

# 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)

After one look at this planet, any visitor from outer space would say, "I want to see the manager." - *William S. Burroughs*

## Researchers Attempt To "Crack The Headache Code" New Study Reveals: Cause Of This Type Of Headache May Have Been Found – Is There An Easy Solution?



### More in this issue:

- ✓ How watching this type of TV is bad for babies' brains
- ✓ Why energy drinks might actually decrease athletic performance
- ✓ Guess how much daily exercise makes the difference between fit and unfit kids
- ✓ How to look and feel younger: New research discovers all-natural anti-aging mechanism

**Plus... How one woman dedicated her life and saved over 16,000 animals –  
 If you need a little inspiration in your life, read the story and watch the video today!**

**M**onterey – Whether it was said directly to you – or you heard it in a joke... we've all heard: "*Not now... I have a headache.*"

Sadly, headaches are common for many people. Not only can they make your life miserable, but they negatively affect your family and your friends who care about you. That's why this new information is so important...

### New Research Reveals Cause Of Certain Headaches

A new study published in the November-December 2010 issue of the *Journal of Manipulative and Physiological Therapeutics (JMPT)* shows "a relationship between cervical movement impairment and the presence and severity of CGH."

"CGH" is cervicogenic headache... which is a headache caused by your neck.

### Do Energy Drinks DECREASE Performance?

Energy drinks like Red Bull are very popular. And according to a recent survey, 32% of American high school athletes reported drinking them, many in an effort to enhance athletic performance.

But "energy drinks" are not the same thing as "sports drinks." Energy drinks contain much more sugar (up to a quarter cup per can) than sports drinks. Energy drinks also contain a lot of caffeine, which is not found in sports drinks.

What's more, a study of runners found that Red Bull did not improve the athletes' run-to-exhaustion times. And because caffeine is a diuretic, it can contribute to dehydration. Even worse, the large amount of sugar in energy drinks can lead to diarrhea.

So, if you are drinking "energy" drinks in an effort to increase athletic performance, you might want to re-think it.

This is important because the study evaluated 92 subjects by putting them through a simple neck motion test.

They found that range of motion (how much your neck moves) was significantly reduced in the presence of a headache.

Basically, they found that subjects with headaches originating from the neck also had decreased motion in the neck. And, the more the neck motion was decreased – the worse the headache.

### Why Is This Important To You?

It's important to you, because if you suffer with headaches, there may be a simple solution.

Chiropractic care addresses the motion of your spine. Chiropractors are experts at assessing the range of motion of your neck, and if there is a problem, treatments are specifically

designed to attempt to normalize that range of motion. In other words, if you have a cervicogenic headache that is caused by dysfunction and decreased range of motion in your neck, Chiropractic care may be able to help you.

### **How Do You Know If You Have A Cervicogenic Headache?**

The best way to know is to go to a Chiropractor and have a cervicogenic headache evaluation. Chiropractors are trained to diagnosis different types of headaches and give you the best advice for your type of headache.

A classic symptom of cervicogenic headache is pain that originates at the base of your head in the back and travels up your head possibly to the front and even to the eyes. This same type of pain may also start at the base of your neck and/or upper shoulders and travel into the head. But, headache diagnosis can be sneaky and some causes are very serious. That's why they should be evaluated by a trained healthcare provider.

Now for something completely different – but equally important...

### **Have Scientists Finally Found The Fountain Of Youth?**

Maybe they have. As it turns out, the fountain of youth is not some mystical place in the forest, it's located inside you. **Here's what this is all about:** According to Science Daily, December 2, 2010, "*Prof. Dafna Benayahu and her team at Tel Aviv University's Sackler School of Medicine say their findings explain for the first time why older people who have exercised throughout their lives age more gracefully. They have discovered how endurance exercise increases the number of muscle stem cells and enhances their ability to rejuvenate old muscles.*"

Normally, as we age, we experience a decline in muscle mass and function. This research found that exercise INCREASED the number of muscle stem cells.

According to the Science Daily article, "*The researchers believe that a decline in the number of these cells and their functionality may prevent proper maintenance of muscle mass and its ability to repair itself, leading to muscle deterioration.*" The researchers of this study now dream of the day when they can develop a drug that will "*increase muscle mass and ameliorate the negative effects of aging.*"

But, maybe the answer is not always in a new drug? Maybe the answer should be simple like the information revealed in that study. And that information is...

### **EXERCISE!!!**

Why take decades of research and unknown amounts of money in an attempt to develop a drug that may not work or have side effects when you can simply exercise? Yes, it would be nice to sit on the couch and eat ice cream and take this wonder drug these researchers are imagining for "someday." But, the reality is you can activate the fountain of youth that is found inside you TODAY if you are willing to put in a little effort. As always – the choice is yours!

### **Important Information Every Parent Should Know**

The amount of daily exercise that separates fit kids from unfit kids is small – but the impact on their lives may be enormous. Here's why: A December 7, 2010 article in the USA Today said, "*Normal-weight children get 16 more minutes of physical activity a day than their obese peers, a new study shows. And overall, girls do 20 minutes less physical activity a day than boys.*"

Considering a third of American children are overweight or obese, which can lead to all kinds of serious health problems, this is a very big issue.

According to the study, published in the December issue of *Medicine & Science in Sports & Exercise*, the journal of the American College of Sports Medicine:

- Normal-weight children, ages 6 to 17, are moderately to vigorously active for 59 minutes a day, compared with 43 minutes for obese children in this age range.
- Overall, boys ages 6 to 17 are active an average of about 64 minutes a day, compared with 44 minutes for girls in this same age range.
- Girls need to get more exercise to establish an active lifestyle, which will help with weight control and reduce their risk of diseases (like cancer) as adults, according to the study's lead author, Britni Belcher.

**...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 truly enjoy participating in your lifelong good health.**

**Inspirational Story Of The Month –**  
(Names And Details Have Been Changed To Protect Privacy)

## **Single Woman Saves Over 16,000 Animals!**

*If you want to be inspired and feel wonderful – read  
this story and watch this video... right now!*

There are some lyrics of an 80's song written by Neil Peart that go something like this...

*“Some are born to move the world  
To live our fantasies  
But most of us just dream about  
The things we'd like to be  
Sadder still to watch it die  
Than never to have known it  
For you, the blind who once could see  
The bell tolls for thee...”*

For most, the lyrics of that song are painfully relevant. But, for Lynea Lattanzio, those words couldn't be more IRRELEVANT.

Here is why...

Lynea is the founder of, “The Cat House on the Kings”, which is an extremely unique rescue shelter for dogs and cats. What's so unique about it? Lynea said, “To me it's not a life if they are in a cage. They need to be able to run full speed and climb a tree. That's a cat.” That, combined with her incredible compassion and love for animals caused her to create a no cage, no kill lifetime shelter and adoption center located four hours north of Los Angeles.

Lynea said that it started out with just the inside of her five bedroom house, and grew from there...

Her house is open to all the cats and dogs... probably 500-700 of them at a time. She has doggie doors so they can come in and out as they please and there are 10 feeding stations throughout the property. While many dogs and cats live in tiny cages in shelters, the lucky ones on Lynea's property live in nothing short of paradise. One of the most amazing things is the number of cats and dogs living together in complete harmony. Lynea said she moved to the property in 1983 as a single woman. She knew, deep down in her heart that there was something she was supposed to be doing. She never knew what that was until 1992. That's when she went to a local shelter and volunteered to bottle feed 15 kittens.

### **By The End Of That Year, Lynea Had Adopted 96 Cats!**

By the third year, that number had risen to 150. Then she actually went to work for a Veterinarian so she could learn how to properly care for all the cats and dogs. At the time of writing, Lynea has adopted and cared for over 16,000 dogs and cats. Here's one of the most amazing thing about all this: Lynea is not the stereo-typical “cat woman.” Her house is not dirty and does not smell. On the contrary – everything is unbelievably clean. She is just a woman who has dedicated her life to giving a wonderful life to as many animals as she can. She is definitely one of the precious few who “move the world and live their fantasies,” while the rest of us dream about the things we'd like to be.

There is a video about Lynea and her shelter on youtube. The name of the video is “Cat House On The Kings.” And the link is: <http://www.youtube.com/watch?v=vwM6f0liHpo>

The video is short, only 4:46, but it might change your life. At the very least, it will brighten your day and bring a smile to your face. Writing about Lynea and her amazing shelter cannot do it justice. So, when you have five minutes to spare, go watch the video.

You won't regret it.

**We love helping our patients and their friends and relatives through their tough times and getting them feeling better! We are here to help you stay feeling better and looking younger! You really can afford Chiropractic and Nutritional care! Don't wait until you can no longer move!**

**Did You Know?**... Water does not calm the tongue after eating hot spicy food because the spices in most of the hot foods we eat are oily, and, like your elementary school science teacher taught you, oil and water don't mix. In this case, the water just rolls over the oily spices. What can you do to calm your aching tongue? Eat bread. The bread will absorb the oily spices. A second solution is to drink milk. Milk contains a substance called "casein" which will bind to the spices and carry them away.

## **Tip Of The Month - Is Watching TV Bad For Babies' Brains?**



### **Also: Planning College? What you should know about the "College Debt Bubble?"**

Have you ever used television as a babysitter? Sure, you wouldn't leave your kids in front of the TV and go out for a night on the town. But, the TV is often used to occupy the young ones while you answer the phone, make dinner or just take a little break.

**Well, new research suggests the TV may be a very poor parenting helper.**

Here is why: According to U.S. News & World Report, December 7, 2010, "*Babies who watch TV are more likely to have delayed cognitive development and*

*language at 14 months, especially if they're watching programs intended for adults and older children. Babies who watched 60 minutes of TV daily had developmental scores one-third lower at 14 months than babies who weren't watching that much TV. Though their developmental scores were still in the normal range, the discrepancy may be due to the fact that when kids and parents are watching TV, they're missing out on talking, playing, and interactions that are essential to learning and development.*"

These results appeared in the *Archives of Pediatric and Adolescent Medicine*. The U.S. News & World Report also said that researchers did not find any positives or negatives to watching educational TV shows designed for young children like *Sesame Street*. But researchers did note that the parents of children watching TV most likely spend less time reading to and teaching their children.

**And here's something important:** The American Academy of Pediatrics recommends that babies under age 2 watch no TV at all. Now let's move from babies and toddlers to...

### **The College Debt Bubble**

Yahoo news recently told the story of a 23 year old woman who graduated from Northeastern University in 2009 with a bachelor's degree in Sociology. Nothing shocking there, right? But here's what IS shocking... She also graduated with \$200,000 in student loan debt! She lives at home with her parents, works full-time and pays \$891/month. Next month, that amount goes up to \$1,600/month. This is an extreme example, but many college graduates are feeling the squeeze from student loans. And taking out too many student loans is something that can haunt you for a very, very, very long time.

According to the Yahoo article, "*In 2008, the most recent year for which data is available, nearly 3.4 million borrowers began repayment, and more than 238,000 defaulted on their loans. The number of loans that went into forbearance or deferment (when borrowers receive temporary relief from payments) rose to 22 percent in 2007, from 10 percent a decade earlier, according to The Chronicle of Higher Education. Over a 15-year period, default rates range from 20 percent for federal loans to 40 percent on loans to students who attend for-profit schools.*"

## **Remember, we're always here, 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.*