

For Men Only

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Women warmer at the core

Dr. Stephen Juan, National Post

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WHO HAS COLDER HANDS, WOMEN OR MEN?

In the United States, researchers at the School of Medicine at the University of Utah have proven that women are indeed more likely than men to have cold hands. But they also found that the average woman's internal temperature (core heat) averages slightly more than the average man's.

Anatomists claim that 87% of a normal man's weight is designed to give him strength, whilst only 54% of a normal woman's weight is designed to give her strength. Forty-one per cent of the average man's body is muscle, while only 35% of the average woman's body is muscle. The demands of reproduction demand that women's bodies be different.

While vacuuming, men usually push the vacuum cleaner back and forth in straight sweeps, but women usually push the vacuum clearer in a more erratic path. While driving, more men than women run stoplights, but more women than men change lanes without signaling. Surveys show that the higher the woman's education level, the lower her preferred shoe heel height.

As most women suspect, men are thick. The average man's skin is slightly thicker than the average woman's. Sixty per cent of married couples go to bed at night at the same time.

ARE LIGHT-COLOURED EYES MORE SENSITIVE TO LIGHT THAN DARK-COLOURED EYES? (Asked by Paul Casey of Leeds, England)

Humans have different eye colours dependent upon the amount of pigment found in the iris of each eye. Brown eyes have more pigment than green. Green eyes have more than blue. Some people are born with little or no pigment.

The pigment acts as a barrier or protection to the structures behind it. The more pigment, the better the protection from harmful UV light that can damage the lens and the retina. Cataracts and macular degeneration are some of the more common complications.

It is not clear that light-coloured eyes are necessarily more "sensitive" to light than darker eyes. This is because "sensitive" to one person is not "sensitive" to another. While someone with very dark brown eyes has more pigment in their iris tissues that will be a more effective shade as their pupils get smaller, we also can turn down our light sensitivity at the level of our retinas as well.

According to Dr. Ken Mitton of the Department of Ophthalmology at the University of Michigan in Ann Arbor, the photoreceptor cells in our retinas allow us to see by converting photons of light into nerve impulses that will travel the optic nerves to our brains.

The chemical reactions in the photoreceptor cells and the numerous interacting proteins and chemicals involved, are adjusted in their levels in different lighting conditions as well. In all humans, rod cells provide black and white (grey scale) information, while red green and blue cone cells detect the red, green and blue light ranges. All of these separate detectors give us the final colour image that we see in our "mind's eye." In bright sunlight, only our cone cells (colour) are working, they work well in bright light, while our rod cells are "bleached" and are not providing any information at all.

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In the dark, our very sensitive rod cells (black and white) give us the picture, while our cone cells do not get enough light to be detecting at all.

Of course, one can give the retina a break over a lifetime by wearing dark glasses and a hat during the day.

IS PARKINSON'S DISEASE RELATED TO PARKINSON'S LAW? (Asked by Jackie Stokes of Detroit, Mich.)

No. The two are completely unrelated. Parkinson's disease is also known as Parkinson's, Parkinsonism, Parkinson's syndrome, paralysis agitans, and shaking palsy. By whatever name, it is a degenerative disorder of the central nervous system that is characterized by tremor and impaired muscular co-ordination.

Parkinson's Law has nothing to do with illness or with the body, for that matter.

But it does have to do with behavior. Parkinson's Law states, "Work expands so as to fill the time available for its completion."