



BU Well

Volume 3 *Health, Wellness, and Life Sciences*

Letter from the Editor

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Letter from the Editor

Volume 3

Hello and welcome to *BU Well's* third volume on health, wellness, and life sciences.

Since the publication of Volume 1, we have seen over 3,000 downloads spanning 6 continents. We are grateful for our growing readership and are happy to welcome both returning and new readers to our latest volume. We are humbled by our expansion and hope to continue to publish relevant and exciting healthcare articles accessible to people around the world. The *BU Well* team strives to create a journal that is relatable to people of all ages, at various chapters in their lives; a journal that is inviting, intriguing, and inspiring. With the creation of Volume 3, we worked diligently to create more unconventional and creative videos, while maintaining the professional quality of our articles and infographics. We hope you find the same level of excitement while exploring *BU Well's* third volume as we found during its creation.

This year's volume begins with an exploration of how electroconvulsive therapy affects depression and mental illness, and ends with a video depicting the life-saving use of naloxone and its implications on the opioid epidemic. Other topics you will discover range from retail therapy and low carb diets to geriatric communication and viral cancer treatments. With a wide range of healthcare topics, our goal is to provide new ideas on wellness that will capture your attention. If your exploration of our third volume leaves you eager for more information, we encourage you to delve into *BU Well's* first two volumes to further your quest for healthcare knowledge.

Our fourth volume will begin accepting articles to be considered for publication at the start of Butler University's fall semester and will be published in Spring 2019. We invite you to watch for updates on our website, where the journal is housed, and to consider following our social media sites.

The *BU Well* team thanks you for your support and hopes you enjoy exploring our third volume.

Health and happiness,

Skyler Walker
Editor in Chief, *BU Well*