

# In Good Hands

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

*"Put your hand on a hot stove for a minute, and it seems like an hour. Sit with a pretty girl for an hour, and it seems like a minute. THAT'S relativity." Albert Einstein*

## "Brand New Study Sparks Weight Loss Controversy..."

**N**atick – This month we'd like to give you some brand new information. And even though we discussed this topic not too long ago, there is a new controversy and we're almost certain you will be interested in hearing all about it.

So let's jump right in with...

### **The Mystery Of Weight Loss...**

How do I know you're probably interested in weight loss? Simply because most of us are. If you are like the rest of the United States (and the world for that matter), you probably either want to lose a few unwanted pounds (or more than just a few... ☺) or have already lost some weight and are constantly struggling to keep it off.

Am I right?

Only the genetically gifted stay nice and thin no matter what they eat or how much they DON'T exercise. And they are few and far between.

And thank goodness there aren't too many... because... I don't know about you... but...

### **They Really Get Under My Skin!!!**

Ok. I'm calm now. So, let's get to the new controversy...

Not too long ago you may have received a newsletter from us about weight loss and the glycemic index.

The newsletter was written in response to all the high carb, low carb and no carb mania that's been going on out there.

In that newsletter, we explained that it appears that all carbs are created equal. In other words, 100 grams of carbs from

unprocessed rolled oats will not have the same affect on your body as 100 grams of carbs from a Snickers bar.

That sounds pretty obvious. But, it goes much further than that....

The main reason for the difference in carbs is how fast they are processed and dumped into your blood stream. The carbs that are broken down quickly tend to spike glucose blood levels – which leads to the typical spike of energy – followed by the crash. I'm sure you've experienced those highs and lows after eating foods high in simple sugars such as candy bars or ice cream.

Other carbs are broken down much more slowly and do not lead to the highs and lows we just mentioned. These carbs seem to give a much more consistent and steady flow of energy.

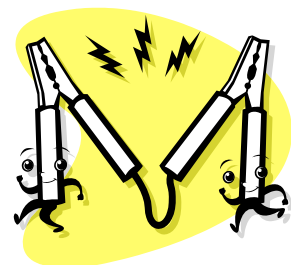
So how do you tell which carbs are broken down and go into your blood stream slowly and which ones do not? There is an actual chart, called the glycemic index that can give you this information.

Since this was covered in a past newsletter, we are not going to get into the details here. But, if you would like more information, just go to [www.glycemicindex.com](http://www.glycemicindex.com).

This is great information because foods that score high on the glycemic index (the ones that spike blood sugar) are thought to promote a gradual insensitivity to insulin and lead to Type II Diabetes.

### **Breakthrough Weight Loss Discovery!!!**

You've probably seen recent television commercials for a weight loss program talking about the difference between "good carbs" and "bad carbs." And even though the glycemic index has been around



for a long time... they say this weight loss program is the result of this breakthrough discovery.

Maybe it was a breakthrough discovery for the person writing that advertisement!!!! Who knows?

Anyway, now there is a study that some are using to say the glycemic index is worthless...

Here's the study and the results as reported in the March 8<sup>th</sup>, 2006 Health Science Institute E-Alert: "Elizabeth Mayer-Davis and her team studied the diets and blood sugar levels of more than 1,250 adult subjects. The study lasted five years. Taken at face value, those two details promise the possibility of an exhaustive study. But in the end, it wasn't exhaustive at all.

As reported in the February 2006 issue of the British Journal of Nutrition, the researchers asked subjects to fill out only two food frequency questionnaires: at the beginning of the study and again at the end. Blood sugar levels were also tested only at the beginning and end. Along the way, more than 440 subjects dropped out of the study.

When the dietary information was analyzed for glycemic index rankings and compared to the results of the blood sugar tests, researchers found no association between glycemic index levels and blood sugar levels.

And that's it. Based on that, Ms. Mayer-Davis would advise us to ignore the "flawed" (as she puts it) glycemic index."

In the same Health Science Institute E-Alert, another study is mentioned that got very positive results in favor of the glycemic index. Such as: Subjects following a low glycemic index diet had weight loss of 33% more than those on a standard low-fat, low calorie diet. The low fat/calorie group reduced their triglyceride levels (an important marker for heart disease) by 20% on average, while the low GI group lowered theirs by nearly 40%.

#### **So What Is The REAL Answer?**

It is clear that more research needs to be done before any definitive answer in the scientific community can be reached.

But, in the mean time, you have to eat. So, the best thing to do is take a look at all... or at least as much of the information as you can. And, that's not ONLY the scientific studies. Considering you just read about two with very conflicting results... sometimes the best answer is to give something a try and see how it works for

When it comes to carbohydrates, doesn't it make sense to eat complex carbs that your body breaks down slowly as opposed to simple sugar that spike your blood sugar levels?

#### **On A "Lighter" Note...**

We'd like to end this with another weight loss controversy we thought you'd get a kick out of. At least we did...

You may or may not know, Dr. Phil McGraw... AKA... "Dr. Phil" tried his hand in the weight loss business not too long ago.

He sold a weight loss plan that included supplements that were reported to cost up to \$120 per month.

Three people who tried Dr. Phil's plan are suing for fraud. And they are trying to get a class action suit going.

In an agreement with the FDA, the supplements were discontinued. Who knows where this lawsuit is going to go? But that's not what we found amusing....

What we found amusing is Dr. Phil actually selling a weight loss program. All we are going to say is... have you taken a good look at Dr. Phil?

We think it is a good idea to look at the source of your information and see what that source has at stake for giving that information.

We all know celebrities endorse products every day that they don't use. They do it because they get paid.

**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 life long good health**

#### ***More Accolades for Dr. Sullivan...***

I would like to thank Chiropractic Healthcare, specifically Dr. Todd Sullivan, for all their help in assisting me with my shoulder problems. Through Dr. Sullivan's training and assistance, I am to play softball today as I did before my injury. About a year ago I endured an injury that left me unable to throw overhand and encountering unbearable pain when throwing underhand. As a pitcher for a college softball team, I had to find something to help me, or end my career. I was suggested to look into Active Release Techniques® (ART) by a relative in the field in California, and I found Dr. Sullivan's and Dr. Weiss' office in Natick. After two months of Active Release Techniques®, I am able to not only throw overhand and underhand again and without pain, but to throw harder and more accurately than I had previously. Dr. Sullivan targeted my specific problem region and helped me gain use and strength in an area I thought I would never be able to use again unless I went through surgery. Thank you so much for your ongoing dedication and care Dr. Sullivan!

***DeAnna Curtis, Framingham State College.***

## Inspirational Story Of The Month – “Believe It Or Not...Dreams Do Come True...”

Dreams. We've all got 'em. I bet you do, too.

And I bet you've got a few you keep you yourself. Dreams you hold deep down in your heart... that are so precious and personal... you've never told anyone else.

And why should you? You already know the response you will get from others. They will either laugh or just treat your dreams as pure folly. Unattainable. Foolish. Nothing more than wishful thinking.

After all, dreams only come true in fairy tales. Right?

Well, dreams come true every day. But only for those who keep dreaming. The ones who never give up... no matter how hard things SEEM to be. No matter what “bad hand” you *think* life has dealt you.

Because dreams are very touchy. They tend to come true for those who believe long and hard enough. And they tend to disappear like a shadow in the night when they are neglected.

And, it's extremely important to keep dreaming... because... you never know when that one you hold deep down in your heart is going to come true. Like it did for Jason McElwain...

Jason is a high school senior at Greece Athena High School in Greece, New York. And like many high school seniors... he loves basketball.

But Jason is different. He has autism and is only 5'6". So, he did not make his high school team.

Instead of quitting all together, Jason took on the job of manager. Running the clock... keeping stats... and... handing out the water.

Jason was proud to be part of the team and did all he could to help them win.

But, deep down inside... Jason still dreamed of playing. He had a burning desire that was with him morning, noon and night. But, how was a 5'6" kid with autism ever going to play varsity basketball? It's impossible, right?

Maybe not...

On February 15<sup>th</sup> 2006, Coach Jim Johnson, who was impressed with Jason's dedication, had him suit up for their final home game. But wearing the team uniform and playing were two very different things. After all, Athena was battling for the division title.

When Jason came out that night, it was to almost deafening cheers. Jason's fans... who were holding up sticks with his face on it... were all hoping for a miracle that night. And a miracle is what they got...

Well, things went well for Athena that night and when they built up a big lead... Coach Johnson signaled for Jason. And he went in and played in his first high school game.

The crowd went crazy. And within seconds... the ball went to Jason.

He took a 3-point shot that went way off the mark. The next time down the floor... he missed a lay up. But then the magic started...

The third time Jason touched the ball – he sunk a 3-pointer. Nothing but net. Then he nailed another. And another. And another.

Jason was on fire. Unstoppable. In the end, he hit six 3-pointers (a seventh was scored as a 2-pointer because his foot was on the 3-point line) and scored 20 points in the last six minutes of the game. When the final whistle blew... Athena had won the game 79-43... and the frenzied crowd rushed on the court to congratulate their hero.

It was the night of his life. Jason was hoisted on his teammates' shoulders and paraded around the court. He was swarmed by fans... all wanting autographs. And he posed for countless pictures.

The following week, Jason's team played for the sectional title. And for this game, Jason was not in uniform. He was back to his duties as team manager.

Some may think that's a disappointment. But not Jason. When asked about it, he said he is, "*trying to win a sectional title for the team.*"

It was only one night. And it only lasted for a few minutes plus the celebration. But it was a 17-year dream come true. And the memory will last a lifetime.

And here's one more thing: I wonder, what next “big dream” will come true for Jason in the near future? I ponder this question... because... have you ever noticed... some people have a “knack” for having their dreams come true?

Or, should I say, MAKING THEIR DREAMS COME TRUE?

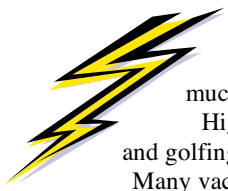
Something to think about.

***We love helping people through their tough times and getting them feeling better! We are here to help you stay feeling better and looking younger too! Don't be a stranger. Call us, and we will assist you in putting together a customized maintenance plan. It's not a luxury anymore! With our low monthly payment plan, 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?...

1. On average a hiccup lasts 5 minutes. Hiccups happen when the diaphragm, the muscle that controls our breathing, becomes irritated and start to spasm and contract uncontrollably. With each contraction, air is pulled into the lungs very quickly, passes through the voice box, and then the epiglottis closes behind the rush of air, shaking the vocal chords, causing the "hic" sound. The irritation can be caused by rapid eating, emotional stress and even some diseases. The best cure? Breathing into a paper bag. This calms the diaphragm by increasing the amount of carbon dioxide in your bloodstream.
2. Over the last 150 years the average height of people in industrialized nations increased by 10 cm (4 in). In the 19th century, American men were the tallest in the world, averaging 1.71m (5'6"). Today, the average height for American men is 1.75m (5'7"), compared to 1.77 (5'8") for Swedes, and 1.78 (5'8.5") for the Dutch. The tallest nation in the world is the Watusis of Burundi.
3. Is a world population of 6 billion too many? Compare that with animals. There are more than a million animal species. There are 6,000 species of reptiles, 73,000 kinds of spiders, and 3,000 types of lice. For each person there is about 200 million insects. The 4,600 kinds of mammals represent a mere 0.3% of animals and the 9000 kinds of birds only 0.7%. The most numerous bird species is the red-billed Quelea of Southern Africa. There are an estimated 1.5 billion of them

## Tip of The Month "They Say Lightening Never Strikes Twice... But What About The First Time?"



Did you know that in an average year, lightening injures and kills more people than hurricanes and tornadoes? And during the average year, 80 people are killed from lightening strikes?

It's pretty amazing. And, while you are relatively safe in your house, there are many other activities that put you at a much higher risk.

High on the list of activities where people are injured by lightening are mountain hiking, climbing, camping, fishing, boating, and golfing.

Many vacationers are unaware of the measures they can take to lower their risk of being struck. They should educate themselves about lightening strikes. They should be near safe shelter and try to avoid high terrain, golf courses, and bodies of water during high lightening activity (late morning to evening).

- **If you are caught above the tree line** when a storm approaches, **descend quickly. Avoid isolated trees.** It is better to run into a forest.
- Electric storms can also develop in the middle of the night. To lower your odds, **don't pitch your tent near the tallest trees** in the vicinity.
- Hikers, golfers, and others should **run into a forest if a shelter or car is not nearby.**
- **Drop metal objects** like golf clubs, tennis rackets, umbrellas, and packs with internal or external metal frames.
- **Get off bicycles, motorcycles, horses,** and golf carts. Metal bleachers at sports events, metal fences, and utility poles are also to be avoided.
- **If you are caught in an open field, seek a low spot.** Crouch with your feet together and head low.
- **If Someone Is Struck** - People who have been hit by lightening carry no electric charge and can be safely tended to. Also, victims who appear dead can often be revived. If the person is not breathing, begin mouth-to-mouth resuscitation. But if a pulse is absent as well and you know cardiopulmonary resuscitation (CPR), begin CPR. Stay with the victim until help arrives.
- **Don't sit or lie down,** because these positions provide much more contact with the ground, providing a wider path for lightening to follow. If you are with a group and the threat of lightening is high, spread out at least 15 feet apart to minimize the chance of everybody getting hit (see "If Someone Is Struck").
- **Don't return to an open area too soon.** People have been struck by lightening near the end of a storm, which is still a dangerous time.
- Swimmers, anglers, and boaters should **get off lakes or rivers and seek shelter when storms approach.** Drop any fishing rods. Boaters who cannot get off the water before the storm hits should crouch low. Once on land, **get at least 100 yards away from water.**
- **Remember:** This information is not intended as a substitute for medical treatment. If you have a health-related concern, consult a physician. Also, the tips discussed here may lower injury risk, but the unpredictability of lightening affords no guarantees.

**Remember, we're always here, using the miracle of Chiropractic  
to help your body heal and maintain the health you deserve.**

**INTRODUCING ACUPUNCTURE....**...It is with great pleasure that I introduce another exceptional healthcare provider and valuable service to our office. Kim Propert, a licensed acupuncturist officially joined our practice on May 25, 2006. If you have never tried acupuncture....here is a great opportunity. Please read the enclosed insert which introduces Kim with a great offer to meet her at no cost to you!!!