

In Good Hands

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

“I am convinced that life in a physical body is meant to be an ecstatic experience.” - *Shakti Gawain*

Eye-opening information that can change your child's life...

Shocking Statistics About Children Every Parent Needs To Know...

Plus: Is THIS diet pill (endorsed by an extremely popular celebrity) dangerous? And... 7 Steps for a healthy heart...



Monterey – Being a parent is difficult. It is probably the biggest and most important responsibility anyone will ever face.

You would think kids would come with some sort of instruction manual. Unfortunately, they don't... and raising kids today is more complex than at any time in history. That's why it's so important to learn all you can – whenever the opportunity presents itself.

Now Is One Of Those Times

For example, there are a couple of alarming statistics and trends every parent should know. They have the potential to shape your children's future in positive... or negative ways.

Here's the first statistic every parent should know: According to a new study by the Kaiser Family Foundation, *“The average young American now spends practically every waking minute, except for time spent in school, using a smart phone, computer, television or other electronic device.*

“Those ages 8 to 18 spend more than 7½ hours a day with such devices, compared with less than 6½ hours 5 years ago.” That does not include time spent simply texting or talking on the phone.

It also found: **“that heavy media use is associated with several negatives, including behavior problems and lower grades.”**

Here's the second statistic, as reported on January 20, 2010 in the New York Times: *“Between 1977 and 2002, the percent of the American population eating 3 or more snacks a day increased to 42 percent from 11 percent, according to a*

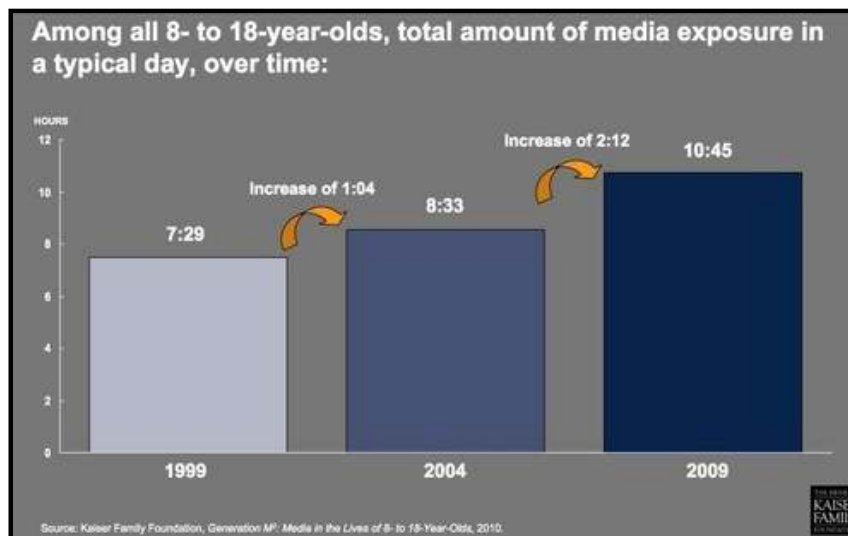
large study of American nutritional habits conducted by the Agriculture Department with the Department of Health and Human Services.

Further, researchers found the percent of children surveyed who said they had eaten 3 meals on the previous day went down, while those who had a snack went up more than 40 percent.”

Even though these statistics are from several years ago, researchers in the article say the trends have not changed. It is very possible the situation is even worse today.

Think about it. Food is everywhere. Have

you been to an event for your children lately that did not have some snack for sale? As the New York Times' article pointed out, these snacks are usually “junk food.” Here's something very interesting from a parent interviewed for the article: *Once a week, Vivian Zachary's 6-year-old son, Joel, goes dashing for the vending machine at the gym after his gymnastics' class ends at 5 p.m. “Last week it was a Fruit Roll-Up and a can of 7-Up,” Ms. Zachary wrote in an e-mail message. “I'm not sure why I let this go on, and I often think that if I were a better parent, or at least more able to tolerate incessant complaining, I would let him buy the snacks but not actually consume them until after dinner. But I have already established the pattern [the ‘rule’ in Joel's mind], so there's no going back now.”*



Like the first sentence of this newsletter stated, "Being a parent is difficult." It also pointed out how important this responsibility is. So, you have to ask yourself at some point...

Who Is Raising Who?

Who's making the important decisions? Who is the parent and who is the child? And clearly... it is NEVER too late to start doing the right thing – no matter how difficult it may seem. When looking back on our lives, it is easy to see our "mistakes." It is also easy to say we made those mistakes because we just didn't know what to do at that time. We didn't have the facts. We didn't know the right answer.

But, that's not true, because most of the time we DO KNOW THE RIGHT ANSWER. We do know what we should do. We just don't choose to do it because it seems too hard. We take what seems to be the easy way out – and then deal with the terrible repercussions later.

A Great Story About This Instantly Comes To Mind...

Several children were asked to come into a room with an interviewer one-by-one. When the child sat down with the interviewer, one marshmallow was placed in the center of the table.

As soon as the "interview" was to begin, someone would enter the room and announce they needed the interviewer.

The interviewer would tell the child he had to leave... and the child had two choices...

The child could eat the marshmallow while he was gone or wait until he got back. If the child ate the marshmallow while he was gone, that's all he would get.

If the child waited until the interviewer got back, the child would get an entire bag of marshmallows.

As the story goes, these children were followed up later in life. The children who immediately ate the marshmallow had a tendency to lead difficult lives. They had a hard time keeping jobs and relationships. They usually did not amount to very much.

The kids who waited were very different. They tended to be very successful in most aspects of their lives. They had good jobs and healthy long-term relationships.

This story exemplifies the value of...

Delayed Gratification

In other words, the ability to put off a small reward, pleasure of satisfaction now, for a larger one in the future. Should you purchase those new shoes or big screen TV on your credit card today – or should you save your money and buy it with cash later? Should you eat that piece of chocolate – or go to the gym and exercise?

Should the parent in the quote above deal with her child complaining about getting a snack now or give in and have a larger problem in the future? We all know the right answer is NOT eating the marshmallow right now and getting a whole bag later. It is standing up to a 6 year old and making the

right choice for them because it will lead to a better life for everyone.

Dealing with problems head-on, no matter how difficult they may seem at the time, is almost always the best choice.

Diet Product Danger

Recently, TV celebrity Kim Kardashian endorsed the diet regimen QuickTrim. She said in an interview in OK! Magazine that she used it to quickly shed 15 pounds in just a few weeks.

But, is Quicktrim safe? Maybe not – at least according to a posting on Dr. Joseph Mercola's health website: *The morning and afternoon supplements contain a "thermogenic complex," two doses of which provide a total of 400 milligrams of caffeine -- the equivalent of four cups of coffee. The supplements also contain piperine (black pepper) and white willow bark extract, both of which increase the potency of caffeine. If the person who takes it drinks coffee as well, they could get caffeine poisoning, which can cause heart arrhythmias. The evening supplements contain a combination of stimulant laxatives and bulk laxatives. This could lead to diarrhea, which can cause dehydration and a loss of vital nutrients. Stimulant laxatives can also cause your intestines to become dependent on them for stimulation, causing constipation if you stop. It also comes with a variety of diuretics, and several of these -- including juniper berry, uva ursi, and horsetail extract -- shouldn't be taken over long periods of time because they can be toxic. There are also possible health risks involved with severe water loss, such as fainting from the loss of electrolytes, kidney stones, even full-blown kidney malfunction.*

In a nutshell, QuickTrim elixirs have some pretty powerful stimulants, laxatives, and diuretics. The package material advises checking with a doctor before using the products, but most people probably don't.

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.

The 100 Year Lifestyle "The New Healthcare Model"

Dr. Gensel and Dr. Brunke will be presenting a series of lectures (each on different aspects of health) on how you can have the best years of your life for the rest of your life!

Dates: Tuesday, March 16, April 20, May 11

Time: 6:30pm to 7:30pm

Location: Monterey Hilton Garden Inn, Monterey
1000 Aguajito Rd. (right next to MPC)

Fee: \$20 Suggested Donation to Red Cross to help victims in Chile

Any questions please call (831) 333-1513

Aging: How Old is “Old”?

No two people age in exactly the same way. The US Government defines “older adulthood” at 65 years of age because they’re eligible for Medicare and Social Security. Many people choose to retire in their 50’s while others choose to continue to work and lead active lives into their 80’s and beyond.

Age is a number. Health is a condition.

Does your health confirm your age? What is your quality of life? With increasing age, chronic illness becomes a key factor. Some researchers are predicting that, for the first time in many generations, the average life expectancy of Americans will be decreasing in the next few years. Reason?...The current obesity epidemic. Obesity rates have been rising by about 50% per decade since 1980, to the point where nearly every third American is now excessively fat. Childhood obesity is also rising at an alarming rate. *New England Journal of Medicine*, March 17, 2005

What is age?

All body cells are preprogrammed to reproduce and die. At the rate most cells reproduce, you have a new body every 7 years. The food you eat contains the “tools” your body uses to make new cells. Unfortunately, due to suboptimal diets, often the new cells are not as ‘new’ as they should be resulting in progressive decline of function. The body favors short-term survival over long-term health. This short-term survival is achieved by prioritizing the allocation of scarce micronutrients to important body functions necessary for survival. Micronutrient deficiencies that trigger this “triage response” can accelerate cancer, aging, and neural decay but leaves critical metabolic functions, such as ATP production, intact to protect the heart, brain, etc.

You might ask yourself...Why isn’t my body healing and repairing like it used to?

Drugs do not increase life span.

At times they may delay or avert a premature death or crisis. Blood pressure drugs are used so that you don't have a heart attack or stroke *today*. Antidepressants are used so that you aren't depressed *today*. Diabetes drugs are used so you don't have high glucose and have a seizure *today*.

Drugs taken for chronic conditions and even for acute disease are to avert a disaster or problem *today*. However, the *cause* of the original condition is rarely considered and *then* there are the added side effects of the drugs. As these side effects take hold...what is your *quality* of life?

Case in point....a 70 year old patient said she was on 8 prescription drugs: BP, cholesterol, reflux, depression, diabetes, and arthritis. She had complaints of chronic fatigue, malaise, and joint pain, among others. She said that she and her sisters could not keep up with their mother. Her mother is 99 years old with no complaints. She has never been on long term drugs until the last six months. She takes one pill per day for angina. Questions for the 70 year old: *Do you think you will live to be as old as your mother? What condition will you be in if you make it?* Do you really think this 70 year old is going to make it to be as old as her mother considering all of the medications and health problems she has?

“BEING OLD IS LESS A CHRONOLOGICAL AGE THAN A STATE OF MIND AND PHYSICAL STATUS”

While we always suggest you get tested to determine exactly what you need to supplement, the following nutrients are supported by good research to warrant recommending them for the aging population as a whole. Keep in mind, supplements will not overcome a very poor diet. They are meant to increase the nutritional quality of our food.

Multiple Vitamin and Mineral (MVM)

MVM may boost mood in elderly. In one study, Folate and vitamin B12 levels ↑ significantly in the MVM group but ↓ in the placebo group. Significant differences were also reported for symptoms of depression scores between the groups, with beneficial effects observed for patients in the supplementation group regardless of the initial level of depression of the individual.

One-a-day MVMs usually do not provide sufficient amounts of many nutrients such as vitamin E, calcium, magnesium, and vitamin C. Even if they did, simple biochemistry explains you can only absorb a limited amount of certain vitamins and minerals at one sitting. With three- to six-per-day multiples, intake should be spread out at two or three meals each day, instead of taking them all at one sitting. A quick guide to determine the quality of your supplement is:

1. Check the form of Vitamin D: Should be cholecalciferol (D3) not ergocalciferol
2. Check the form of Vitamin E: Should be “d-alpha” not “dl-alpha”
3. Check the “other ingredients”. Are there artificial colors, artificial sweeteners, hydrogenated fat, nickel, tin?

Vitamin D3: Older people with insufficient levels of vitamin D may be at an ↑ risk of dying from heart disease than those with adequate levels of the vitamin. Researchers followed 3,400 Americans for 7 years. Those with low vitamin D levels were 3x more likely to die from heart disease and 2.5x more likely to die from any cause. Another study showed, high levels of vitamin D to be associated with 33% ↓ risk of developing cardiovascular disease, 55% ↓ risk type 2 diabetes, 51% ↓ metabolic syndrome

B12/Folate: Anemia should not be accepted as an inevitable consequence of aging. A cause is found in approximately 80% of elderly patients. B12 and folic acid depend on adequate intake and intestinal absorption rate. Both are necessary for red and white blood cell production. Folic acid is necessary to make certain precursors of DNA and the synthesis of several amino acids. B12 is necessary for making the active form of folic acid. Incidence of B12 deficiency in the elderly may be as high as 15%. The B12 content in most multiple vitamins is not sufficient to adequately raise B12 levels. Many medications deplete many B-vitamins. Those with higher B-12 levels are 6X less likely to experience brain shrinkage. Neurology, Sep 2008; 71: 826 - 832.

Below, is a complete list of supplements and dosages we would recommend for everyone age 50 and over. It is, however, most important that you get tested to determine exactly what you are deficient in. Do you need more protein in your diet? Do you need to back off the carbohydrates? What is your vitamin D level? Set up a consultation today to get on your way to a healthy life full of vitality and energy!

Supplements for the Aging*

Ultra Preventive III (Multivitamin): 2/day
Vitamin D3: 5000IU/day
Calcium MCHC: 750mg/day
Magnesium: 200mg/day
Vitamin C: 2-4gm/day
B-Complex: 50mg/day
B12: 1000mcg/day

Folic Acid: 400mcg/day
CoQ10: 100mg/day

*General recommendations for 150lb adult

Health Update: Whiplash

Whiplash – The Importance of Seatbelts!

Whiplash is a very common problem afflicting millions of people each year. In fact, there are more than 6 million car accidents each year in the United States alone. Death associated with car accidents occurs every 12 minutes and each year, motor vehicle collisions (MVC) kill 40,000 people. For people aged between 2 and 34 years old, MVCs are the leading cause of death. Another sobering statistic is somebody is injured in a car crash every 14 seconds and about 2 million people receive permanent injuries in car crashes each year. Over a five-

year period, over 25% of ALL drivers were involved in a motor vehicle collision. The cost of car accidents averages \$1000 for each American per year resulting in a \$164.2 billion total cost each year in the United States. Approximately 250,000 children are injured in car crashes, meaning approximately 700 kids are injured daily. Car crashes are the leading cause of acquired disability. Hopefully, these rather startling statistics have gotten your attention.

In general, the available evidence is clear – seatbelts save lives! Regarding backseat passengers, wearing a seatbelt is 44% more effective at preventing death than riding unrestrained. Similarly, for those positioned in the rear of a van or sport utility vehicle, the use of rear seatbelts is 73% better at preventing a fatal outcome during a car crash. In more than one half of all fatal car accidents, the victims are not properly restrained. The National Highway Traffic Safety Administration (NHTSA) in 2008 reported the use of seatbelts increased 1% over 2007 with 83% of drivers wearing their seatbelts. The use of seatbelts increased to 90% on highways versus 80% on surface streets (in town). In states where rear seatbelts are required, 85% of adult backseat passengers complied versus states not mandating rear seat seatbelt use where only 66% of the passengers complied. The NHTSA has launched a campaign, "Click It or Ticket" and has provided a guide to seatbelt safety promoting the proper use of the seatbelt and have provided the following safety seatbelts tips:

- Make sure your seat belt fits snugly. Seat belts worn too loosely can cause broken ribs or injuries to your abdomen.
- Place the lap belt low on your hipbones and below your belly. Never put the lap belt across your belly.
- Place the shoulder belt across the center of the chest between the breasts.
- Never slip the upper part of the belt off your shoulder. Seat belts that are worn too high can cause broken ribs or injuries to your belly.
- The most effective safety protection available today for passenger vehicle occupants is lap/shoulder seat belts combined with air bags.

There is a common myth that seatbelts cause injuries at low speeds and therefore, it is better to not wear the seatbelt when simply traveling in town. There is overwhelming evidence in almost all circumstances, seatbelts save lives, even at low speed collisions. Because the forces that occur in low-speed crashes are transferred to the contents due to the lack of crushing metal and less vehicle damage, the occupants of a car struck at a low speed can be thrown about significantly... striking the windshield, side window and other contents inside the car. We realize that you have a choice in where you choose to receive your healthcare services. If you, a friend or family member requires care for whiplash, chiropractic care is a logical first choice and we would be honored to offer our services to you.

YOU MAY BE A CANDIDATE FOR CHIROPRACTIC CARE FOR WHIPLASH!
FOR A FREE NO-OBLIGATION CONSULTATION CALL (831) 333-1513

Did You Know?... The medical definition of Seasonal Affective Disorder (SAD) is: symptoms of depression coinciding with seasons of shorter days and less sunlight. This is blamed on our (so-called) biological internal clocks, or circadian rhythm, and it is said that SAD sufferers are more likely to be women and younger persons. Other symptoms include a craving for sugary foods, such as sweets, candies, and refined carbohydrates. The true cause of SAD is the lack of exposure to natural sunlight. If you lack sufficient sunlight on your skin, you can suffer from health effects like depression. That's because the human body is designed for frequent sunlight exposure. Sunlight provides an essential element to the human body... something that you need on a frequent basis in order to achieve optimum health... Vitamin D. In order to reverse seasonal affective disorder, or sunlight deficiency, the only treatment necessary is, of course, to get more natural sunlight on your skin. Sunlight is the answer, and all people need to do is step outside and expose their skin to natural sunlight for a

few minutes each day, and their body and nature will take care of the rest. A person who makes a point to get natural sunlight on their skin on a frequent basis -- daily, if possible--will experience a wide range of benefits, including improvement in mood, an ending of any state of depression they may have experienced, and enhanced brain function. Depending on where you live, of course, it may be difficult for you to get natural sunlight on a regular basis, and so the next best thing is to supplement with vitamin D3 or get high-intensity, full-spectrum lighting. These are essentially very bright lights that radiate some of the same frequencies as the natural sun. However, these options are only the second best thing. Nothing replaces natural sunlight in terms of intensity and frequency. The bottom line to all of this is that seasonal affective disorder is treated by relying on nature -- sunlight, plants, fresh air, regular physical exercise, and living foods.

Tip Of The Month – 7 Steps To A Healthy Heart - American Heart Association Identifies Important Factors Leading To A Healthy Heart ...



Heart disease is the number one killer in America. The American Heart Association (AHA) says they have identified 7 steps to achieving a healthy heart. And, just like so many other important things in life – these “steps” may be “simple”... but they will not always be easy. Published in *Circulation: Journal of the American Heart Association*, the AHA says ideal cardiovascular health for adults is defined by these health measures: 1) never smoked or quit more than a year ago; 2) a healthy body mass index (BMI), an estimate of body fat determined by a formula using weight and height; 3) physical activity, and more is better. (The new measure says at least 150 minutes per week of moderate-intensity exercise is necessary for ideal health, or 75 minutes weekly of vigorous physical activity); 4) blood pressure below 120/80; 5) fasting blood glucose less than 100 milligrams/deciliter, a fasting measure of blood sugar level; 6) total cholesterol of less than 200 milligrams/deciliter; and 7) eating a healthy diet. Healthy factors in a 2,000-calorie diet include: at least 4.5 cups of fruits and vegetables per day; at least two 3.5 oz. servings of fish per week, preferably oily fish; at least three 1-ounce servings of fiber-rich whole grains per day; limiting sodium to less than 1,500 milligrams a day; and drinking no more than 36 ounces of sugar-sweetened beverages weekly. The American Heart Association hopes a couple of great things happen if people follow these 7 steps: By 2020, Americans could have improved their cardiovascular health by 20%, and also reduce deaths from cardiovascular-related diseases and strokes by 20%. This would not only add many years to countless lives, it would dramatically alter the QUALITY of life. Here’s the amazing thing about the AHA’s “new” finding...It Is NOTHING NEW! I’m sure this is not the first time you been advised to eat a healthy diet, exercise, don’t smoke, don’t eat too much salt, and stay away from sugar. Barring abnormal genetics, it’s incredible how simple living a healthy life can be, which is what Chiropractors have been saying for over 100 years. The key is living up to your genetic potential. And living up to your genetic potential is NOT about fancy technology, wonder drugs or surgeries. All of these advancements may save lives ONCE YOU ARE SICK, but they have nothing to do with staying healthy. The key to living up to your genetic potential is doing all of these simple things consistently for the rest of your life. That’s where it gets a little tricky. It is easy to eat right, exercise, etc. for a few weeks or months. What is difficult is doing all the right things for years and years and years. But, it all starts with a decision. The decision to take charge of your health and life. And when you do that – anything is possible. Make your decision and take your first steps to true health today.

For those who truly want to live a healthier lifestyle I invite you to join my 100 Year Lifestyle Club. We meet monthly in groups of 6-8 in which I discuss leading a healthy lifestyle. You may call me at the number below or email me at gensel@redshift.com if you would like more information.

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 831-333-1315.