

Healthy News Fall 2008



FOCUSED ON YOUR OPTIMUM HEALTH

"I don't understand why asking people to eat a well-balanced vegetarian diet is considered drastic, while it is medically conservative to cut people open." - Dean Ornish, M.D.

EAT YOUR BREAKFAST

Studies show that children and adults who eat breakfast:

- ~display a better attitude
- ~are more energetic
- ~are more productive throughout the day
- ~perform better in school
- ~are better at problem solving
- ~are better at concentrating on the task at hand

Breakfast is essential because it provides about one quarter to one third of the nutrients that children and adults need in a day. Both kids and adults can become malnourished due to regular breakfast skipping, and experience health problems such as frequent colds and infections.

Studies have shown that not eating breakfast can lead to weight gain. Skipping breakfast actually lowers metabolism and missing breakfast to lose weight can backfire by causing over-eating later and increasing appetite.

BREAKFAST - WHAT TO EAT?

A glass of juice or a cup of coffee with a donut or toaster pastry is not the ideal breakfast for humans of any age. Most breakfast foods involve too much sugar and carbohydrate. Be sure to include some protein (eggs, nuts and nut butters, cheese, meat) in breakfast to decrease the spike in blood sugar and increase the length of time before hunger strikes again.

😊 A NEW FACE IN THE OFFICE 😊

Many of you have already met Lisa Bowerman, who is my new chiropractic assistant. Since doing two jobs turned out to be more challenging than I expected, Lisa will be working Monday through Thursday each week. I will still be in the office on my own on Fridays. I look forward to seeing you any day of the week!

"The wise man should consider that health is the greatest of human blessings. Let food be your medicine."
- Hippocrates

SUGAR (the worst cereals in the world)

Some breakfast cereals currently being marketed to U.S. children are more than half sugar by weight, according to Consumer Reports, October 2008. A single serving of 11 popular cereals, including Kellogg's Honey Smacks, can carry as much sugar as a glazed doughnut. And some brands have even more sugar and sodium when formulated for the U.S. market than the same brands have when sold in other countries. Post's Golden Crisp and Kellogg's Honey Smacks are both more than 50 percent sugar by weight, while nine brands are at least 40 percent sugar.

...AND SPICE

A study in the Journal of the American College of Nutrition reported that cinnamon has been shown to lower blood pressure. The results also add to a growing body of research demonstrating cinnamon's role in managing blood sugar levels and improving insulin function.

"Those who think they have no time for bodily exercise will sooner or later have to find time for illness"

- Edward Stanley



HAVE YOU READ YOUR ANTIPERSPIRANT LABEL LATELY?

And have you noticed the warning that says, “Ask a doctor before use if you have kidney disease?” It should make you wonder if something that might be bad for someone with kidney disease could possibly be harmless for every one else. The same warning is not included on products that are only deodorants and not antiperspirants.

IS FOSAMAX WORTH THE RISK?

The FDA issued an alert highlighting the possibility of severe and sometimes incapacitating bone, joint and/or muscle pain in patients taking bisphosphonates, such as Fosamax and Boniva. The severe musculoskeletal pain that prompted the alert may occur within days, months, or years after starting a bisphosphonate. The musculoskeletal pain symptoms may or may not resolve after discontinuing bisphosphonate use.

In addition, numerous lawsuits have been filed claiming osteonecrosis (bone death) of the jaw related to Fosamax and at least one study published in the Journal of Bone and Joint Surgery suggested an increase in femur fractures with long-term use of Fosamax, despite claims to the contrary by the manufacturer. Studies are showing that while Fosamax does increase bone density, it does not particularly increase bone strength.

Lifestyle habits and choices such as regular muscle strengthening and weight bearing exercise, not smoking or drinking large amounts of alcohol, limiting processed junk food and beverages (especially sodas) all will have some bearing on the prevention of bone density loss. Studies showed that drinking as few as 4-5 cans of soda pop per week resulted in lowered bone density and teenage girls who drank soda pop had a higher incidence of bone fractures.

“Whenever the immune system deals successfully with an infection, it emerges from the experience stronger and better able to confront similar threats in the future. Our immune system develops in combat. If, at the first sign of infection, you always jump in with antibiotics, you do not give the immune system a chance to grow stronger.”

-Andrew Weil, MD

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