

# In Good Hands

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

“The Truth is more important than the facts” ~ *Frank Lloyd Wright*

## New Study: Texting And Social Networking Linked To Health Risks?

### PLUS...

- ✓ **WARNING TO MEN: Is Your Laptop Computer Cooking Your Private Parts?**
- ✓ **McDonalds, KFC and PepsiCo put in charge of health policy?**



**M**onterey – Modern technology can be wonderful. It has never been easier to stay in touch and communicate with friends and family. With texting and social networking, anyone can communicate messages, pictures, internet links and videos within seconds.

### **But Is There A Down Side To All This Texting And Social Networking?**

According to a November 10, 2010 CNN article, “*A new study by the Case Western Reserve School of Medicine links poor health behaviors -- including smoking, drinking and sexual activity -- to hyper texting and hyper networking [teenagers].*”

The article defines “hyper texting” as sending more than 120 texts per school day, and “hyper networking” as spending more than 3 hours per school day on social networking sites (like Facebook).

According to the article, the study found nearly 20% of Midwestern teens surveyed were “hyper texters.”

**“hyper texter” teens are:**

### **New Research Shows Risk From Mercury Dental Fillings**

It has been hotly debated for decades. Some groups say the mercury present in dental amalgam (used to fill cavities) is dangerous. Dental groups, including the American Dental Association, say this is hogwash... there is no scientific proof amalgam is harmful.

Well, now there may be some proof. Here’s what was recently posted on Dr. Joseph Mercola’s health website:

*Mercury outgases from these fillings, and is then inhaled. Dental amalgam is the primary source of mercury exposure in the general population.*

*According to the report: “[In] the least conservative of the scenarios evaluated (predicts the lowest level of exposure for any of the scenarios), it was determined that some 67.2 million Americans would exceed the [mercury] dose ... established by the U.S. Environmental Protection Agency in 1995, whereas 122.3 million Americans would exceed the dose ... established by the California Environmental Protection Agency in 2008.”*

- 2 times more likely to have tried alcohol.
- Nearly 3.5 times more likely to have had sex.
- 40 percent more likely to have tried cigarettes.
- 41 percent more likely to have used illicit drugs.
- 43 percent more likely to be binge drinkers.
- 55 percent more likely to have been in a physical fight.
- 90 percent more likely to report four or more sexual partners.

**The article also stated 11.5% Midwestern teens are “hyper networkers.” They are:**

- 60 percent more likely to report four or more sexual partners.
- 62 percent more likely to have tried cigarettes.
- 69 percent more likely to be binge drinkers.
- 69 percent more likely to have had sex.
- 79 percent more likely to have tried alcohol.

- 84 percent more likely to have used illicit drugs.
- 94 percent more likely to have been in a physical fight.

**Here's an important note from the author of the study:** *"We are not saying texting causes these behaviors... We can recognize that these kinds of connections... may be facilitating or enabling these kinds of behaviors, but we certainly can't think of (the online connections) as causing them."*

So, if your teenager is a hyper texter or hyper networker, taking away their phone or internet access may not reduce their risks in the above categories but they are an indicator that you should pay more attention to your child's activities.

### **WARNING TO MEN USING LAPTOPS!!!**

A November 8, 2010 article published by Reuters reports placing a laptop computer on your lap might be, "cooking your gonads." According to the article, *"Turns out, unsurprisingly, that sitting with a computer on your lap will crank up the temperature of your nether regions, which could affect sperm quality."*

Authors of a study in the journal, *Fertility and Sterility*, say the only way you can prevent this is by putting your laptop on a desk or somewhere besides your lap. Even using a lap pad, the temperature quickly rises above the acceptable range. "Millions and millions of men are using laptops now, especially those in the reproductive age range," said Dr. Yefim Sheynkin, a Urologist at the State University of New York at Stony Brook, who led the new study.

"Within 10 or 15 minutes, their scrotal temperature is already above what we consider safe, but they don't feel it," he added.

While we are on the subject...

### **What Men Should Know About Performance Issues & Testosterone**

You can't miss it. There seems to be a television commercial about it every two minutes. It's either Viagra or Cialis for "performance" issues, or the new buzz-word, "Low T" for low testosterone. Well, here's something very important you should know about testosterone and sexual problems...

According to an October 29, 2010 Reuters Health article, authors of a new study say, "we need a lot less testosterone for sexual function than people think." Dr. Frederick Wu, a hormone expert at the University of Manchester, is quoted as saying, "Most people with erectile problems do not have hormone problems, but often have blockage in their penis arteries." They also state that very low levels of testosterone can cause a problem, but they are not sure what this level is. Because decreased "performance" is a secondary symptom of something more serious going on it is recommended to be properly evaluated to discover the "real" issue.

### **MCDONALD'S, KFC & PEPSICO HELP WRITE HEALTH POLICY!!!**

Here's something ironic: The San Francisco Board of Supervisors recently passed a law stopping McDonald's from putting toys in children's Happy Meals.

According to Yahoo News 11/3/10: *"The law, like an ordinance passed earlier this year in nearby Santa Clara County, would require that restaurant kids' meals meet certain nutritional standards before they could be sold with toys."*

At just about the same time, the UK Health Department "is putting the fast food companies, McDonald's, KFC and processed food and drink manufacturers such as PepsiCo, Kellogg's, Unilever Mars and Diageo, at the heart of writing government policy on obesity, alcohol and diet-related disease."

Maybe Tobacco companies will be put in charge of smoking policies next?

**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.**

# GMO'S

Have you seen the scientific evidence that genetically modified foods (GMO's) are 100% safe with no long-term health related side effects? Neither have we. What is emerging is more startling evidence that the government and seed industries "solution to world hunger" is creating a potentially irreversible pattern of destruction in agriculture, wild life and human health.

## What is a GMO?

Genetically modified organisms (GMO's) are created by meshing genes from one species into the DNA of a food crop or animal to produce a new trait. Because living organisms have natural barriers to protect themselves against the introduction of DNA from a different species, genetic engineers must force the DNA from one organism into another. Their methods include:

- Using viruses or bacteria to "infect" animal or plant cells with the new DNA.
- Coating DNA onto tiny metal pellets and firing it with a special gun into the cells.
- Injecting the new DNA into fertilized eggs with a very fine needle.
- Using electric shocks to create holes in the membrane covering sperm and forcing the new DNA into the sperm through these holes.

## Risks

The American Academy of Environmental Medicine reported serious health risks associated with GM foods in animal studies including infertility, immune problems, accelerated aging, faulty insulin regulation, and changes in major organs and the gastrointestinal system.

- Mice fed GM soy had fewer, and smaller, babies.
- More than half the babies of mother rats fed GM soy died within three weeks.
- Testicle cells of mice and rats on a GM soy diet changed in color and size.
- By the third generation, most GM soy-fed hamsters became infertile.
- Rodents fed GM corn/soy showed signs of toxicity, lowered immunity & increased allergies.
- The stomach lining of rats fed GM potatoes showed excessive cell growth, a condition that may lead to cancer.
- Studies also found organ lesions, altered liver and pancreas cells, changed enzyme levels, etc.

Unfortunately, no clinical study has looked at the effects of GMO's on humans. The only published experiment found that once GM soy is ingested by humans, the genetic material forced into the food will remain inside our intestines and continue to function. This means the potential for super diseases, antibiotic resistance and internal pesticide production.

In December, the International Journal of Biological Sciences reported that all three GM corn options produced by Monsanto created kidney and liver dysfunction, which are the main organs that respond to chemical food poisoning. New evidence has also come to light exposing the recommendations of at least a dozen FDA scientists who urged long-term safety studies before GMO's hit the market in the mid 1990's. Despite these warnings, the FDA approved GMO's addition to food without requiring product labeling. In 1996 widespread crops hit the market and nine years later the number of people suffering from three or more chronic diseases nearly doubled from 7% to 13%, allergic reactions treated in emergency rooms doubled and overall food related illnesses doubled according to the CDC.

## The Creation of Superweeds

Bio-tech companies flourished after FDA approval even up until 2009 when Forbes magazine named Monsanto “company of the year”. But as more studies into the effects of GMO’s emerge, questionable company ethics come to light, bioengineered corn seeds fail to produce and super-weeds resistant to herbicide creep across 11 million acres of U.S. farmland (5x more than just 3 years ago), Forbes retracted their statement saying they were “wrong, really wrong”.

Last year in France, the Supreme Court found Monsanto guilty of advertising their herbicide Roundup as “biodegradable and environmentally friendly.” The active ingredient in Roundup (glyphosate) is acutely toxic to fish, birds and beneficial insects. We now have farmers dousing their fields with 10x the recommended amount of herbicide (which studies show may not even be enough to kill the superweeds!) which seeps into the soil, nearby streams and the air. Farmers are fed up, stocks are plummeting, but Monsanto says it will make a comeback. They are in the process of producing a new soybean seed with high levels of omega-3 fatty acids to appeal to health-conscious consumers who they hope will demand the product from farmers.

## Shopping

Read your labels!!! Right now, more than 70% of foods on supermarket shelves contain derivatives of the eight GM foods on the market - soy, corn, oil from canola and cottonseed, sugar from sugar beets, Hawaiian papaya, and a small amount of zucchini and crook neck squash. Currently, about 85% of corn, 92% of soybeans, 76% of cotton, 75% of canola and 50% of Hawaiian papaya grown in the U.S. is genetically modified.

- Look for Non-GMO Project Seals Products
- Buy organic/local when possible. Certified organic products cannot intentionally include any GMO ingredients.
- Honey and bee pollen - may have GM sources of pollen
- Sugar - If a non-organic product lists “sugar” (not pure cane sugar) as an ingredient it’s most likely a combination of sugar cane and GM sugar beets.
- Meat/Eggs - Unless specified on the label, products may be from cows injected with the GM bovine growth hormone or from animals fed GM soy or corn feed. Look for labels stating no rBGH, rBST or artificial hormones.
- Enzymes, flavorings, processing agents & additives including aspartame (NutraSweet®) may contain GMO’s
- Other common items which may include GMO’s –

Infant Formula	Hamburgers/Hotdogs	Chips	Tamari & Soy Sauce
Salad Dressing	Margarine	Veggie Burgers	Baking Powder
Bread	Mayonnaise	Meat Substitutes	Soy Protein Powder
Cereal Enriched Flour	Fried Foods Pasta	Tofu Cosmetics	Peanut Butter Soaps
Detergents	Shampoo	Bubble Bath	Soy Cheese

**Did You Know?...** How times have changed! 100 years ago there were less than 20,000 motorcars in the whole world, a lot of them being electric cars. The maximum speed limit in most cities was 10 mph (16km/h). The Eiffel Tower was the tallest structure in the world at 1,063 ft (324 meters). Most women washed their hair only once a month using egg yolks for shampoo. Eggs cost about 10 cents per dozen. Pneumonia and influenza were the leading causes of death. In 1910, the population of the United States was 92 million and the world population was 1.7 billion people. Today, there are more cars manufactured than there is demand for them. There are about 1 billion cars and light trucks on the road, half of them in the United States. The roads are so congested in most cities, the average speed is just over 10 mph. The tallest building is the Burj Khalifa (formerly Burj Dubai) at 2,640 ft (800 meters). Women wash their hair on average once a week – using any of thousands of products. On average, eggs cost \$2 per dozen. And, the leading causes of death are heart attacks, cancers, strokes, and motor accidents. Today, the population of the United States numbers 300 million and almost 7 billion roam the earth.

### **Tip Of The Month – Professor Loses 25 Pounds In 10 Weeks On “Twinkie Diet”...**



**Find out how someone can eat a Twinkie every 3 hours instead of meals, and lose a ton of weight!** If you think you have to stop eating junk food to lose a ton of weight – this is going to shock you. Here is why: According to a November 8, 2010 CNN article, Mark Haub, a Professor of Human Nutrition at Kansas State University, lost 27 pounds in 10 weeks on his “Twinkie Diet.”

**What’s the “Twinkie Diet?”** For 10 weeks, Mark ate a Twinkie every 3 hours instead of meals. Yes, you read that right. According to the article, “To add variety to his steady stream of Hostess and Little Debbie snacks, Haub munched on Doritos chips, sugary cereals and Oreos, too.” As it turns out, the good Professor was doing his own little experiment. His theory is that when it comes to weight loss, caloric intake is what’s most important, not the quality of food. So, Haub consumed fewer calories than he burned. He limited himself to less than 1,800 calories a day. A man of his size usually burns 2,700 calories per day. **Results?** His body mass index went from 28.8, considered overweight, to 24.9, which is normal. His weight went from 201 to 174 pounds. But wait... Just because he lost weight doesn’t necessarily mean he’s healthier, right? According to the article, *Haub’s ‘bad’ cholesterol, or LDL, dropped 20 percent and his ‘good’ cholesterol, or HDL, increased by 20 percent. He reduced the level of triglycerides, which are a form of fat, by 39 percent.* “That’s where the head scratching comes,” Haub said. “What does that mean? Does that mean I’m healthier? Or does it mean how we define health from a biology standpoint, that we’re missing something?” **Great Point, Professor Haub... So let’s repeat it:** “Or does it mean how we define health from a biology standpoint, that we’re missing something?” Clearly, how most people define health has made and kept them sick for a long, long time. For example, most people think that if you do not have physical symptoms, then you are not sick. If your back does not hurt, there is nothing wrong with it. If you don’t have a fever, aches and pains and don’t FEEL sick, you are not sick. Well, here’s a question for you: What’s the first symptom of heart disease? That’s right, a heart attack. But clearly, that heart attack was building for many years... even decades. **What’s the point?** The point is: There is a monstrous gap in between what many people, doctors and scientists consider “healthy” and what, in reality, actually IS healthy. Clearly, not everything that can be counted counts, and not everything that counts can be counted. In other words, REAL health is something science simply does not yet have the ability to measure. Just because it cannot be measured with the tools science presently has, does not mean it does not exist. That’s why, at some point, everyone has to make a decision about what’s best for them with the use of current scientific research and a little common sense. Ask yourself – is a Twinkie every 3 hours healthy, even if you lose weight?

**Remember, we’re always here to help your body heal and maintain the health and function that 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.*