

In Good Hands

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

“How little a thing can make us happy when we feel that we have earned it” – *Mark Twain*

Shocker: Heavy Drinkers Outlive Non-Drinkers?

Discover what a new paper in the Journal *Alcoholism*
found that might make you fall off the wagon!

- ✓ “Hair” proves link between chronic stress and heart attacks.
- ✓ 1 in 7 home kitchens would flunk restaurant inspections – most are worse!
How bad is yours?
- ✓ Study: Popular diet pill Meridia increases heart attack risk.
- ✓ Shocking and surprising things CHEFS probably don’t want you to know.
- ✓ Researchers find Mother Nature’s Staph infection blocker?



Monterey – Is it possible? Can it be true? There is no way... right?

As revealed in a new paper in the journal *Alcoholism: Clinical and Experimental Research*, people who do NOT drink alcohol do NOT live as long as people who do.

According to an article in Time Magazine, “Research suggests that — for reasons that aren't entirely clear — abstaining from alcohol does tend to increase one's risk of dying, even when you exclude former problem drinkers. The most shocking part? Abstainers' mortality rates are higher than those of heavy drinkers.

“Moderate drinking, which is defined as one to three drinks per day, is associated with the lowest mortality rates in alcohol studies.”

WOW! According to this paper, people who do not drink at all die sooner than heavy drinkers... not people who have a drink or two a night — but... **HEAVY DRINKERS!**

According to the article, a moderate drinker, defined as 1-3 drinks per day, had the lowest mortality rate.

Even though researchers do not know the real answer, there are plenty of theories as to why these findings exist.

One is that moderate alcohol consumption (especially red wine) can improve circulation, cardiovascular health and reduce stress. Stress reduction may be the most important item on the list. Here is why...

There is a vast amount of research linking stress to poor health, possible disease and shortened lifespan.

In fact, a press release from September 3, 2010 states researchers had finally found direct evidence linking stress to heart attacks.

It's All About HAIR

According to the press release, “Researchers at The University of Western Ontario have provided the first direct evidence using a biological marker, to show chronic stress plays an important role in heart attacks. Stressors such as job and marital and financial problems have been linked to the increased risk for developing cardiovascular disease including heart attack.”

This study, published in the journal *Stress*, said researchers developed a method to measure cortisol levels

1 In 7 Home Kitchens Flunk Restaurant Inspections?

Would Your Kitchen Pass?

Do you think your kitchen is clean? According to an article in USA Today, “The small study from California's Los Angeles County found that only 61% of home kitchens would get an A or B if put through the rigors of a restaurant inspection. At least 14% would fail — not even getting a C.

“In comparison, nearly all Los Angeles County restaurants — 98% — get A or B scores each year.”

Maybe eating out isn't such a bad idea after all?

in hair. This is important because cortisol levels are an indicator of stress levels and now the cortisol/stress level can be measured for several months leading up to the heart attack.

Until now, cortisol levels were only measured in saliva, urine and serum. Because of this, stress levels were only seen at the time of the measurement – not leading up to the event. Doctors and researchers have suspected for a long time that stress was bad for you but it has been hard to measure and “prove.” Now, it looks like we can all say with relative accuracy... that...

STRESS KILLS!

This might shed new light on the alcohol research above. Maybe it’s not alcohol as a chemical compound that is beneficial to your longevity... Maybe the key is alcohol’s role in stress reduction.

Who knows? Right now, no one knows for sure, but we do know that correlation is not causation. In other words, just because drinkers live longer does not mean “alcohol is good for you.” For example, if the reason drinkers live longer is actually due to a reduction in stress... then it may be possible to get the same results *without* alcohol consumption. Maybe learning to control stress through meditation and other ways will be found to be just as effective. The mind-body connection is what’s really important. Heart disease is the number one cause of death in the United States, and science has now linked it to your stress levels, which basically links it to the way you think.

The way you handle situations in life every single day is actually a matter of not just happiness... but of...

Life and Death

So here’s a little advice: Learn about stress and stress management ASAP. Most likely it will not only lead to a happier life... but a longer one.

WARNING: Popular Diet Pill Increases Heart Attack Risk

Healthday News reports a new study linking the popular weight loss drug Meridia, to an increase in non-fatal heart attacks and strokes. A researcher said the drug only increases the risk for those who already have a history of heart attack and stroke and they should not take the drug in the first place. Others say, “Good old-fashioned diet and exercise is the only substantive sustained therapy that’s shown to be helpful. There’s no quick-fix pill.”

Researchers Discover Mother Nature’s Staph Infection Blocker?

Staphylococcus aureus can cause a bunch of health problems, including minor skin rashes to serious skin and life threatening blood infections that require immediate hospitalization.

Methicillin-resistant *Staphylococcus aureus*, or MRSA, is a growing public health problem in hospitals, nursing homes, and other institutions because it doesn't respond to most antibiotics. “Staph” causes infections by first adhering to the host. This is usually made by contact with the skin – especially if the skin is scraped or cut. The “staph” clings to the host and multiplies rapidly – forming a group or colony called a biofilm.

According to ScienceDaily, a recent study tested healthy females and found that drinking cranberry juice cocktail stopped both *E. Coli* and *Staphylococcus aureus* from forming biofilms. *E. Coli* is the bacteria responsible for urinary tract infections. Researchers believe the bacteria cannot cause infections if it cannot adhere to the surface and form biofilms.

Terri Comesano, Professor of Chemical Engineering at Worcester Polytechnic Institute (WPI) said, “What was surprising is that *Staphylococcus aureus* showed the most significant results in this study. We saw essentially no biofilm in the staph samples, which is very surprising because Staph aureus is usually very good at forming biofilms. That's what makes it such a health problem.”

Researchers also said these results “create more questions than answers.” More research needs to be done – but drinking a little cranberry juice might not be a bad idea. ☺

P.S. The research detailed in the current study was supported by grants from the Cranberry Institute and the Wisconsin Cranberry Board.

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 truly enjoy participating in your lifelong good health.

Help the Monterey County Food Bank...

and get a free Chiropractic Adjustment!!!

**See the flyer at the end of this newsletter
for details!**

ZINC... Do You Need It?

Zinc has been somewhat of a forgotten element. While it was quite popular 8-10 years ago, the good ole' zinc lozenge to ward off cold and flu in the winter seems to have taken a back slide to newer remedies on the market. However, sometimes the newest fad isn't the most effective. For more information on using zinc for cold/flu prevention and therapy, view our October 2009 newsletter.

An essential element that humans must acquire from their diet, zinc plays important roles in growth and development, the immune response, neurological function, and reproduction. Nearly 100 enzymes depend on zinc for their part in metabolic reactions. Zinc has an important structural role in proteins and cell membranes. Loss of zinc from cell membranes increases their susceptibility to damage and impairs their function. Zinc has also been found to regulate gene expression by binding to DNA and influencing the transcription of specific genes.

Food Sources

Animal sources, such as shellfish, beef, and other red meats are rich sources of zinc. Good plant based sources are nuts and legumes. Zinc bioavailability is higher in meat, eggs, and seafood because of the relative absence of compounds that inhibit zinc absorption and the presence of certain amino acids (cysteine and methionine) that improve zinc absorption. The zinc in whole grain products and plant proteins is less bioavailable due to their relatively high content of phytic acid, a compound that inhibits zinc absorption. The enzymatic action of yeast reduces the level of phytic acid in foods. Therefore, leavened whole grain breads have more bioavailable zinc than unleavened whole grain breads.

Copper-Zinc Relationship

The ratio of copper to zinc is clinically more important than the concentration of either of these trace metals. Taking large quantities of zinc (50 mg/day or more) over a period of weeks can interfere with copper bioavailability. The safe, tolerable upper limit for zinc is 40mg/day for adults and 12 mg/day for children ages 4-8 years of age. Likewise, exposure to increased copper levels whether through supplementation or contaminated water can reduce zinc levels. As explained earlier, it's the ratio that's most important. Iron and Calcium supplementation can also impair zinc absorption.

The symptoms of severe zinc deficiency include impaired growth and development, delayed sexual maturation, characteristic skin rashes, chronic and severe diarrhea, immune system deficiencies, impaired wound healing, diminished appetite, impaired taste sensation, night blindness, swelling and clouding of the corneas, and behavioral disturbances.

Mild zinc deficiencies are hard to identify but can be associated with poor healing, reduced immune system, and visual disturbances.

Individuals at risk of zinc deficiency:

- Infants and children
- Pregnant and lactating (breast-feeding) women, especially teenagers and pregnant women who've been instructed to supplement with iron during the pregnancy.
- Patients receiving intravenous feedings
- Malnourished individuals, including those on low calorie diets and those with anorexia.
- Individuals with severe or persistent diarrhea or digestive disorders such as celiac disease, short bowel syndrome, Crohn's disease and ulcerative colitis
- Older adults (65 years and older)
- Strict vegetarians: The requirement for dietary zinc may be as much as 50% greater for strict vegetarians whose major food staples are grains and legumes, because high levels of phytic acid in these foods reduce zinc absorption

Hair elements testing is a good way to assess your zinc status as well as zinc:copper ratio. Testing of hair elements has had some controversy over the years. Much of the controversy arrives in choosing a trustworthy lab and how to interpret the data. The typical hair elements test will screen for the toxic elements: Aluminum, Antimony, Arsenic, Barium, Beryllium, Bismuth, Cadmium, Lead, Mercury, Platinum, Thallium, Thorium, Uranium, Nickel, Silver, Tin, and Titanium. Essential and other elements tested are: Calcium, Magnesium, Sodium, Potassium, Copper, Zinc, Manganese, Chromium, Vanadium, Molybdenum, Boron, Iodine, Lithium, Phosphorus, Selenium, Strontium, Sulfur, Cobalt, Iron, Germanium, Rubidium, and Zirconium.

The hair root is in constant contact with blood vessels, allowing both essential and toxic elements to enter the hair shaft continuously as hair grows. In other words, hair analysis reflects long-term excretion rates of the various elements. One must understand that hair is an excretory tissue so any results that are “high” in the hair tissue are being excreted...when it comes to toxic elements, in a way this is a good thing. However, it does indicate exposure to the toxic element along with nutrient depletions it can cause. In addition, just because it’s not coming out in the hair, doesn’t mean you’re not being exposed to that toxic element. It can indicate you have an inability to excrete the toxic element which can cause many health disorders from high blood pressure to memory and concentration issues. In our industrial society and with the very real problem of pollution, it is well understood you will get exposed to many toxic elements.

We can use the data from several stand points:

1. If you are getting exposed to toxic elements, we want to make sure they’re being excreted efficiently.
2. Find ways within your control to try to reduce exposure with the understanding you cannot fully eliminate exposure due the nature of the world we live in today.
3. Try to apply nutritional protocols to help reduce the damage the toxic elements can cause and improve excretion of those elements.

Testing is the most important way to determine what dietary modification you need to make and reveal any areas in which you may need to supplement your diet. Hair elements and blood testing can give you a bigger picture of where you stand with regards to optimal health.

Did You Know?... Plants have been used for centuries as medicines. Now, genetically modified plants can produce plastic, skin tissue agents and human blood proteins. Biotechnologists have created genetically modified (GM) plants that can grow plastic. They managed this by inserting 4 genes from plastic-producing bacteria into varieties of oilseed rape (Eurasian plant) and cress. Conventional plastics are made from oil and do not degrade easily, but the plant plastic is biodegradable. But it is expensive, costing five times more than petroleum-derived plastic. Actually, mankind has been “genetically modifying” everything from food to dogs for many centuries, but in the past, the only tool has been selective breeding. There are a variety of ways that scientists now modify plants and animals with genetic engineering techniques. In the meantime, before you grow your own plastic plants, take good care of your real plants. Clean them often, speak to them, and play them some nice music – there is a lot of research that shows playing melodic or classical music to plants makes them grow healthier.

Tip Of The Month - Shocking And Surprising Things Chefs Don't Want You To Know - What order makes them mad and what THEY never order when they go out to eat. Roaches? Recycled Bread? And What Happens To Your Food When You Send It



Back!!! Have you seen the movie, “Waiting...”? If not, it’s about shenanigans that go on at a restaurant by the waiters, managers and cooks. It’s a comedy and not “real.” But, it shows a lot of things people are afraid actually happens behind the scenes when they go out to eat. For example, one customer sends his steak back because it is not cooked to his liking.

So what does the cook do? He freaks out. Throws the steak on the floor... says, “ooooops”... picks it up and puts it back on the grill. The movie shows a lot worse than that! Well, does any of this stuff really occur? And besides that – what are some of the things chefs probably don’t want you to know? Food Network Magazine surveyed thousands of Chefs (anonymously) across the country – and here’s what they found...**Chefs Are Picky Eaters But Hate Picky Eaters!** Yes... this may be a little contradictory. But come on – you probably don’t like some of the things you do either! According to the survey, 60% of chefs said requests for substitutes were annoying. One of the biggest annoyances was when customers “pretend” to be allergic to something. Hmmmm... one has to wonder how they knew they were “pretending?” **Chefs Have Expensive Taste And Avoid Pasta And Chicken** The restaurant chefs listed the most as “best in the country” was The French Laundry in California’s Napa Valley. Dinner there is \$240 per person, before wine. They avoid chicken and pasta because they are often the most over-priced items on the menu. Ironically, they like fast food... Wendy’s topping the list. **What About Roaches?** Are you sitting down? You are... good. 75% said they have seen roaches in the kitchen! Also, on a scale of 1-10, 85% of chefs rate their kitchen as an 8 or above for being clean. **Do Chefs Spit In Your Food If You Send It Back?** Only 13% said they saw chefs do bad things to people’s food. The worst was, “*Someone once ran a steak through a dishwasher after the diner sent it back twice. Ironically, the customer was happy with it then.*” Three of the chefs said they re-used uneaten bread after it was taken back from the tables. **Chefs also work hard!** They average between 60-80 hours a week and work holidays. Their average pay is \$75,000 a year. And there’s more... like menu specials are often experimental dishes, fresh fish deliveries do NOT come on Sundays, and the appropriate tip for your meal is 20%. The complete article can be found by googling “25 Things Chefs Never Tell You Food Network Magazine”.

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.

“The Monterey County Food Bank Needs Your Help!!”

Dear Patient and Friend,

Here’s what this is all about: The Monterey County Food Bank needs our help as these rough economic times continue! *Gensel Wellness Center will be a donation station for the Monterey County Food Bank through November 30th.* Anyone who brings in a donation of food to Gensel Wellness Center will get an evaluation and a recommended action plan on what to do for their aches and pains. Established patients will get a free treatment. Here’s how it works:

If you are a New Patient:

Just bring in a bag of non-perishable groceries (cans, boxes, etc...) to our office at 700 Cass St. Suite 110 in downtown Monterey – near the Monterey Post Office. **You will receive the following:**

- ✓ Health history and consultation.
- ✓ Comprehensive evaluation of your condition including orthopedic, neurological and chiropractic testing.
- ✓ Computerized Surface EMG testing to help evaluate your spinal muscles.
- ✓ A recommended action plan in which the best approach to help you with your condition will be discussed.

If you are an Established Patient:

Just bring in a bag of non-perishable groceries (cans, boxes, etc...) and you will get one treatment for free. Although you may donate food more than one time we can only offer 1 free treatment per patient during this special event.

We expect to get very busy very quickly and we only have a limited amount of appointments available. We have to make sure we can give everyone the individual time and care they deserve. We know you will agree.

If you would like to take us up on this great offer and help out those who are less fortunate than ourselves, just call our office at (831) 333-1513 to make an appointment.

Unfortunately, Medicare/Medicaid Insurances do not allow participation in this offer.