

Healthy News Summer 2008



FOCUSED ON YOUR OPTIMUM HEALTH

Time, which changes people, does not alter the image we have retained of them.—Marcel Proust

SCIENTIFIC STUDY SHOWS CHIROPRACTIC HELPS IMMUNE SYSTEM

A scientific study was published on May 28, 2008 in the scientific journal, *Chiropractic & Osteopathy*, by the Chiropractic & Osteopathic College of Australasia. This study used biochemistry to show that chiropractic care enhances the body's immune response. Researchers were able to conclude that one single manipulation to the thoracic (mid-back) spine of asymptomatic subjects causes a significant enhancement in IL-2 production by blood cells when tested in a culture dish. This study was designed to see if certain blood cells would produce more of a substance called Interleukin-2 (IL-2) after chiropractic adjustments. IL-2 is a signaling molecule, which is produced by certain blood cells and is instrumental in the body's natural response to microbial infection and in discriminating between foreign (non-self) and self. In essence, if the blood cells produce enough IL-2 the body can fight infections more readily and determine if a foreign threat of infection is present.

SMOKING & BACK PAIN

Smoking has long been found to be associated with low back pain (LBP) in adults. A study published in the *Spine* journal in March 2008 concluded that regular smoking in adolescence was associated with LBP in young adults.

WHY CELL PHONES CAUSE CAR ACCIDENTS

The *Journal of Experimental Psychology* (2008) reported a study shedding new light on why talking on a cell phone makes drivers prone to accidents. The study examined how having a conversation with someone who is not present competes with those parts of the brain needed to perform visual tasks. Volunteers were asked to take part in a series of visual tests on a computer while listening to an informational lecture. They were then asked questions about what they had heard. When they were just listening, they were able to tune out what they were hearing and focus on the visual tasks. But if they were also asked to speak, their performance on the tasks plummeted. It may be that when people talk to someone who is not present, the visual-processing parts of their brain create a mental representation of where the other person might be.

GRAPEFRUIT AND MEDICATION MAY NOT MIX

Depending upon what medications you are taking, grapefruit and grapefruit juice can cause your body to absorb that drug much faster. Grapefruit and Seville oranges contain compounds called furanocoumarins that are believed to interfere with certain metabolic enzymes. When furanocoumarins attach to the enzymes drugs are able to flood the bloodstream, increasing the drug dosage to dangerous levels. Among the drugs affected are calcium channel blockers used to lower blood pressure. Statins (for lowering cholesterol,) tranquilizers and antidepressants may also be metabolized faster due to furanocoumarins.

If you don't like something change it; if you can't change it, change the way you think about it.

—Mary Engelbreit



EDUCATE YOURSELF ON CHOLESTEROL AND STATINS

Cholesterol guidelines and the use of cholesterol lowering drugs are more controversial than you may be aware. Among other concerns, statin drugs (such as Lipitor, Pravachol, Lescol and others) are known to deplete Coenzyme Q10 (CoQ10). CoQ10 is present and necessary in every cell in the body and is required for energy production as well as functioning as an antioxidant. More and more studies are indicating serious concerns with CoQ10 depletion related to statin use, including problems with brain and heart function. Some studies show up to 40% depletion rates with statin use. There are no official warnings in the U.S. regarding CoQ10 depletion, and many physicians appear to be unaware of this problem as well. Labeling in Canada, however, clearly warns of CoQ10 depletion.

Use of the cholesterol-lowering drugs called statins rose by 156 percent between 2000 and 2005, rising from 15.8 million people to 29.7 million people. This means that the potentially dangerous effects related to statins will also rise.

Dr. Joseph Mercola offers an excellent report titled "The Low-Down on Cholesterol" that is downloadable from www.mercola.com. Usually there is a fee to download this special report but it is currently available free at: http://mercola.fileburst.com/PDF/Cholesterol_SpecialReport.pdf. It is an insightful and thoroughly researched report on cholesterol and concerns related to cholesterol lowering medication.

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NIGHT LIGHT AND CANCER RISK

Studies have shown a notable (50 - 73%) increase in the risk of getting breast cancer in neighborhoods that have brighter light at night and among women who work the night shift. Darkness stimulates the production of melatonin while light suppresses its activity. Melatonin is an essential sleep-regulating hormone that also has strong antioxidant effects that strengthen the immune system. Some researchers speculate that even night lights and turning on a bright light to use the bathroom at night can decrease melatonin production.



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