

In Good Hands

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

“We all have strength enough to endure the misfortunes of others.” - *Francois de La Rochefoucauld*

New Research: Cutting Carbs Better Than Low-Fat?

- ✓ Study shows this type of woman lost more weight after 3 months on low-carbohydrate diet than traditional low-fat diet with same number of calories.
- ✓ Not all people have the same response to diets.
- ✓ The hormone that may be responsible for your weight loss – or lack of weight loss.
- ✓ Why ignoring this hormone (and eating the wrong foods) can lead to not only weight problems – but early death.
- ✓ Single? First date dinner and a movie? NO WAY! Find out why this is the biggest mistake you can ever make!
- ✓ Can DARK CHOCOLATE lower blood pressure? Find out what the results of 15 studies show.



Monterey – Eating fat is bad. No... wait... it's carbohydrates that are evil. One expert says one thing and then, another Doctor says something else. Back and forth... back and forth. Maybe that new infomercial selling the latest miracle weight loss product is the way to go?

Who knows? In the meantime, you're confused and not losing any weight. Well, get ready for some possible answers... and a few more questions...

First, The Results Of A New Study

The June 19th, 2010 edition of *The Endocrine Society* reports, “[According to a new study,] Obese women with insulin resistance lose more weight after three months on a lower-carbohydrate diet than on a traditional low-fat diet with the same number of calories...” The study's lead author, Raymond Plodkowski, MD, Chief of Endocrinology, Nutrition and Metabolism at the University of Nevada School of Medicine, Reno wrote, “The typical diet that physicians recommend for weight loss is a low-fat diet... However, as this study shows, not all people have the same response to diets.”

According to the researchers, for this group of women, the lower carbohydrate diet is more effective, at least in the short term. The study lasted 12 weeks and was funded by

Jenny Craig. It found the insulin resistant women on the lowest-carb diet lost 3.4 pounds more than those on the low-fat diet. Total calories for all groups were the same. The low-fat diet included 60% of its calories from carbs, 20% from fat, and 20% from protein. The low-carb diet included 45% of its calories from carbs, 35% from primarily unsaturated fats, and 20% from protein.

Both diets included a minimum of 2 fruits and 3 vegetable servings a day. The use of prepared meals made the structured diets easier and more palatable for the dieter. “These data have potential widespread applications for clinicians when counseling people with insulin resistance to help improve weight loss as part of a calorie-restricted diet,” Plodkowski said. “They should at least initially lower their carbohydrate intake.”

What Is Insulin Resistance?

Since the women in the above-mentioned study were all *insulin resistant* – you might be wondering,

“what is *insulin resistance*?” *Insulin resistance* is a condition where the body produces insulin but does not use it properly. Insulin is a hormone made by the pancreas to break down glucose in the blood so it can be used for energy.

Dark Chocolate Lowers Blood Pressure?

If you love chocolate, you don't need a reason to eat it. On the contrary – you need a pretty good reason not to! For years, chocolate was considered a delightful sin... a little guilty pleasure.

Well, the results of 15 studies may change all that. Here is why... According to a recent press release, “For people with hypertension, eating dark chocolate can significantly reduce blood pressure. Researchers writing in the open access journal *BMC Medicine* combined the results of 15 studies into the effects of flavanols, the compounds in chocolate which cause dilation of blood vessels, on blood pressure.”

According to the press release, the reduction seen for people with hypertension is comparable to the known effects of 30 minutes of daily exercise and might theoretically reduce the risk of a cardiovascular event by around 20%.

Glucose is a form of sugar and is the body's #1 source of energy. After your digestive system breaks food down into glucose, glucose is then transported to different parts of your body via the bloodstream. Glucose in the blood stream is called "blood glucose" or "blood sugar." After you eat, blood glucose levels rise and your pancreas secretes insulin to allow cells to absorb and use the glucose.

When people are *insulin resistant*, they do not respond properly to insulin. In other words, even though the pancreas secretes insulin, it is not effective in getting the glucose from the blood into the cells. More insulin is needed so the pancreas works harder and secretes more. Eventually, the pancreas cannot keep up with the increased demand and glucose builds up in the blood. This is the beginning of diabetes. It is common for diabetics to have high levels of both glucose and insulin circulating in the bloodstream. *Insulin resistance* not only sets the stage for developing Type 2 Diabetes, it increases the odds of the number one killer in America: heart disease.

According to the American Diabetes Association:
"People with diabetes have a higher-than-average risk of having a heart attack or stroke. These strike people with diabetes more than twice as often as people without diabetes."

What Causes *Insulin Resistance*?

Very good question. There seem to be several contributing factors. The first factor may be genetic. Some scientists think specific genes make certain people more susceptible to *insulin resistance*. But, genes aren't everything. Weight and lack of physical activity also seem to play a major role. Then, there are the types of food you eat... The more junk sugars (ice cream, candy bars, etc.) you eat, the more your little pancreas has to work to keep up with all the sugar that has been dumped into the bloodstream. Just like everything else, there is only so much work your pancreas can do. If the pace is too high for too long, it will basically burn out and quit. It is important to stop this process before it gets too far. Exercise, weight loss and proper diet can reverse many cases of insulin resistance and pre-diabetes.

According to the National Diabetes Information Clearinghouse, *"The Diabetes Prevention Program (DPP) and other large studies have shown that people with pre-diabetes can often prevent or delay diabetes if they lose a modest amount of weight by cutting fat and calorie intake and increasing physical activity; for example, walking 30 minutes a day 5 days a week. Losing just 5 to 7 percent of body weight prevents or delays diabetes by nearly 60 percent. In the DPP, people aged 60 or older who made lifestyle changes lowered their chances of developing diabetes by 70 percent."*

With all of this information, the most important message to take away is this: Lifestyle has a major impact on your health. Different people react to different foods and diets in

different ways, and it is important to pay attention to what you eat and figure out what is best for you. But no matter what, regular exercise and staying away from junk food loaded with bad fats and sugar is a very good idea. Research may not have all the answers yet, but to our knowledge, there is no study that says sitting on the couch stuffing your face with candy bars and ice cream is good for your health.

World's Oldest Person Alive At 130?

Do you take good enough care of your body for it to last that long?

"If I knew I was going to live this long, I would've taken better care of myself." Those words by Eubie Blake couldn't possibly have any more meaning than they do for Antisa Khvichava. Authorities from the former Soviet Republic of Georgia claim this remote villager recently turned 130, making her the oldest person on earth. She retired from picking tea and corn in 1965, when she was 85. She said she has always been healthy and worked her whole life. It is difficult to verify her age due to wars and the collapse of the Russian empire, but she has two soviet-era documents that attest to her age. For all accounts, her mind is as sharp as ever, but her body has all but quit on her. Her fingers are so deformed she can no longer knit, and she struggles to walk. But, she refuses any help to get around when she has to. Her mind-set and determination are admirable – but also realize how important it is to take care of the one body you are given. You never know how long you will need it. One has to wonder if she ate low-carbs or low-fat? ☺

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 class...

"The Dangers of Dairy and Soy!"

Dairy and Soy have been marketed to the public as "health foods" for years but that is not what many doctors are saying now! Come learn the real truth!

Tuesday, August 31, 2010
6:00 – 7:30 PM

Casanova Oak Knoll Park Center
735 Ramona Avenue, Monterey, CA
646-5665

Pre-register through the City of Monterey at
546 Dutra St., 646-3866
\$15 Monterey Resident, \$20 Non Residents

Melanoma – Sun Controversy

We've been told for decades that the sun is bad! According to the Mayo Clinic, all forms of skin cancer have been on the rise. The greatest rise has been in melanoma, which is the most serious and most deadly type of skin cancer. Even with our sun-phobic, sunscreen-wearing society, the percentage of people with melanoma has more than doubled over the last 30 years.

So Why Do We Think Melanoma is Caused by Sun Exposure?

Ultraviolet light does damage the DNA in your skin. The rate of melanoma increases significantly when you look at people with lighter skin and who always get sunburned. This group is much more likely to develop melanoma than people with dark skin who never get sunburned.

What is the Evidence that Sun Does NOT Cause Melanoma?

Ultraviolet light increases your vitamin D levels, which has been shown to be a protective factor against more common forms of cancer such as breast and colon cancer. Many melanomas develop in areas with little or no sun exposure such as the buttocks or the bottom of the feet. In addition, studies have not been able to show that wearing sunscreen protects you against melanoma. Finally, there is some evidence that a little sun exposure might actually protect you against melanoma.

In contradiction to the “typical” skin cancer prevention advice, the journal *Cancer* in March 2002, did an examination of 506 regions and found a close inverse correlation between cancer mortality and levels of ultraviolet B light. The likeliest mechanism for a protective effect of sunlight is vitamin D, which is synthesized by the body in the presence of ultraviolet B.

Sunscreen May Do More Harm than Good

As stated above... studies have not been able to show that wearing sunscreen protects you against melanoma. However, interestingly enough, Octyl methoxycinnamate (OMC), which is present in 90 % of sunscreen brands, was found to kill mouse skin cells even at low doses in a study by Norwegian scientists. Retinyl palmitate was selected by (FDA's) Center for Food Safety and Applied Nutrition for photo-toxicity and photocarcinogenicity testing based on the increasingly widespread use of this compound in cosmetic retail products for use on sun-exposed skin. This means there was a possibility that it results in cancerous tumors when used on skin exposed to sunlight. In that yearlong study, tumors and lesions developed up to 21% faster in lab animals coated in a vitamin A-laced cream (retinyl palmitate) than animals treated with a vitamin-free cream. There are also many other chemicals in sunscreens for which there are concerns of strong estrogenic activity and excretion inhibition which causes many of these chemicals to be stored in fat deposits.

According to the National Institute of Health, sunscreens with a sun protection factor of 8 or greater will block UV rays that produce vitamin D. Along with increased risk of cancer, Vitamin D deficiency is associated with weakened bones, osteoporosis in elderly, post-menopausal women, and individuals on chronic steroid therapy as well as insulin deficiency and insulin resistance, progression of degenerative arthritis of the knee and hip, infertility, PMS, Fatigue and Depression, Auto Immune Disorders, Obesity and Syndrome X.

Here is a list of some chemicals contained in sunscreens that you should avoid:

- Benzophenones (dixoybenzone, oxybenzone)
- PABA and PABA esters (ethyl dihydroxy propyl PAB, glyceryl PABA, p-aminobenzoic acid, padimate-O or octyl dimethyl PABA)
- Cinnamates (cinoxate, ethylhexyl p-methoxycinnamate, octocrylene, octyl methoxycinnamate)
- Salicylates (ethylhexyl salicylate, homosalate, octyl salicylate)
- Digalloyl trioleate, Menthyl anthranilate

- Avobenzone [butyl-methoxydibenzoylmethane; Parsol 1789]

Whatever your sunscreen choice, we still suggest you use caution in regards to burning the skin. To avoid the burn and protect the skin:

- In the early Spring season, slowly work yourself into exposing your skin to the sun.
- Optimal hours of sun exposure are morning hours until noon and evening hours 3pm to dark.
- Instead of toxic chemical sunscreens, use clothing and hats to shelter your skin when you must be outside for longer periods of time and/or try one of the natural sunscreens recommended by the Environmental Working Group.
- For light skinned people, about 10-20 minutes of exposure is enough to increase your natural vitamin D production. For the darker skinned people, 20-30 minutes may be necessary.
- According to a 2008 issue of *Photochemistry and Photobiology*, oral supplementation of beta-carotene may protect against sunburn reaction, and the longer the supplementation period the greater the protection. At least 10 weeks of supplementation with a dosage of 25,000IU of beta carotene was required to afford this protection.
- Vitamin E (mixed tocopherols) 400IU/day
- Vitamin C 3000mg/day
- Vitamin D3 (cholecalciferol) 2000-5000IU/day (Get a Vitamin D blood test “25-Hydroxy D to determine your required dose.)

Should you get burned, we recommend the following regimen to help the skin to heal and repair:

For a couple of days [150lb adult] take Vitamin C (6000 – 10,000mg), E (1200IU), Beta Carotene (100,000 – 150,000IU), EPA/DHA (3000mg), GLA (240mg), drink lots of clean water and apply cool aloe vera gel to the affected area. Most importantly, consume lots of fresh, organic fruits and vegetables in the red, green and orange color groups.

Are you concerned about skin health and want to make sure you’re not missing a key factor? Getting tested is the best way to determine what supplements YOU need and to determine the effectiveness of your brand choice. Set up an appointment today to get control over your health!

Did You Know?... A human can live without food for almost a month but survive no longer than a week without water. The UN estimates a person needs a minimum of 50 liters of water a day for drinking, washing, cooking and sanitation. However, over a billion people do not have access to this minimum amount. According to UNESCO, the world’s population is appropriating 54% of all the accessible freshwater contained in rivers, lakes and underground aquifers. If per capita consumption of water resources continues to rise at its current rate, humankind could be using over 90% of all available freshwater within 25 years, leaving just 10% for all other living beings. Freshwater lakes and swamps account for a mere 0.29% of the earth’s freshwater. 20% of all surface freshwater is in one lake, Lake Baikal in Asia. Another 20% is stored in the Great Lakes. Rivers hold only about 0.006% of total freshwater reserves. Mankind uses only a drop in the bucket of the total available water supply. So where is all the water? Antarctica is thought to hold about 75% of the world’s fresh water (and 90% of the world’s ice). In fact, almost 10 percent of the world’s land mass is currently covered with glaciers, mostly in Antarctica and Greenland. But it will take more than a Zippo lighter to melt it for daily use. For the United States, one crucial source is the huge underground reservoir which stretches from Texas to South Dakota, the 800-mile Ogallala aquifer. It provides an estimated third of all US irrigation water. In fact, 95% of the United States’ fresh water is underground. In Libya, the Great Man Made River Project, as it’s called, is pumping some 6 million cubic meters of water a day from aquifers in the desert, providing irrigation for 150,000 hectares of land. Many countries have turned to aquifers to quench peoples’ thirst. Aquifers form over thousands of years, but many had been cut off from their original natural sources and are being steadily depleted. In some areas, like Mexico City, aquifer levels dropped by 3 – 5 feet a year, essentially sinking whole areas.

Tip Of The Month - Going On A Date? The Biggest Mistake Most People Make On The First Date



Going on a date can be nerve racking. Everyone knows you only get one chance to make a great first impression. Not only that, many people in the dating world say they know if things have a possibility to move forward into a relationship... Within The First Few Minutes Of The Date!!! You've probably heard this. "I'm looking for that spark, fireworks, butterflies in my stomach, chemistry, and I know instantly when it's there."

Clearly, many people these days are looking for things that don't exist. They see an internet dating commercial where two people describe a fairytale encounter and think that's what they should have too. Problem is – that's a commercial. Know this: Fairytales are make-believe. Expecting to go on an internet site (or anywhere else) and find your "perfect match" or Prince Charming that is going to sweep you off your feet and solve all your worldly problems is simply not living in the real world. It is also setting you up for a lifetime of bitter disappointment. Many people like to say, "I will not settle." But the real question is, won't settle for what? Bottom line is: everyone is human. Everyone has flaws, including the "perfect" person who "won't settle." We all must settle in our lives in certain ways. We all must do things we do not want to do. That also goes for building and maintaining a quality relationship – whether it be friendship or romance. Realizing everyone is human, has flaws, and is probably nervous – no matter how "cool" they seem is the first step in dating success and relationship building. Giving someone 3 minutes to impress you before you open or close your mind is unrealistic. Since perception is reality, it is always in your best interest to make the best first impression you can. A lot of that first impression has to do with where you go and what you do on your first date. Here is rule #1 about the first date and first impressions in general: Don't do what others do. Here's why: We all have a past. That past makes up how we perceive things in the present. We cannot escape our psychology. For example, if a woman or man has been on several bad first dates that all consisted of a dinner and a movie, would it make sense to do the same? Of course not. Doing something you have already had bad experiences with will only remind you of those bad experiences. It makes this first date just like all the other miserable ones right from the beginning. It instantly brings out the "Here we go again" reaction. Instead, the secret is: DO SOMETHING DIFFERENT! Even if you have no clue what to do – doing just about anything new will give you better odds of success than not doing what has already failed many, many times. What's that? You want some examples? That's what everyone always wants – they want to be told the perfect first date. In reality, there is no cookie-cutter first date. Why not? Because... it all depends on YOU. What kind of personality do you have? What things do you like to do? Your first date should expose your date to at least some of these things. Your date should see how wonderful your personality is and the fun things you like to do with your life. That is, if you have a great personality and do fun things! Think about how you meet new friends and grow those relationships. Do you talk on the phone once or twice and then put yourselves in an awkward position like dinner and a movie? No! You usually meet doing common interest activities and grow the relationship from there. Why is "dating" any different? Having realistic expectations, giving someone a chance and not doing the typical "dating thing" really can produce dramatic results.

**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 an appropriate health care provider or our office at 831-333-1513.