

# In Good Hands

A Free Monthly Newsletter For The Friends and Patients of: Gordon R. Gensel, DC, CNC  
[www.genselwellnesscenter.com](http://www.genselwellnesscenter.com)

“He dares to be a fool, and that is the first step in the direction of wisdom.” - *James Huneker*

*Another one of Mother Nature’s health wonders...*

## Is Supplementing With This Creature *The* Secret To Great Health?



**Plus: Chocolate may slash blood pressure...  
sun beds elevated to top cancer risk level by WHO... and more...**

**M**onterey – Take a look at the picture of the creature on the top right of this page. Now answer this question... *If it could lower your LDL cholesterol (the bad kind) and raise your HDL (the good kind) up to 44%... and lower your blood sugar... decrease pain, inflammation and stiffness from arthritis, reduce symptoms of PMS and dysmenorrhea, and even help ADHD...*

### ***Would You Eat It?***

Better yet... *if you could possibly achieve all of these health benefits... and all you had to do was swallow a few pills every day... would you do that?*

Well, it looks like that may be possible and here is why: That “creature” is actually a shrimp-like crustacean called a Krill. Krill are only 1-5 cm in length but make up the largest animal biomass on the planet.

According to Neptune Technologies, a Canadian company that holds the patents on Krill oil extraction, there are approximately 500 million tons of Krill in the northern seas... and... 110,000 tons are harvested every year.

Krill primarily live in the cold waters of the Antarctic and North Pacific Oceans.

### **What’s So Good About Krill Oil?**

By now, I’m sure you’ve heard about the benefits of certain fish oils. Like fish oil, Krill oil contains

omega-3 fats such as eicosapentanoic acid (EPA) and docosahexanoic acid (DHA).

But here’s a BIG difference: Krill oil appears to be much better because, in fish oil, these omega-3 fats are found in the triglyceride form. The Omega-3s in Krill are found in a double chain phospholipid form.

So what? Well, it just so happens the fats in human cell walls are *also* in the phospholipid form.

Meaning: The phospholipid structure of the Omega-3s in Krill oil make them much more absorbable.

Krill oil also contains Vitamin A, D & E and a powerful anti-oxidant canthaxanthin.

Here’s what Dr. Joseph Mercola had to say about Krill in his online newsletter: ***“In my view, Krill oil is clearly your best option when it comes to obtaining important high quality animal-based omega-3 fats. It contains essential EPA and DHA in a double chain phospholipid structure that makes it far more absorbable than the omega-3s in fish oil. Krill oil also contains Vitamin E, Vitamin A, Vitamin D and canthaxanthin, which is a potent anti-oxidant. Research has shown the anti-oxidant potency of Krill oil is, in terms of ORAC (Oxygen Radical Absorbance Capacity) values, 48 times more potent than fish oil.”***

48 times more potent than fish oil... WOW!!!

One last thing about Krill oil: Krill harvesting has aroused some negative attention. Some are saying Krill are actually endangered. According to Dr. Joseph Mercola, this seems to be coming from competing sources of omega-3s and seems to be false. While there seems to be a local Krill problem in California... it has nothing to do with the global population of Krill, and Krill is not harvested for human consumption in California anyway.

For details, please go to Dr. Mercola's article at: <http://articles.mercola.com/sites/articles/archive/2009/07/21/Krill-Sustainability.aspx>

Ok... ENOUGH WITH THE LITTLE CRUSTACEANS!!!!

**Let's talk about something tastier... like...CHOCOLATE!**

According to a new study on rats in the Journal of Agricultural and Food Chemistry, consumption of a commercially available cocoa powder enriched in flavonoids may decrease blood pressure and boost heart health.

Rats fed 300 milligrams per kilogram of body weight experienced a reduction in blood pressure similar to a 50 mg/kg dose of Captopril, a well-known pharmaceutical anti-hypertensive.

*"This is important because this drug is known to be a very effective anti-hypertensive treatment in clinical practice and spontaneously hypertensive rats represent nowadays the best experimental model for essential hypertension in humans,"* wrote the researchers, led by Amaya Aleixandre from the Faculty of Medicine at the Universidad Complutense in Madrid.

The health benefits of chocolate have been noted in several studies over the last few years. Its positive health value is usually attributed to the fact that it is high in anti-oxidants.

Some quick facts: The study used Natraceutical's CocoanOX cocoa powder and was funded by the company. This is not the first study to show health benefits from chocolate... and more long-term studies are needed. *Now for some bad news...*

**Sun Beds Have Been Elevated To A Top Cancer Risk By The World Health Organization!!!**

If you enjoy going to artificial tanning salons... you are going to want to pay strict attention to this...

According to a July 28, 2009 article posted on Breitbart.com: *The International Agency for Research on Cancer announced in July that it had elevated sun beds, used by tens of millions of people for tanning, to its highest cancer risk category.*

*"Classified in 1992 as a 'probable' cancer agent, research since then has left no doubt that soaking up UV rays at tanning salons significantly enhances the chances of developing the disease, the World Health Organization (WHO) agency found."*

Here is a very strong statement made by one of the researchers about artificial tanning:

***"The use of sun beds is carcinogenic to humans. It causes melanoma of the skin, and melanoma of the eye," said Vincent Cogliano, an IARC researcher who led the new assessment. "I cannot see any reason why a healthy person should use them."***

According to the study, published in the British medical journal *The Lancet*, the most lethal form of skin cancer – melanoma – increases by 75% percent when the use of artificial tanning devices starts before the age of 30.

Researchers said that they are not regulators and just present the facts as they find them. Public health agencies can use these facts to regulate as they see fit.

The article said they are calling for "tighter regulations for the billion dollar tanning industry." **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 don't enjoy anything more than participating in your lifelong good health.**

**Dr. Gensel's next seminar...**

**"Women's Health and Hormones"**

Tuesday, September 29, 2009

7:00 – 8:30 p.m.

Casanova Oak Knoll Park Center  
735 Ramona Avenue, Monterey, CA  
646-5665

Pre-register through the City of Monterey at  
546 Dutra St., 646-3866  
\$15 Monterey Resident, \$20 Non Residents

# Prostate Cancer

It's been drilled into our heads for years by the media that regular prostate cancer screenings are the way to catch, treat and cure prostate cancer, but two recently released randomized trials shatter those theories concluding that the miniscule benefits of screening may be more destructive than constructive.

A review of the trials published in *CA: A Cancer Journal for Clinicians* reports that since the emergence of prostate cancer cells is almost inevitable as men age, the medical community should not make it a goal to find and diagnose more prostate cancers. In fact, no major medical groups (including the American Cancer Society) currently endorse routine screenings for men at average risk for prostate cancer.

Another large-scale, long-term study conducted by researchers from the National Cancer Institute found that regular prostate screenings have no effect on the risk of death from the disease.

Prior to the emergence and popularity of the PSA (prostate specific antigen) test in the early 1990s, men in the U.S. had an 8.7% chance of being diagnosed with prostate cancer in their lifetime and the risk of dying from the disease was just 2.5%. By 2005 the chance of diagnosis more than doubled to 17% and the risk of dying rose to 3%. Routine prostate cancer screenings have not helped save lives!

A computer modeling study using the National Cancer Institute's Surveillance, Epidemiology and End Results (SEER) registries found that 1 in 4 prostate cancers detected in white males and nearly half of cancers detected in black males were over-diagnosed in the U.S. In a similar model using European data, researchers estimated prostate cancer was over-diagnosed in patients 50% of the time! This is incredibly alarming because those diagnosed with clinically insignificant tumors have now been labeled "cancer patients".

Besides the psychological harm imposed on these patients and their families, this can also hinder their ability to be hired at a new job and increase the cost of their health insurance or life insurance premiums. Plus those men were likely subjected to unnecessary diagnostic testing and treatment such as biopsies, surgery, external beam radiation, and radioactive seed implants (called brachytherapy); treatments which can lead to a decline in sexual function, urinary incontinence, rectal irritation and impotence. A study in the *Journal of Clinical Oncology* found that new side effects from radiation treatment on early-stage prostate cancer can first appear as far as 6-years post-treatment.

Because most prostate cancers are slow-growing, many men die of other causes before experiencing any symptoms associated with an active cancer. PSA testing and biopsies cannot determine whether a cancer is slow-growing or aggressive, however, the biopsy could cause further problems by actually increasing the PSA. Poke a hornet's nest and see what happens, leave it alone and you will likely be fine. This is called watchful waiting.

Because prostate cancer cells typically spread so slowly you have time to find alternative options to surgery and radiation. If you are worried about prostate cancer, get a PSA blood test from a nutritionist who can order lab work like we do here and can do the testing without reporting any diagnoses to your insurance company and will not immediately refer you to an oncologist if the numbers fall outside the clinical markers. If the number is high, don't panic. There are many other reasons it could be elevated including benign prostate enlargement, inflammation, infection, age or race. We have seen men in our office with elevated PSA's indicating possible prostate cancer whose numbers have stabilized and even come down using all natural therapy. Always try the safest and most natural methods first.

There are many non-invasive treatments which studies show are effective:

- A 1996 study at the University of Arizona found that men who took 200 micrograms of selenium daily for about seven years had 63% fewer incidences of prostate cancer.

- Cut out the dairy – researchers at Harvard found that men consuming large amounts of dairy had a 32% higher risk of developing prostate cancer.
- Low iodine levels in the breasts, ovaries, thyroid and prostate glands predispose you to higher cancer risks.
- Regular ejaculation can reduce your risk of prostate cancer by up to 33%. This boosts your T3 and T4 lymphocyte cells which fight off foreign invaders like cancer cells.
- Vitamin D boosts the immune system and has many anti-cancerous effects.
- Prostaglan by Progressive Labs is a combination of natural ingredients which can help alleviate benign hypertrophic prostatitis (enlarged prostate).

Before trying the above suggestions, get a complete nutritional analysis to determine exactly what your body is lacking. Once these imbalances have been corrected, take the PSA blood test again and see what the response was.

## PROSTATE CANCER AND STATINS

The use of statins (cholesterol-lowering drugs) may be linked to an increased risk of prostate cancer. A study conducted earlier this year at Fred Hutchinson Cancer Research in Seattle and published in the *American Journal of Epidemiology* found that the long-term use of statins appears to increase the risk of prostate cancer for obese men. Statin drugs inhibit body processes which in turn can affect cell signaling pathways, cell growth, cell apoptosis, cell proliferation, inflammation, oxidative stress, angiogenesis and metastasis all of which influence cancer cells in some way.

For obese men, the study found that the current use of statins was linked to a 50% increased risk for prostate cancer and steady use for 5+ years increased risk levels to 80%.

### Turkey Burgers

4 Servings

2T Hain Safflower Mayo  
 3T Bragg's liquid aminos  
 3T dehydrated onion flakes  
 1t garlic powder  
 1 ½ t black pepper  
 1lb ground turkey [no antibiotics, etc]

Mix first 5 ingredients then add ground turkey. Form into patties.

Opt. 1: Grill 4 minutes each side or until center is done but still juicy.

Opt 2: Bake covered 15 minutes at 350 degrees then remove lid and broil on high for about 10 minutes or until outer layer is golden brown.

**Did You Know?...** Seafood is the best natural source of Omega-3 fatty acids. Regularly eating small amounts of Omega-3 fatty acids has a beneficial effect by reducing blood pressure and reducing the risk of heart disease. Seafood is good for ALL of you as long as you avoid the seafood with high mercury levels. The role of proteins, minerals, vitamins and Omega-3 fatty acids found in seafood:

- Brain - Reduces the risk of a stroke; may reduce the risk of Alzheimer's disease; may reduce the incidence of depression; aids in infant neurodevelopment and the building of brain tissue.
- Digestion - May help relieve symptoms of ulcerative colitis and Crohn's disease.
- Eyes - Contributes to vision development; contributes to

nerve growth in the retina; may reduce symptoms of dry eye syndrome. • Heart - Reduces the risk of cardiovascular disease; decreases blood pressure slightly; decreases risk of heart arrhythmias; decreases heart triglyceride levels; improves circulation; increases HDL (good) Cholesterol. • Joints - May help relieve symptoms and inflammation caused by rheumatoid arthritis. • Lungs - May help reduce symptoms of asthma and bronchitis and reduce the risk for chronic obstructive pulmonary disease. • Muscles - Helps build muscles and tissue. • Skin - May help relieve symptoms of psoriasis and eczema; may also ease the effect of aging and sun damage.

### **Tip Of The Month – Can Simple Health Tips Solve Healthcare Reform?** As you know by now... there



is a MASSIVE and HEATED debate going on in the U.S. over healthcare reform. Costs have been spiraling out of control for quite some time – and most agree that something must be done. But that’s where the agreement ends. A very common argument is that everyone should be covered and have access to the healthcare system for “free.” This is a misnomer... because we all know there is no such thing as “free.” Someone has to pay for it. And with a price tag estimated at well over \$1 TRILLION... someone must pay dearly. But, what if the biggest problem with our healthcare system is NOT the amount of people covered? What if it was something else altogether? Sound crazy? Hear me out... For example – the medical system in the United States is exceptionally good at emergency and crisis care. If you have a heart attack... our system is amazing at saving your life. The same is true if you are in a car accident and many other emergencies. But... there is a big difference between emergency crisis care and prevention and wellness care. And, our medical system falls extremely short when it comes to prevention and wellness. Many doctors agree and research shows, that many, if not most conditions, can be prevented with lifestyle changes. Yet, the practice of medicine is NOT about prevention. It is about treatment once you are injured or sick. And that’s where the root of the REAL healthcare crisis lies... **EVERYONE Taking Personal Responsibility For Their Health!** You see, the solution is not getting everyone covered by a system that waits until you are sick and administers expensive treatments. That is the problem! The solution is what Chiropractors, Nutritionists and other alternative healthcare professionals have been teaching for over 100 years... **Doing What Is Necessary To Keep Yourself From Getting Sick In The First Place!!!** Chiropractic founders had a theory of “dis-ease.” And dis-ease is very different from modern medicine's disease. In a nutshell, dis-ease is when your body is not functioning properly... but you do not have any noticeable signs and symptoms. You can also be in a state of dis-ease and not have anything show up on medical examinations or tests. Here’s a great example: Heart disease starts years and years before you have a heart attack. In the very beginning, it is undetectable to doctors' tests. This is the dis-ease stage. As time goes on... it progresses to the stage where doctors can detect indicators and/or risk factors of heart disease such as high LDL cholesterol etc. As time goes on – and the heart disease gets worse – you get a physical symptom: chest tightness, pain, shortness of breath, altered sensation in your left arm, etc. This is called a heart attack. Now, what makes more sense: *Making the appropriate lifestyle changes when you are in the dis-ease state and never having a heart attack...* or... *waiting until your cholesterol is high and taking drugs (that may or may not work and have side effects)...* or... *waiting for the heart attack?* Which approach would be more cost-effective? Heart disease is the number one killer in the United States. Open-heart surgery and drug treatments are extremely expensive. Can you imagine the savings if just 50% of Americans made simple lifestyle modifications – like eating right and exercising – and drastically reduced the need for drugs and surgery as crisis care? That is the REAL issue. Unless you have a genetic problem... most REAL healthcare is already very inexpensive. It’s called prevention and wellness. And that’s the best insurance you can ever have.

**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.*