

In Good Hands

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

“In great affairs men show themselves as they wish to be seen;
 in small things they show themselves as they are. – *Nicholas Chamfort*

Do “wonder foods” with magical healing powers really exist?

Did Dr. Oz Really Say This Tiny Tibetan Fruit Is The “New Miracle Berry?”

**DON'T BE FOOLED! Separate fact from miracle
 claim fiction and discover why one fitness author says
 Dr. Oz and Oprah have sued over 50 companies...**



Also in this issue:

- ✓ Driving tips and suggestions to save money!
- ✓ What to do if your cell phone gets wet.
- ✓ Los Angeles Times Reports: “Ovarian cancer screening does more harm than good”
- ✓ Plus, the incredible story of “NUBS”, the Middle Eastern war dog, and the loving soldier who saved him...

Monterey – Miracle this! Amazing that!
 How many times have you heard about a
 “magical” plant that will instantly melt 50
 pounds off your waistline – or cure you from any
 disease known to humankind?

There is always “proof” that this magical plant
 works because some culture or tribe or group of
 people living in some far off mystical land has been
 using it for centuries and they are all skinny, healthy
 and live to be 165 years old!

If this stuff is so good, why hasn't everyone
 already heard about it? Because... it's been hidden in
 that far off, mystical land!

Ah... the magic of advertising. You have to love
 how the magical cures are never found in someone's
 backyard in Ohio. It's always halfway across the
 world, usually in a rainforest.

Well, now there is a tiny Tibetan fruit that is
 claimed to help people lose weight *without* any other
 kind of diet or exercise.

The fruit is the sea buckthorn berry and
 advertisers are going crazy because it was mentioned
 on the Dr. Oz show.

Here's what einnews.com had to say about the
 issue, “*Sea buckthorn oil is a helpful antioxidant, but
 fitness author Rusty Moore warns us to be skeptical of
 some of the claims websites are making. Buzz was
 generated online after Dr Oz featured this 'super
 food' on his TV show. Dr Oz claims that sea
 buckthorn oil is a healthy supplement that aids in
 digestion and has antioxidant properties similar to
 Vitamin C.*

“*Online marketers have been using the
 endorsement of Dr. Oz to distribute sea buckthorn oil.
 In the past 3 years, Dr. Oz and Oprah Winfrey have*

sued over 50 companies who were using their endorsement without permission. Unfortunately, several companies were making exaggerated weight loss claims when it came to supplements Dr. Oz simply mentioned on his program.”

The same thing happened several years ago when Dr. Oz mentioned the Acai Berry was a good antioxidant and a useful supplement.

That mention was taken by advertisers and used as a personal endorsement for all kinds of wild claims.

What’s the bottom line with all this?

Obviously, some foods are better than others. Some are more nutrient dense with building blocks your body can use, while others are not.

You want to eat as many positive nutrient dense foods as possible.

Obviously, comparing Sea Buckthorn to a Chicken Nugget – the Sea Buckthorn is a relative miracle food.

But, so is an apple given the same comparison.

The reality check is this: **You must eat good food, exercise and reduce stress CONSISTANTLY TO ACHIEVE AND MAINTAIN REAL HEALTH.**

This includes losing weight and keeping it off.

There are right ways to do things that work better than others, but there are no shortcuts.

There is no magical plant from a mythical far away land that will turn you into Superman or Superwoman.

Both Acai and Sea Buckthorn are most likely good for you and can help your body get the nutrients it needs to function properly, but don’t expect a miracle. Miracles happen from doing the right thing long enough.

Waist Size Predicts Heart Attack Death Better Than Weight

Doctors have been pointing the finger at obesity as a major cause of many deadly diseases – including heart disease – for a long time.

Now, according to an article on Health.com, *“Several studies have found a high body mass index is associated with a lower risk of dying from heart disease and other chronic illnesses – a mysterious phenomenon that has come to be known as the ‘obesity paradox.’”*

Some experts think the paradox is caused because body mass index – or BMI – is flawed. BMI is a ratio

of height to weight used to determine obesity. According to the article, waist size provides a far more accurate way to predict a heart patient’s chances of dying at an early age from a heart attack or other causes.

“Ovarian cancer screening does more harm than good, study shows”

No matter what many people think, modern medicine is NOT an exact science.

The sheer number of treatments and medications that are abandoned or taken off the market every year makes this point very obvious.

Now, according to an article in the Los Angeles Times, *“An 18-year study from the National Cancer Institute has found widespread screening for ovarian cancer doesn’t save lives but does set up many women for needless surgery and avoidable complications.*

“The results, published Wednesday in the Journal of the American Medical Assn., were not a complete surprise, according to study co-author Dr. Christine Berg of the National Cancer Institute. Still, experts are disappointed that yet another attempt to catch cancer early has failed to help patients beat the disease.”

Ovarian cancer ranks in the top 5 cancers that kill women. An estimated 21,880 American women will be diagnosed with the disease this year and 13,850 will die from it, according to the American Cancer Society. Five years after diagnosis, fewer than half — 46% — will still be alive.

The article stated women should be aware of certain symptoms associated with ovarian cancer, including persistent bloating, abdominal pain, and changes in bladder or bowel function (for more information, go to <http://www.cancer.org> and search for ovarian cancer symptoms). Although such symptoms are not specific to cancer, they should still be checked out.

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)

“Nubs”

The Greatest Acts Of Love And Kindness Often Happen During The Worst Possible Circumstances

War is no picnic. It would be hard to find anyone to disagree with that.

But, there must be some people who enjoy them – or they would cease to exist.

As history has shown us... over and over again... some of the most beautiful acts of kindness and compassion have come from the most brutal of circumstances.

They say great athletes need great competition to really show the world how great they are.

Well, Brian Dennis needed the Iraq war and Nubs to show the world how great he really is.

You see, Brian Dennis is a Major in the United States Marines.

While in Iraq, he came across a dog wandering the desert.

He named the skittish dog “Nubs” because his ears had been chewed off and looked like little nubs.

As the story goes, Brian and Nubs clicked right away.

Animals... especially dogs... know a good person when they meet one.

Brian shared his dinner with Nubs. Nubs returned the favor by staying with Brian on his post, helping keep his patrol safe.

The next day, Brian had to leave.

As he drove away, Nubs chased furiously after his Humvee for as long as he could. Nubs was left behind.

When Brian and the Marines came back months later, they found Nubs severely injured.

The Marine medics worked on Nubs and patched him up.

The next day, when Brian and the Marines left again, an injured Nubs chased after them as long as he could, but again, was left behind.

Two weeks later, Brian came back and worked on Nubs some more, but once again he had to leave.

This time Nubs didn't give up.

Nubs, still injured and limping, walked 70 miles across the desert and found where Brian was stationed.

It took him two days, without food or water.

Brian broke the rules and kept Nubs. He even built him a dog house at the Command Post.

Then, the dream ended. Two soldiers who were not part of Brian's group reported him for having Nubs.

Brian had four days to get rid of his dog.

Brian came up with a plan to ship Nubs to his family in San Diego, but needed \$2,000. He emailed his family and friends and they all chipped in and saved Nubs!

Now, Nubs lives like a king with Brian in San Diego, California. Nubs has been on several talk shows and is a real celebrity.

It's hard to tell who is the real hero – Nubs or Brian.

Maybe it's best to call it a tie!

To hear the full story go to www.thestoryofnubs.com.

Long live Brian and Nubs!!!

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?

One of the pitfalls of pursuing a healthy diet is that we can eat well and easily miss an important nutrient. In the world of healthy eating, one of the most common nutrient deficiencies is Vitamin B-12, a crucial nutrient for nerve health and the construction of red blood cells that carry oxygen throughout your body. Vitamin B-12 deficiency is especially common among vegetarians and vegans, but it's also common in meat eaters, too. Why? Because Vitamin B-12 can only be absorbed in the small intestine, and due to common intestinal ailments, even many meat eaters who consume high levels of B-12 are *unable to absorb it* in their gut.

This leads to a series of "mystery" health symptoms that actually have a simple common cause: Vitamin B-12 deficiency!

Here are some of the most common symptoms of deficiency: *Chest pain or shortness of breath * Fatigue or unexplained weakness * Dizziness, trouble with balance, and fainting * Confusion, memory loss or dementia * Coldness, numbness or tingling in the hands and feet * Slow reflexes or diminished nervous system function * Pale skin or yellowing of the skin * Sore mouth and tongue.

The best form of Vitamin B-12 to supplement your diet is sublingual B-12 with folic acid. This form is more readily absorbed especially if you have intestinal or stomach issues.

Tip Of The Month **Driving Tips And Tactics To Save Money.**

It's extremely painful. We're not talking about a root canal gone bad. Not even close. It's another visit to the gas pump... When it costs over \$60 to fill up a Honda Accord – you know things are bad. The price of gasoline is draining bank accounts and many experts say there is no relief in sight. Some say the answer is to get a new, fuel efficient car. That sounds all fine and dandy, but you have to do a little math to see if it works. For example, one of the new high mileage economy cars will cost you \$20,000 - \$25,000. How long is it going to take you to make your money back with your Miles Per Gallon (MPG) savings? Probably years.

So, here are some money saving tips from Popular Mechanics: (1) Coast to a stop – Popular mechanics tested and found the less you use your brakes, the better your fuel economy. They said anticipating a red light and coasting vs. hitting the accelerator and then using your brakes at the last second made a huge difference. (2) Do not accelerate too slowly! This goes against what most of us believe. Cars get poor gas mileage in low gears and tests showed taking 15 seconds to get to 50 mph got better gas MPG than taking 30 seconds to reach the same speed. (3) Use your air conditioning!!! Another urban myth gets destroyed. When you drive on the highway, roll up your windows and use the AC. The wind resistance caused by the open windows causes MPG to decrease and the faster you go, the worse it gets.

There are 3 more tips waiting for you at: <http://autos.yahoo.com/news/6-driving-tactics-to-save-gas-this-summer.html?page=all>

What To Do If Your Cell Phone Gets Wet...

Do not turn it on. Pull out the battery and SIM card. If you dropped it in salt water, rinse it in fresh water. Dry your phone using compressed air – the kind used to clean computer keyboards. Cover your phone with uncooked rice for at least 24 hours (this draws out the moisture). Turn your phone back on. You might want to say a little prayer first ☺

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 let us know.