

# In Good Hands

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

“The power of accurate observation is commonly called cynicism by those who have not got it.” – *George Bernard Shaw*

## Do You Know *These* Facts About Drinking Coffee?

- ✓ The pros and cons of drinking coffee (before you exercise)
- ✓ Sports Stadium Food NIGHTMARE! Many failed inspections... Salmonella... Rat feces...
- ✓ San Francisco Bans Soda From Vending Machines (What's Next?)
- ✓ Prozac shortens lifespan of ocean shrimp. (Why are shrimp even taking Prozac?)



**M**onterey – Do you want to walk up to someone you’ve never met and tell them something about themselves and be right more than 50% of the time?

If you do, all you have to do is tell them they drink coffee today.

More than half of Americans drink coffee every single day.

In fact, according to CBS news, “After oil, coffee is the second most valuable commodity in the world. More than 50 percent of Americans drink coffee every day — 3 to 4 cups each, more than 330 million cups a day and counting.” Many people use coffee as a crutch to wake up every day. I’m sure you’ve heard someone say, “I’m worthless until I have my first cup.”

It’s also common to see people drink coffee before they work out. If you’ve spent any time in a gym, you’ve probably seen people actually drinking coffee during their workout!

### But is all this coffee drinking good?

The answer is yes... and no...

A recent U.S. News and World Report article claims caffeine could be an asset to your workout.

The article states, “Yes, a caffeine kick could be a valuable addition to your pre-exercise routine, delaying muscle fatigue and keeping you focused and energetic.”

Then it goes on to warn, “You don’t want to overdo it, though. Sleep problems, headaches, irregular heartbeat, high blood pressure, or maybe even a heart attack can result.”

WOW! We’re not sure the benefits outweigh the risks.

Bottom line: Caffeine is a drug and ALL drugs have side effects. Most people make the mistake and believe if something is “natural,” then it is safe (or at least safer than a drug). Snake venom is natural. So is Mercury. Some of the most toxic substances known to man are natural.

So, the big question for you is: do you really think it is a good idea to use a stimulant every single day of your life? It is entirely up to you.

On a similar note...

### Ocean Shrimp Are On Prozac!

It’s true. Due to flushing medication, ocean shrimp are now taking the popular anti-depressant. Here’s the scary part: Researchers studied the effects of Prozac on shrimp and found they became easier prey.

According to National Geographic: “The fluoxetine likely makes shrimp’s nerves more sensitive to serotonin, a brain chemical known to alter moods and sleep patterns ...

### San Francisco Bans Certain Soda From Vending Machines

If you want to buy a Coke, Pepsi or Orange Fanta from a vending machine on city property in San Francisco... you can’t. That’s because Mayor Gavin Newsome, under an executive order, has banned non-diet sodas, sports drinks and artificially sweetened water. Fruit and vegetable juice must be 100% juice and diet sodas can be no more than one quarter of what the vending machine offers.

The San Francisco Chronicle reports this is the Mayor’s effort to combat obesity and promote health.

The Mayor’s administration points to a study linking soda with obesity. One recent UCLA study showed adults who drink at least one soft drink a day are 27% more likely to be obese than those who do not. One had to wonder: What will be banned next?

animals other than shrimp likely suffer from these high doses of fluoxetine”.

Fluoxetine is a key ingredient in Prozac. Scientists exposed shrimp to the fluoxetine at levels detected in average sewage-treatment waste. Shrimp normally gravitate toward dark corners, but when exposed to fluoxetine, they became five times more likely to swim toward a bright region of water, making them more likely to be eaten by a predator.

### **Study Reveals How Cranberry Juice Helps Urinary Tract Infections**

If you’ve had a urinary tract infection (UTI), you’ve probably heard all about the home remedy: cranberry juice. For years, it was nothing but an “old wife’s tale” without any scientific proof. Now, cranberry juice is widely accepted to fight the bacteria that causes UTIs... but the mechanism of exactly how it works is still not known.

Now, a study from the Worcester Polytechnic Institute is finally shedding some light on the secrets of Cranberry juice’s bacteria fighting power. According to researchers, 95% of UTIs are a pathogenic strain of the same E. Coli bacteria found in the intestines. The “bad” E. Coli have little arm-like appendages that grab onto and anchor themselves to the cells of the urinary tract.

These tiny anchors are important because without them, every time you went to the bathroom, the force of your urine would simply flush the bacteria out of your body. As soon as the E. Coli get a good grip on the Urinary Tract cell walls – they start multiplying.

### **Fast Moving Little Buggers!**

What’s amazing is E. Coli doubles in number in one hour and it only takes a few hours to cause an infection.

Cranberries have been known to help as far back as 1620. Clinical trials were conducted in 1923 and researchers believed cranberries increased the acidity of urine, killing the bacteria. Sixty years later, scientists realized cranberries did not make urine acidic enough to kill E. Coli.

Now, a new study theorizes cranberries work to protect you from UTIs in a very different way. Here’s the new theory: Cranberries contain large amounts of a chemical called proanthocyanidin or PAC. PAC functions almost like a shield that blocks the arms or anchors of E. Coli from attaching to the cells in the urinary tract. These shields actually make the “anchors” crumble when they try to attach themselves to the urinary tract.

### **An Ounce Of Prevention Is Worth A Pound Of Cranberries...**

Here is something very important: According to the research, Cranberries’ “shields” were only effective at preventing a UTI. In other words, cranberry “shields” only

worked when E. Coli was trying to attach itself – once it was attached, cranberries did not have the same affect. According to the researchers, "Cranberry juice seems more effective at preventing future bacterial infections than treating an existing one." The study was published online on June 21 in the journal, *Molecular Nutrition & Food Research*.

### **WARNING: Eat Sports Stadium Food At Your Own Risk!**

A July 25th article on ESPN.com revealed some shocking news. The website’s writers reviewed health department inspection reports at all 107 North American arenas and stadiums that are home to Major League Baseball, the National Football League, the National Hockey League and the National Basketball Association teams.

At 30 of the stadiums, more than 50% of the concession stands or restaurants had been cited for at least one "critical" or "major" health violation. These violations pose a risk for food borne illnesses that can possibly prove fatal.

Some of the violations included food not properly cooked, reheated or held at unsafe temperatures, because that allows the growth of dangerous bacteria such as E. Coli, Salmonella, and Staphylococcus Aureus.

According to ESPN: *“In the past few years, Lucas Oil Stadium in Indianapolis and Angel Stadium in Anaheim were cited with dozens of critical violations for rodent infestations. The violations ended up on local TV stations and in newspapers. Lucas Oil Stadium faced \$3,500 in fines, and the violations in Anaheim angered officials with the city, which owns the stadium.”*

**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 100 Year Lifestyle!”**

Did you know that centenarians are the fastest growing segment of our population? Do you expect to live to be 100 years old? Why or why not? (You may make it to 100 whether you like it or not!) Come learn what it takes to get there in good health!

Tuesday, September 21, 2010  
7:00 – 8:00 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  
\$10 Monterey Resident. \$13 Non Residents

# GERD

Most people have experienced some sort of heartburn in their life. It can happen from the occasional overindulgence of pizza or spicy foods. However, heartburn that occurs frequently is called GERD, or gastroesophageal reflux disease. GERD occurs when contents of the stomach are pushed upward and past the barrier between the stomach and the esophagus (the lower esophageal sphincter or LES). Stomach juices consist of acids that break down proteins and enzymes that break down protein, fats, and carbohydrates. The reason this is such a problem is the esophagus is not designed for digestion and thus irritates the lining of the esophagus which is often described as a burning sensation in the chest.

There is a prevailing philosophy that if you suffer from GERD your stomach produces too much acid. The problem with acid reducing medications, of course, is that the stomach is supposed to be acidic! Acid in the stomach is needed to break down protein. If the protein is not completely broken down and gets into the blood stream, your body can develop an allergy against that protein. This can cause both food allergies and autoimmune disease.

Yet, here is the bigger problem...symptoms of GERD can be extremely irritating to the esophagus lining. GERD that persists for an extended period of time can cause changes in the **esophageal lining which can lead to a pre-cancerous condition called Barrett's esophagus. Rates of esophageal cancer are increasing in industrialized nations at a rate faster than any other cancer.** This is primarily because many follow the Standard American Diet (SAD), have stressful lifestyles, and lack physical activity. Because many do not know what is causing their GERD or they want the quick fix, they turn to drugs for help in reducing their symptoms.

Drugs used for GERD fall into several categories; H2 receptor antagonists (Tagament, Zantac), proton pump inhibitors (Prilosec, Prevacid), and antacids (Tums and baking soda). All of these drugs decrease the acidity of your stomach. **The problem with H2 receptor agonists (Tagament, Zantac) is that while these relieve symptoms, they may do nothing to stop the reflux.** Proton pump inhibitors (Prilosec, Prevacid) do however actually stop the production of acid in your stomach. Then, nature takes over and in response to the low-acid environment created by the drug, the stomach secretes large amounts of the hormone gastrin (a hormone that stimulates the proton pumps to create acid). This is another formula for digestive tract cancers, because high levels of gastrin are associated with esophageal, pancreatic, and stomach cancer.

All this being said there are times when the aforementioned pharmaceuticals may be appropriate to treat GERD. Discuss this with your doctor. Get the crisis under control, then start working to get your body healthier and hopefully reduce medications as they are no longer needed.

## Nutrition and Lifestyle Tips to Help Relieve the Symptoms of GERD

1. Do not lie down within three hours of eating. Being vertical allows gravity to help your stomach contents to stay where they belong.
2. Avoid items that cause the LES to relax:
  - Peppermint
  - Chocolate
  - Soda
  - Coffee
  - Tea (herbal teas are OK)
  - Smoking
  - Alcohol
  - Bad fats especially fried foods. Instead eat cold pressed organic olive, flaxseed, coconut, palm and sesame oils, organic butter, avocados, fresh nuts, and fatty fish. At high temperature cooking coconut and palm oil are best.
3. Aspirin, Ibuprofen, Aleve, Motrin, and other pain pills destroy the lining of your stomach and esophagus. Use these only when absolutely necessary. If you are having chronic pain or headaches, try to determine the "cause" of the pain so you won't have to rely on these medications.

4. Work to rebuild the lining of the esophagus and stomach. One of the best natural products is licorice extract. The extract is more effective than plain licorice because in the amounts needed to experience positive changes there is a substance called glycyrrhizinic acid that may increase blood pressure. This substance is removed in the extract. The extract is called "DGL" (deglycyrrhizinated licorice). Most people experience significant relief within a few days. Take 700-800mg 2-3 times per day between meals.

Other useful products to aide in a healthy digestive tract are:

- Ultraflora Plus DF by Metagenics: Lactobacillus acidophilus NCFM and Bifidobacterium lactis BL07 (15 billion live organisms), 2 times per day.
- Lauricidin 1 scoop, 3 times per day taken with food.
- EPA/DHA 500-1000mg per day.

#### 5. Chiropractic and GERD

What does Chiropractic have to do with GERD? Chiropractic is a very effective means of treating a hiatal hernia which is a frequently overlooked cause of GERD. A hiatal hernia is when the top part of your stomach pushes up through your diaphragm. A chiropractor can use soft tissue manipulation to reduce hiatal hernias which can fix this quite efficiently. Another way chiropractic can help is through spinal manipulation. Many who suffer from GERD and/or stomach ulcers develop pain between the shoulder blades. This is because the nerve supply is the same to both areas. Chiropractic adjustments to the upper back can "reconnect" the nerve supply to the esophagus and stomach and make healing more efficient.

6. Lose weight if you're overweight. The extra weight puts pressure on your stomach contents and can actually "push" the contents back up into the esophagus.
7. Eat lots of fresh fruits and veggies. These foods contain the vitamins and minerals needed for digestive health. The fiber and minerals also act as an acid buffer.
8. Guard your stress levels. Stress plays a significant role in the state of your digestive health. Learn to control your stress by practicing stress reduction daily. This can be in the form of prayer, exercise or whatever you enjoy and can commit to on a daily basis.

GERD can pose serious risks to your health over time. Don't ignore what you're body is trying to tell you! It is often a symptom of a much greater problem involving diet, lifestyle, stress and the digestive tract as a whole. Do something today to be healthier than you were yesterday.

**Did You Know?...** Vitamin D deficiency is widespread among infants and most pediatricians remain unaware of the problem. Only 5 to 13 percent of breast-fed infants receive at least 400 IU of Vitamin D per day, the amount currently recommended by the American Academy of Pediatrics. Human breast milk is actually relatively low in Vitamin D, probably because during our evolutionary history most babies got plenty of exposure to sunlight. An infant would need to drink 32 ounces of fortified formula per day to get 400 IU of Vitamin D, an amount that is probably unrealistic for young children. The body produces Vitamin D when exposed to UV-B radiation from sunlight. The nutrient is essential for the development and maintenance of bones and the immune system, and deficiency can increase the risk of soft or brittle bones, infection, cancer, heart disease and autoimmune disorders. It is recommended that infants get no direct sunlight at all for the first six months of life, and that they wear protective clothing and sunscreen beyond that age. This effectively rules out the healthiest, most reliable source of this essential nutrient. Making matters worse, only 1 to 13 percent of children under the age of one take a Vitamin D supplement.

#### **Tip Of The Month - Do You Know The Two Times You Should Not Eat Sugar?**



**Plus: Study shows Tylenol PM® and other common medications cause brain problems...**

Do you know the two times you should not eat sugar? If you do not, eating sugar at these two times of the day can strain your system and wreak havoc on your strength, fitness and health. In just a moment, you will discover these two very important times. But first, here's some important news about... Common Over The Counter Medications And Brain Damage... According to a July 13, 2010 issue of Neurology, drugs called anticholinergics block acetylcholine, a nervous system neurotransmitter, and are widely used medical therapies. They are sold over the counter under various brand names such as Benadryl®, Dramamine®, Excedrin PM®, Nytol®, Sominex®, Tylenol PM®, and Unisom®. Other anticholinergic drugs, such as Paxil®, Detrol®, Demerol® and Elavil® are available only by prescription. Older adults most commonly use drugs with anticholinergic effects as sleep

aids and to relieve bladder leakage problems. Researchers from the Indiana University School of Medicine conducted a 6 year study with 1,652 African-Americans over the age of 70 with normal cognitive function. Results: "We found that taking one anticholinergic significantly increased an individual's risk of developing mild cognitive impairment and taking two of these drugs doubled this risk. This is very significant in a population, African-Americans, already known to be at high risk for developing cognitive impairment," said Noll Campbell, PharmD, first author of the study. Dr. Campbell is a Clinical Pharmacist with Wishard Health Services. "Simply put, we have confirmed that anticholinergics, something as seemingly benign as a medication for inability to get a good night's sleep or for motion sickness, can cause or worsen cognitive impairment, specifically long-term mild cognitive impairment which involves gradual memory loss. As a geriatrician I tell my Wishard Healthy Aging Brain Center patients not to take these drugs and I encourage all older adults to talk with their physicians about each and every one of the medications they take," said Malaz Boustani, M.D., IU School of Medicine Associate Professor of Medicine, Regenstrief Institute Investigator and IU Center for Aging Research Center Scientist. Now for... **The Two Times NOT To Eat Sugar...** When you work out, exercise triggers the release of human growth hormone (HGH). If you consume a high sugar meal or high sugar sports drink within 2 hours of your workout, you will seriously diminish the release of HGH. This is important because the HGH release helps in fat burning for 2 hours after you work out. An important note: Research has shown eating carbohydrates after a workout starts the protein synthesis recovery process faster. There are several studies involving young cyclists who compete for several days back-to-back, and quick recovery is their priority, not maximizing HGH. The second time NOT to eat sugars if you want to maximize HGH is 90 minutes before bed. Here is why: HGH is dependant on sleep and a major hormone surge occurs during the first 30-70 minutes of sleep. If this sleep is disrupted, the hormone surge can be dramatically reduced. Carbohydrates can disrupt this HGH output because carbohydrates stimulate the production of insulin... which reduces HGH. So, according to HGH magazine, if you want to maximize HGH output, do not eat carbohydrates 90 minutes before you go to sleep.

**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.*