

In Good Hands

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

“Everybody gets so much information all day long that they lose their common sense” ~ Gertrude Stein

WARNING HEART PATIENTS: Should You Take These Popular Over-The-Counter Pain Medications After A Heart Attack?

Study Concludes – Heart patients who use common pain relievers called NSAIDs, even briefly, are at much higher risk of having a repeat heart attack or of dying than those who stay away from the drugs, which include such widely used over-the-counter medications as ibuprofen and naproxen
 Plus...

- ✓ Study shows the simple formula for kids’ academic success – and it is NOT spending more time in the classroom!
- ✓ What type of exercise is best? Scientists say it’s good for your mind and body to “feel the burn.”
- ✓ Research: Getting the wrong amount of sleep can age your brain by up to SEVEN YEARS!
- ✓ A simple way to get better results from any weight loss program.
- ✓ And the story that shows how local heroes create heroes!



Monterey – Many visionary health care providers warned about it. Most laughed it off. Now, the research is really piling up and the evidence is getting too strong to ignore.

Back in July 1998, *The American Journal of Medicine* reported, “Conservative calculations estimate that approximately 107,000 patients are hospitalized annually for nonsteroidal anti-inflammatory drug (NSAID)-related gastrointestinal (GI) complications and at least 16,500 NSAID-related deaths occur each year among arthritis patients alone. The figures of all NSAID users would be overwhelming, yet the scope of this problem is generally under-appreciated.”

From the prestigious *New England Journal of Medicine*: “If deaths from gastrointestinal toxic effects from NSAIDs were tabulated separately in the National Vital Statistics reports, these effects would constitute the 15th most common cause of death in

the United States. Yet these toxic effects remain mainly a ‘silent epidemic,’ with many physicians and most patients unaware of the magnitude of the problem.

Furthermore, the mortality statistics do not include deaths ascribed to the use of over-the-counter NSAIDs.”

A New Study Warns Heart Patients About NSAIDs

According to the *Elsevier Global Medical News*, “For patients with a history of myocardial infarction, any length of treatment with nonsteroidal anti-inflammatory drugs poses an unacceptably high risk for death or recurrent heart attacks, based on findings from a Danish study using hospital and pharmacy registry data and published online May 9 in *Circulation*.”

The risk elevation began during the first week of therapy and continued throughout the course of

treatment, with some differences in the magnitude of risk between NSAIDs.”

The authors stressed the results of the study are not in line with the *American Heart Association* recommendations regarding NSAID treatment in patients with established cardiovascular disease *“because we demonstrate that even short-term NSAID treatment is associated with increased cardiovascular risk in patients with prior MI,”*

The article also stated, *“Despite some limitations of the study, namely the observational design and the possible effects of information bias, and the need for randomized clinical studies... The accumulating evidence suggests that we must limit NSAID use to the absolute minimum in patients with established cardiovascular disease.”*

You Are Probably Taking NSAIDs And Do Not Even Know It

Estimates say that over 30 billion over the counter tablets and 70 million prescriptions are sold annually in the United States alone.

NSAIDs include Aspirin, Ibuprofen, Advil, and Motrin as well as prescription products like Celebrex, Daypro and more.

Is There A Better Pain Solution?

One of the principles of medicine is, “first do no harm.” In other words, make sure the treatment is not worse than the original problem.

That’s why, if at all possible, conservative natural options should always be looked into before more invasive and chemical treatments are used.

Chiropractic care has been helping patients relieve pain naturally, without the deadly side effects of NSAIDs since 1895.

As research and proof piles up – and so do the deaths - Chiropractic care becomes the intelligent, obvious choice.

Simple Formula For Kids’ Academic Success

Poor academic achievement has caused school systems to add more classroom time, in many cases, at the expense of physical education.

However, new research shows this may be hurting students’ performances.

A physical activity program that incorporated academic skills was instituted at a public school in

Charleston, South Carolina. Students in grades 1-6 were scheduled for daily physical education. State standardized reading test scores were collected for both the academic year of program initiation and the following year.

The results showed statistically significant higher test scores for those students in the group with the physical activity program versus those without it at other schools in the same district.

What Type of Exercise Is BEST?

What type of exercise is best? Well, that all depends on what results you are looking for.

For example, researchers studied 11 people who were asked to take part in two 20-minute long workouts; one moderately intensive and one highly intensive.

The participants’ moods were recorded before, during, and after the workouts.

Results: They found no mood improvements after moderate exercise. However, participants in the group that did strenuous exercise claimed to feel more positive 20 minutes after the workout.

The strenuous workout got them breathing heavily and their muscles burning.

Nickolas Smith of Manchester Metropolitan University's Department of Exercise and Sport Science, said: *“These results have implications for the recommended intensity of exercise required to produce the ‘feel good factor’ often experienced following exercise.*

“There are also implications regarding how people new to regular exercise should expect to feel during the exercise itself if they are to experience post-exercise mood benefits.”

Psychiatrists believe vigorous exercise triggers the release of endorphins. Endorphins are a type of neurotransmitter that helps fight pain. This is also believed to be an explanation for “runner’s high.”

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.

Inspirational Story Of The Month –
(Names And Details Have Been Changed To Protect Privacy)

Local Hero Creates Another Hero

20 Years Later, One Man's Heroic Deed Inspires Another

There is an old story about researchers, kids and marshmallows.

In the story, researchers take a bunch of little kids and bring them into a room with one researcher and one marshmallow.

The marshmallow is placed in the middle of the table. Just as things get started, the researcher gets a call. He then tells the child that he has to leave the room for just a little bit. Then, he gives the kids two options...

The first is they can eat the marshmallow right now. IF they do, that's all they will get. Or, they can wait until the researcher comes back. If they wait, they will get a whole bag. The researcher walks out of the room and leaves the child and the marshmallow on the table.

Results?

Most of the kids immediately ate the marshmallow. A small percentage waited until the researcher came back and got a whole bag. Some of the kids who ate the marshmallow still wanted a whole bag and complained. But, that's not the important part. The important part is what happened many years later.

The researchers supposedly interviewed these kids when they were all grown up, and the results were quite telling. Basically, the kids in the group who ate the marshmallows right away were relatively unsuccessful both in their careers and financially, and they had many broken personal relationships. On the contrary, the adults from the group who did not eat the marshmallow had great careers, made more money, and had lasting personal relationships. It is theorized these results were due to a person's ability to delay gratification. In other words, the kids who had will power and were able to put off a small reward now for a larger one later were able to achieve much greater successes in all aspects of their lives.

That makes complete sense. Sometimes these "gratifications" take a long time to materialize, which brings us to our hero story...

Kurt Beach is a police lieutenant who contracted Hepatitis C while trying to save the life of a baby 20 years ago.

A woman by the name of Teresa Janik heard his story and was emotionally moved. When she heard Lt. Beach needed a liver transplant, she came in and offered to be a donor. Tests showed she was not a match for Lt. Beach, but she was a match for a 12-year old girl who also needed a liver transplant. Teresa became a donor and gave part of her liver to the 12 year old girl she never even met.

"You're giving a part of your body to a stranger?" News Channel 3 asked. "Yeah," Teresa said. "She could be my family member." Teresa has lost one sister to breast cancer and another is fighting the disease right now. She says for years she's watched strangers give platelets, blood, anything they could to possibly save lives. So, she couldn't help but to try to save the little girl when the opportunity arose. Teresa said, "This will cure her. If the liver takes and it grows within her, she will no longer have a liver problem." The Good Samaritan who set out to save Lt. Beach's life says she can't wait for her hero to hear how his story inspired her. "I'm very excited for him to find out that his story has made this happen," Teresa said. "I would have never sought out liver donation, didn't know anything about it, and if I could donate two parts of [my liver], I would donate the other part to him."

When Lt. Beach heard about what Teresa was doing he broke down in tears. He had waited 20 years for that "gratification."

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. You really can afford Chiropractic and Nutritional care! Don't wait until you can no longer move!

Did You Know?...

Powerful memory requires a healthy brain and the right nutrition. The brain uses tremendous amounts of energy and is the most metabolically active organ in the body-- it never completely rests. As a result, it has one of the highest rates of free radical production. These free radicals begin to destroy the structure of the brain, its connections and the cells. Unless you replace those damaged parts with nutrients, brain function starts to fall off more and more over time. For example, Omega-3 fatty acids are replaced extremely rapidly. If you are deficient in this nutrient, your brain begins to change its structure very quickly and soon (only 2 weeks) loses its ability to properly function because one of its vital components is missing. Americans consume an average of 129 pounds of sugar a year; 57% of it comes from processed foods. For example, teenagers drink an equivalent of 54 teaspoons of sugar a day just from soda. Sugar consumption dramatically increases free radical generation in the brain. It produces cross-linking of the proteins in all cells which dramatically increases the damaging effect of these free radicals, making every cell in your body age much, much faster -- particularly brain cells. In some extreme cases, it can even result in permanent brain damage. Lack of Vitamin B-1 in the diet causes memory failure and depression. Consumption of a lot of carbohydrates depletes Vitamin B-1. Vitamins C, D, E, K, A, B and carotenoids are all associated with brain function. Animal fat impairs the ability to learn and remember, but healthy fats, such as Omega-3, improve depression, memory retention and thinking. This is because the brain uses an enormous amount of fatty acids for its membranes. Aspartame, MSG, pesticides, and herbicides in food; aluminum in deodorants; fluoride in the water; and mercury in vaccines may play a major role in brain toxicity and brain function decline. Excessive toxicity destroys brain cells.

Tip Of The Month

A Simple Way To Get Better Results From Any Weight Loss Program.

Everyone wants to know the answer to this question: *What's the best way to lose weight?* The problem with that age-old question is – there is no ONE correct answer because everyone's body make-up, chemistry and genes are different. In other words, we all react differently to different types of food. We also react differently to different types of exercise. That's why losing weight and keeping it off can be so difficult. It has also opened up the door for marketers to sell all kinds of junk that promises to get you skinny... just about overnight.

Here's the real truth about weight loss – and it's something many people simply do not want to hear...

To successfully lose weight, you must meticulously figure out what types of foods and exercise work with your body chemistry and type. Then, you must make a plan incorporating those foods and exercises... then... **YOU MUST STICK TO THAT PLAN FOR THE REST OF YOUR LIFE.** There is no “quick fix” pill or wonder diets or miracle piece of workout equipment that will work.

That's A Hard Pill For Most To Swallow

But, there is a way to get better results for ANY eating or exercise program you do. **Here is how:** Researchers at Kaiser Permanente Center for Health Research instructed obese adults who participated in the study to follow a healthy diet, exercise regularly, and maintain a weight loss journal. While some were asked to maintain their weight loss journals six days a week, others updated it only once a week. The author of the study said those who maintained their journal regularly lost more weight compared to those who updated it only once a week. It is believed several reasons attributed to the success of the “journal” group. Two very important reasons are: accountability and the ability to really analyze what you are eating and doing physically. People are often surprised when they see in writing what they are doing. Perception is often very different from reality. So, if you want to increase the effect of any weight loss program you are on, try keeping a journal. But first, accept the fact that losing weight and staying in shape takes effort and time, and the results are a better looking and healthier you. Nothing is more important.

**Remember, we're always here, to help your body heal
and maintain the health you deserve.**

This information 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.