

# 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)

“Slow down and enjoy life. It’s not only the scenery you miss by going too fast - you also miss the sense of where you are going and why.” *Eddie Cantor*

*Maybe your mother was right all along...*

## The Simplest And Easiest Way To Lose Weight *Ever?*

***More great stuff in this newsletter: How napping can make you smarter, more proof Omega-3 has BIG health benefits, and DOCTORS WARN: Avoid genetically modified food!!!***



**M**onterey – Here’s a quick riddle for you...*It’s everywhere because almost everyone wants it. Yet, most never achieve it. What is it?*

### Weight loss.

You can’t flip through the pages of a magazine or the channels on cable TV without being bombarded by advertisements for “new,” “breakthrough,” “miracle,” etc. weight loss solutions.

Maybe you’ve tried some of these “quick and easy” solutions, and maybe one word sums up the way you feel...

### FRUSTRATED!

So, is there anything out there that actually works?

The first thing to understand: there are no overnight “miracles.” The hard truth: the REAL secret to weight loss is doing the right things... consistently... for the rest of your life.

Doing the right things will

cause you to lose weight but as soon as you stop and go back to your old ways, the weight will come back, and come back with a vengeance... so will the frustration.

That’s why the best way to lose weight is to become well-educated on the subject. The internet has a frightening amount of information, some good – and a lot bad.

That’s why your best option is to talk to a healthcare professional who has already helped many others and can short-cut the process for you, too.

That being said, researchers have found when people eat quickly, they end up consuming more calories than they would have if they ate more slowly. In fact, according to a new study referenced in a February 10, 2010 New York Times article, “*scientists found that when a group of subjects were given an identical serving*

## Want To Be Smarter?

### Take A Mid-Day Nap!

Ever get tired in the middle of the afternoon and want to take a little nap? Well, maybe your brain is telling you something – and you should listen to it!

Here’s why. New research from the University of California at Berkeley shows a short nap (one hour) can dramatically boost brainpower.

On the other hand, the more hours we stay awake, the more lethargic our brains become.

The same research team previously collected data that revealed staying up all night (an “all-nighter”) to study actually decreased the amount of information subjects were able to learn by 40%.

Researchers believe a nap allows the brain to clear the short-term memory and make room for new information. No matter what, this is a great excuse to take a mid-afternoon siesta!

of ice cream on different occasions, they released more hormones that made them feel full when they ate it in 30 minutes instead of 5.

The scientists took blood samples and measured insulin and gut hormones before, during and after eating.

They found that two hormones that signal feelings of satiety, or fullness —glucagon-like peptide-1 and peptide YY — showed a more pronounced response in the slow condition.”

This means you eat LESS. The New York Times article also mentioned a study done by the American Dietetic Association in 2008 that reported subjects felt more full and consumed 10% less calories when they ate slowly as opposed to “wolfing” down their food.

And, a study in The British Medical Journal stated those who ate quickly and until full had triple the rate of being overweight compared with others.

### **What Does All This Mean For YOU?**

This research simply suggests if you eat slowly you are likely to feel more full and consume less calories.

No, it’s not a weight loss miracle. But, feeling full is nice, and eating less calories – over the long run – will lead to weight loss and greater health.

If you think this isn’t a big deal, please remember: little hinges open big doors. It’s the accumulation of small things done consistently over time that leads to great success.

In other words, stop looking for the big home run and start hitting singles. And, educate yourself as much as you possibly can. If you have any questions, your doctor of Chiropractic can help... so don’t hesitate to call and ask!

### **American Academy of Environmental Medicine Recommends To Avoid GENETICALLY MODIFIED FOODS**

Genetically modified foods are good for profit, but are they good for you? According to an article by Jeffery M. Smith on Dr. Joseph Mercola’s health blog (February 24, 2010), the answer looks to be a big, fat...

# **NO!**

According to the article, “*The American Academy of Environmental Medicine (AAEM) has called on all physicians to prescribe diets without genetically modified (GM) foods to all patients.*<sup>1</sup>

*They call for a moratorium on genetically modified organisms (GMOs), long-term independent studies, and labeling. They state, “Several animal studies indicate serious health risks associated with GM food,”*

*including infertility, immune problems, accelerated aging, insulin regulation, and changes in major organs and the gastrointestinal system. “There is more than a casual association between GM foods and adverse health effects. There is causation...”*

<http://blogs.mercola.com/sites/vitalvotes/archive/2010/02/24/doctors-warn-avoid-genetically-modified-food.aspx>

Here’s the reference for the “1” above:

Former AAEM President, Dr. Jennifer Armstrong, says, “Physicians are probably seeing the effects in their patients, but need to know how to ask the right questions.” Renowned biologist, Pushpa M. Bhargava, believes that “GMOs are a *major* contributor to the deteriorating health in America.”

Here is a link for the complete article that goes deeper into the research findings:

1. <http://www.aaemonline.org/gmopost.html>

### **New Study With Yu’ik Eskimos May Hold Key To Reducing Chronic Disease**

A new study published in the *Journal of Clinical Nutrition* with Yu’ik Eskimos has shown high levels of the omega-3 fatty acids EPA and DHA were associated with lower levels of triglycerides, as well as higher levels of HDL cholesterol.

Raised levels of the fatty acids were also associated with decreased levels of markers of inflammation, such as C-reactive protein (CRP), which is produced in the liver and is a known marker for inflammation. Increased levels of CRP are a good predictor for the onset of both Type-2 Diabetes and cardiovascular disease.

Researchers concluded, “Increasing EPA and DHA intakes to amounts well above those consumed by the general US population may have strong beneficial effects on chronic disease risk.”

**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.**

Dr. Gensel’s next 100 Year Lifestyle Lecture...

## **“Learn How to Avoid Brain Degeneration”**

Come join Dr. Gensel and Dr. Brunke for this **free public lecture** and enjoy better brain health!

Date: Tuesday, May 11

Time: 6:30pm to 8pm

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

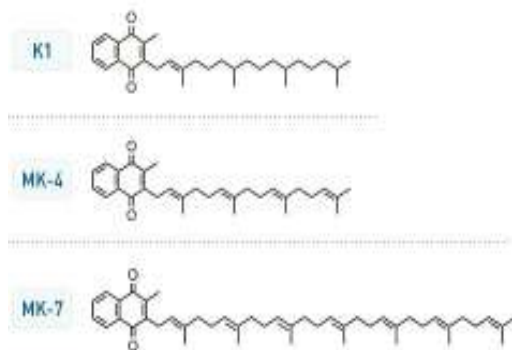
To register call (831) 333-1513

## Menaquinone-7 (Vitamin K2)

When most people hear Vitamin K, they think “blood clotting vitamin”, associating it with its role in the blood clotting process; however, a second variant of this nutrient called vitamin K2 is changing the way we think about health and longevity. The benefits of vitamin K2 are strongly tied to the Calcium Paradox: extra calcium makes bones healthier and stronger, but in circulation, high calcium levels create rigid blood vessels, leading to hypertension and cardiovascular disease. Scientists have found vitamin K2 tackles both issues by activating proteins which either adhere calcium to bone or remove calcifications from arteries.

Despite these amazing benefits, published studies have found that most adults and children are vitamin K deficient. One study found that even in seemingly healthy individuals, 30% of the proteins normally activated by Vitamin K remained inactive due to a lack of this fat soluble vitamin. While vitamin K1 is easily found in a healthy Western diet (spinach, broccoli, kale, etc.) only 10-20% reaches circulation and since it has a very short half-life and the majority is snagged by the liver for proper blood clotting, very little makes it to tissues in peripheral parts of the body. This is where vitamin K2 becomes essential. All K vitamins are similar in structure, but differ in the length of the side chain. The longer the side chain, the longer they stay in the blood, the more completely absorbed, and the smaller dosage needed.

There are three forms of Vitamin K available as supplements: Synthetic vitamin K1 (phylloquinone) is the most widely known form used by the body for coagulation, synthetic vitamin K2 as MK-4 (menaquinone), and natural vitamin K2 as MK-7 (menaquinone-7). You can see the length of their side chains below. Because of MK-7’s long side chain it is more readily available for use outside the liver in bones, arteries and soft tissues. A study appearing in the journal Blood in 2007 studied the three forms of vitamin K and found MK-7 consistently most effective over both vitamin K1 and the synthetic MK-4 because of its greater and longer lasting bioavailability.



Current recommended daily intakes of vitamin K are based on the body’s need for proper blood clotting, however for optimal bone and cardiovascular health, international studies have found that 45mcg of vitamin MK-7 daily is ideal. In fact since vitamin K2 has a half-life of more than 3 days and is redistributed in the circulatory system via VLDL and LDL cholesterol (making it available to bone, vasculature and liver tissues), daily intakes of 45mcg of vitamin K2 means no extra supplemental K1 is needed. However, unlike vitamin K1, vitamin K2 is of bacterial origin and not easily found in the Western diet. The most plentiful source of K2 as the long-chain MK-7 is found in the Japanese dish natto, traditionally prepared by wrapping boiled, fermenting soybeans in rice leaves and has been used since ancient times for improved bone and heart health. We also find vitamin K2 in food products such as egg yolks, meat and cheeses, however to reach 45mcg daily, you would have to consume unrealistic amounts of these foods. Fortunately, supplements like Douglas Liquid Vitamin D & K allow you to easily meet this recommendation.

As mentioned earlier, Vitamin K2 works by activating proteins within the body. In bone, it activates osteocalcin, a protein required to bind calcium to the bone matrix, thus strengthening the skeleton. This is especially important for children and young adults because peak bone mass is reached in our late 20s after which bone mineral density begins to slowly decrease. The higher your bone density at peak mass, the longer good bone mineral density can be preserved. Also the osteocalcin levels in children are 8-10 times higher than in adults, therefore the need for vitamin K is higher to activate those additional proteins.

Unfortunately, the average dietary intake of vitamin K has dropped significantly in the past 50 years partly due to the easy availability of processed foods and a lack of emphasis on vegetables at meals. How many children do you know who eat hotdogs and mac-n-cheese everyday for lunch? This trend has led to a vitamin K deficiency in most children. But this can be corrected: in a study published in 2008 researchers found that increasing the vitamin K intake levels among children for two years resulted in stronger and denser bones.

Vitamin K2 has also been proven to preserve bone mineral density. Two studies published in the Journal of Nutrition in 2001 and 2006 found that increased intake of MK-7 resulted in greater osteocalcin activation and reduced risk of hip fracture. In 2008 another in-depth study published in the European Journal of Epidemiology found that while calcium, magnesium, zinc and vitamin D are important for bone health, natural vitamin K2 was the key ingredient for bone preservation.

## **VITAMIN K2 & CARDIOVASCULAR HEALTH**

While vitamin K2 helps build calcium deposits in bone, it has the completely opposite effect on the circulatory system by activating a protein called the Matrix Gla Protein (MGP) which is the most potent arterial calcification inhibitor known. Excess calcium attaches to the lining in arteries, creating calcification build-up and rigid artery walls both of which can impede blood flow to and from the heart. This is especially dangerous because your arteries can harden slowly over time with virtually no symptoms.

Arterial calcifications are also linked to several other diseases such as diabetes, hypertension, atherosclerosis and chronic kidney disease. Reducing calcifications on arterial walls lowers the risk of vascular damage and it has been shown that healthy arterial tissues typically contain 20-50 times more vitamin K2 than unhealthy arteries.

The population-based Rotterdam Study conducted over a 10 year period ending in 2004 discovered that consuming at least 32mcg of vitamin K2 daily reduced arterial calcifications by 50%, decreased the risk of cardiovascular death by 50% and was responsible for a 25% reduction in overall mortality. Another 8 year study done on women found that for every 10mcgs of vitamin K2 consumed, the risk of coronary heart disease dropped 9%.

Calcifications are also common among patients on anti-coagulation drugs which work by blocking certain clotting factors like the utilization of vitamin K. Present studies show that consuming 45 mcg of MK-7 daily is not likely to interfere with blood-thinning medications and could in fact protect against this problem by reducing vascular calcification by 37%. Checking with your doctor before taking this supplement is advised.

**Did You Know?...** A mere 1 cup of cabbage boasts 90 percent of the recommended daily allowance of Vitamin K and 50 percent of the RDA for Vitamin C, and it may help prevent breast cancer. When you think of carrots, think of beta-carotene (present in high amounts). Research suggests beta-carotene protects against cancer, cardiovascular disease and stroke. Eat a tomato and enjoy the health benefits of Vitamin A, Vitamin C, Vitamin K, and other key nutrients. Tomatoes also contain lycopene, which may help prevent cancer from developing.

Mint contains menthol, an essential oil often used to reduce stress and relieve sinus congestion. Mint also contains Vitamins A and C, and is a rich source of essential minerals. Cauliflower is not white broccoli, though it does come from the same family, and like broccoli, features several cancer-fighting compounds such as sulforaphane and indol-3-carbinole. Cucumbers are a good source of potassium, an electrolyte that helps balance sodium intake. They also contain antioxidants and fiber, all while being very low in calories. Bell Peppers, whether red, yellow or green, are a nutritional powerhouse, providing Vitamins A, C, E, K and B6, just for starters – a great source of antioxidants. Peas are packed to the pod with vitamins and minerals. Peas are particularly high in nutrients such as Vitamin K, Vitamin C, Vitamin B1, manganese and dietary fiber.

### **Tip Of The Month – 2 Tips To Avoid Back Pain...“It Is Easier To Prevent Bad Habits Than To Break Them”**



~**Benjamin Franklin...** Back pain is no fun. It is also a MAJOR problem for our healthcare system and economy. Here are some important facts about back pain, according to the American Chiropractic Association (ACA):

- 31 million Americans experience low-back pain at any given time.
- One-half of all working Americans admit to having back pain symptoms each year.
- Back pain is one of the most common reasons for missed work. In fact, back pain is the second most common reason for visits to the doctor’s office, outnumbered only by upper-respiratory infections.
- Americans spend at least \$50 billion each year on back pain, and that’s just for the more easily identified costs.
- Experts estimate as much as 80% of the population will experience a back problem at some time in their lives.
- Most cases of back pain are mechanical or non-organic—meaning they are not caused by serious conditions such as inflammatory arthritis, infection, fracture or cancer.

There are two different types of mechanical stress that can cause back pain. First is a blatant injury. This can be anything from a car accident, sports injury or slip and fall. This cause of back pain is easy to understand. Trauma to your spine causes injury to the soft tissue (ligaments, muscles and discs). This is why the first tip is to make your home, work area and car as “back safe” as possible. Home and work should be kept uncluttered so you do not slip and fall. This is especially important at night, when lighting may be dim. A seatbelt should always be worn while driving and your headrest should be checked and adjusted to your height to minimize damage from a crash. If you are in a car accident, you should be examined by a doctor trained to handle these types of injuries. Chiropractors are well-trained in the diagnosis and treatment of car accident injuries. Back pain caused by the trauma of car accidents and falls is obvious.

What’s not obvious is the other type of mechanical stress: MICRO-TRAUMA. Micro-trauma is a small amount of bad force applied to your back or spine. This small amount of bad force does not seem to be a big deal and usually does not cause pain or discomfort right away, but over time, micro-traumas add up and can cause major problems. An example of such a micro trauma is incorrect posture – either sitting, standing or sleeping. Either one of these three, over time, can ruin the structural integrity of your spine and cause major pain. That’s why tip #2 is to make sure you have the proper bed and chair and always keep good posture. If you need advice on any of this, your Chiropractor is an expert and can help you. And you should try not to stand, sit or lay in one position too long. Motion is important – when in doubt, change position! Prevention of back pain is one of the most important things you can do in your life. Minimizing both big and small stresses on your spine is one important way to accomplish this goal.

**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.*