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## Two second rule food

Have you ever dropped a snack and quickly picked it up, claiming the 5-second rule? You may be joking, or just don't worry about what's attached to this piece within seconds that it was on the ground, but is there a truth to the 5-second rule? The claim is so often repeated that scientists have conducted experiments to find out how quickly abandoned food is contaminated with germs and bacteria. The 5-second rule is the theory that as long as you take an abandoned food within five seconds, it is always safe to eat. There are variations in this rule. For some people, it is a ten-second rule. For others, there is no specific time limit; they simply determine the probability that the food is still edible based on the supposed cleanliness of the surface on which it landed. The 5-second rule is such a common idea that researchers are undertaking scientific research to determine whether food gathering within five seconds keeps them free of germs. Scientists tested different types of food, soil materials and time intervals. However, there are still various opinions on how safe it is to eat abandoned food. It seems that the question is too complicated for a simple yes or no answer. Unfortunately for those hoping to save a delicious abandoned snack, studies indicate that bacteria can cling to food almost immediately. One study found that *Enterobacter* germs stuck to food in less than a second. Another experiment revealed that salmonella, a dreaded cooking bacteria, adhered in less than five seconds. Although picking up food quickly does not guarantee that it will be free of germs, it seems useful. The same study that found that salmonella could taint food in less than five seconds also found that there was sometimes more contamination, the more contamination an item was left on the dirty surface. However, this was only true under certain conditions with specific concentrations of bacteria. The five-second rule offers no guarantee that food will not be contaminated. Foods that have affected bacteria for less than a second can still make someone very sick, so that in this way, the 5-second rule is not legitimate. Under certain conditions, collecting food in less than five seconds means it will be less contaminated. However, experiments have shown that some dangerous bacteria can adhere to food almost instantly. Although harmful bacteria can stick to food research has also found that many surfaces do not crawl with these germs. If food is deposited on a relatively clean floor, as opposed to a surface recently exposed to raw meat or other contaminants, the rule could sound true. Picking up food quickly will reduce the likelihood that it will become covered with dust, pet hair, or germs that could end up on it eventually. In their experiments testing the five-second rule, the researchers put different types of food on different surfaces. Although bacteria can be transferred immediately, immediately, found that the type of food and flooring material affect the speed with which bacteria move to food. Interestingly, the latter seems to make more difference than the first. Some of the results of these studies surprised the researchers. For example, one study found that there was not much difference between bread and bologna, even though bologna is a stickier food. Another study found that fallen sticky candies became less contaminated than drier foods, such as bread. Several studies have revealed that carpet, a surface that people often think of as dirty, has a much lower transfer rate than tile or stainless steel. Of course, sticky food that falls on the carpet can end up covered in fuzz, even if there are no germs. People who worry about germs are better off simply not eating food that has fallen to the ground. Bad bacteria can be transmitted immediately to food, so it may not be important that food has been collected in less than five seconds. Anyone with a compromised immune system or other health problems should probably just throw away the abandoned food and then wash their hands. Common sense helps when a person can't stand to throw away an abandoned food. Eating food off a floor in a house known to be relatively clean may not be a big deal. Eating food from a dirty or sticky public floor is more risky. And it's never a good idea to eat food off a surface that has recently been contaminated with raw eggs or meat. In the end, picking up food quickly might help a bit. Fox, Maggie; O'Callaghan, John. Mystery solved: How Bleach kills germs. Reuters. November 13, 2008. (Consulted August 11, 2009) Emily. Mobile phone germs. Fox23.com. October 30, 2008. (Consulted August 11, 2009) News Health. Top Spots for Domestic Bacteria. on June 25, 2007. (Consulted August 11, 2009) Harold. The five-second rule explored, or how dirty is it Bologna? The New York Times. May 9, 2007. (Consulted August 11, 2009) Lisa. A five-second rule is hard to swallow. The San Diego Union-Tribune. February 14, 2009. (Consulted August 11, 2009) Noah. Women have more diverse than men, according to the CU-Boulder study. November 3, 2008. (Consulted August 11, 2009) Sandy. The dirty truth on your desk. EHS Today. March 29, 2002. (Consulted August 11, 2009) Dr. Charles Gerba's research shows that medium toilet paper and towel dispensers have more bacteria than the average toilet seat. on June 17, 2009. (Consulted in August 2009) News. What is Dirtier, cell phone or toilet seat? on August 4, 2006. (Consulted August 11, 2009) Elisabeth. Your handbag could make you sick. ABC News. August 8, 2006. (Consulted August 11, 2009) Rich. The five-second rule. MSN Health and Fitness. (Consulted August 11, 2009) P; Han, I; Cox, M; Black, C; Simmons, L. The residency time and the effects of contact time between foods on the transfer of Salmonella Typhimurium from the tile, wood and carpet: test the five-second rule. Journal of Applied Microbiology. October 6, 2006. (Consulted August 11, 2009) Merideth. If you drop it, should you eat it? Scientists are weighing in on the five-second rule. Aces News. September 2, 2003. (Consulted August 11, 2009) News Health. What is dirtier, cell phone or toilet seat? on August 4, 2006. (Consulted August 11, 2009) Istockphoto Symptoms of fibromyalgia include muscle and tissue pain, fatigue, depression and sleep disturbances. Although there is little clinical research on fibromyalgia and food, many patients say that following a careful diet can help relieve ailments and discomfort. Credit: Getty Images Fibromyalgia is notoriously difficult to treat. Medications tend to reduce muscle pain, fatigue and other symptoms of chronic disease by only 30% to 50%. As a result, many patients turn to diet and lifestyle changes for additional relief. Learning which foods to avoid is a good place to start, since fibro patients often have dietary sensitivities that may not appear in food allergy tests. In one survey, 42% reported that certain foods had aggravated their pain and stiffness. Advertising Credit: Getty Images Experts believe that hypersensitive nerve cells in the spinal cord and brain may be involved in how fibro patients treat pain. Some foods can trigger the release of neurotransmitters that increase this sensitivity, says Daniel Arkfeld, MD, a rheumatologist at the University of Southern California Keck School of Medicine. Although research on diet and fibromyalgia is limited, experts that the following 10 healthy eating rules can't hurt, and can help people struggling with chronic pain. Credit: Getty Images About half of fibro patients also suffer from Irritable Bowel Syndrome (IBS). Eating a diet of fresh foods, lacking preservatives and additives, can relieve the fibro symptoms associated with IBS, says Dr. Arkfeld. These foods that irritate your gut will trigger the body to send a message to the brain that signals symptoms, he explains. If possible, it is also a good idea to buy organic foods. Some patients are better off avoiding pesticides and chemicals, says Dr. Arkfeld. Advertising Fibromyalgia is believed to be related to an imbalance of brain chemicals that control mood, and it is often accompanied by restless sleep and fatigue. Fibro patients may try to relieve fatigue with stimulants like caffeine, but they may end up doing more harm than good in the long run. Caffeine is an energy-ready shark. We recommend not using a lot, says Kent Holtorf, MD, founding medical director of the Fibromyalgia and Fatigue Centers, which are located across the country. Credit: Getty Images For joint pain, many people say they avoid nightshade vegetables, says Dr. Arkfeld. Vegetables are normally healthy and low-calorie options, but the variety of nightshades, including tomatoes, potatoes and eggplants, is believed to aggravate arthritis and pain in some people. The idea is that they have components that are neurotoxins, explains Dr. Holtorf. For a small percentage of patients, eliminating them makes a huge difference. Credit: Getty Images Omega-3 fatty acids, found in salmon and a variety of fish, have been presented as a heart-healthy food, and they can also help with pain. The fatty acids are excellent, says Dr. Holtorf. They reduce inflammation and help the brain function. A 2006 survey of arthritis patients found that daily fish oil supplements resulted in pain symptoms in 60% of patients. However, omega-3s have not been tested specifically on patients with fibromyalgia. Advertising Credit: Getty Images Yeast, along with its partner in crime, Gluten, can be found in a variety of baked goods. Yeast consumption may contribute to the growth of yeast fungus in the body, which can add to the pain, says Dr. Holtorf. Fibromyalgia patients may also be more prone to gluten sensitivities. Celiac disease is observed in a subset of patients. Avoiding [yeast and gluten] can help some patients improve, says Dr. Arkfeld. Credit: Getty Images Some degree of lactose intolerance affects about 70% of adults worldwide, so it's not surprising that many patients with fibromyalgia have trouble digesting dairy products. In a 1998 study, researchers tested whether blood samples taken from 40 patients with fibromyalgia Substances in a variety of foods 25% of the subjects demonstrated an immune response to cow's dairy products. Fibro patients have also seen their symptoms improve. Credit: Getty Images If I had to choose a particular diet for fibromyalgia patients, I would choose a low-carb, low-sugar diet, says Dr. Holtorf. About 90% of patients with fibromyalgia have low adrenal functioning, he adds, which affects carbohydrate metabolism and can lead to hypoglycemia. These people crave sugar, but they also have the experience of the accident that follows high initial energy. If you are hypoglycemic, you want to keep this sugar level as stable as possible. Try the carbs with a mixture of protein and fat, explains Dr. Arkfeld. Advertising credit: Getty Images Getting off [aspartame] can make some patients feel much better, says Dr. Holtorf. The artificial sweetener found in dietary sodas and many sugar-free candies is part of a chemical group called excitotoxins, which activate neurons that can increase pain sensitivity. Although aspartame is not dangerous to healthy people when consumed in moderation, it can increase the sensitivity of fibro patients to pain. Some artificial sweeteners, such as sorbitol and xylitol, can also trigger IBS. Credit: Istockphoto food additives such as monosodium glutamate (MSG) often cause problems for patients suffering from pain. MSG — a high-sodium flavour enhancer often added to fast food, Chinese foods and processed packaged foods — is an exciuous neurotransmitter that can stimulate pain receptors; glutamate levels in spinal fluid have been shown to correlate with pain levels in fibromyalgia patients. A 1995 report commissioned by the U.S. Food and Drug Administration stated that MSG can cause short-term reactions such as headaches, and a 2007 animal study in the journal Pain suggested that increased glutamate in muscles may contribute to pain sensitivity. Credit: Istockphoto The National Fibromyalgia Research Association recommends limiting or eliminating refined sugar, caffeine, fried foods and highly processed foods, i.e. most fast food products, candy and vending machines. In addition to contributing to weight gain, these foods can irritate muscles, disrupt sleep, and compromise the immune system. Experimenting with an elimination diet and cutting food completely in this slideshow for several weeks, one at a time or all at a time, can help you decide if they affect your fibromyalgia symptoms. Advertising advertising