

In Good Hands

A Free Monthly Newsletter For The Friends and Patients of: Gordon R. Gensel, DC, CNC
www.genselwellnesscenter.com

“Opportunity is missed by most people because it is dressed in overalls and looks like work.” ~ Thomas Jefferson

Sunscreens May Cause Cancer?

- ✓ Important facts you should know about sunscreen.
- ✓ Recent research shows common ingredient in sunscreen may INCREASE risk of skin cancer.
- ✓ What SPF really means and why you are probably not getting even close to the protection you think.
- ✓ What ingredient in many sunblocks may cause hormone disruption?
- ✓ Why getting the “Skin Cancer Foundation” logo is easy... and doesn’t mean much.
- ✓ The FDA started to draft sunscreen regulations in 1978 – and they still are not complete!
 ...This may be why nearly 1 in 8 sunscreens do not even block UVA rays!

Plus: *New study reveals Ginger may reduce post exercise pain... why your morning coffee boost is not all it’s cracked up to be... and 8 reasons why children misbehave...*

Monterey – For years and years, we have known two things to be true. First, the sun is bad for you... therefore exposure should be limited.

Most people don’t know this, but the sun has three types of “rays,” not just two.

The first is UVC. This ray usually does not reach our planet’s surface and this is good because it is believed only brief exposure to UVC rays is fatal.

Next, are UVB rays. These have long been considered the “tanning rays.” They are strongest during the summer months when the Earth’s orbit is closest to the Sun. UVB rays are what produce a “sun tan.”

For many years, sunblocks and sunscreens only attempted to block UVB because science was unaware of the effects of UVA rays (the third type of sun ray) on the body.

UVA was believed to be the safe ray in the 1980s, which spawned the growth and popularity of the artificial sun bed industry – some

dermatologists even backed this artificial tanning! But, science now believes UVA rays actually do more damage than UVB rays! UVA rays are not dependant on how far the Earth is from the Sun – so the effects are the same all year round.

What’s more, UVA penetrates light clothing and car windshields... even many hats. Over-exposure to the sun has been linked to premature aging and even deadly skin cancer...



Morning Coffee May Not Be Giving You The Boost You Think It Does!

Think coffee helps you wake up and gives you more energy? Recent research from British scientists says just the opposite. Bristol University researchers found coffee drinkers develop a tolerance to both the anxiety-producing and the stimulating effects of caffeine. In other words, drinking coffee only brings you back to where you should be without coffee – not better or more stimulated. *“Although frequent consumers feel alerted by caffeine, especially by their morning tea, coffee, or other caffeine-containing drinks, evidence suggests that this is actually merely the reversal of the fatiguing effects of acute caffeine withdrawal,”* wrote the scientists led by Peter Rogers of Bristol’s Department of Experimental Psychology.

Which Brings Us To The Second “Truth”

Limit exposure to the harmful rays of the sun by using high SPF sunscreens and sunblocks. For years, the sunblock industry has been booming with the promise their products protect you from the sun’s aging and cancerous rays.

But, research now says these “truths” are not so “true.”

For example, there is no consensus whether sunscreens prevent skin cancer. According to the Environmental Working Groups’ (ewg.org) finding, *“The Food and Drug Administration’s 2007 draft sunscreen safety regulations say: FDA is not aware of data demonstrating that sunscreen use alone helps prevent skin cancer.”* (FDA 2007).

The International Agency for Research on Cancer agrees. IARC recommends clothing, hats and shade as primary barriers to UV radiation and writes *“sunscreens should not be the first choice for skin cancer prevention*

and should not be used as the sole agent for protection against the sun” (IARC 2001a). Even worse, there is evidence emerging that sunscreen may actually INCREASE THE RISK OF SKIN CANCER!

Researchers speculate the cause(s) may be lack of UVA protection by most sunscreens for over 30 years, improper usage, staying in the sun longer with sunscreens and some of the ingredients. One big problem is the SPF (sun protection factor) myth.

In 2007, the FDA published draft regulations that would prohibit manufacturers from labeling sunscreens over 50 SPF. The FDA stated that anything over 50 SPF was “inherently misleading.” Even an SPF of 50 can be misleading because of the way most people use sunscreen. In the real world, tests show people apply only one-half to one-fifth of the amount used when testing the sunscreen. A person using one-fourth the amount of sunscreen with an SPF of 30 only actually gets an SPF of 2.3. The same person using a sunscreen with SPF 100 ends up with only SPF 3.2. (The math is exponential, that’s why there are such drastic reductions in SPF.)

Then, there are the potential problems with the ingredients found in sunscreens. For example, oxybenzone, a common ingredient, is a known hormone disruptor. Retinyl palmitate (a form of Vitamin A also commonly used in sunscreens) may increase the risk of skin cancer.

According to Environmental Working Groups, “The publicly available data from FDA’s new study suggest that when used in sun-exposed skin care products, retinyl palmitate and related chemicals may increase skin damage and elevate skin cancer risk instead of protecting the skin.” Also, according to Environmental Working Groups, 41% of all sunscreens contain retinyl palmitate.

All of this may be surprising but what’s even more shocking is that the FDA first issued draft sunscreen regulations in 1978 and last updated the draft in 2007. The regulations are still not final, despite multiple

announcements of impending completion. Until the agency formally issues its rules, companies are not required to verify their sunscreens work, including testing for SPF levels, checking waterproof claims or providing UVA

protection. Nearly one in eight sunscreens do not block UVA rays. Many carry the seal of “The Skin Cancer Foundation.” According to the Environmental Working Groups, “The Skin Cancer Foundation (SCF) lends its logo to hundreds of sun protection products. SCF approval is easy, just document that your product has an SPF of at least 15 and provide results of basic tests (for SPF, skin reactions and water and sweat resistance, if such claims are made). SCF also requires that companies pay a \$10,000 donation to join the Foundation’s ‘Corporate Council’ in order to have their products approved.”

Confused? If you are, then you are not alone. Here’s something that will make the most of the confusion disappear... Since sunscreens are probably not as safe as once thought, the best thing to do is stay out of the sun during its peak hours (10:00am – 2:00pm) and whenever possible, wear protective clothing instead of chemicals. Don’t forget, some sun is absolutely necessary for Vitamin D production and proper health. The amount of sun you should get depends on your skin type but you should NEVER burn. **And don’t forget, if you ever have any questions or concerns about your health talk to us. Contact us with your questions. We’re here to help and we truly enjoy participating in your lifelong good health.**

Natural Pain Relief

Ginger Supplements May Reduce Post Exercise Pain

A recent study published in *The Journal of Pain* found both raw and heat treated ginger reduced the pain associated with muscle injury when compared with a placebo.

“The primary novel finding was that supplementation with both raw and heat-treated ginger attenuated muscle pain intensity 24 hours after eccentric exercise,” wrote the researchers, led by Chris Black, PhD, from Georgia College and State University. The researchers also added, “Consumption of raw ginger resulted in a 25 percent reduction while heat-treated ginger resulted in a 23 percent reduction in muscle-pain intensity 24 hours post-exercise.” It is believed ginger may have anti-inflammatory and analgesic (pain killing) properties, similar to non-steroidal anti-inflammatory drugs.

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Want to Have Better Health?

Join the 100 Year Lifestyle Club!

We meet once per month to discuss how you can improve your health one step at a time. (We are currently establishing a 9:30AM group the first Thursday of each month to begin in August/September.)

You will also receive one of Dr. Gensel’s recipes each month, a 10% discount on supplements as well as your own copy of the book “The 100-Year Lifestyle”.

One time registration fee \$25. Monthly fee \$25.

Call or email for more information.

ASPIRIN MAY DO MORE HARM THAN GOOD

Millions of people take a daily dose of aspirin to act as “insurance” against health problems. But an article published in *Alimentary and Pharmacology Therapeutics* October 14, 2005 calls on doctors to think twice about giving aspirin to people who otherwise appear healthy. The reason being is that aspirin use even at “low dose” can result in internal bleeding of the stomach. Low dose aspirin for prevention of cardiovascular events may account for more than 30% of all major gastrointestinal hemorrhage in patients over 15 years of age and may also be associated with an increased risk of renal failure. Ulcers are found in one in 10 patients taking low-dose aspirin. Most of these do not exhibit symptoms.

What are you to do? On the flip side, low-dose aspirin is *said* to be beneficial for warding off a second heart attack or stroke in those people with obvious cardiovascular disease. But is it? The research is showing that aspirin seems to be much more effective in reducing the chances of non-fatal events than in reducing death. Indeed, among large long-term trials after a person has a heart attack **there is no evidence that aspirin saves lives**. It may prevent future mild heart attacks (which would not have resulted in death anyway) but it doesn't prevent deadly heart attacks.

The failure of aspirin to reduce mortality despite a reduction in non-fatal events in many studies suggests that aspirin may hide or conceal, rather than prevent, vascular events. Epidemiological data suggest that 25% of non-fatal myocardial infarctions are silent...you have virtually no symptoms. Aspirin, even at low doses, is a pain reducer and it may cause upset stomach or indigestion. So if one is taking daily low dose aspirin that person may not feel the pain of a mild heart attack due to the pain reducing effects of aspirin or may think the pain is from indigestion.

Not convinced yet? **Aspirin increased the risk of sudden death in every long-term study after myocardial infarction that reported such events.** This increase was from 4.4% on placebo to 5.6% on aspirin in the PARIS study; from 2.0% to 2.7% in the Aspirin Myocardial Infarction study (AMIS); and from 2.0% to 2.4% in the PARIS-II study. This could reflect an increased risk of sudden death among concealed, and therefore untreated, events. Another possible mechanism by which aspirin may convert non-fatal events into fatal ones is by increasing the risk of hemorrhage.

The reality is that “while aspirin used for primary prevention may reduce the risk of nonfatal ischemic events, these benefits are offset by higher bleeding, leaving no net effect on vascular mortality”. *Lancet* 2009; 373:1849-1860.

Hope is not lost. There are many preventive lifestyle habits that are under your control that have been proven to benefit heart health. Read on to find out some of the most important changes you can make to be heart healthy!

Triglycerides and Heart Health

Research is showing that triglyceride levels are as or more important than cholesterol levels when it comes to heart disease. High triglycerides alone increased the risk of heart attack nearly three-fold. Triglyceride levels are directly influenced by what you eat. Anything that raises your blood glucose will raise triglycerides as well. Avoidance of sugars and other refined carbohydrates are important in reducing blood glucose and triglyceride levels. Don't forget exercise! Exercise is the way you “burn off” the glucose and triglycerides!

Anemia's Influence on Heart Health

Anemia occurs when your body has a below-normal level of hemoglobin, which in turn prevents your body from getting enough oxygen. This lower level of oxygen causes your heart to work harder. These effects on your heart can make you 41% more susceptible to heart disease or worsen existing heart disease. The death rate is especially high in anemic people with heart failure who also have kidney disease and/or diabetes. There are

many types of anemia. Getting CBC, Serum Iron and Ferritin blood tests performed can help guide the treatment for anemias. B12 and Folic acid supplementation may be of benefit but there could be more underlying issues causing the anemia.

Reduce Inflammation for Heart Protection

Reducing inflammation helps decrease cholesterol and the tendency to form blood clots. In the case of atherosclerosis, the inflammation process in blood vessels and the kidney can lead to a build-up of cells and damage to tissues that can constrict the passage of blood through vessels. Be sure to review our June 2010 Issue on *Inflammation* to find out what you can do reduce inflammation related to heart disease.

Important Nutrients for the Heart (General dosages for 150lb adult)

1. Supplements are not a replacement for a healthy diet! However, they can serve to enhance the quality or nutrient density of your diet.
2. **CoQ10:** found in highest concentrations in heart tissue. Helps overall heart strength and stability. 300mg per day of Ubiquinone or 100mg per day of Ubiquinol. Review our May 2009 Issue for more data on CoQ10.
3. **Vitamin K2:** can reduce arterial calcifications by 50%, decrease the risk of cardiovascular death by 50%. Read our April 2010 Issue for more information.
4. **Vitamin E:** powerful antioxidant especially valuable to those with high platelets and increased inflammation. 400IU of mixed tocopherols per day.
5. **Fish Oil:** protects heart function and helps reduce inflammation. 500-1000mg per day
6. **B12 and Folic Acid:** helps with homocysteine removal, iron metabolism and reduced anemia. B12: 3000mcg per day; Folic Acid: 1200mcg per day
7. **L-Carnitine:** increases energy production in heart tissue and helps make red blood cells. 500mg per day
8. **Vitamin C:** works with Vitamin E as a powerful antioxidant reducing inflammation in the system. 4000-6000mg per day
9. Heart disease is not something you want to treat lightly. Remember, the first sign of heart disease is often sudden death. You can see warning signs creeping up in your blood work long before an event occurs....that is, if you're being tested properly! Get tested today to get a baseline to monitor that your treatment choice is working for you.

Did You Know?... When most people think of burns, fire and heat usually come to mind. While it is true that heat is the leading cause of tissue damage known as a "burn", a burn can also be caused by radiation (like a sun burn), friction, electricity, and chemicals. Most burns, other than the most severe, can be safely and effectively treated with natural home remedies. Burns are characterized by degree, based on the severity of the tissue damage. First-degree burns cause redness and swelling in the epidermis (the outermost layers of skin). Second-degree burns also involve redness and swelling, as well as blistering and the damage may extend beneath the epidermis to the deeper layers of skin (the dermis). Third-degree burns destroy the entire depth of skin and usually result in scarring. The damage may extend to underlying fat, muscle, or bone. The wonderful Aloe Vera

plant is a top choice for healing and soothing burns. Since the active ingredient (acemannan) breaks down quickly, fresh inner leaf fillets are much preferred. Fresh Aloe Vera quickly soothes painful burns and often heals even serious burns with little or no scarring. Lavender essential oil is a very effective antiseptic that also reduces pain and promotes rapid healing. In addition, lavender reduces scarring. When lavender oil is applied to a burn very quickly, the burn may heal with no scarring at all. For larger burns, pour lavender oil onto gauze or a cloth and apply the gauze to the burn every few hours. A wonderful and widely available household first aid item for healing and soothing burns is diluted vinegar. Cover the burn area with a cloth soaked in diluted vinegar and refresh the vinegar compress as often as needed, especially if the pain returns. Another good household item is honey, especially raw honey. Honey has wonderful antiseptic and healing properties. Researchers in India found burns dressed with honey healed faster and with less pain and scarring. Another age old remedy is potato peels. Potato peels provide moisture and they also have anti-bacterial properties. Doctors have found potato peel bandages work better for minor burns than conventional dressings. Vitamins A, C, and E aid in the healing process for burns and other wounds. Zinc can help with healthier skin after the burn, as well as a quicker recovery time. Severe burns often heal with little or no scarring. Note: In the case of any very severe burn, seek professional medical care immediately.

Tip Of The Month - Why Children Act Up! And What You Might Do About It...



Raising children is one of the most challenging things you can ever do. Sometimes, they are your little angels and other times, your little devils. The most difficult thing may be identifying what causes each behavior. It would make things a lot easier around your house if you knew exactly what to do to raise the perfect child, wouldn't it? Well, while there is no "perfect formula," there are known (and common) reasons why some children misbehave. Just knowing and understanding these reasons can go a long way to creating a well-balanced child... and giving you some sanity! The first and possibly biggest reason children misbehave is simply because they are trying to figure out the whole new and enormous world around them. The way they do this is to TEST BOUNDARIES. As they develop, they will test or push whatever boundaries and limitations their parents have established. Unfortunately, many times, limitations and boundaries are weak – if existent at all. Boundaries must be strong and enforced CONSISTANTLY. A lack of consistency leads to a confused (and difficult) child. Since consistency is probably the most important factor, any difference between boundaries you set and your children have at school can cause a problem. Without consistency, children do not feel safe and comfortable. The world around them becomes a very strange and uninviting place. The end result is a greater level of testing of boundaries and increased stress. This can also occur with separated or divorced parents. Oftentimes a “good cop – bad cop” dynamic takes place. One parent tries to set and enforce the rules, while the other is the “fun” parent who gives the child anything they want in an attempt to win them over. The child usually favors this parent in the short term, but ends up with behavior problems. The best thing to do is talk to your children's teachers and find out what is going on. The same holds true with separated parents. Although easier said than done, children must be put first. Also, make sure your expectations are within your child's developmental stage. In other words, do not expect a 2 year old to have the attention span of a 5 or 6 year old. Make sure your children understand what is expected of them. Children are much more likely to act up when they are hungry, tired or bored... so, make sure you have a daily routine that meets all these needs. It is much easier to stay ahead of these basic needs than try to play catch-up once it is too late. One of the most important things to remember is that children mimic the behavior of their parents. "Do as I say, not as I do" doesn't cut the mustard. If you don't want your kids to yell or swear but you and your spouse yell and swear at each other frequently, then you are in for a long, hard parenting road.

Remember, we're always here, using the miracle of Chiropractic and Nutrition to help your body heal and maintain the health you deserve.

This information is solely advisory, and should not be substituted for medical or chiropractic advice. Any and all health care concerns, decisions, and actions must be done through the advice and counsel of a healthcare professional who is familiar with your updated medical history. We cannot be held responsible for actions you may take without a thorough exam or appropriate referral. If you have any further concerns or questions, please call our office at 831-333-1513.