



Every human being is the author of his own health or disease.—Buddha

ARE SPORTS AND ENERGY DRINKS JUNK FOOD?

Pretty much. We've been programmed to believe that sports drinks are healthy and are even necessary for young (and old) people involved in athletic activity. In reality, they are no better than soda pop, as the main two ingredients are the same: water and high fructose corn syrup. Sports drinks add salts ("electrolytes") and energy drinks add an extra dose of caffeine, neither of which are necessary nor enhance health. For a variety of reasons, they are actually detrimental to health. The only possible time one should resort to sports drinks is if exercising aerobically for more than an hour AND sweating profusely. Pure water is still the best drink in all situations for athletes and non athletes alike.

The single most important skill parents can acquire is playing.—Lawrence J. Cohen

GOT SLEEP?

Teenagers are one of the most sleep-deprived segments of the population. Most teens require at least nine hours of sleep but get much, much less. As a result, the use of caffeine to combat the lack of sleep is a growing problem in this segment of the population. So now we have teenagers suffering sleep-deprivation and underhydrating themselves with caffeine (underhydration is a factor in fatigue.) In addition, caffeine increases blood pressure and stress hormones and makes it harder to fall asleep.

LESS SUGAR = STRONGER IMMUNE SYSTEM

One of sugar's major drawbacks is that it raises insulin levels, which inhibits the release of growth hormones, which in turn depresses the immune system. Sugar (glucose) also competes with Vitamin C (and wins) for entry into cells. This further reduces immune function since Vitamin C is needed for white blood cells to combat viruses and bacteria. Minimizing the amount of sugar you eat is one of the best ways of staying healthy, especially through the winter months. At the first sign of a cold, **eliminating sugar completely and increasing water and sleep** can often stop a cold or other virus before it stops you.

THE APPENDIX: USEFUL ORGAN OR JUST AN EXTRA BODY PART?

It has long been thought and taught that the appendix had no useful function in the human body. While its exact function in humans has been debated, it has been known that there is immune system tissue in the appendix. Recently, researchers at Duke University have made a strong case for the role of the appendix as a place where good bacteria can live safe and undisturbed until they are needed. The appendix likely acts as a safe storage facility for the good bacteria in the digestive system and when an intestinal illness wipes out these good bacteria in the gut, the appendix can then "reboot" the system.

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You cannot solve a problem with the same level of thinking that existed when it was created.— Einstein



MOST DRUGS PRESCRIBED TO CHILDREN HAVE NEVER BEEN TESTED ON CHILDREN

An article in a November 2007 Baltimore Sun titled, "Untested Medicine" exposed the fact that, "Most drugs given to children have never been tested for them, forcing physicians to sometimes use a best guess in determining dosing, efficacy and even safety." Surprisingly, once a medication has been approved for use in adults, it can then be legally prescribed to anyone at any age. The practice of prescribing drugs to groups it was not approved for is common and is known as "off-label" prescribing.

The article notes that **children are not small adults** and that their bodies process medications differently than do adults. Sometimes the medication goes into action faster and sometimes slower. It is also noted that some medications for adults are actually poisons for children. Dr. Joseph M. Wiley, chief of pediatrics at Sinai Hospital in Baltimore commented how difficult it is to prescribe medication for children that has only been tested on adults, "If you extrapolate from an adult dose to pediatric dose, you may be right... you may be wrong."

THE SKINNY ON SKIN CARE

Many skin care products use potentially harmful ingredients with unrecognizable and unpronounceable names. It is well-proven that when you apply these chemicals to your skin, they enter your bloodstream and become integrated into your body tissues. You might find that your personal care products contain one or more of these possibly dangerous ingredients. Here are a few of the most common suspicious ingredients: mineral oil, paraffin, petrolatum, parabens, phenol, propylene glycol, acrylamide, sodium laurel, laurel sulfate, sodium laureth sulfate, toluene, dioxane. If you Google any of these terms, you will find that there are varying opinions about their safety and you will find that they have many industrial uses, such as in car wash soaps, resins used in plywood adhesion, the formation of plastics and antifreeze. So, do you want to put these chemical on your skin? Hopefully not... although it is probably impossible to avoid them completely. We would, however, be better served by switching to skin care products made of plant names you recognize, can pronounce, and could even eat (if you had to).



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