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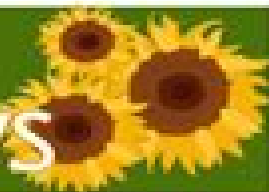
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Good News



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Help for Parkinson tremors

A new gyroscopic glove that reduces tremors from Parkinson's Disease by 80 percent is currently in the prototype stage.

CyberGlove will begin shipping the first gloves in 2017 for use by patients with a wide range of conditions that cause hand tremors.



The device works with an electric gyroscope mounted on the back of a fingerless glove. The gyroscope spins and the wearer's hand is held level, resisting tremors, but allowing for voluntary hand movement. See gyro.co (not .com) for more information.

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Immerse yourself in nature to boost body, mind!

A family medicine professor has identified four main benefits of being surrounded by nature.

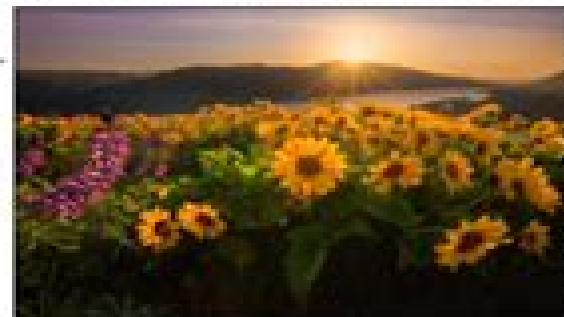
Rene L. Wether of the University of Michigan has studied the benefits humans experience when they get out in nature.

Physical: People tend to be more active when out and about, Wether says. When people repeatedly go out for walks or just enjoy the outside, they tend to move more, containing benefits on the immune and endocrine systems. Blood pressure can also improve.

Mental: Thinking improves when people experience nature. They begin to have a sense of well-being, less stress, and less depression. They might also recover more quickly from stress. Group walks are especially helpful.

Emotional: People in parks, camp settings, or group activity, like bird watching, experience more positive emotions.

Spiritual: Spending time in nature gives adults a sense of transcendence, serenity and tranquility.



Wether studied park users in the United Kingdom and found that the most people reported feeling re-energized.

Walter Michael Gresham tried his own experiment to discover if his city spirit could be calmed by parks. Turned out it was. He wrote in *Park Companion* that after dedicating no less than one hour in nature, he immediately felt less stressed.

It was as if the parks acted like a cocoon, sheltering him from city noises and his own racing thoughts.

After two weeks, he found her overall mood improved.

By the third week, he felt more creative.

On the fourth week, he was surprised and excited to realize his memory improved and he no longer needed to write out a list of tasks.

Wether said every one could benefit from at least of nature immersion each day.

Recipe For Living Newsletter

ML Morrison



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