

# 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)

"We rarely think people have good sense unless they agree with us." ~ *Francois de La Rochefoucauld*

## Scientists Warn: Television Watching and Computer Game Playing “Damages The Heart”

Research Reveals: How Many Hours It Takes  
To **DOUBLE** Your Risk Of Major Cardiac Problems...  
No Matter How Much Exercise You Do!!!



### All that, plus:

- ✓ How coffee protects against diabetes!
- ✓ What's the best time of day to work out? Should you work out on an empty stomach or eat first? New research has answers...
- ✓ The dangers lurking in your iPad - and a simple way to protect yourself.
- ✓ Not sleeping? This may be the simple solution.
- ✓ The secrets of 100 people who never get sick!

**M**onterey – Are you sitting down? If you aren't, please find a seat because when you read this, you might get a little weak in the knees.

Here is why...

According to *The Telegraph*, a new study published in the *Journal of the American College of Cardiology* found, "The risk of heart disease and premature death from any cause doubled for those spending more than four hours a day glued to a screen, it was claimed. Metabolic factors and inflammation may be partly to blame, the report said.

"Research revealed those who devote more than four hours watching television, surfing the web, or playing computer games are more than twice as likely to have major cardiac problems."

### Here's The Really Shocking Part

#### Research: The Dangers Of Second-Hand Smoke In Cars With Children

According to *Science Daily* January 10, 2011, "While the evidence is incomplete, there is enough available to support legislation against letting people smoke in cars with children," states an article in *CMAJ (Canadian Medical Association Journal)*.

The article goes on to say that even though second-hand smoke was not shown to be 23 times more dangerous as some had claimed – "It can still be very harmful to children."

Furthermore, "The authors conclude that there is enough evidence to make a valid decision to legislate against smoking in cars with children."

The study found there was a 48% increased risk of all-cause mortality and an approximate 125% increase in the risk of cardiovascular events in those spending more than four hours in front of a screen.

**"The risks were irrespective of factors such as smoking, hypertension, BMI, social class, and even exercise."**

In other words, from the results of this study, the negative effect of watching television and being on a computer may not be lessened by exercise.

Like most health issues, more research is always needed for definitive answers... but limiting television and computer time may not only make you more productive... it might save your life.

### **Another Important Heart Related Topic...**

A new study published in *Circulation: Journal of the American Heart Association* is the first to look at added sugar and heart disease risk in adolescents.

According to Ivanhoe Newswire, "*Jean Welsh, M.P.H., Ph.D., R.N., study author and post-doctoral fellow at Emory University in Atlanta, was quoted as saying. 'The higher consumers of added sugar have more unfavorable cholesterol levels. The concern is long-term exposure would place them at risk for heart disease later in adulthood.'*"

#### **What Is "Added Sugar?"**

Added sugars are any sugars that are added to food (or drinks) during processing and preparation.

Ready for some good news?

#### **How To Maximize**

#### **Your Results From Working Out**

According to a Study published in the *Journal of Physiology* on November 1, 2010, "*A fat-rich energy-dense diet is an important cause of insulin resistance.*"

Insulin resistance is a condition in which the body produces insulin but does not use it properly. Insulin is a hormone made by the pancreas and it helps the cells of the body absorb glucose. When people are insulin resistant, their muscle, fat, and liver cells do not respond properly to insulin. As a result, their bodies need more insulin to help glucose enter cells. The pancreas produces more and more insulin until it basically gets worn out and starts to fail. This can lead to diabetes.

How is this all linked to exercise? According to the study's author, "*This study, for the first time, shows that fasted training is more potent than fed training to facilitate adaptations in muscle and to improve whole-body glucose tolerance and insulin sensitivity during hyper-caloric fat-rich diets.*"

**In other words, the best time to work out seems to be on an empty stomach, which is usually first thing in the morning.**

One more thing about diabetes...

#### **Researchers Discover How**

#### **Coffee Helps Prevent Diabetes**

According to *redorbit.com*, "*Researchers at UCLA have discovered a possible molecular mechanism behind coffee's protective effect. A protein called sex hormone-binding globulin (SHBG) regulates the biological activity of the body's sex hormones,*

*testosterone and estrogen, which have long been thought to play a role in the development of Type 2 diabetes. And coffee consumption, it turns out, increases plasma levels of SHBG.*" The article also said that decaffeinated coffee was not associated with the benefits. However, remember to assess the risks vs. benefits for anything you put in your body. Just because something has one good benefit doesn't mean that it outweighs all the bad effects it has on the body.

#### **Scientist Finds Music Releases Same Chemical As Food, Drugs And Intimacy**

Music is universal. It can both motivate and relax. Some even say it can "tame the savage beast." It's probably safe to say that everyone loves music – in one form or another. But, why does it have such a deep impact on so many lives?

#### **Science may finally have found the answer...**

According to a new study from *The Montreal Neurological Institute and Hospital*, "*Scientists have found that the pleasurable experience of listening to music releases dopamine, a neurotransmitter in the brain important for more tangible pleasures associated with rewards such as food, drugs, and [intimacy].*"

This study, published in the journal, *Nature Neuroscience*, also found that just the anticipation of pleasurable music is enough to trigger the release of dopamine.

According to *The Neuro at McGill University*: "*These findings provide neurochemical evidence that intense emotional responses to music involve ancient reward circuitry in the brain,*" says Dr. Robert Zatorre, Neuroscientist at *The Neuro*. "*To our knowledge, this is the first demonstration that an abstract reward such as music can lead to dopamine release. Abstract rewards are largely cognitive in nature, and this study paves the way for future work to examine non-tangible rewards that humans consider rewarding for complex reasons.*"

**...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.**

## GARDASIL: FEAR...OR FACTS?

Fear or Facts? On which will you base your decision to vaccinate? While we will try not to convince anyone to get vaccinated or decline vaccination, we do encourage making an educated decision and to NEVER make a major decision out of fear. One of the most disturbing cases of fear-mongering is that which revolves around the Gardasil vaccination. The Gardasil vaccine is targeted to females ages 9-26 in hopes of “preventing” cervical cancer.

Here are some facts you need to know about HPV:

- When detected in the early stages, the HPV virus is easily treated and rarely proceeds to cancer.
- Not all women with HPV develop cervical cancer.
- HPV is just one of several potential causes of cervical cancer.
- At least 50% of sexually active men and women acquire genital HPV infection at some point in their lives -- and 90% of the time the virus clears up on its own within two years, and does not lead to cancer.

Facts about Cervical Cancer

- Cervical cancer accounts for less than 1% of all cancer deaths.
- Just over 11,000 new cases were diagnosed in 2009 (American Cancer Society)
- About 4,000 women died of cervical cancer in 2009 (American Cancer Society)
- Perspective: Cervical cancer killed 12 times fewer people in 2009 than did hospital-acquired infections (48,000 deaths per year according to *Archives of Internal Medicine* 02/22/2010). Every year more than 500,000 American women die from cardiovascular disease. Heart disease actually kills more women than all forms of cancer combined.
- In the rare instances where it does occur, cervical cancer usually takes five to ten years to develop.
- Prior to cancer, HPV causes the growth of abnormal cells in the cervix, which can be detected by a Pap smear. Upon detection, abnormal cells can be removed by minor surgery.
- Smoking is an important risk factor for developing cervical cancer. Smokers are at least twice as likely as non-smokers to develop cervix tumors.
- HRT increases the risk of cervical cancer.
- Birth Control pills increase the risk of cervical cancer.
- Estrogen dominance can increase the risk of cervical cancer
- Cervical cancer incidence and mortality rates continue to decline because of decreased rates of smokers and HRT users.

Facts about Gardasil

- Merck claims it prevents the cervix from being affected by HPV. HPV is just one of several causes of cervical cancer.
- It does not protect against all forms of HPV.
- Duration of “protection” after vaccination is predicted to be about 4 years.
- There are no long term studies determining safety or effectiveness.
- Gardasil contains 225 mcg of aluminum
- One in every 1,855 Gardasil shots is followed by a bad health outcome report to the government’s Vaccine Adverse Events Reporting System.
- As of March 2010, there were more than 17,600 reports of adverse reactions regarding the Gardasil vaccine in the Vaccine Adverse Event Reporting System.
  - Among them are 59 deaths, 18 of which were among girls under the age of 17.
- It is estimated that less than 10% of all vaccine reactions are reported.
- Merck is currently fighting more than 11,500 lawsuits related to another of their drugs, Vioxx, which is also plagued by controversy surrounding false data on its safety.
- Merck only studied the Gardasil vaccine in less than 1,200 girls under the age of 16 prior to it being released to the market under the fast-tracked road to licensure.

- Because the vaccine does not protect against all types of HPV, **it will not prevent all cases of cervical cancer or genital warts. About 30% of cervical cancers will not be prevented by the vaccine.**

*“Cervical cancer accounts for less than 1 percent of all cancer deaths -- so it was somewhat surprising when the U.S. Food and Drug Administration fast-tracked approval of Gardasil, a Merck vaccine targeting the human papilloma virus that causes the disease.*

*As of the end of January 2010, 49 unexplained deaths following Gardasil injections have been reported to the Centers for Disease Control and Prevention's Vaccine Adverse Event Reporting System. By contrast, 52 deaths are attributed to unintended acceleration in Toyotas, which triggered a \$2 billion recall.”* Washington Examiner, Barbara Hollingsworth: <http://washingtonexaminer.com/node/104241>

Should there be a recall of the Gardasil vaccine? We'll leave that question for you to decide. Cancer is a multi-factorial disease. Healthy diet and lifestyle habits can be used to increase one's chances of cancer prevention. Here are some of the most important habits you can implement (or avoid):

1. Don't smoke!
2. Avoid hormone supplementation (HRT, birth control pills and even bioidenticals!)
3. Exercise
4. Eat an organic, whole foods diet.
5. Get tested to see what you're missing. Getting important blood tests and other diagnostic tests can help you establish and fine tune your dietary choices as well as areas you may need to supplement in your diet. Call us to set up a nutritional consultation if you want to know where your health stands.

**Did You Know?...** A few little tidbits... 1. If you are right-handed, you will tend to chew your food on the right side of your mouth. If you are left-handed, you will tend to chew your food on the left side of your mouth. 2. If you stop getting thirsty, you need to drink more water because, when a human body is dehydrated, its thirst mechanism shuts off. 3. Chewing gum while peeling onions will keep you from crying. 4. Your tongue is germ free only if it is pink. If it is white, there is a thin film of bacteria on it. 5. The pupil of the eye expands as much as 45 percent when a person looks at something pleasing. 6. The average person who stops smoking requires one hour less sleep at night. 7. Laughing lowers levels of stress hormones and strengthens the immune system. Six-year-olds laugh an average of 300 times a day. Adults only laugh 15 to 100 times a day. 8. The roar we hear when we place a seashell next to our ear is not the ocean, but rather the sound of blood surging through the veins in our ear. 9. Your left lung is smaller than your right lung to make room for your heart. 10. When you blush, the lining of your stomach also turns red. 11. The attachment of the human skin to muscles is what causes dimples. 12. The only part of the body that has no blood supply is the cornea in the eye. It takes in oxygen directly from the air.

## **Tip Of The Month - The Danger Lurking In Your iPad?**



### **Plus: The Secrets Of 100 People Who Never Get Sick.**

Here's a very interesting story reported by CNN. A man named J.D. Moyer from Oakland, California had a problem sleeping. So, he decided to do a little experiment. As soon as the sun set, he turned off all the lights in his house. This included every single source of light including laptop computers and the inside of his refrigerator. J.D. did this for an entire month and the results were remarkable. **After just 30 days, JD, who used to struggle to fall asleep at midnight was conking out easily at 9pm** (and waking up the next day well-rested and refreshed). According to the CNN article, *he felt so well-rested during the test, he said that friends remarked on his unexpected morning perkiness. "A number of times I had the experience of just feeling kind of*

*unreasonably happy for no reason. And it was the sleep... Sure, you can get by with six or seven hours, but sleeping eight or nine hours – it's a different state of mind."* **J.D. Is Not The First To Discover This.** There are a growing number of experts who believe artificial lights are fooling the brain to think it's daytime. In other words, using electronic gadgets like a laptop computer or iPad late at night may be directly contributing to not sleeping well and even insomnia. According to Phyliss Zee, a Neuroscience Professor at Northwestern University and Director of the school's Center for Sleep & Circadian Biology. "Potentially, yes, if you're using [the iPad or a laptop] close to bedtime ... that light can be sufficiently stimulating to the brain to make it more awake and delay your ability to sleep." It should be noted that laptops and iPads shine light in the eye from a close distance and can have a greater effect than a television that is across the room. **So What's The Simple Solution To Sleeping Better?** "I wish people would just take a boring book -- an old-fashioned book -- and [read] by a lamp. Make sure that it's not too bright -- just so you can read," said Alon Avidan, Associate Director of the Sleep Disorders Center at UCLA. "And if they do that, I think they'll feel a lot better and they'll be able to relax." Now it's time for... **The Secrets Of 100 People Who Never Get Sick.** Have you ever known someone who never seems to get sick? When everyone else is miserable with the flu or a cold, he or she always seems to escape without as much as a sniffle! Well, have you ever wondered WHY they never get sick? There must be a reason. Sure, it's easy to just chalk it up to great genes. But as we know, genes are only part of the human puzzle. Now, there may be an answer. Here is why: Gene Stone is a very interesting man who set out to find the answer by interviewing 100 people who never get sick and his results may shock you. What he found was more philosophical than scientific. You see, the most important factor to people not getting sick was their positive mental attitude and, whatever they believed, they did it every day. In other words, *what* they did was not as important as their *belief* and *consistency* in doing it. According to Gene, "People believe in health as a daily habit. I think that's a large part of why they stay healthy."

**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.*