



YOUR GUIDE TO BETTER LIVING MAY 2006

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HOW DO YOU KNOW?

Does being healthy mean that you are thin, can run fast, you “feel” good, or can lift a lot of weight? What is “real” health? There is a plethora of nutritional information in the media. How do you know who to believe and what REALLY works? Before we get into the definition of health, maybe we should ponder the question...“How do you get sick?”. Is there some invader germ out there just waiting for you to pass by and attack you? This is known as the “germ theory” which implies that you can “catch” a cold and there’s nothing you can do about it. This theory puts blame on the poor innocent person who sneezed in your presence and therefore you “caught his germs”. Why do some people, when exposed to the same “germ”, never or rarely get sick? Why do some get “everything” that comes by? Is the definition of health merely the absence of symptoms?

First, we need to be able to recognize the difference between disease and defense. A runny nose and fever are defense mechanisms of the body. The body will try and quickly shed the “germ” via a runny nose, diarrhea, etc. Viruses cannot thrive or do their damage in a heated environment. Therefore, the body will rev up to a fever state to weaken the virus. Don’t try to suppress these God given defenses of the body. One characteristic of a “healthy” person is if they do get sick, they recover very quickly. Do you get sick every winter? This could be a warning sign of a weakened state of health.

Essential or Non-Essential? Speaking of warning signs, when you get chronic disease such as arthritis or joint pain, muscle pain, skin and hair problems, consistent fatigue, etc, you may want to ask yourself, “*Why isn’t my body healing and repairing like it used to?*”

HERE IS A KEY POINT

Your body is not going to waste nutrients and energy on non-essential tissue or functions, if there are more imperative internal problems/conditions needing repair.

Are your joints, skin, hair and muscle essential or non-essential tissues? The answer is “non-essential”. Your body can continue to survive without arms and legs. Same goes with skin disorders, eye disorders, fatigue disorders, etc. If your body is not nutritionally sound, you will have warning signs such as skin problems, dull complexion, possibly joint and muscle pain, bruising easily, etc.

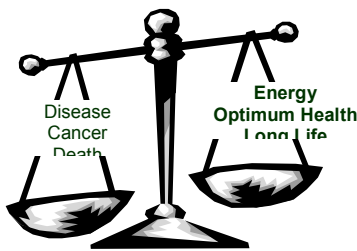
What if you have no symptoms? Is your state of health determined on how your “feel”? Did you know you can have 20% liver or kidney function left and still have virtually NO SYMPTOMS. There was a case of a 36-year-old patient whose only symptom was that he was “a little tired”. Some testing was done and found that his total cholesterol was 454 and triglycerides were over 800! In addition, his coronary risk was 11.5 [it should be below 4]. This made him a “walking heart attack” and he didn’t even know it! He “felt” fine. Some supplements and lifestyle changes were recommended based upon his testing and within 2 months his total cholesterol came down to 204, triglycerides to 184 and coronary risk came down to 4.7! No drugs were used.

In the incidence of cancer: If you’ve been diagnosed with cancer, your immune system let ONE cancer get out of control. You normally have cancer cells every day and your system is still keeping the about 100 other cancers under control. In a healthy body, the immune system will locate and destroy those cancer cells without getting overwhelmed. Is it possible to get your body healthy enough to fight the cancer and get your system under control? We have all heard and maybe know people that have done this using only natural methods. We can help you in your quest to higher health and the testing that we do will determine if the progress needed is being achieved.

Maybe, instead of asking “How do you get sick?”, we should ask “How much burden can your body take?”. Looking at the chart below, the more lifestyle habits you have on the left hand side of the scale, the greater your chances for disease, cancer and/or death. The more lifestyle habits you have on the right hand side, the greater chances you have of having full energy, optimum health and a long, active life.

We compare this to a weight scale.

Hydrogenated Fat
Smoking
Pollution (Water/Air)
Genetics [?????]
Food Preservatives/Dyes
Fried Food/ Fast Food
Vaccines
No Exercise
Stress (Mental/Physical)
Radiation
Caffeine
Drugs
Meat [hormones, steroids, etc]
Processed foods



[?????] Genetics
Clean Air/Water
Whole Foods
Vitamins/ Minerals
Balanced Life
Faith/Beliefs
Mental Stability
Exercise Relaxation
Fruits/Vegetables
Nuts/Seeds
Drug Free [prescribed, OTC and illegal]
Meat [no hormones, steroids, etc]

In light of this concept, if your health care provider can help you get you as healthy as you were before the symptoms started, wouldn't that be great? However, most of the time you are going to run into this "little" problem with your standard Medical Doctor. He says, "*Your blood tests are 'Normal'.*" But you're thinking, "*If my blood tests say everything is normal, how come I don't feel normal or well?*". Most doctors only mention health issues that are outside of what is known as "clinical ranges". Clinical ranges are laboratory ranges for blood tests and are based largely on data from sick people. By the time some tests exceed the clinical range, the damage is already done to your body.

Wouldn't you like to hear from your doctor, "*Your blood tests are 'Optimal!'*"? We assess your test results using an ideal or "healthy" range. The healthy range is based on the ranges found in healthy people. This approach can identify problems early and allows for nutritional correction before disease develops. However, this also allows us to OBJECTIVELY monitor your progress using natural therapies even if you have advanced disease. We're not claiming to cure or heal anything...the body can do that on it's own when you give it the tools it needs to heal and repair.

Is there something special about the supplements we use? No! What's special about what we do and why we have such success in what we do is because we TEST. When we say "TEST", we mean standardized laboratory blood work. The vitamins and supplements we use on our patients are uniquely chosen to fit their systems because they are based upon their individual testing...not what worked for someone else. What may solve the health issue for one patient may not solve the second patient's issues. Everyone is unique, your genetics, environment and habits. If you currently take supplements, did a professional recommend them to you? Did they base it on your symptoms or did they TEST you with objective methods? You can't possibly know the cause of your symptoms, unless you've been tested. That's why we TEST; to know for SURE.

Remember... "Essential or Non-Essential"? Have you asked yourself, "*Why isn't my body healing and repairing like it used to?*"

Do you want to be compared to "Normal" or "Optimal"? Don't guess about your health. It's clear we cannot get all of the nutrients we need for optimal body function and wellness from our diet. You must supplement your diet to get the optimal daily nutritional requirements. The only way to know what supplements you need and how much is to get tested. Being well and healthy ARE WITHIN YOUR CONTROL.

Don't Guess About Your Health... Schedule a Nutritional Consultation Today!

Dr. Gensel gives monthly nutrition seminars in Monterey at SLIM and TONE, 465 Pacific St. The next seminar will be Thursday, May 25th, 6:30-7:30PM "**Genetically Modified Foods: It's in More Food Than You Think**". Come learn why you need to avoid genetically modified foods and how to avoid them!

Email gensel@redshift.com or call 831-649-6336 to register!

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2. Your individual health status and any required health care treatments can only be properly addressed by a professional healthcare provider of your choice. Remember: There is no adequate substitution for a personal consultation with your chosen health care provider. Therefore, we encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

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