hiking. The test was the Remote Associates Test, used for assessing creativity, and the participants did 50% better the second time round.

Sleep Right, Sleep Tight

There are many causes of insomnia but some of the main ones are:

- schedule issues (including jet lag)
- spending too much time in bed, and
- overstimulation

Try to maintain a regular sleep/wake schedule – avoid late nights and sleeping in. If you don't fall asleep within 30 minutes, get up and do something boring until you feel sleepy again. Reduce technology in the hour before bed to "deactivate" and promote sleep. Turn off before you turn in!

Don't be a Shy Guy

Erectile dysfunction (ED) is not a popular topic of conversation, but its effect on wellbeing can be significant. You can improve the situation by taking steps yourself:

- get regular exercise and eat right
- achieve and maintain a healthy weight;
- watch your blood pressure, cholesterol and blood sugar

....And, try some Kegel (pelvic floor) exercises! Yes, they help guys too!

Learning from Nature

African spiny mice and salamanders are teaching scientists about tissue repair and scar-free skin-healing. Studying these critters' ability to regenerate has revealed some interesting information that may apply to humans. Harnessing the process could revolutionize the treatment of wounds and skin disorders, and would be of particular benefit to burn victims.

Learning From Us!

The medical world is wide, varied and interesting - investigation is going on in many areas. Sometimes a nugget of information seems too wild to be true, come and chat with our pharmacist to help separate fact from fiction.