

In Good Hands

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

Our imagination is the only limit to what we can hope to have in the future. - Charles F. Kettering

I bet you didn't know this simple way to possibly live longer...

Is The Secret To Living Longer And Feeling Better Really As Easy As This?



More In This Issue: British Researchers Report – Flu drugs may NOT be worth it for healthy adults... What you should start doing RIGHT NOW and NEVER STOP to possibly add years to your life... and more...

Monterey – It looks like there is a simple secret to living longer and feeling better while you do it - and it's something just about anyone can do. At least, that's what the findings of a new study suggest.

But before we talk about this simple longevity tactic... you should know about this...

Swine Flu Mania!

I'm sure you've heard... there is something called the swine flu going around. The scientific name is now H1N1. And H1N1 is not the only thing "going around." A lot of hysteria is traveling with it.

When they first reported on this flu several months ago, some news programs hyped it up to the point you thought the human race was going to be wiped off the face of the Earth!

Well, as it turns out... that's not even close to reality...

H1N1, so far, hasn't been the death sentence the media prophesized. Most people with H1N1 get flu-like symptoms and are perfectly fine in no time.

Why is that?

It's because most people who contract H1N1 have normal and healthy immune systems. And when you have a normal and healthy immune system, you can fight off just about anything known to mankind.

Just like the "regular" flu... people with compromised immune systems are the ones at risk... and that is why it is important to keep your immune system functioning at its highest genetic potential.

This includes: eating right, exercising, reducing stress and visiting your doctor for routine check-ups. This includes Chiropractic care to keep your spine working properly and alleviating any unnecessary stress and strain on your system.

Here's something you should know about taking anti-viral medications like Tamiflu and Relenza...

On Saturday, August 22, 2009, Reuters reported that a new study published in the *Lancet Infectious Disease* suggests treating H1N1 in normal healthy adults may not be worthwhile.

"Recommending the use of anti-viral drugs for the treatment of people presenting with symptoms is unlikely to be the most appropriate course of action," wrote Jane Burch of the University of York and colleagues.

According to the Reuters' article, the results of this study also support an already existent advisory from the World Health Organization (WHO): "healthy patients who get H1N1 swine flu without suffering complications do not need to be treated with anti-virals."

The WHO, however, strongly recommends both drugs for pregnant woman and children under 5 because these two groups are at risk for greater illness.

Do Tamiflu and Relenza Work?

The research team in the above study reviewed several published studies. With healthy people, flu symptoms usually last one week untreated. Treated with either Tamiflu or Relenza, symptoms were cut by HALF A DAY.

People with a higher risk, like diabetics or asthmatics saved a day with Tamiflu, and three-quarters of a day with Relenza.

Due to fear, people have been hoarding these two drugs for months. This research suggests it is not a good idea to take these drugs if you are healthy. Researchers concluded that the drugs should be saved for those who need them most (more on this later).

Enough about H1N1 for now. Now would be a good time for a little longevity secret, right?

Well, here you go...

A new study in the *Journal of Medicine and Science in Sports and Exercise* suggests people who stay even moderately fit as they age may live longer than those who do not.

According to an August 21, 2009 Reuters' article, "Our findings suggest that sedentary lifestyle, rather than differences in cardiovascular risk factors or age, may explain (the) two-fold higher mortality rates in the least-fit versus slightly more fit healthy individuals," lead researcher, Dr. Sandra Mandic of the University of Otago in Dunedin, New Zealand, noted in an email to Reuters Health.

She pointed out that nearly two-thirds of the least-fit study participants were not getting the minimum recommended amount of exercise -- at least 30 minutes of moderate activity, like brisk walking, on five or more days a week.

"These results emphasize the importance of improving and maintaining high fitness levels by engaging in regular physical activity," Mandic said, "particularly in poorly fit individuals."

And here's something of MAJOR importance!!!!

The study showed a history of exercise was not a factor. In other words, it doesn't matter if you *used* to be in shape. What matters is RECENT activity.

This helps explain why a professional athlete, who was in phenomenal shape for years, can die young from heart disease.

The study suggests you only get protection from RECENT physical activity.

This may be disheartening for many since so many people look at "exercise programs" and "diet," as temporary things... doing them just long enough to get in the desired shape or lose a certain amount of weight.

This approach will NOT make you healthy. What will help make you healthy and possibly live longer is making the commitment to change your lifestyle. Committing to eating right and exercising FOR THE REST OF YOUR LIFE.

That is exactly what Chiropractors believe and have been teaching for years -- health is the result of what you routinely do now and for the rest of your life.

That's why it is also important to commit to getting and keeping your spine working properly with Chiropractic care. If you stop exercising, you lose the positive effects. If you stop brushing your teeth, you lose the positive effect. And, if you neglect your spine, chances are, you will eventually end up in rough shape again. Staying healthy and living longer is in YOUR hands.

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.

Exercise Has NOTHING To Do With Losing Weight?

Huh? If that statement doesn't make any sense to you... you might find a recent article in TIME Magazine just a little odd. The article entitled, "Why Exercise Won't Make You Thin," has given many people an excuse to skip their workouts and sit on the couch.

Many experts strongly disagree... "Exercise is absolutely essential for dropping weight and maintaining weight loss," says FITNESS advisory board member Michele S. Olson, Ph.D., Professor of Exercise Science at Auburn University Montgomery. There is a great article on this issue in FITNESS you can find online in the August 19, 2009 issue.

Don't' Miss This One!!

Dr. Gensel will be teaching a tasty, hands-on class...

"Making Desserts Healthier for the Holidays!"

Wednesday, November 18, 2009
6:30 – 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
\$25 Monterey Resident, \$33 Non Residents

More Clarification on the H1N1 Vaccination...

Please be aware that this vaccine is just as new as the H1N1 strain and could have more detrimental effects on your health than the virus itself. Plus the chances that a new flu shot will be overwhelmingly effective are small. Think about the timeline during which this new vaccine came into play. The virus made its debut in Mexico in March of 2009 before hitting the U.S. shortly after. At the end of April, the government declared a public health emergency and researchers frantically began working on an H1N1 vaccination. Now 6 short months later, the vaccine is ready to hit the market.

In that time frame, there is no way to determine the effects (good or bad) of a vaccine as it could have only been tested on a few thousand people (if that many) for a few weeks. Yet the CDC is recommending millions of people line up for this shot. Getting the vaccination will make you a guinea pig. Furthermore, a recent poll on Medscape found that at least 1/3 of health care workers do not plan to get the H1N1 virus due to skepticism about the vaccine's effectiveness and its possible adverse effects.

The best method for preventing this disease is creating a healthy immune system and clean environment. Think about this - approximately 70% of people hospitalized with the H1N1 virus have at least one medical condition placing them at "high risk" for the flu including pregnancy, diabetes, heart disease, asthma, and kidney disease. When you have a pre-existing health condition, your immunity is frequently hindered.

Right now the H1N1 strain is very mild. If the virus mutates (as they often do) into a more virulent form of influenza, those who have built up antibodies against the 2009 version may have a much higher chance of fighting off the supersized version. Antiviral medications like Tamiflu work by stopping the flu virus from reproducing within the body. Not only does this prevent the creation of natural antibodies, but this drug has some serious potential side effects including confusion, delirium, hallucinations, unusual behavior, or self-injury most often occurring in children. At this point we cannot recommend the H1N1 shot or regular flu shot for anyone and also advice against the use of Tamiflu or other medications for the "flu". There are better options. Use the following tips to help prevent and treat cold or flu symptoms. If your body doesn't respond or is slow to recover, call our office for further recommendations.

Infants:

Babies who are breastfed typically do not get the flu as often and suffer less severe symptoms than babies not breastfed. This is because mother's milk passes on infection fighting antibodies from the mother to the baby. This is very important in young babies whose immune systems are still growing. Mothers - if you are ill keep breastfeeding or bottle feed breast milk to pass these antibodies on to your child. Be careful not to cough or sneeze in the baby's face and be sure to wash your hands beforehand with soap and water. The following protocols are also safe for breast feeding and pregnant women.

To Prevent Colds & Flu (Adults 150lbs)

1. Wash your hands!
2. Strictly avoid all dairy: review our April 2008 and May 2008 newsletters on Dairy.
3. Stay hydrated: drink 1 qt of water per 50lbs of body weight not to go over 3 qts per day.
4. Get adequate protein: 1 out of 4 bites should be good protein sources like seeds, nuts, sprouts, quinoa, chicken, eggs, fish, etc.
5. Exercise at least 30 minutes, 3 days per week.
6. Supplementation (spread dosages throughout the day & take with meals)
 - a. Take a high potency multiple. Review our June 2008 newsletter on Choosing a Multiple Vitamin.

- b. Lauricidin: one scoop each day.
- c. Vitamin C: 3000mg each day.
- d. Vitamin D₃: 5000IU (cholecalciferol) each day.
- e. Zinc lozenge: one 15mg lozenge per day. Watch out for hidden artificial colors and sweeteners.

Prevention for kids (40-100lbs)

- 1. 1-5 are the same
- 2. Supplementation (spread dosages throughout the day & take with meals)
 - a. Take a high potency multiple for kids.
 - b. Lauricidin: ½ scoop each day.
 - c. Vitamin C: 500-1000mg each day. Try Emergen-C for kids.
 - d. Vitamin D₃: 1000IU-4000IU (based on weight) each day.
 - e. Zinc lozenge: ½ of a 15mg lozenge per day. Watch out for hidden artificial colors and sweeteners.

Cold and Flu Relief (Adults 150lbs)

- 1. Strictly avoid all dairy.
- 2. Stay hydrated: drink 1 qt of water per 50lbs of body weight not to go over 3 qts per day.
- 3. Supplementation (spread dosages throughout the day & take with meals)
 - a. Take a high potency multiple.
 - b. Lauricidin: 3 scoops per day.
 - c. Vitamin C: 4000mg per day. Try Emergen-C it helps you stay hydrated, and is effervescent-settling to the stomach.
 - d. Vitamin D₃: 5000IU (cholecalciferol) each day.
 - e. Echinacea: 150mg, 6 times per day.
 - f. Zinc Lozenges: Take 4-6, 15mg zinc lozenges for a few days. Watch out for hidden artificial colors and sweeteners.

Relief for kids (40-100lbs)

- 1. #1 and #2 are the same.
- 2. Supplementation (spread dosages throughout the day & take with meals)
 - a. Take a high potency multiple vitamin.
 - b. Lauricidin: take 1-2 scoops per day.
 - c. Vitamin C: take 500-1000mg per day. Try Emergen-C for kids.
 - d. Vitamin D₃: take 1000IU-4000IU (based on weight) each day.
 - e. Echinacea: Find a children's version at your health food store and take as recommended on the bottle. Watch out for hidden artificial colors and sweeteners.
 - f. Zinc Lozenges: Take 1-2, 15mg zinc lozenges for a few days. Watch out for hidden artificial colors and sweeteners.

Get Your Flu Prevention Pak!!

(And get the Vitamin D for free!!)

The Flu Prevention Pak consists of the following:

- 1. Ultra Preventive III (High Potency Multiple Vitamin)
- 2. Lauricidin
- 3. Vitamin C
- 4. Vitamin D

Purchase the first three items and I will give you the Vitamin D for free!!!

This offer is only valid until October 23rd or until my Vitamin D runs out so don't procrastinate!

Did You Know?... • *The first married couple to be shown in bed together on prime time television were Fred and Wilma Flintstone. • Coca-Cola was originally green. • Everyday, more money is printed for Monopoly than the US Treasury. • The Hawaiian alphabet has 12 letters. • Men can read smaller print than women; women can hear better. • City with the most Rolls Royce's per capita: Hong Kong • State with the highest percentage of people who walk to work: Alaska • Percentage of Africa that is wilderness: 28% • Percentage of North America that is wilderness: 38% • Barbie's measurements if she were life size: 39-23-33 • Cost of raising a medium-size dog to the age of eleven: \$6,400 • Average number of people airborne over the US any given hour: 61,000. • Intelligent people have more zinc and copper in their hair. • The world's youngest parents were 8 and 9 and lived in China in 1910. • The youngest Pope was 11 years old. • First novel ever written on a typewriter: Tom Sawyer. • The San Francisco Cable cars are the only mobile National Monuments.*

Tip Of The Month - A Simple Way To Increase Your "BRAIN POWER"...



Wouldn't it be nice? Wouldn't it make life soooo much easier? Just imagine how much time you could save and how much more money you could make... **If you were just a little bit...**

SMARTER!?! Unfortunately, there's nothing you can do about your intelligence. You were born just so smart... and that's the way it is. Right? Maybe... maybe not. While you may not be able to change the total amount of *intelligence* Mother Nature gave you... you can drastically

improve the way you use what you've got. Your brain is like a muscle... and performs better with exercise. And, the more exercise you do... the better the response and performance. On the contrary, not exercising your brain leads to deterioration. Harmful drug use can also be devastating. And... Like the lead article in this newsletter revealed about exercise and your health... **Recent Activity Is Crucial** - You must continue to exercise your body if you want the healthy effects to last. And, you must continue exercising your brain to be "smarter." So, how do you do it? **First tip is easy... yet oh so difficult!** Ready for the bombshell? **STOP WATCHING SO MUCH TELEVISION!** What's the big deal with watching TV? Well, answer this quick question... How do you feel after watching a couple hours of the boob tube? Energized or tired and drained... ready to take a nap? How do your eyes feel? Sharp and focused or droopy and fuzzy? This is because television **DRAINS** your brain instead of working it out and re-charging it. It's like you're a battery and the TV drained the power right out of you. What's that? You need the TV to relax? Here's an easy solution... **Try Reading A Book...** Reading actively engages your brain – so you get the positive effects of "exercising it" to make it more efficient... and... it helps you relax and re-charge your mental capacity. You don't have to read about Albert Einstein's Theory of Relativity to improve your brain power, although that would definitely help! Just reading an interesting story for 20-30 minutes every night can do wonders, especially one that has a lot of imagination to invoke your imagination. Everyone who is an avid reader knows the book is always better than the movie. That's because **YOU** conjure up the perfect image for characters and situations when you read the book. In the movie, a Hollywood producer makes the choice for you and they can **NEVER** do it as well as you can in your mind. (Read any book such as the "Chronicles of Narnia" or the Harry Potter series and as good as the movies are... they do not even compare to the books. Read the books and see how much better the characters are you create in your mind than the actors in the movie.) So, grab a book and start reading. If you don't like it, toss it aside and start another. The good thing about all this is – reading will quickly become a habit. Just do it for 21 days and you will most likely continue doing it for a long, long time. Give it a try... you will be smarter and healthier as a result!

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.