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By Kelly Casey

## Drug-Free Insomnia Relief?

If you're among the 30 percent of Americans who report having insomnia, a new Internet intervention may one day help you get better-quality sleep. Developed at the University of Virginia Health System, Sleep Healthy Using the Internet, or SHUTi, is an online program that uses cognitive-behavioral therapy to help people overcome insomnia. A UVa study, funded by the National Institutes of Health, is measuring SHUTi's effectiveness. "Unlike prescription sleep aids, you don't have to worry about dependence with SHUTi," says Lee Ritterband, Ph.D., behavioral medicine training director in the UVa Department of Psychiatry and creator of SHUTi. "Medications can be helpful for short-term insomnia, but experts agree that cognitive-behavioral therapy is better at helping people overcome chronic insomnia."

## Enjoy Longer Walks

If you have peripheral arterial disease (PAD), adding lipoic acid, an antioxidant, to your diet may help ease the pain in your legs, according to research at the University of Virginia Health System. The study showed that volunteers with PAD who added a 600-milligram supplement of lipoic acid to their daily diets could walk longer before they felt pain, reported less severe leg pain and could walk farther than the control group who took a placebo (sugar pill), according to researchers with the UVa Center for the Study of Complementary and Alternative Therapies. Those who were more active and took the supplement did even better. Lipoic acid is found naturally in spinach, apricots, brussels sprouts and wheat germ.

