

In Good Hands

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

“Force is all-conquering, but its victories are short-lived.” ~ Abraham Lincoln

What’s Better?

Eating 6 Small Meals A Day Or 3 Big Ones?
Working Out For 10 Minutes Or 10 Hours?

The Real Truth May Shock You!



Plus: Tips to prevent low-back pain, why experts think one third of breast cancer cases may be avoidable, 4 things shortening your life, and how to wake up EARLIER!!!

Monterey – Have you ever watched the television show *Myth Busters*? Just in case you haven’t, here’s the gist of the show...

Two scientists take common myths and try to re-create them to see if they are real, fake or plausible.

For example, one show tested whether or not a well-trained Ninja (yeah – the martial arts Ninja!) could catch an arrow shot at him by an enemy. They found a well-trained Ninja and actually shot arrows at him! The result?

One Dead Ninja!

Well, the Ninja didn’t actually die because they used special arrows with protective tips. But, if the arrows had been real, the Ninja would have been TOAST.

Anyway, that’s what science is all about – attempting to separate fact from fiction, - and this can be very hard to do sometimes.

Now, we’d like to do a little “myth busting” of our own. In fact, we are going to bust TWO myths.

Here’s the first: I’m sure you have heard eating many, small meals throughout the day is better than eating fewer large ones. It is pretty well-established... and it

makes sense. If you eat a bunch of small meals, your metabolism will increase and you will lose weight.

Well, a study published in the *British Journal of*

Nutrition just put that theory to the test. In the study, one group ate 6 small meals each day and another group ate 3 larger meals.

According to the study, both groups lost significant and equivalent amounts of weight. There was no difference between them in fat loss, appetite control or measurements of the hormones that signal hunger and satiety.

One thing is important to note: Both groups ate the same number of calories. The only difference was the number of meals the calories were split across – 3 versus 6. These researchers believe it’s the number of calories per day eaten and NOT the way they are broken up that determines weight loss. Would 8 or 12 very small

meals (or snacks) make a difference? Maybe... however, that question was not answered in this particular study.

And here’s the second myth: It is a commonly held belief ... as far as exercise is concerned... more is better.

4 Preventable “Things” That May Shorten Your Life

A study published this week in *PLoS Medicine* recently found four risk factors (smoking, high blood pressure, high blood sugar and obesity) may be guilty of decreasing life expectancy in the United States. These four factors combined are estimated to decrease the life expectancy of men by 4.9 years and women by 4.1 years. These four risk factors are preventable and are responsible for hundreds of thousands of deaths each year through chronic diseases such as cardiovascular diseases, cancers and diabetes.

In other words, to get into good physical and cardiovascular shape – you must train for a long time.

After all... I'm sure you've seen *Rocky*... and he spent all day working out!

Well, a new study shows this may not be the case.

In this study, published in the *Journal of Physiology*, researchers believe their findings “blow away” the notion that you must exercise for long periods of time.

Here is why: In the study, participants rode an exercise bike for just 60 seconds, but they peddled hard enough to get close to their maximum heart rate. Then, they would rest for 60 seconds, and then peddle for 60 seconds again. This process was repeated for 10 minutes.

Tests afterwards showed their muscles had improved just as much as if they had been involved in endurance training. This type of training is known as “high intensity interval training” or HIT. The research did not give the reason why HIT was so effective, but it appeared to “stimulate many of the same cellular pathways” as traditional training regimes. The researchers also mentioned *time is no longer an excuse for not exercising!!!*

Why 1/3 Of Breast Cancer May Be Avoidable...

According to the March 25, 2010 USA Today: “Up to a third of breast cancer cases in Western countries could be avoided if women ate less and exercised more, researchers at a breast cancer conference said Thursday.”

The article stated the focus should shift from early diagnosis and treatment (both of which have slowed the disease) to changing behaviors such as diet and physical activity. Here are some breast cancer facts from the article:

- Breast cancer is the most common cancer in women.
- Last year, in the United States, there were more than 190,000 new cases and 40,000 deaths.
- A woman's lifetime chance of getting breast cancer is about one in eight.
- Obese women are up to 60% more likely to develop any cancer than normal-weight women.

The article also mentioned many breast cancers are related to estrogen, a hormone produced in fat tissue. It is theorized that the more fat in a woman's body, the greater the chance she'll develop cancer. Even slim women could benefit from exercising to decrease body fat and increase lean muscle mass.

One important point made by the USA Today article was that the medical establishment is NOT blaming victims for developing breast cancer. Likewise, victims should not blame themselves and wonder how much their weight was a factor.

The article stated, “*We would never want women to feel responsible for their breast cancer... It's a complex disease and there are so many factors responsible that it's difficult to blame it on one specific issue.*” The recommendation to stay slim applies only to breast cancer in post-menopausal women, as there isn't enough evidence to know whether this applies to younger women.” Figures quoted in the article from the International Agency for Research on Cancer estimate that 25 to 30% of breast cancer cases could be avoided if women were thinner and exercised more.

Tips To Help Prevent Back Pain

Back pain is extremely common. Fact is: you have an 80% chance of suffering from back pain in your life. Sometimes, it can be nothing more than a nuisance... other times, it can be debilitating. No matter what, the best thing to do is to try to avoid it altogether. Here are some tips that may help:

- ✓ Always keep good posture – never slouch or slump.
- ✓ Lift with your legs, not your back.
- ✓ Do not smoke.
- ✓ Wear comfortable low-heel shoes.
- ✓ Sleep on your side on a bed that is good for your spine.
- ✓ Moderate exercise for flexibility and stability of the spine and supporting structures.
- ✓ See your Chiropractor if you have any questions or as soon as a problem occurs.

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.

Want to Have Better Health?

Join the 100 Year Lifestyle Club!

We meet once per month to discuss how you can improve your health one step at a time. (We are currently establishing new groups so days and times are flexible at this point.)

You will also receive one of Dr. Gensel's recipes each month, a 10% discount on supplements as well as your own copy of the book “The 100-Year Lifestyle”.

One time registration fee \$25. Monthly fee \$25.

Call or email for more information.

Still Drinking Milk?

Despite having a low Glycemic Index and Load, milk (even fermented milk such as yogurt) has been shown to elicit a very high insulin response. You may ask, “What’s wrong with causing this high insulin response?” Constantly increasing insulin levels may make the insulin receptors less sensitive (Type 2 Diabetes). This can lead to insulin resistance. This is the primary defect causing The Metabolic Syndrome, and can also be a driving force in Obesity. In addition, a chronic state of high insulin levels has also been associated with certain cancers, acne and juvenile myopia, among other diseases.

Various studies have associated dairy consumption with Type 1 Diabetes, especially when the initial exposure begins in the first months of life. In addition, studies have repeatedly shown a strong correlation between cow’s milk consumption and Multiple Sclerosis as well as Rheumatoid Arthritis. Case studies have shown that elimination of milk and dairy products from the diets of patients with RA had a decrease in their symptoms, and the disease was markedly exacerbated on re-challenge. As if this weren’t enough, cow’s milk also appears to have adverse effects in other auto-immune diseases, such as Crohn's disease, Sjögren's syndrome, IgA nephropathy, and even Celiac Disease.

While milk does contain proteins, fats, lactose, vitamins and minerals, it also contains some harmful substances:

Insulin

Cow’s milk, as well as human milk (and presumably milk from all mammals) contains insulin. Bovine insulin - BI (which differs from human insulin) survives pasteurization. We know this because immunity to this hormone is common in children who consume cow’s milk or who have been exposed to infant formulas containing cow’s milk. Moreover, there is evidence that BI survives the human digestive processes and crosses the gut barrier intact. This is especially troubling for infants because they have higher intestinal permeability than older children and adults. Chronically high insulin levels have been associated with insulin resistance and Metabolic Syndrome.

IGF-1 (Insulin Growth Factor-1)

Cow’s milk contains active IGF-1. While pasteurization and fermentation appear to reduce its content, cow’s milk consumption, compared to various foods, is associated with higher plasma IGF-1 concentrations in humans (both children and adults). In addition, to containing active IGF’1, milks effect on insulin levels could lead to higher plasma IGF-1. IGF-1 is a hormone similar in molecular structure to insulin. It plays an important role in childhood growth and continues to have anabolic effects (increased body size) in adults. Several studies have shown that increased levels of IGF lead to an increased risk of cancer.

Betacellulin

Betacellulin (BTC) is quite new in the realm of investigating issue with dairy. It belongs to the Epidermal Growth Factor (EGF) family of hormones, and it is found not only in cow’s milk and whey, but also in cheese, so it survives pasteurization and processing. Although no direct evidence exists yet, bovine milk contains peptidase inhibitors which prevent human gut enzymes from degrading EGF (and most likely BTC). A low ph, such as may be found in the gut, does not impair or prevent BTC from binding its receptor and there are EGF receptors in the gut, through which BTC may enter circulation. BTC has a significant growth stimulatory effect on pancreatic cancer cells.

Steroid Hormones

Most milk for human consumption is obtained from cows in the latter half of pregnancy. This is when estrogen metabolites are greatly elevated. The next question is “do the estrogens survive pasteurization?”. US researchers have measured estrogen metabolites in various milks and found that buttermilk contains the highest total amount of estrogen metabolites, followed by skim milk, 2% milk and whole milk. This confirms the estrogens do in fact survive pasteurization and therefore are consumed when one drinks milk. Consuming milk and dairy products can account for 70–80% of the total estrogens consumed in the human diet. Estrone sulphate has high oral bioactivity and is the most prevalent form of estrogen in cow’s milk. You should also know that estrone sulphate comprises 45% of the conjugated estrogens in Premarin and Prempro, the most frequently prescribed hormone replacement therapy for menopausal women. The evidence is accumulating concerning the adverse health effects associated with dairy consumption. Although

evidence doesn't always show *how* dairy consumption can cause the adverse effects, dairy avoidance is highly recommended.

Calcium

Milk has a very high calcium/magnesium ratio and may contribute to some micronutrient imbalances. The role of calcium in preventing and treating osteoporosis is unclear — some populations with extremely low calcium intake also have extremely low rates of bone fracture, and others with high rates of calcium intake through milk and milk products have higher rates of bone fracture. Other factors, such as protein, salt and vitamin D intake, exercise and exposure to sunlight, can all influence bone mineralization, making calcium intake one factor among many in the development of osteoporosis.

Calcium intake in the U.S. is one of the highest in the world, yet the US has one of the highest rates of osteoporosis in the world. Bone mineral content is dependent upon calcium intake and calcium excretion. Most people focus upon the calcium intake side of the calcium balance equation; however few consider that calcium excretion is just as important.

Bone health is very dependent on dietary acid/base balance. Simply put, generally speaking a high protein diet is 'acidic' and a high fruit/vegetable diet would be considered "alkaline". When you consume food that's highly "acidic", the acid must be buffered by the alkaline stores in the body. Calcium salts in the bones represent the largest alkaline stores in the body. These calcium stores are depleted and eliminated in the urine when the diet produces a high acid load. Because the average American diet is loaded with acid producing grains, cheeses, salted processed foods, and fatty meats, it produces a net acid load and promotes bone de-mineralization. Don't get us wrong! You need protein! But you must consume plenty of green vegetables and fruits so your body doesn't use excess calcium from the bones to neutralize a highly acidic diet. In addition, consider your status of Vitamin D, Vitamin K and Magnesium levels. You may be missing something! Get tested to determine your status.

Did You Know?... What's in fruit, veggies, and whole grains that keeps your GI system on track? Fiber, for one thing. But here's another: prebiotics. Certain produce and grains are chock-full of the stuff. (That's a good thing, because prebiotics prompt the growth of healthy, keep-you-regular probiotic bacteria.) Bananas, berries, asparagus, garlic, wheat, oatmeal, barley, flaxseed, tomatoes, Jerusalem artichokes, onions, chicory, greens, and legumes (just to name a few!) all contain prebiotic carbohydrates – non-digestible fiber that sets the stage for beneficial probiotic bacteria. Probiotics do everything from protecting your bowels from toxins and infections to helping things move on through. Digestive "Do's" - Other things to help you stay regular: Fill up on fiber -- at least 25 grams a day; Stay hydrated; and Exercise! When your body moves, other things get moving, too. Eating 25 grams (38 grams if you are a man under 50) of fiber per day makes your real age 2.5 years younger than eating 12 grams of fiber per day.

Tip Of The Month – How To Be More Like A Genius...Discover What Einstein, Picasso And Edison Had In Common That You Can Do Too!



Wouldn't it be nice to be a genius? You'd be super smart and everything would come easy to you. You'd hardly have to work at all. Life would be a piece of cake. Or at least that's what you'd think. But, reality is often very different. Let's take 3 geniuses as an example: Einstein, Picasso and Edison. When most people think of these three geniuses, they think of their God-given gifts. Things like very high IQs... artistic ability... etc. Did you know all three of these geniuses had something in common besides their intelligence that may be even more important? What is this incredible commonality? Incredible WORK ETHIC! That's right. All three men (who supposedly had it so easy) WORKED, ON AVERAGE, MORE THAN DOUBLE WHAT THE AVERAGE AMERICAN WORKS TODAY. In fact, all three averaged 18 hour workdays... 7 days a week! Edison still worked 16 hours a day at the age of 75. On average, Edison only slept 3-4 hours a day... usually naps in his lab. Picasso painted 18 hours a day until he was in his 80s. In his 90s, he was still producing works of art. Picasso said he never got tired, and when asked about his work in his 90s, he said, "I am overburdened with work. I don't have a single second to spare, and can't think of anything else." Einstein was also an obsessed worker and over-achiever. He said there was never enough time for work. It is reported he did not like socks because they were unnecessary complications of life that diverted one's energies from what was important. WOW! So, what's the bottom line in all this and why is it important to you? The first thing to understand is, while the size of their IQs definitely

helped, it was not even close to being the most important thing in their achievements and successes. What's more important was their desire and willingness to WORK. Even after monumental achievements... and at an old age... they continued to push forward and get more and more done. Each only slept about 3-4 hours a night. How else could they work 18 hours a day? But, let's get this point straight: No one is saying you should only sleep 3-4 hours a night. On the contrary, recent research suggests it is not a healthy thing to do. But, if you want to be successful in anything, spending more time doing it will make your success quicker and better. That's why getting up earlier every day is extremely important to anyone who wants to be successful. Being an "early riser" is another commonality of ultra-successful people. Just imagine if you could wake up an hour earlier every day. At the end of a year, you would have had an extra 365 hours... or almost 46 full 8-hour workdays to work towards your goals. Here are some tips to help you become an early riser – with the least amount of pain! Make a goal list – and write it down – before you go to sleep. This gives you a good reason to get up. Go to bed and wake up at the same time EVERY DAY – including weekends. This puts you in a natural rhythm and is healthier. Use an alarm you like – so you do not wake up angry. Do something physical as soon as you wake up. It can be sit-ups, push-ups or a morning walk. This gets the blood flowing and wakes you up quicker so you will be more productive. Do it for 21 days because it generally takes 21 days to change a behavior and make it a habit. After 3 weeks, it will become much easier. WARNING: Waking up earlier and working harder will not make you a genius, but it will make you more "genius-like" and it will most likely bring many good things into your life ☺

**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.