

In Good Hands

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

“An intellectual is a man who takes more words than necessary to tell more than he knows.” – Dwight D
Eisenhower

“How 55-80 Year Olds Increased The Size Of Their Brains!”

Scientific Study Shows How You Can Stay Mentally Sharp As You Age

Also In This Issue:

- ✓ Study finds childhood obesity linked to health habits – not genes
- ✓ New research shows trans fat intake linked to depression
- ✓ Study shows children with ADHD benefits from dietary changes
- ✓ 30-50% of children use energy drinks – why they may harm their health
- ✓ Scary trend: Why young people prefer “virtual computer lives” to the real world
- ✓ Japanese researchers say dogs can be trained to sniff out cancer!



Want To Live To Be 96? A special tribute to Chiropractor, Jack LaLanne, his amazing feats, special achievements and the health blueprint he left for you...

Monterey – How would you like to have a bigger, more powerful brain?

Sadly, the hippocampus, a part of the brain key to memory and special navigation, is known to shrink as we age.

This shrinkage starts in late adulthood and is responsible for memory loss and impairment.

Now, There Is New Hope

According to the *Los Angeles Times*, a new study published by the *Journal Proceedings of the National Academy of Sciences* has revealed “a program of aerobic exercise, over the course of a year, can increase the size of the hippocampus... in adults ages 55-80.”

In the study, 120 people from ages 55-80 who did not exercise previously were split into 2 groups; 60 were put

How Man’s Best Friend Might Save You From Cancer

According to Japanese researchers, “a specially trained Labrador proved nearly as good at identifying those with cancer as a conventional colonoscopy examination.”

Furthermore, dogs can be trained to sniff out bowel cancer even in the early stages of the disease.

In a series of experiments, a specially trained Labrador sniffed either the breath or stool samples of patients and detected cancer as well as traditional colonoscopy.

In other experiments, trained dogs have been used to sniff cancers of the skin, lungs, bladder and ovaries.

According to an article in *Guardian*, “In later tests, the dog correctly identified 33 of 36 people with bowel cancer after sniffing their breath, and 37 of 38 cancer cases after sniffing a stool obtained from the patient.”

into an aerobic exercise program that consisted of walking around a track 3 days a week for 40 minutes per session; and the other 60 did a program consisting of stretching and weights.

Results: According to the *Los Angeles Times* article, “The group doing aerobic exercise had increases in hippocampus volume: up 2.12% in the left hippocampus, and 1.97% in the right hippocampus. The stretching group, on the other hand, had decreased hippocampus volume: down 1.40% on the left and 1.43% on the right.”

What’s important to note is the article said it is never too late to start and it

suggested that some very simple exercise programs may be a cost-effective way to treat a widespread health problem, without the side effects of medication.

Study Finds Childhood Obesity

Linked To Health Habits – Not Genes

A study found, when 1,003 Michigan 6th graders were examined, obese children were *“more likely to consume school lunch instead of a packed lunch from home and spend two hours a day watching TV or playing a video game.”*

According to an article in *Science Daily*, the study suggests unhealthy habits are feeding the childhood obesity trend. *“For the extremely overweight child, genetic screening may be a consideration,” says study senior author Kim A. Eagle, M.D., a Cardiologist and a Director of the U-M Cardiovascular Center. “For the rest, increasing physical activity, reducing recreational screen time and improving the nutritional value of school lunches offers great promise to begin a reversal of current childhood obesity trends.”*

Here’s a startling fact: Childhood obesity has TRIPLED in the U.S. in the last 30 years, and obesity among U.S. children ages 6-11 has gone from 6.5% in 1980 to 19.6% in 2008.

According to the *Science Daily* article, *“researchers found that 58 percent of obese children had watched two hours of TV in the previous day, compared to 41 percent of non-obese children. Forty-five percent of obese students always ate school lunch, but only 34 percent of non-obese students ate school lunch.”*

Significantly fewer obese kids exercised regularly, took physical education classes, or were a member of a sports team.

In the study, 15% of the students were obese, but almost all had unhealthy habits. Over 30% drank regular soda within the previous day, less than 50% remembered eating 2 servings of vegetables in the same time period, and only 30% said they exercised for 30 minutes for 5 days during that week.

One of the biggest take home messages (besides realizing that it's habits making us overweight --- not just our genes) is that almost all the students can drastically improve their diet and exercise, not just the 15% who are obese. According to the *American College of Preventative Medicine*, heart disease and diabetes are two of the most common preventable chronic diseases. Both have their preventable causes

in what we eat and how much we exercise, and both start from the habits we obtain in childhood.

As adults, we can change these habits any time we want and live a longer and healthier life just about instantly, but children need guidance to make the same healthy choices.

Many In Younger Generation Prefer Online Fake Life To Real One

Have you ever wanted to change your life? Maybe even wanted to be someone else?

If so, you are not alone. Now, a younger generation has found a way to make this desire a reality. Well... sort of...

According to an article in *Dailymail*, *“A study has found that children are often more happy with their lives online than they are with reality, as it allows them to be who they want... They say they can be exactly who they want to be – and as soon as something is no longer fun they can simply hit the quit button.”*

Even more shocking, according to the study, one in eight young people are in contact with strangers and often lie about their appearance, age and background.

The study also reveals 45% of younger people between the ages of 11-18 surveyed said they were happier with their online life than their real one.

“One told researchers: ‘It’s easier to be who you want to be because nobody knows you and if you don’t like the situation you can just exit and it is over.’ Another said: ‘You can say anything online. You can talk to people that you don’t normally speak to and you can edit your pictures so you look better. It is as if you are a completely different person.’”

What’s more, 47% said they act differently online than in real life.

Experts warn this may be creating a generation of people who will not function adequately in society.

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.

Who Else Wants To Live To 96 And Be As Healthy As A Horse?

A special tribute to Chiropractor Jack LaLanne, his amazing feats, special achievements and health blueprint he left for you...

I'm sure you've heard of Jack LaLanne. Everyone has – he's a legend among legends. But, what do you really know about him? If you are like most people, you probably have no idea why he is truly one of the most important people to have lived in the last 100 years. For starters, Jack was an unhealthy child with anger problems who was addicted to sugar. He stated he had violent episodes directed at him and others. Besides having a bad temper, he also suffered from headaches and bulimia, and dropped out of high school at age 14. The following year, at age 15, he heard health food pioneer Paul Bragg give a talk on health and nutrition, focusing on the "evils of meat and sugar." Bragg's message resonated with LaLanne and it instantly changed his life. He said he was "born again" and focused on diet and exercise. He began working out every day and went back to school. LaLanne made the football team, went to college and became a Doctor of Chiropractic.

But, LaLanne knew he could touch more lives if he didn't practice Chiropractic, and that's what he really wanted to do. So, Jack became a health and fitness pioneer. Since he did so many amazing things – the best thing to do is to list them: **1954 (age 40):** Jack swam the entire length (8,981 ft/1.7 mi) of the Golden Gate Bridge in San Francisco, under water, with 140 pounds (64 kg; 10 st) of air tanks and other equipment strapped to his body; a world record. **1955 (age 41):** Jack swam from Alcatraz Island to Fisherman's Wharf in San Francisco while handcuffed. When interviewed afterwards, he was quoted as saying that the worst thing about the ordeal was being handcuffed, which significantly reduced his chance to do a jumping jack. **1956 (age 42):** Jack set what was claimed as a world record of 1,033 push-ups in 23 minutes on *You Asked For It*, a television program hosted by Art Baker. **1957 (age 43):** Jack swam the Golden Gate channel while towing a 2,500-pound (1,100 kg; 180 st) cabin cruiser. The swift ocean currents turned this one-mile (1.6 km) swim into a swimming distance of 6.5 miles (10.5 km). **1958 (age 44):** Jack maneuvered a paddleboard nonstop from the Farallon Islands to the San Francisco shore. The 30-mile (48 km) trip took 9.5 hours. **1959 (age 45):** Jack did 1,000 star jumps and 1,000 chin-ups in 1 hour and 22 minutes to promote *The Jack LaLanne Show* going nationwide. LaLanne said this was the most difficult of his stunts, but only because the skin on his hands started ripping off during the chin-ups. He felt he couldn't stop because it would be seen as a public failure. **1974 (age 60):** For the second time, he swam from Alcatraz Island to Fisherman's Wharf. Again, he was handcuffed, but this time he was also shackled and towed a 1,000-pound (450 kg; 71 st) boat. **1975 (age 61):** Repeating his performance of 21 years earlier, he again swam the entire length of the Golden Gate Bridge, underwater and handcuffed, but this time he was shackled and towed a 1,000-pound (450 kg; 71 st) boat. **1976 (age 62):** To commemorate the "Spirit of '76", United States Bicentennial, he swam one mile (1.6 km) in Long Beach Harbor. He was handcuffed and shackled, and he towed 13 boats (representing the 13 original colonies) containing 76 people. **1979 (age 65):** Jack towed 65 boats in Lake Ashinoko near Tokyo, Japan. He was handcuffed and shackled, and the boats were filled with 6,500 pounds (2,900 kg; 460 st) of Louisiana Pacific wood pulp. **1980 (age 66):** Jack towed 10 boats in North Miami, Florida. The boats carried 77 people, and he towed them for over one mile (1.6 km) in less than one hour. **1984 (age 70):** Handcuffed, shackled, and fighting strong winds and currents, Jack towed 70 rowboats, one with several guests, from the Queen's Way Bridge in the Long Beach Harbor to the *Queen Mary*, 1 mile.

Jack was also the first to: open a modern health spa, have a nationally syndicated exercise show on television, have athletes work out with weights, have women work out with weights, have elderly work out with weights, have a combination health food bar and gym, have a weight loss Instant Breakfast meal replacement drink, have a coed health club, combine weight training with nutrition, have an edible snack nutrition bar, sell vitamins and exercise equipment on television, teach scientific bodybuilding by changing the workout every 2-3 weeks, encourage the physically challenged to exercise, and he also developed many of the exercise machines and equipment that are still used today. Jack said, "If man made it, don't eat it." He also said he NEVER ate dessert. Just doing *those* two things could change your life.

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! Don't be a stranger.

Did You Know?... 1. Tea, without sugar or honey, only has two calories per cup. 2. Steeping tea for three to five minutes produces the most antioxidants. 3. Milk in your tea doesn't reduce tea's health benefits. 4. The maximum amount of antioxidants contained in tea comes from brewing loose leaves or from tea bags. (Tea in powders or bottles has little or no helpful antioxidants!) 5. Tea in products applied to the skin has little or no health enhancing properties. Teas, especially herbal teas with the following: Stimulate mental clarity, reduce the risk of certain cancers, reduce the risk of heart disease, lower blood sugar levels, help prevent viral infections, help prevent bad breath, and help prevent tooth decay. To get the best health benefits avoid the black tea varieties, stick with herbal tea and avoid the milk

Tip Of The Month - Dietary Changes May Help ADHD.

Also: Consumption Of This Is Linked To Depression.



You are what you eat. This is not just a catchy saying – it is the absolute truth. Yet, most people ignore this “truth” and suffer from preventable diseases, aches and pains. Most seem to think it is easier to eat junk and take a pill later. There is always a miracle medicine to save you, isn't there? The truth of the matter is...**No, There Isn't.** It is abundantly clear and becoming clearer each and every day that taking medication is no substitute for eating right, exercising and practicing proper maintenance care. Clearly, having your teeth pulled and replacing them with dental implants is no replacement for brushing and flossing your teeth and going to the dentist for routine check-ups. Eating fat, sugar and processed foods for 40 years and then thinking a drug or surgery is going to save you is even more foolish. Here is some research on what you and your children eat that you will find very interesting. **Study #1: What You Eat and ADHD** - A recent study found putting children with ADHD on a restrictive diet to eliminate possible, unknown food allergies decreased hyperactivity for 64 percent of kids. In the study, 41 kids completed the elimination diet and 32 saw decreased symptoms. Here's a really important part: When certain foods thought to be "triggers" for each child were reintroduced, most of the children relapsed. The elimination diet, which lasted 5 weeks, consisted predominantly of rice, white meat and some vegetables. Among 50 kids given a "control" diet that was just a standard, healthy diet for children, significant changes were not noted. Due to the results, lead author of the study and a psychiatrist at the Nijmegen Medical Centre, Jan Buitelaar, recommended the elimination diet become part of the standard of care for children with ADHD. **Here's An Important Note About This Study** - Many doctors frown upon the elimination diet, not because of its results, but because it is “difficult.” Because it is perceived to be hard and many won't do it, it is tossed aside for an easier approach. Of course, it is “easier” to take medications, but is the easiest approach usually the best? **Study #2: Eating This Increases Depression Risk** - According to Dr. Joseph Mercola's health blog, “*Consumption of trans fats can increase your risk of depression, according to new research. However, healthier fats may actually reduce your risk.*” Participants in the study with the highest level of trans fat consumption had up to a 48% increase in the risk of depression. **Study #3: Report Says Energy Drinks Unhealthy** - According to a new report published in the *Journal of Pediatrics*, popular energy drinks may be harmful to children's health. These risks are amplified if the child has diabetes, ADHD or a heart condition. The report also stated that 30-50% of children consume these drinks and they do not substantially increase performance or energy levels. Sales of products such as Red Bull, Full Throttle, Monster Energy and Rockstar are expected to reach about \$9 billion in the U.S. this year, with children and young adults under 25 providing most of the revenue. Because these drinks are considered supplements, they are not regulated by the FDA.

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.