Heroin is one of the most widely used illegal drugs in the world, but drug testing has long been challenged by the difficulty in separating results of illicit heroin users from those who have innocently eaten poppy seeds containing a natural opiate.

The authors identified a unique glucuronide metabolite (designated 'ATM4G') which could be used as a marker of street heroin use. A high frequency for the presence of ATM4G in urine strongly suggests that detection of this metabolite may offer an important advance in workplace drug testing and forensic toxicology, providing a potential solution to the poppy seed defense.

Resveratrol could reverse benefits of being active!? 

Resveratrol occurs naturally in the skin of red grapes and has long been associated with the health benefits connected to a Mediterranean-style diet. Recently, it's become possible to purchase RSV supplements, which are often marketed as "exercise mimics."

Results after the four-week study showed that RSV supplementation may actually oppose the effects of exercise alone. In fact, the placebo group showed an increase in some of the benefits associated with physical activity as opposed to the group taking RSV whose physical fitness didn't improve.


Get to Know a TA! ARIELLE HINDS
BS – wildlife Science AND Animal Science (TAMU)
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PhD candidate (Hanneman, advisor)

Fun Factoids:
Flies a Cessna 182 (private pilot)
Traveled to 17 countries and lived in Hawaii
Has worked as a shark wrangler
Recently engaged (Chris) and has one dog, Tucker
Is passionate about CAMP WAPIYAPI!

Only time moves on to the next scene. Memory remains part of the heart forever. - Unknown