

# In Good Hands

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

“Everything that is new or uncommon raises a pleasure in the imagination, because it fills the soul with an agreeable surprise, gratifies its curiosity, and gives it an idea of which it was not before possessed” ~ Joseph Addison

*Simple things that can make you healthier and happier...*

## Harvard University Researchers: Deficiency Of This Nutrient Is Responsible For 72,000-96,000 Preventable Deaths Per Year

...And There's Much More: Something you are probably eating every day is contributing to the SECOND cause of preventable death... These "green" water bottles may be hazardous to your health... and... Why was drug giant Pfizer just fined a record \$2.3 BILLION?



**M**onterey – If a simple and inexpensive way to make you live longer existed... would you use it?

What's that? Easy question, you say? Well, let's tackle an even easier one first and see if your answer is still the same...

Here's the easier question: *What if there was a way for you to eliminate the #1 cause of preventable death in the United States and save money at the same time?* Would you do that? Of course you would... who wouldn't? Evidently, a whole lot of people would NOT!

Here's the scoop: Harvard researchers just published the results of a study, *"The Preventable Causes of Death in the United States: Comparative Risk Assessment of Dietary, Lifestyle, and Metabolic Risk Factors."* They listed the top causes of preventable death and how many people they estimate die each year from each risk factor.

### #1 Killer

Number one is tobacco smoking... killing 436,000-500,000 each year. Simply not smoking would eliminate the leading cause of preventable death from your life – AND save you quite a bit of money. Yet millions still smoke.

See... the "easy" questions at the start of this newsletter aren't so easy after all... are they? Well, maybe you don't smoke. If so... that's great! So let's move on to the first question...

### The Power Of Nutrition

The study also found an Omega-3 deficiency causes between 72,000-96,000 deaths every year. This is very similar to the deaths caused by high trans fat intake (between 63,000-97,000).

One researcher mentioned it is hard to nail down a more exact number of deaths because, *"chronic diseases and associated deaths are multi-factorial. As far as diet goes, is it the lack of fruits and veggies or the excess animal and processed foods that is the culprit? It's hard to say."*

It was also noted that more research is needed to fully understand why Omega-3 is so effective by establishing a dietary reference intake (DRI). Researchers added that until requirements are established, *"Americans are likely to continue to fall short of their Omega-3 intake."* At least, according to this study, sounds like both increasing Omega-3 and decreasing trans fat intake may be a good idea.

So what were some of the other results of the study? Glad you asked!

Here they are...

1. **Smoking Tobacco:** 436,000 to 500,000 deaths
2. **High blood Pressure:** 372,000 to 414,000 deaths
3. **Obesity:** 188,000 to 237,000 deaths
4. **Physical Inactivity:** 164,000 to 222,000 deaths
5. **High Blood Glucose:** 163,000 to 217,000 deaths
6. **High LDL Cholesterol:** 94,000 to 124,000 deaths

### A Matter Of Life And Death?

*"...this new study validates that Omega-3 EPA/DHA is more than just part of a healthy diet...it's a matter of life and death... We know that daily doses of Omega-3 EPA/DHA can help with many conditions such as cardiovascular disease, and we're committed to increasing consumer awareness about the drastic Omega-3 EPA/DHA deficiency in the Western diet."* Ocean Nutrition Canada's VP of Marketing and Communications, Lori Covert.

7. **High Salt Intake:** 97,000 to 107,000 deaths

Other risk factors included: alcohol use, low polyunsaturated fatty acids, and low intake of fruits and vegetables.

**So, what are you probably eating that could be contributing to the SECOND cause of preventable death? (High Blood Pressure)**

According to that study, high blood pressure kills between 372,000-414,000 every year. And listen to this...

On September 23, 2009, according to Reuters, a recently released study found a diet high in a form of sugar found in sweetened soft drinks and junk food raises blood pressure among men.

Reuters reports, the study *“provided the first evidence that fructose helps raise blood pressure.”*

The study *“suggested that people who consume sweetened soft drinks at night could gain weight faster than those who don’t.”*

From Reuters: “These results suggest that excessive fructose intake may have a role in the worldwide epidemic of obesity and diabetes,” said Dr. Richard Johnson of the University of Colorado-Denver, who studied the link between blood pressure and men.

**Fructose is about 50% of the make-up of table sugar and the high fructose corn syrup popular in many foods.**

The American Heart Association currently says women should eat no more than 100 calories of added processed sugar per day, or six teaspoons (25 grams), while most men should keep it to just 150 calories or nine teaspoons (37.5 grams). On average, Americans consume 22 teaspoons (90 grams) or 355 calories of added sugar each day.

Maybe it’s time Americans started seriously cutting back... maybe.... just a little... don’t you think?

Now for something completely different...

**“Green” Water Bottles**

**May Not Be Health Friendly**

Plastic water bottles have taken a lot of heat lately. For one thing, they must be disposed of and are not environmentally friendly. Another problem is the concern over bisphenol-A or BPA, a chemical in hardened plastic. Some people believe BPA is harmful and that’s why many

have switched to metal water bottles, some made by the Sigg Company.

**Drug Giant Pfizer Fined A Record \$2.3 BILLION For...**

According to USA Today: “In the largest health care fraud settlement in history, pharmaceutical giant Pfizer must pay \$2.3 billion to resolve criminal and civil allegations that the company illegally promoted the use of four of its drugs, including the painkiller Bextra, the U.S. Department of Justice announced Wednesday.”

The other three drugs were: Geodon, Zyxov and Lyrica. According to the article, once a drug is FDA approved, doctors can prescribe them off-label for any use, but makers can’t market them for anything other than the approved use. Pfizer subsidiary Pharmacia & Upjohn pled guilty to a felony violation for off-label uses of Bextra.

**Question:** Why is it okay for doctors to use a drug for something it’s not FDA approved for, but a felony for makers to market it for the same conditions?

An Associated Press article reports: “Now this shocker from Sigg Switzerland: Bottles made by the company before August 2008 had ‘trace amounts’ of BPA in the epoxy liners. Sigg officials knew it since June 2006, but didn’t announce it until last month.”

According to the article, the Sigg bottles are stylish and have slogans like, “SIMPLY ECO LOGICAL.”

While scientists are in disagreement about the safety or danger of BPA... in May, Minnesota became the first state to approve a ban of the sale of baby bottles and sippy cups made with BPA. Connecticut followed soon after.

Sigg’s Chief Executive Officer, Steve Wasik, posted a letter on the company’s web site stating that there was no danger of leaching and said “all bottles made since August 2008 have an alternative ‘EcoCare’ liner.” According to the Associated Press, “Wasik was ‘proud to say’ that Sigg began developing the BPA-free liner in 2006.”

Is anything safe? Some think the best way to go is an in-home reverse osmosis filtering system and using glass to store and drink from.

**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 don’t enjoy anything more than participating in your lifelong good health.**

***Don’t’ Miss This One!!***

Dr. Gensel will be teaching a tasty, hands-on class...

**“Making Desserts Healthier for the Holidays!”**

Wednesday, November 18, 2009  
6:30 – 8:30 p.m.

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  
\$25 Monterey Resident, \$33 Non Residents

# CHOLESTEROL

A little golden bee tells us nearly every time we turn on the TV that lowering your cholesterol will give you a healthy heart. Over the years high cholesterol has been the scapegoat for a plethora of heart/age related problems and foods containing higher amounts of cholesterol (like nutritious eggs – see our newsletter from June 2007) have gotten a bad rap. But cholesterol is not necessarily the demon made out by the media. In fact it is an essential part of our cellular makeup, is necessary for fat digestion, the utilization of vitamin D and hormone production. While optimal cholesterol levels are best, high cholesterol can work as a protector for your heart if underlying conditions arise. Low levels however, are dangerous.

High Cholesterol -

1. Is Associated With Longevity Among The Elderly
2. Protects The Body Against Infections
3. Reduces The Risk Of Death From Heart Failure/Heart Attacks
4. Protects The Heart From Stress/Injury

Low Cholesterol –

1. Puts you at greater risk for infection/diseases
2. Is Linked To Malabsorption/Malnutrition
3. Decreases Vitamin D Production
4. Reduces the metabolism of fat soluble vitamins, including vitamins A, D, E, and K.

A large study at the UCLA Department of Medicine and Cardiomyopathy Center in Los Angeles followed more than one-thousand patients with severe heart failure for 5 years. At the end of the study 62% of patients with cholesterol levels below 129mg/l died while the mortality rate for patients with levels above 223 mg/l was only about 30%.

In 1994 the Department of Cardiovascular Medicine at Yale University reported that elderly people with low cholesterol were twice more likely to die from a heart attack than those with high cholesterol. Nearly every study to date has also found that high cholesterol doesn't increase the risk of heart attack for women at all. In fact, mortality has been proven inversely associated to both total and LDL cholesterol. This goes against the traditional theory that LDL is your "bad cholesterol" causing plaque build-up followed by cardiovascular disease or heart attacks.

While it's true that LDL can build on artery walls when too many bad fats are consumed, it has also been shown to bind and inactivate dangerous bacterial toxins and be a vigilant crusader against infections. For example, the bacterium *Staphylococci* produces a very toxic substance called *Staphylococcus aureus* a-toxin which can quickly destroy a wide variety of human cells. If you add even minute amounts of this toxin to a test tube of red blood cells, the cells hemolyze (meaning the red blood cells burst). However, if you add LDL to the mix, their destruction practically ceases.

In a similar finding, researchers at the Division of Epidemiology at the University of Minnesota found that low cholesterol levels were associated with an increased risk of dying from gastrointestinal and respiratory diseases. To further study this finding, they followed 100,000 "healthy" people for 15 years and found that those who had low cholesterol levels at the beginning of the study were far more likely to be admitted to the hospital for an infectious disease than those who started with high cholesterol. Their conclusion – *low cholesterol makes you vulnerable to infectious diseases*.

Many doctors are quick to vouch for the benefits of high HDL which delivers cholesterol to the adrenals, ovaries, and testes, is important for the synthesis of steroid hormones and transports cholesterol away from the arteries and into the liver for excretion or re-utilization. It also has valuable protective properties against the onset of cardiovascular diseases as well as dementia. But they fail to understand the potential life-saving benefits of other forms of cholesterol recommending a cholesterol lowering drug instead of finding the cause behind heightened values.

Along with LDL, VLDL is also considered bad for your health and has been dubbed your "very bad cholesterol" due to its buildup on artery walls. But VLDL lipoproteins can also play a part in protection because they are carriers of the largest amounts of Triglycerides through the body. Triglycerides have been proven to rise as a normal immune system response to infection and are especially important at reducing endotoxins produced by gut bacteria.

**If you already have healthy cholesterol levels this does not mean you should strive to obtain high cholesterol**, but with so much research proving the benefits of high cholesterol, why are young/middle aged men warned so adamantly about the risk factors for future coronary heart disease associated with high cholesterol? This is where cholesterol is likely made a scapegoat. Think of it this way, *high cholesterol is a marker of the problem not a cause*.

Cholesterol is a building block for hormones that regulate blood sugar, blood pressure, stress, balance minerals and the many functions of progesterone and estrogen. So if you eat a poor diet high in carbs, bad fats and sugars, if you are under stress which causes your blood pressure to rise or if your immune system is weak from battling an infection your

cholesterol levels in turn will also seek new heights. If you simply take a beta-blocker to bring down your high cholesterol, has the true issue been addressed? Worse – what will happen without the boost of cholesterol to balance out your other problems? Before submitting to quick-fix medications for high cholesterol get a comprehensive blood test and get to the source of the problem.

**Did You Know?...** The tomato is the world's most popular fruit. And yes, it is a fruit, not a vegetable. More than 60 million tons of tomatoes are produced per year, 16 million tons more than the second most popular fruit, the banana. Apples are the third most popular (36 million tons), then oranges (34 million tons) and watermelons (22 million tons). Explorers returning from the new world introduced the tomato to Europe, where it was first mentioned in 1556. The French called it “the apple of love,” and the Germans called it “the apple of paradise.” Tomatoes are rich in vitamins A and C and fiber, and are cholesterol free. An average size tomato (148 gram, or 5 oz) boasts only 35 calories. Furthermore, new medical research suggests that the consumption of lycopene - the stuff that makes tomatoes red - may prevent cancer. Lycopene is part of the family of pigments called carotenoids, which are natural compounds that create the colors of fruits and vegetables. For example, beta carotene is the orange pigment in carrots. As with essential amino acids, carotenoids are not produced by the human body. Lycopene is the most powerful antioxidant in the carotenoid family and, with vitamins C and E, protects us from the free radicals that degrade many parts of our body. The tomato is a cousin of the eggplant, red pepper, ground cherry, potato, and the highly toxic belladonna, also known as the nightshade or solanaceae. There are more than 10,000 varieties of tomatoes. Tomatoes are used in many food products, including, of course, tomato sauce (ketchup), pasta and pizza. Cooked tomatoes have higher concentrations of lycopene. Don't store ripe tomatoes in the fridge as cold temperatures lessen the flavor.

**Tip Of The Month - The Silent Killer And What To Do About It...** Do you know what the silent killer



is? That's a pretty loaded question... because there is more than one... You've probably heard or read about a few of these silent killers like high blood pressure and high cholesterol, which can lead to the number one killer in America: Heart Disease. Just take another look at the list of causes of preventable death in the lead story of this newsletter and you will see the importance of these silent killers. Clearly, too many people think poor health, disease and death come from sudden BIG causes. For example... if you asked people the day before they had a heart attack if they were healthy... the vast majority would undoubtedly say... **YES!** But does that make sense? How can someone be perfectly healthy one day and have a heart attack and possibly die the next? The truth is – no one is healthy the day before their heart attack. Yes... they may not have had any symptoms the day before ... but an absence of symptoms does not mean you are healthy. That's why it is important you know about another silent killer and how to minimize it in your life... What is this silent killer? **STRESS!!!** If you have any doubts what stress can do to you... just take a look at a picture of any of our presidents the day they take office and then check out a picture of them the day they leave. What do you see? You see 15-20 years of aging in 4-8 years!!! And if the changes are so dramatic on the outside – what do you think has happened on the inside? But the debate is no longer IF stress is bad or harms your health. It is now focused on how to minimize stress so you can live as healthy and as long as possible. Since we all know stress cannot be eliminated, the best thing to do is to practice ways to deal with it and decrease its harmful effects. Like what? One great way is through... **Meditation-** If you have never meditated, you may instantly think of some weird mystical or religious thing. But, that's NOT what meditation is all about. Here's a great description of meditation and the potential it possesses... Imagine the ocean during a storm, big 10-15 foot waves crashing all around. Now imagine if you took a rock and threw it into the ocean. What would happen? Not much. You probably couldn't even see the splash your rock made through all those big waves. Even if you threw in a huge boulder... it wouldn't make a very big impact next to 10-15 foot waves. Now imagine a lake at 5:00 a.m. No wind and the surface of the water perfectly calm, like a piece of glass. Now what happens when you throw in even the tiniest pebble? That's right – you can immediately see the ripples and you can see their effect for miles! When you have a lot of stress – your brain and all your thoughts are like the stormy ocean with 10-15 foot waves. Nothing you think or try to do will have a great impact. But as soon as you calm all those thoughts down... BINGO... you can have a massive effect. Meditation is simply calming your mind so you can focus 100% of your attention on one area. Think about it this way: You have a constant stream of thoughts. Try to stop thinking. You can't. Thoughts keep coming one right after the other. But there is a teeny, tiny gap in between each thought. Meditation is the widening of that gap. You want to try to make that gap as wide as possible. It's harder than it sounds, but the good thing is – just attempting to meditate will help relieve stress, even if you are not good at it! The worst thing that can happen is you fall asleep... and who can't use a good nap?

**Remember, we're always here, using the miracle of Chiropractic 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.*