

In Good Hands

A Free Monthly Newsletter For The Friends and Patients of: Gordon R. Gensel, DC, CNC
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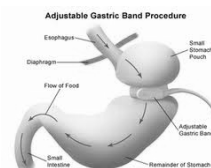
“I have never met a man so ignorant that I couldn’t learn something from him” ~ Galileo Galilei

Popular Obesity Surgery Worse Than They Thought

Study believed to be the first to track long-term effects of
laparoscopic gastric band surgery finds problems

Also in this issue:

- ✓ Study: This fat may prevent postpartum depression
- ✓ Another warning about acetaminophen (Tylenol™)
- ✓ Why a well-known doctor wrote, “Parents deluded about how they really raise their kids.”
- ✓ What’s better for pain: Morphine or meditation?



And the story (and movie) you don’t want to miss:
**How highly stressful events can lead to
psychological growth and positive changes in your life!**

Monterey – Obesity is defined as a body mass index (BMI) of 30 or greater. BMI is calculated from a person's weight and height, and provides a reasonable indicator of body “fatness” and weight categories that may lead to health problems.

Obesity is a major risk factor for cardiovascular disease, certain types of cancer, and Type 2 Diabetes.

According to the Centers for Disease Control (CDC), “During the past 20 years, there has been a dramatic increase in obesity in the United States. In 2009, only Colorado and the District of Columbia had a prevalence of obesity less than 20%.

Thirty-three states had prevalence equal to or greater than 25%; nine of these states (Alabama, Arkansas, Kentucky, Louisiana, Mississippi, Missouri, Oklahoma, Tennessee, and West Virginia) had a prevalence of obesity equal to or greater than 30%.”

Obviously, obesity is a big problem, but what if a...

**Treatment Is Worse Than
The “Disease?”**

This may be the case, according to a study on the long

term effects of laparoscopic gastric band surgery.

Researchers of the study, published in the *Archives of Surgery*, said, “The bands eroded in almost one in three patients. Sixty percent had undergone additional surgery, including 17 percent who went on to have gastric bypass.”

Researchers concluded the adjustable gastric band surgery, which is growing in popularity in the United States, “appears to result in relatively poor long-term outcomes.”

A related article in *The New York Times* added: The results “are worse than we expected,” said Dr. Jacques Himpens of the European School of Laparoscopic Surgery and St. Pierre University Hospital in Brussels, lead author of the new study. Dr. Himpens advised those considering gastric band surgery not to “nourish exaggerated expectations,” adding that “anyone who has had the procedure should see a care provider on a regular basis and be vigilant about signs of infection or band erosion.”

A Better Solution?

Once again, research has shown there are almost always unwanted side effects to every drug or surgery.

So, the question becomes – is the potential benefit worth *that* negative side effect?

But, an even smarter question is – is there an all-natural alternative that does not come with the same inherent risks of drugs and surgery?

In this case, the answer for many people is... YES!

For many people, obesity and weight problems can be accomplished by **PERMANENT** lifestyle changes.

In other words, finding what foods work for your body chemistry, eating those foods...and... exercising correctly... **FOR THE REST OF YOUR LIFE.**

This may seem like a daunting task, but the alternative is chilling. As research shows, quick fixes tend to lead to more problems.

Nothing in life worth having comes without a price. To achieve real health, the price is putting in the effort to eat right, exercise, reduce stress and keep your muscles and joints working properly.

The Apple Doesn't Fall Far From The Tree

According to an April 13, 2011 article in *USA Today*, *"Nearly 9 out of 10 parents say they're providing a healthy home environment for their children. In fact, they aren't. Most kids don't come close to getting enough daily exercise and don't eat enough fruits and vegetables; 62% of 1,630 parents with children ages 5 to 10 say their kids eat junk food 1 to 4 days a week. Only 14% of parents say their kids eat at least 5 fruits and vegetables a day."*

These results shed light on the reasons for the childhood obesity epidemic. About a third of children in the USA are overweight, which puts them at higher risk for Type 2 Diabetes, high cholesterol and other health problems."

This information caused Dr. Joseph Mercola to post this headline on his popular health blog...

"Parents Deluded About How They Really Raise Their Kids"

Many experts think the majority of illness and disease can be prevented by lifestyle alterations – diet, exercise and stress reduction. A little prevention goes a long way.

Warning For Users Of Acetaminophen (Tylenol™) With Heart Disease

It has been long believed that acetaminophen is a safer alternative to aspirin and non-steroidal anti-inflammatory drugs (NSAIDs) for the aches and pains of people with cardiovascular disease.

The results of a Swiss trial in the *Harvard Heart Letter* claim this may not be the case. The researchers asked 33 men and women with one or more cardiovascular problems, including angina, bypass surgery, angioplasty or diagnosed with cholesterol-clogged arteries, to take either 1,000 milligrams (mg) of acetaminophen or an identical placebo three times a day for two weeks. Then, after a

two-week break, each volunteer took the other treatment. The amount of acetaminophen used in the study is a standard daily dose for pain.

Results showed a slight increase in blood pressure from Acetaminophen use. Researchers said, *"These increases aren't large. But, they indicate that acetaminophen, like NSAIDs, somehow affects the cardiovascular system."*

Study: This Fat May Prevent Postpartum Depression

Postpartum depression is more common than previously believed. In fact, according to a recent *USA Today* article, up to 25% of women are affected within the first year after delivery.

Now researchers say there may be a simple way to stop postpartum depression dead in its tracks.

Presenting at the annual Experimental Biology meeting in Washington, D.C., Michelle Judge of the University of Connecticut, School of Nursing and her team reported the results of a trial showing women who took fish oil supplements during pregnancy had fewer symptoms of postpartum depression than women who took a placebo.

Previous research found babies of expectant mothers who consumed more omega-3 fatty acids (fish oil) developed faster, both mentally and physically.

Researchers believe the fatty acids are funneled from the mother during the third trimester – enabling her baby to develop properly. This may leave the mother with a deficiency.

There was already research to show omega-3 fatty acid might help depression in people who were not pregnant so Judge wanted to know how it would affect pregnant women.

Judge studied 42 pregnant women who took either 200 mg of fish oil or a placebo. According to the article, health experts recommend 200 mg of DHA, but most fall short only getting between 50-100mg/day.

The women who took the fish oil supplements scored six points lower on the postpartum depression scale than those who received a placebo.

Even though the results of this study are promising, the number of subjects studied is small and more research is needed.

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.

An Inspirational Story
(Names And Details Have Been Changed To Protect Privacy)

Want Motivation? Read This...

How Highly Stressful Events Can Lead To Psychological Growth And Positive Changes In Your Life!

Here's a real life example that will blow your mind...

At the age of 13, Bethany Hamilton was already an avid surfer. She was born in Hawaii after her parents had moved there for the surfing. On Halloween in 2003, Bethany was surfing along Tunnels Beach at 7:30 a.m. with her friends. There were many turtles in the area and Bethany was lying on her surfboard with her arm dangling over the side. Suddenly, a 14-foot Tiger Shark attacked. It grabbed her arm and tore it off just below the shoulder. If the bite had been only a couple inches higher, she would have most likely lost her life. Bethany lost 60% of the blood in her body. Friends helped her paddle to the beach and used a surfboard leash to put a tourniquet on the wound. She was rushed to the hospital – the same hospital where her father was supposed to have knee surgery that morning. Bethany took his place in the operating room and then spent 7 more days in recovery.

Within One Month Of The Shark Attack That Took Her Left Arm – Bethany Was Surfing Again

She had a custom board made that was thicker and easier to paddle. After teaching herself to surf with one arm, she started using the competition boards the professionals use... and competed. In 2004, she won the best comeback ESPY award from ESPN. That same year, she was presented a special courage award at the Teen Choice Awards. In 2005, with one arm, Hamilton took 1st place in the NSSA National Championships, a goal she had been trying to achieve even before the shark attack. In 2008, she began competing full-time in the Association of Surfing Professionals (ASP) World Qualifying Series (WQS). In her first competition against many of the world's best women surfers, she finished third.

Now, her story has made it to the silver screen in the film *Soul Surfer*. Soul surfer is a term used to describe surfers who surf for inner meaning and the love of it, as opposed to just winning competitions.

Beside the simple motivation this story and movie can provide, there is something else that is even more important... Something psychologists call post-traumatic growth - the ability to derive positive benefits from adversity. Although traumatic events such as a shark bite are painful and difficult, going through this experience may induce psychological maturity and a new appreciation of life.

According to *Psychology Today*, here is some advice if you experienced a traumatic event or difficult childhood: *Think about the personal strength you showed to survive these events. Even if you made some mistakes or did things you regret, you did what you had to do to survive and that is something to be proud of. Think about the things you've added to or accomplished in your life that make it meaningful, be it relationships, your work, your faith, or taking care of your family. Try to find everyday happiness in the life you have now. Think about what you learned from going through difficulties and about how you might use this knowledge to help yourself and other people or create something of value for the world. Know that growth and hope can co-exist with grief and that there will be ups and downs when one or other emotions dominate.*

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?...

Plants have been used for centuries as medicines – now genetically modified plants can produce plastic. Biotechnologists managed this by inserting 4 genes from plastic-producing bacteria into varieties of oilseed rape and cress. Conventional plastics are made from oil and do not degrade easily, but the plant plastic is biodegradable. However, it is expensive, costing five times more than petroleum-derived plastic. By the way, the word plastic comes from the Greek *plastikos*, meaning “to form” or “to shape.” Money doesn’t grow on trees but one day, perhaps credit cards will! About genetic engineering... Actually, man has been “genetically modifying” everything from food to dogs for many centuries, but in the past his only tool has been selective breeding. There are a variety of ways scientists can now modify plants and animals with genetic engineering techniques. In the meantime, 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 showing melodic or classical stimulates plants to grow healthier.

Tip Of The Month

What's Better For Pain, Morphine Or Meditation?

And Why It's So Important For You To Know The Answer.

Mind over matter. Some believe in it. Some don't. Is it really possible for you to control the inner workings of your body through thought? Well, now there is a growing body of scientific research helping to answer this question. For example, a recent study in the *Journal of Neuroscience* pitted morphine against meditation to see which one is better for pain relief.



The Results Were Shocking.

In the study, 15 volunteers were taught the focused attention meditation technique. This technique teaches students to let go of distracting thoughts by focusing on their breathing. In this case, the volunteers attended four 20-minute classes. Then, the volunteers were subjected to pain (a patch heated to 120 degrees Fahrenheit) for 5 minutes and 55 seconds. This “pain” was administered before and after meditation, and the volunteers recorded their level of discomfort. After the training sessions, the volunteers reported a 40% reduction in pain intensity and a 57% drop in pain unpleasantness. According to the researchers, Morphine typically reduces pain ratings by 25%. MRI scans also showed changes in brain activity before and after meditation in the areas that control pain. Here's a somewhat complex quote from the researchers, *“Together, these data indicate that meditation engages multiple brain mechanisms that alter the construction of the subjectively available pain experience from afferent information.”* In other words...

Meditation Seemed To Actually Affect The Brain In A Way That Could Reduce A Person's Sensitivity To Pain!

Even though this is very impressive, this study had a small number of volunteers, only 15, so no definitive conclusions can be drawn. But, there is mounting evidence that what you believe can control the inner workings of your body. For example, research was presented that showed anti-depressant medication was not much better than placebos. In fact, **placebos were shown to improve symptoms 82 percent as much as the real pill.** According to the Citizens Commission on Human Rights International: *“However, if experts and antidepressant manufacturers are aware of this, the general public certainly isn't ... Millions of people every year feel better, simply because they believe they'll feel better.”* It is no longer a question “if” your thoughts change your body chemistry... but to what extent... and... what is the best way to maximize it? The implications of this are far reaching for both health and for living the successful, happy and fulfilled life you've always wanted. It seems self-help pioneers who said things like, “thought become things” and “we become our dominant thoughts” were WAY ahead of their time.

Clearly, we must be very careful what thoughts we allow to take root in our subconscious mind. This starts with what we read, watch on television, hear on the radio, and the people who surround us. All these years, we were afraid of the germs carried by someone but maybe the words you hear from that mouth are worse than the germs it coughs up.

Remember, we're always here to help your body heal and maintain the health and function that 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.