

In Good Hands

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

"The most powerful factors in the world are clear ideas in the minds of energetic men of good will"

- J. Arthur Thomson

Afraid of H1N1?

Is *This* Plentiful And Inexpensive Berry The Answer To Swine Flu?

More you should know: If you want to kill germs - Is it better to wash your hands in hot or cold water? Rocket fuel chemical in most powdered infant formulas? And another study might link cell phones to cancer...

Monterey – Are you afraid of the H1N1 virus... or what is commonly know as “swine flu?” If you are – you are not alone.

Everywhere you look H1N1 is the hot topic. It’s all over the news – every day. It’s the talk at the water cooler and public schools. Even the President of the United States, Barack Obama, and his staff have made several speeches and announcements about the possible dangers and implications of this virus.

Some say H1N1 is extremely dangerous... while others say it is over-hyped and no more harmful than the seasonal flu.

There are many places you can go on the internet to read about it;

however, it is not the purpose of this newsletter to try to convince you one way or another about it.

But, one thing is clear: Whether H1N1 is deadly... or just makes you miserable for a week or two or three...

Chances Are, You Don’t Want To Deal With It... PERIOD!!!

Right? Seriously – who even wants a little head cold for a day or two – much less “the swine flu?”

So, if there was a way to make sure you and your family doesn’t get H1N1... would you be interested?

Better yet: if this prevention were easy to get, inexpensive, and had absolutely NO SIDE EFFECTS... wouldn’t that be great?

Well, there is no “perfect” way to avoid H1N1.

No one knows how effective the vaccine is going to be or what the side effects will be but the preliminary reports are not good.

Your choice to vaccinate yourself and your family is a personal one and should come with some education on the issue. The purpose of this newsletter is not to make that decision for you or sway you in any way. Instead, it is to inform you.

For example, did you know that there is an inexpensive and

plentiful berry that has been shown to be helpful in treating Influenza A and Influenza B?

This berry is the elderberry. The extract of the black elderberry is called “sambucol.”

A small study published in 2004 showed 93% of flu patients given Sambucol were completely symptom-free within two days, while those taking a placebo recovered in about six days. This study treated people who had Influenza B.

H1N1 is subtype of Influenza A and now a study shows that it works for Influenza A as well.

New Study: Long-Term Use Of Cell Phones May Be Linked To Cancer

The Daily Telegraph has reported that the World Health Organization (WHO) will publish evidence from a decade long study with evidence that heavy cell phone use increases the risk of developing brain tumors later in life. While the conclusion is not definitive, it is another piece of mounting evidence that you might want to keep cell phone usage to a minimum and use a landline when possible. ☺

Ering Thom with the University of Oslo in Norway reported the findings at the 15th Annual Conference on Antiviral Research.

Here are the findings according to WebMD and Wikipedia: There were 60 patients who had been suffering with flu symptoms for 48 hours or less. Ninety percent were infected with the A strain of the virus and 10% were infected with type B.

Fifty percent of the infected group took 15 milliliters of Sambucol (Elderberry extract). The other 50% took a placebo four times a day for five days.

Patients who took 15 milliliters of Sambucol had "pronounced improvements" in flu symptoms after three days. "Nearly 90% of patients had complete cure within two to three days. Also, the Sambucol group had no drowsiness, the downside of many flu treatments."

The placebo group didn't do nearly as well. Without the elderberry extract, they did not recover until at least day six. They also took more medications such as painkillers and nasal sprays.

Erin Thom said Elderberry extract could be an "efficient and safe treatment" for flu symptoms in otherwise healthy people and for those with compromised immune systems, such as the elderly.

Russell Greenfield, MD, a leading practitioner of integrative medicine and Medical Director of Carolinas Integrative Health, is quoted on WebMD as saying: "It can be given to children and adults with no known side effects or negative interactions."

Is It A "Cure-All"?

Is Elderberry a "cure-all" for Influenza A (like H1N1) or Influenza B? Not even close. But, it is obviously something that should be further researched and the facts should be known so you can make an educated decision based on fact and not just clever marketing, hysteria or fear.

It is important to look into your options BEFORE you get sick. The "Flu Prevention Pak" that I mentioned in the October 2009 newsletter would be another natural alternative to consider in helping you combat H1N1. No matter what route you choose. Being informed early is the key.

Is It Better To Wash Your Hands In Hot Or Cold Water To Kill Germs?

One last tip about staying "swine flu" free...

It is commonly known that one of the best ways to not get sick with common colds or the flu is to keep your hands away from your mouth and eyes and wash them with soap and water frequently. But, is it better to wash your hands in hot or cold water?

Hot... right? Even the FDA, in its literature, recommends hot over cold because it removes bacteria harboring oils. Not according to a recent study. In a 2005 report in the Journal of Occupational and Environmental Medicine, scientists found NO DIFFERENCE in bacterial reduction between the use of hot or cold water.

Bottom line: wash your hands in water that is comfortable.

Rocket Fuel In Most Powdered Infant Formula?

Could rocket fuel actually be present in MOST infant formula? Crazy... but it seems to be true! According to an EWG press release, "Researchers from the Centers for Disease Control and Prevention (CDC) have found 15 brands of powdered infant formula are contaminated with perchlorate, a rocket fuel component detected in drinking water in 28 states and territories. The two most contaminated brands made from cow's milk accounted for 87 percent of the U.S. powdered formula market in 2000, the scientists said." Sadly, the brands tested were not identified.

The findings were published in the March 2009 edition of the Journal of Exposure Science and Environmental Epidemiology. Studies have established that the chemical is a potent thyroid toxin that may interfere with fetal and infant brain development.

For the full press release with much more information, go to:

<http://www.ewg.org/newsrelease/CDC-Rocket-Fuel-Chemical-In-Most-Powdered-Infant-Formula/090402>

And don't forget, if you ever have any questions or concerns about your health talk to us. We're here to help and don't enjoy anything more than participating in your lifelong good health.

Gift Certificates For Free!!

Give a \$100 Gift Certificate to someone you would like to have better health than they do right now... for free!!

See "Gift of Health" attachment (in the email) for details!

Eating Clean

When determining your menu plan we recommend first to think of “Nourishment”. It’s the nourishment aspect of your meal that contains the vitamins and minerals needed for the thousands of metabolic reactions occurring in the body. But, you also need the “energy” portion of this equation so that your cells have the fuel to drive these metabolic reactions.

Keep in mind; foods do not contain ONLY calcium or ONLY carbohydrate or ONLY protein. Foods are a mixture of a little bit of everything. Yet, individual foods are typically known for the largest percentage of energy or nourishment that it provides. For example, when we say “nuts are a great source of quality fats”, we are communicating that they contain a larger percentage of fat per volume. However, nuts are a good source of protein as well. So, you can use nuts to boost the protein or fat content of your meal.

When choosing what you’ll eat for your bigger meals like breakfast, lunch or dinner, we suggest this standard thought process:

1. **Nourishment:** Choose at least 2 fruits and vegetables. This can be a combo of 1 fruit and 1 vegetable or 2 vegetables. You can choose more vegetables for the meal if you like but your biggest meals need to include at least 2 servings from the fruit/vegetable category. Try to mix it up! Don’t eat the same fruits and vegetables all the time.
2. **Protein:** you must have protein with every meal. 25-35% of the meal needs to be of a protein source. Protein can come from plant based sources like beans, seeds, nut, sprouts, and quinoa or it can come from animal based sources like fish, eggs, chicken, turkey and possibly small amounts of red meat if OK’d by your nutritionist. If you have a normal serum ferritin and normal serum iron, then 4-6oz of red meat should be OK for you to consume on a weekly basis.
3. **Carbohydrates:** this is your main energy source. It’s the primary fuel that your cells prefer. Depending on your activity level and diabetic status, we recommend 40-60%. Carbohydrates come from many food sources but when thinking in terms of a side dish of carbohydrates, we are implying mashed potatoes, pasta, rice, whole grain bread, or couscous. Your fruits and veggies are also a good source of carbohydrates.
4. **Fats:** there should always be some source of fat in your meal. Fat contains many nutrients such as A, D, E, and K and is required to absorb certain nutrients like CoQ10. Your meal should contain anywhere from 15-25% fat. If your meal contains animal proteins, then there will be some fat consumed from the meat. Other quality sources of fat to consider are raw olive oil (use it to dip your whole grain bread in! Yum!), coconut butter (cook with it, spread on corn on the cob, spread on whole grain bread or crackers), avocados, seeds and nuts.
5. Finally, when choosing your produce, fats, carbohydrates and proteins to consume, we suggest you take it one step further and make sure it’s “clean”.

When choosing your produce, fats, carbohydrates and proteins to consume, be sure they do not contain any of the following ingredients or packaging procedures. The more you can get back to basic, whole foods, the better off you’ll be. You want to choose “clean” foods. Choose fewer foods from a box or bag. These are what we

call “processed foods”. Below, you’ll find a list of ingredients and packaging procedures that help you identify these processed foods.

1. Artificial Sweeteners: aspartame, saccharin, sucralose. Some vitamin supplements can contain these as well. See our January 2009 newsletter on “Sucralose”.
2. Processed Meats: "nitrate" or "nitrite" foods: pork products; bologna; wieners; many luncheon meat
3. MSG (monosodium glutamate): found in many dressings, sauces and Chinese foods.
4. All Canned Foods and Drinks: the metals from the container can leach into the foods. In addition, those cans that are lined with plastic will leach chemicals from the plastic into the foods. For more information on how plastics can be harmful to your health, see our March 2009 and June 2009 newsletters.
5. Fried Foods: deep fried, breaded foods. Sauté in a pan is acceptable.
6. Hydrogenated Fats [a.k.a. Trans Fat]: margarine, many pre-packaged foods and dressings and even vitamin supplements can contain trans fat.
7. Refined Carbohydrates: processed foods such as white sugar, white flour, high fructose corn syrup, "enriched" foods. If it’s truly whole grain, it doesn’t have to be “enriched”.
8. Artificial preservatives, additives, sulfites, artificial colors, FD&C colors and dyes. Watch your vitamin supplements!
9. Commercial Meats: Try to get the cleanest, freshest meat you can find. Look for meat that is labeled with terms such as "No Hormones", "No Antibiotics" or “Free Range”.
10. Shellfish and Bottom-dwellers: crab, shrimp, lobster, oyster, catfish, etc. These tend to be higher in toxic elements.
11. Dairy Products: cottage cheese, yogurt, cheese, butter, sour cream, etc. (anything with cow's milk). This does not include eggs. See our April 2008 and May 2008 newsletters on “Dairy”.
12. Drinks: Coffee (regular & chemically decaffeinated), Liquor (distilled), All sodas, Tea (black decaf & black regular). Drink only clean water.
13. Soy Products: isolated soy protein, texturized vegetable protein, soy supplements, soy protein powder, soy protein bars, tofu, etc. Limited fermented soy products (tempeh and miso) and whole soy beans are acceptable. Don't make soy your main protein source, limit to 3-4 servings per week.
14. Chlorine and Fluoride Sources: tap water, heavy chlorine exposure in swimming pools, fluoride toothpaste, fluoride supplements, fluoride mouthwash, etc. Chlorine and fluoride compete with iodine which can lead to thyroid imbalances.

Still think you’re missing something? Then, it’s time to get tested. Even if you ate a perfect diet, USDA data has shown that our food supply is simply not as nutritious as it was 30 years ago. Supplementing your diet can help to correct these short-comings. The only way to know if the supplements you’re taking are working or to know exactly what vitamins/minerals and dosages you need to take is to get tested. Starting with a consultation, we will determine the testing that should be done. Using bloodwork and other diagnostic tools, we do an in-depth analysis of your system. The testing will tell us where the problem areas are occurring or just developing. During your report of findings we will carefully note major and minor conditions that may lead to serious illness. This detailed report will explain your test findings, as well as the nutrient and dietary recommendations based upon your test results.

Did You Know?... As you're reading this, are you slumping in your chair? Maybe craning your neck to see your screen, leaning back and rocking in your chair or crunched up on the seat? Bad posture is bad for your health, so improve your own starting now. Good posture helps you breathe more easily and when you increase your oxygen intake, you can concentrate and think better. When you have good posture, you look better and feel more self-confident. Bad posture can result in health problems like back aches, poor blood circulation and even slipped disks. Some steps you can take to improve your posture include: * Sit up straight and stand up straight. Just thinking about your posture won't improve it. * Remind yourself. It's easy to forget and fall back into a slouching position, put a note on your computer screen, on your bathroom mirror or any place that will prompt you into a better posture. * Pay attention to when you have poor posture and eliminate your bad habits. If your desk lamp is dim, for example, you have to lean toward it to see. Get a brighter light; you'll be able to see better and you won't lean anymore. * If you sit most of the day, make sure you have a good quality chair with back support. Don't wait another day to start looking taller and slimmer.

Tip Of The Month – Are You Or Someone You Know ADDICTED TO THE INTERNET?



When you think about the internet... what comes to mind? Probably a marvelous tool that not only brings knowledge and education, but connects people all over the world. Hours and hours can be spent watching videos on youtube... chatting with friends... discovering fascinating information... or playing intricate video games. Those hours can add up, and for some – it can become a problem - - such a problem that some think there is an actual diagnosable condition called internet addiction disorder (IAD). IAD was originally presented as a satirical hoax in 1995 by Ivan Goldberg, M.D. Dr. Goldberg used certain criteria to describe IAD. But IAD caught the attention of the press and actually became a debated and researched topic. There are a couple of things to consider. First, if an activity is performed in person – like gambling – it can also be a problem on the internet. This is called a “net compulsion.” Then there are other activities on the internet like reading and playing video games. These things are only troubling if they interfere with normal life. For example, some people have been known to become complete hermits and spend days, weeks or even months on the internet neglecting work, relationships, bathing and even... **Eating!** In 2007, the American Medical Association did not recommend that the American Psychiatric Association include IAD as a formal diagnosis. Instead, they said that more study should be performed on “video game overuse.” The issue is being hotly debated. According to Maressa Orzack, Director of the Computer Addiction Study Center at Harvard University's McLean Hospital, between 5% and 10% of Web surfers suffer some form of Web dependency. Dr. David Greenfield, Ph.D. of the Center for Internet Behavior is the author of Virtual Addiction and believes about 6% of individuals experience a significant impact in their lives. Greenfield claims that sex, gaming, gambling and shopping online can produce a mood altering effect. But, he thinks it is a compulsion as opposed to an addiction. Opponents say that it is not the internet that is the problem. People with addictions face-to-face are simply indulging those addictions online. For example, a problem gambler can gamble face-to-face or on the internet. The internet did not create the problem... it is just the avenue the person with the addiction uses to partake in their problem activity. The argument that the internet makes carrying out the addictive impulses much easier is clear. Listen to this: the first rehabilitation center for IAD has recently opened its doors. “reSTART” is a 45-day program and its goal is to take serious IAD sufferers and bring balance back to their lives. In August, the Center had its first patient – a 19-year old who could not remove himself from the internet game “World of Warcraft.” The Center is located in Fall City, Washington and can work with 2-6 people at a time with a price tag of \$14,500 per person. Here’s the important part: If you or someone you love is spending a good chunk of their life on the internet, losing their job and ruining relationships... does it matter if the medical community recognizes IAD as a real addiction or calls it something else?

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.