



March 2011

# In Good Hands

A Free Monthly Newsletter For The Friends and Patients of: Dr. Bradley J. Weiss

"We rarely think people have good sense unless they agree with us." ~ Francois de La Rochefoucauld

## Scientists Warn: Television Watching and Computer Game Playing “Damages The Heart”



**Research Reveals: How Many Hours It Takes  
To DOUBLE Your Risk Of Major Cardiac Problems...  
No Matter How Much Exercise You Do!!!**

All that, plus:

- ✓ How coffee protects against diabetes!
- ✓ What's the best time of day to work out? Should you work out on an empty stomach or eat first? New research has answers...
- ✓ The dangers lurking in your iPad - and a simple way to protect yourself.
- ✓ Not sleeping? This may be the simple solution.
- ✓ The secrets of 100 people who never get sick!

**Heroic Stories... In this issue, we pay tribute to the average everyday person who risks everything to save the life of another.**

**N**atick – Are you sitting down? If you aren't, please find a seat because when you read this, you might get a little weak in the knees.

Here is why...

According to *The Telegraph*, a new study published in the *Journal of the American College of Cardiology* found, "The risk of heart disease and premature death from any cause doubled for those spending more than four hours a day glued to a screen, it was claimed. Metabolic factors and inflammation may be partly to blame, the report said.

"Research revealed those who devote more than four hours watching television, surfing the web, or playing computer games are more than twice as likely to have major cardiac problems."

### **Research: The Dangers Of Second-Hand Smoke In Cars With Children**

According to *Science Daily* January 10, 2011, "While the evidence is incomplete, there is enough available to support legislation against letting people smoke in cars with children," states an article in *CMAJ* (*Canadian Medical Association Journal*).

The article goes on to say that even though second-hand smoke was not shown to be 23 times more dangerous as some had claimed – "It can still be very harmful to children."

Furthermore, "The authors conclude that there is enough evidence to make a valid decision to legislate against smoking in cars with children."

### **Here's The Really Shocking Part**

The study found there was a 48% increased risk of all-cause mortality and an approximate 125% increase in the risk of cardiovascular events in those spending more than four hours in front of a screen.

**"The risks were irrespective of factors such as smoking, hypertension, BMI, social class, and even exercise."**

In other words, from the results of this study, the negative effect of watching television and being on a computer may not be lessened by exercise.

Like most health issues, more research is always needed for definitive answers... but limiting television and computer time may not only make you more productive... it

might save your life.

### **Another Important Heart Related Topic...**

A new study published in *Circulation: Journal of the American Heart Association* is the first to look at added sugar and heart disease risk in adolescents.

According to Ivanhoe Newswire, “*Jean Welsh, M.P.H., Ph.D., R.N., study author and post-doctoral fellow at Emory University in Atlanta, was quoted as saying. ‘The higher consumers of added sugar have more unfavorable cholesterol levels. The concern is long-term exposure would place them at risk for heart disease later in adulthood.’*”

### **What Is “Added Sugar?”**

Added sugars are any sugars that are added to food (or drinks) during processing and preparation.

Ready for some good news?

### **How To Maximize**

### **Your Results From Working Out**

According to a Study published in the *Journal of Physiology* on November 1, 2010, “*A fat-rich energy-dense diet is an important cause of insulin resistance.*”

Insulin resistance is a condition in which the body produces insulin but does not use it properly. Insulin is a hormone made by the pancreas and it helps the cells of the body absorb glucose. When people are insulin resistant, their muscle, fat, and liver cells do not respond properly to insulin. As a result, their bodies need more insulin to help glucose enter cells. The pancreas produces more and more insulin until it basically gets worn out and starts to fail. This can lead to diabetes.

How is this all linked to exercise? According to the study’s author, “*This study, for the first time, shows that fasted training is more potent than fed training to facilitate adaptations in muscle and to improve whole-body glucose tolerance and insulin sensitivity during hyper-caloric fat-rich diets.*”

**In other words, the best time to work out seems to be on an empty stomach, which is usually first thing in the morning.**

One more thing about diabetes...

### **Researchers Discover How Coffee Helps Prevent Diabetes**

According to *redorbit.com*, “*Researchers at UCLA have discovered a possible molecular mechanism behind coffee's protective effect. A protein called sex hormone-binding globulin (SHBG) regulates the biological activity of the body's sex hormones, testosterone and estrogen, which have long been thought to play a role in the development of Type 2 diabetes. And coffee consumption, it turns out, increases plasma levels of SHBG.*” The article also said that decaffeinated coffee was not associated with the benefits.

### **Scientist Finds Music Releases Same Chemical As Food, Drugs And Sex**

Music is universal. It can both motivate and relax. Some even say it can “tame the savage beast.” It’s probably safe to say that everyone loves music – in one form or another. But, why does it have such a deep impact on so many lives?

**...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 don’t enjoy anything more than participating in your lifelong good health.**

### **Another Very Happy Patient Is Out of Pain...**

For years i have been dealing with golfers elbow. I am very active and have played a lot of complete sports: professional roller hockey, ice hockey, softball and always weight training. I would just deal with the pain. Then in February of 2010 I found Crossfit, and instantly fell in love with it. And that's where I met the amazing "Dr. V".

Unfortunately my elbow could not handle all the movements in Crossfit and it was getting worse. I was very very frustrated not to be able to do the things I love. The pain was so bad I could not even lift up my hockey bag or do a lot of the Crossfit workouts, or play softball. So I decided to go see Dr. V after hearing a little bit about her from other Crossfitters and how she helped them.

After many months of going to her for stim, adjustments, and ART, keeping my appointments, and listening to what she would tell me to do, I was able to start playing hockey again, and Crossfitting. What a unbelievable feeling to have no pain in my elbow. I am so grateful for finding her. Not only is she an amazing Doctor, but a wonderful person as well, and I appreciate all she did to help heal me so I can do the things in life that I love pain free!!! Thanks so much Dr. V, you are the best!

**Scott St. Cyr, Bellingham**

## Inspirational Story Of The Month –

### The Hero Next Door

#### *A Tribute To The “Average” Men And Women Who Turn Into Superheroes When The Opportunity Arises*

“Aspire rather to be a hero than merely appear one.” ~ *Baltasar Gracian, 1601-1658*

Every day, we see and read nothing more than hype and sensationalism. Words like, “awesome,” “unbelievable,” “genius,” flow like wine at a Imperial Roman feast.

They have become so common, they have lost their meaning.

Everyday, people do more and more sensational things in an effort to get noticed.

The drive for recognition and to become a “celebrity” is so great that many are willing to do just about anything for it.

Reality TV instantly comes to mind.

But the good news is not all people are self-serving. Because these people aspire to be a hero instead of just appearing to be one, they usually go completely unnoticed.

For example, there is a hero by the name of Mike Jones.

Chances are you have never heard the name Mike Jones. But, he was on the news not too long ago.

Here’s Mike’s amazing story:

On December 14, 2010 a gunman in Panama City Florida took hostages at a local school board meeting and started shooting them.

Mike Jones was the security chief at that school board meeting and Mike risked his life in a dramatic shootout with the crazed gunman.

Mike saved several lives that day while risking his own.

For that act, Mike can easily be considered a hero. But, that’s not the REAL reason Mike is a hero.

#### **Mike Has Consistently Been A Hero... Over And Over... For 27 Years**

Jones is a retired police officer. While working as a police officer, Jones came in contact with numerous families who were too poor to afford Christmas gifts. So, he started “Salvage Santa” and spent his free time restoring bicycles.

For 27 years, Jones has restored bicycles, raised money and collected toys to give to needy children.

He partnered with Early Education and Care, Inc. so the families who needed toys were able to get them just before Christmas.

But, it only gets better and more “heroic”... According to a news article written about Jones, "Every year, on Christmas Day, Jones got a phone call from some parent, somewhere, who was down on their luck and needed a toy for their child."

When he should have been spending time celebrating with his family or just resting after a long year, Jones always found “one more present to give to those children,” friends said.

“Mike’s a real special and unique person,” said Luther Stanford, the senior pastor at Jones’ church, Northside Baptist. “He is a servant through and through. Each and everyday, Mike is doing something for somebody else. Whether it is for Salvage Santa or the school system... I don’t know that I have ever seen him when he didn’t have a smile on his face.”

You see, Jones is a “silent hero.” He’s not an actor who plays a hero. He’s not a publicity seeker who runs a scam to make himself look like a hero. He is a hero who lives each and everyday doing things a hero would do.

The next time someone says altruism doesn’t exist, tell them about Mike Jones.

This newsletter would also like to pay tribute to the “silent heroes” from the recent Arizona shooting. They deserve more praise than this newsletter can give.

A special “silent hero” thanks to: Bill Badger, Patricia Maisch, Roger Salzgeber and Joseph Zamudio. Our hearts go out to everyone affected by that tragedy.

**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. Call us and we will assist you in putting together a customized treatment plan. It's not a luxury anymore! With our pre-payment plans, it's less expensive to maintain your good health! You really can afford Chiropractic care! Don't wait until you can no longer move!**

**Did You Know?...** A few little tidbits... 1. If you are right-handed, you will tend to chew your food on the right side of your mouth. If you are left-handed, you will tend to chew your food on the left side of your mouth. 2. If you stop getting thirsty, you need to drink more water because, when a human body is dehydrated, its thirst mechanism shuts off. 3. Chewing gum while peeling onions will keep you from crying. 4. Your tongue is germ free only if it is pink. If it is white, there is a thin film of bacteria on it. 5. The pupil of the eye expands as much as 45 percent when a person looks at something pleasing. 6. The average person who stops smoking requires one hour less sleep at night. 7. Laughing lowers levels of stress hormones and strengthens the immune system. Six-year-olds laugh an average of 300 times a day. Adults only laugh 15 to 100 times a day. 8. The roar we hear when we place a seashell next to our ear is not the ocean, but rather the sound of blood surging through the veins in our ear. 9. Your left lung is smaller than your right lung to make room for your heart. 10. When you blush, the lining of your stomach also turns red. 11. The attachment of the human skin to muscles is what causes dimples. 12. The only part of the body that has no blood supply is the cornea in the eye. It takes in oxygen directly from the air.

## **Tip Of The Month - The Danger Lurking In Your iPad?**



### **Plus: The Secrets Of 100 People Who Never Get Sick.**

Here's a very interesting story reported by CNN. A man named J.D. Moyer from Oakland, California had a problem sleeping. So, he decided to do a little experiment. As soon as the sun set, he turned off all the lights in his house. This included every single source of light including laptop computers and the inside of his refrigerator. J.D. did this for an entire month and the results were remarkable. **After just 30 days, JD, who used to struggle to fall asleep at midnight was conking out easily at 9pm** (and waking up the next day well-rested and refreshed). According to the CNN article, *he felt so well-rested during the test, he said that friends remarked on his unexpected morning perkiness. "A number of times I had the experience of just feeling kind of unreasonably happy for no reason. And it was the sleep... Sure, you can get by with six or seven hours, but sleeping eight or nine hours – it's a different state of mind."* **J.D. Is Not The First To Discover This.** There are a growing number of experts who believe artificial lights are fooling the brain to think it's daytime. In other words, using electronic gadgets like a laptop computer or iPad late at night may be directly contributing to not sleeping well and even insomnia. According to Phyliss Zee, a Neuroscience Professor at Northwestern University and Director of the school's Center for Sleep & Circadian Biology. "Potentially, yes, if you're using [the iPad or a laptop] close to bedtime ... that light can be sufficiently stimulating to the brain to make it more awake and delay your ability to sleep." It should be noted that laptops and iPads shine light in the eye from a close distance and can have a greater effect than a television that is across the room. **So What's The Simple Solution To Sleeping Better?** "I wish people would just take a boring book -- an old-fashioned book -- and [read] by a lamp. Make sure that it's not too bright -- just so you can read," said Alon Avidan, Associate Director of the Sleep Disorders Center at UCLA. "And if they do that, I think they'll feel a lot better and they'll be able to relax." Now it's time for... **The Secrets Of 100 People Who Never Get Sick.** Have you ever known someone who never seems to get sick? When everyone else is miserable with the flu or a cold, he or she always seems to escape without as much as a snuffle! Well, have you ever wondered WHY they never get sick? There must be a reason. Sure, it's easy to just chalk it up to great genes. But as we know, genes are only part of the human puzzle. Now, there may be an answer. Here is why: Gene Stone is a very interesting man who set out to find the answer by interviewing 100 people who never get sick and his results may shock you. What he found was more philosophical than scientific. You see, the most important factor to people not getting sick was their positive mental attitude and, whatever they believed, they did it every day. In other words, *what* they did was not as important as their *belief* and *consistency* in doing it. According to Gene, "People believe in health as a daily habit. I think that's a large part of why they stay healthy."

**Multi Sport Expo:** Are you a Triathlete, or inspired to be one? The Multi Sport Expo is one of the largest Triathlon Expos in country and has an impressive array of exhibitors, seminars and workshops. It is held at the Zesiger Sports & Fitness Center at MIT in Cambridge, MA. We will be exhibiting and presenting a Seminar entitled, **GAINING THE COMPETITIVE EDGE WITH ACTIVE RELEASE TECHNIQUES® and KINESIO TAPE.** The Seminar is March 19, 2011 from 2:15-3pm. Hope to see you there. Admission to the Multi Sport Expo is FREE! For more info check their website: <http://www.multisportworld.com>.