

In Good Hands

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

Why Do Americans Spend More On Health Care But Are Sicker Than Most Of The World?



Natick- An interesting, new study in the May 3, 2006 Journal of the American Medical Association has some experts in the medical community stunned. **It found:**

Americans spend twice as much on health care yet are generally in poorer health than their peers in England.

This raises the obvious question: is spending even more money, taking more medications and doing more medical procedures really the answer to good health? The answer may surprise you too...

Dr. Joseph Mercola recently discussed this study on his very informative website... www.mercola.com. And here's what he said:

"In fact, across all levels of income and education, Americans suffered from higher rates of cancer, diabetes, heart disease, lung disease and stroke than did British patients. What's really compelling and alarming about the study: When scientists created a hypothetical world where Brits suffered from the same lifestyle risks as Americans -- obesity among them -- America still had more health problems. The so-called "experts" claim it's all a big mystery, but it's no surprise at all to me considering so many Americans still put their faith in the hands of multi-national food and drug companies that care far more about profits at the expense of your health."

Life Expectancy Falling?

Dr. Mercola also reports, "Americans' life expectancy already falls more than 20 years behind other developed countries; and with U.S. obesity rates on a steady incline, the years may be further trailing."

Lifestyle Most Important Factor...

And here's what a recent study in the New England Journal Of Medicine had to say about this issue: "Forecasts of life expectancy are an important component of public policy that influence age-based entitlement programs such as Social Security and Medicare. Although the Social Security Administration recently raised its estimates of how long Americans are going to live in the 21st Century, current trends in obesity in the United States suggest that these estimates may not be accurate. From our analysis of the effect of obesity on longevity, we conclude that the steady rise in life expectancy during the past two centuries may soon come to an end."

Just how serious is this overweight and obesity issue? Here are some shocking statistics:

- Two-thirds of America's adults are overweight or obese.
- As many as 30 percent of U.S. children are overweight.
- Childhood obesity has more than doubled within the past 25 years.
- Within the past 20 years, childhood diabetes has increased 10-fold.

Will The Miracles Of Modern Science Save You?

As we look at these stats... one thing becomes blatantly obvious. At least to those with an open mind...

It's obvious that the answer to real health and living a longer (and healthy) life is NOT all about science and new medicines.

If it were, we would not see the results of the studies above.

On the contrary... over-reliance on breakthroughs in medicine have helped fuel this fire.

For many, many years, society has had the belief that science trumps everything. In other words... you can eat, drink and do basically whatever you want to your body and the doctor can give you something to fix it.

Far too often, I have heard people make statements like, "I can smoke, drink and eat whatever I want now – I'll just get a bi-pass if I need it later."

Yes – that is an actual quote!

And many more believe the silver bullet comes in pill form...

But new wonder drugs rarely turn out to be all they are cracked up to be. Take the relatively new "super-aspirin" Plavix which was supposed to lower the risk of heart attack and stroke.

On the contrary... combining Plavix, the costly "super-aspirin", with regular aspirin proved to be no more effective than aspirin alone for preventing heart disease.

In fact, the combination nearly doubled the death rate from heart disease among patients who had not had heart attacks but were at risk for them.

A study on the effects of Plavix divided over 15,000 patients with heart disease into two groups -- one that took Plavix and aspirin, and one that took aspirin with a placebo.

The only major difference was that almost 4 percent of those who took Plavix and had not had a heart attack died over the course of the study, as opposed to just over 2 percent of those who took only aspirin.

Plavix, which costs \$3 to \$4 a pill, has made more than \$3 billion in sales since its approval in 2000.

When you start to look at all these studies and statistics... you really have to start to wonder about the first rule of medicine... **First, Do No Harm!**

So now we are faced with a very interesting... and deadly... dilemma. Much of society has lost responsibility for their health. The overweight and obesity statistics prove that. And much of the reason for that is the belief that they don't need to be responsible. A new pill or procedure will always be available to save the day. But when the risk of the "cure" is as bad or worse than the condition... what then? The answer is simple, but not what many want to hear...

You see, there are always two paths you can choose in life. And we ALWAYS know which one is right. Make no mistake about it – it's ALWAYS as clear as day.

But, even though we ALWAYS know the right path – many times we do not choose it simply because it is just TOO DARN HARD!!!

And the right path is obvious here, too.

The right path is to do all the things you need to do throughout your life to stay healthy and prevent diseases and conditions.

Thing like: Eating natural, nutritious foods... not processed chemical junk.

Drinking plenty of water and cutting out sugar-filled soft drinks.

Exercising often and regularly. Make it part of your life – for the rest of your life. Not just a 2-3 month fad you keep starting and stopping.

Reduce stress in your life and take some time to "smell the roses." Life is short – enjoy it NOW!!!

Start maintaining your health through regular Chiropractic care. Don't always wait for the pain to get help... an ounce of prevention is truly worth a pound of cure!

This "to-do" list may seem daunting and long. It may seem a little time consuming. But, you have to admit, losing your health is not such a pleasant option.

Just remember – you always know the right path. Don't wimp out because it seems too darn hard.

... And remember, if you ever have any questions or concerns about your health, talk to us. PLEASE contact us with your questions. We are here to help and enjoy participating in your life long good health

What Our Patient's Are Saying....

I would like to extend a special thanks to Dr. Bradley Weiss for helping me through my pain and injuries at such a rapid rate. I came to Chiropractic Healthcare with a nagging tail bone injury that I had been suffering with for two years. Because I suffered from constant throbbing pain and spasms, it was very difficult for me sit comfortably in any position. I had gone through series of physical therapy, and was also treated with cortisone shots, but found no relief. Finally, Dr. Weiss was recommended to me and I made an appointment, even though I live about an hour from Natick. **Dr. Weiss began to work on the injured area, and I experienced dramatic results instantly. Within a few visits I was able to do things I had not been able to do for years, like ride a bike, or spend more than an hour at a time in the car. I have also been able to sleep comfortably, rather than being awoken by spasms in the middle of the night.**

In addition to the work he did on my tail bone, Dr. Weiss simultaneously treated a running injury that had been nagging me for months. I enjoy running marathons, but have been struggling with chronic pain since the Boston Marathon in April. Since Dr. Weiss has been treating the area, I have experienced a significant decrease in the pain and discomfort and have been able to continue my regular running routine. I am hoping to continue with my visits in order to begin training for the New York City Marathon in the fall.

What distinguishes Dr. Weiss from any other doctor I have seen for pain and injuries is that he is willing to treat any area I am having a problem with. He is an attentive listener, and thoroughly discusses how I am feeling at the beginning of each session. During my last visit, I told him that I had hurt my neck while sleeping, and he adjusted it immediately. Then I happened to tell him that I suffered from TMJ, and he treated that as well. After a few adjustments, I found that I could open and close my mouth without it clicking and feeling misaligned.

Overall, Dr. Weiss is nothing short of a miracle worker! I entered the practice with no expectations, but have been so pleasantly surprised by the instant relief I have felt in every area he has treated me. I live a very active lifestyle, and have made myself get accustomed to a life of living with pain, because I was never happy with the results I got anywhere else. **I would highly recommend Dr. Weiss to anyone who is unnecessarily living with pain and discomfort.** I am so happy he was recommended to me, because he has changed my life dramatically, and I am looking forward to more visits, and many more years of good health!

Melissa O'Donnell

Inspirational Story Of The Month – **Riches In A Far Away Land...**

Many, many moons ago, there was an ancient Persian by the name of Al Hafed. Al Hafed owned a very large farm with orchards, grain fields and gardens.

He was a contented and wealthy man - contented because he was wealthy, and wealthy because he was contented. One day this old farmer was visited by an ancient Buddhist priest, and he sat down by Al Hafed's fire and told that old farmer how this world of ours was made.

Congeaed Drop Of Sunlight...

During that story, he told Al Hafed how diamonds were “a congealed drop of sunlight” and the most precious of all the minerals. And the old priest told Al Hafed that if he had a handful of diamonds he could purchase a whole country, and with a mine of diamonds he could place his children upon thrones through the influence of their great wealth.

Al Hafed heard all about diamonds and how much they were worth, and went to his bed that night a poor man - not that he had lost anything, but poor because he was discontented and discontented because he thought he was poor. He said, "I want a mine of diamonds!"

So he lay awake all night, and early in the morning, he left his farm in search of his fortune.

Al Hafed searched every corner of the earth for what he thought would finally make him happy and complete... his very own diamond mine. After years and years of disappointment, a broken, exhausted, old Al Hafed cast himself into the sea and sunk beneath the foamy waves. But that's not where this story ends...

While Al Hafed was away, the new owner of his farm took his camel out for a drink. As the camel drank, his eye was caught by a brilliant sparkle from the river running through Al Hafed's old land. Yes, that sparkle was a diamond...and... one of the biggest diamond mines known to man was unearthed right in Al Hafed's old backyard.

Moral of the story: Instead of searching in far away lands, if Al Hafed would have stayed at home and looked in his own backyard... he would have discovered “acres of diamonds.” What does this story have to do with you? Quite a bit. It actually holds the key to you living a happy, healthy life.

Here's why: Al Hafed made two of the most common mistakes that have plagued man and woman kind since the beginning of time... and still do today.

The first is obvious: he went in search of happiness and riches in a foreign land when everything he needed to make his wildest dreams come true could be found at home. Right in his own back yard.

The second and less obvious: he destroyed all the great things in his life in search of something he THOUGHT would be better. The old... **“The Grass Is Always Greener On The Other Side Of The Fence”**

The sad truth is... many of my patients are guilty of the exact two mistakes. How? They fail to realize true health can ONLY be found in ONE PLACE. And that ONE PLACE is from within. The minute they have an ache, pain or health problem – they go looking in foreign lands for a cure... when the only real solution is located right in their own back yard. The foreign lands I'm talking about are the often misuses of drugs and surgery.

Sure, there are many health problems that require drugs and/or surgery. But many do not. It is a well-known fact that drugs are often over-prescribed and that not all surgeries are absolutely necessary, which leads us to the second problem...

Destroying All The Great Things You Already Have In Search Of Something Better

It is also well-known that many of the drugs and surgeries used to treat a condition can often lead to conditions WORSE than what they were intended to treat. You've gone directly from the frying pan into the fire. It is not uncommon for you to end up with kidney disease or bleeding ulcers from common, over-the-counter medications taken because you had MINOR aches and pains.

The bottom line is: Your health “acres of diamonds” are also located right in your own back yard. The safest and most effective way to combat aches and pains and stay healthy... for a lifetime... is by eating right, exercising, reducing stress...and... regular Chiropractic care. No matter what any slick T.V. commercials tell you... there are no shortcuts and you will NEVER find the true solution to your aches, pains or health problems in a pill.

Know this: Staying healthy is YOUR ACRES OF DIAMONDS. If you lose your health... you lose everything. Nothing else matters. If you don't believe me, just think about Christopher Reeve. I bet he would have given up ALL his riches and fame to be able to get out of his wheelchair and walk... just like you can... just for one day.

All the money in the world wasn't able to help him one bit. Think about it. I also bet Christopher Reeve never gave one thought to the importance of his health... until he lost it.

That's the real purpose of this month's newsletter and this story. To serve as a reminder that all the money in the world... even the most precious mineral on earth... is *useless* without your health. And, the purpose of this story is to make sure you think about what you have BEFORE you lose it. **And take action to keep it.**

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?...

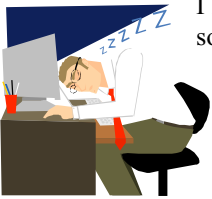
(Our monthly feature of tidbits of news and info to make your life easier and more fun, so you're healthy all the time!)

The human head contains 22 bones, consisting of the cranium and the facial bones. The cranium protects the brain which, for an average adult male, weighs 1375 grams (49 oz). Women's brains are slightly smaller than men's. The largest woman's brain recorded weighed 1742g (6 oz). Einstein's brain was of average size. An elephant's brain weighs 5000g (176 oz or 11 lb), a whale's 10000g (352 oz or 22 lb). In proportion to the body, the whale has a much smaller brain than man. This seems to give man the edge, until it was discovered that the dwarf monkey has 1g of brain per 27g (0.95 oz) of body, and the capuchin monkey has 1g of brain per 17.5g body, whereas man has 1 gram of brain to 44g of body.

Brain power The human brain consists of more than 100 billion neurons (nerve cells) through which the brain's commands are sent in the form of electric pulses. These pulses travel at more than 400 km/h (250 mph), creating enough electricity to power a light bulb. The brain consumes more energy than any other organ, burning up a whopping one-fifth of the food we take in. It is estimated that the mental capacity of a 100-year old human with perfect memory could be represented by computer with 10 to the power of 15 bits (one petabit). At the current rate of computer chip development, that figure can be reached in about 35 years. However, that represents just memory capacity, not the extremely complex processes of thought creation and emotions.

But consider this: for all the complexity of the brain, you still have only one thought at a time. Make it a positive thought.

Tip Of The Month... Can Sleeping Less Make You Live Longer?...It's Time To Throw Away Those Sleeping Pills!



I love to sleep. I could stay under the warm covers for days and days. For me, the worst thing in the world is the sound of that darn alarm clock. I don't need to tell you – that snooze button is my best friend at 6:00 am. Or is it...

Over the years, I've always heard sleep is one of the most important factors in good health. Most of the time you hear you have to get eight hours, and if you burn the candle at both ends... **You Are Going To Get Sick!**

And it seems like most Americans have taken this advice to heart. With most believing they are sleep deprived zombies... over 25% of the population now takes some form of sleeping pill or aid at night.

Well, according to an article in the March 23, 2006 edition of Live Science... the pill popping part is true... but... the rest is all bunk!

According to psychiatry Professor Daniel Kripke of the University of California, San Diego... The pill-taking is real but the refrain that Americans are sleep deprived originates largely from people funded by the drug industry or with financial interests in sleep research clinics. "They think that scaring people about sleep increases their income," Kripke told *LiveScience*.

Thanks to the marketing of less addictive drugs directly to consumers, sleeping pills have become a hot commodity, especially in the past five years. People worldwide spent \$2 billion on the most popular sleeping pill, Ambien (zolpidem), in 2004, according to BioMarket, a biotech research company.

Earlier this month, it was reported that some Ambien users are susceptible to amnesia and walking in their sleep. Some even ate in the middle of the night without realizing it!

Global sales for all sleeping pills, called hypnotics, will top \$5 billion in the next several years.

More Sleep May Not Be Better...A six-year study Kripke headed up of more than a million adults ages 30 to 102 showed that people who get only 6 to 7 hours a night have a lower death rate than those who get 8 hours of sleep. The risk from taking sleeping pills 30 times or more a month was not much less than the risk of smoking a pack of cigarettes a day, he says.

Those who took sleeping pills nightly had a greater risk of death than those who took them occasionally, but the latter risk was still 10 to 15 percent higher than it was among people who never took sleeping pills. Sleeping pills appear unsafe in any amount, Kripke writes in his online book, "The Dark Side of Sleeping Pills."

"There is really no evidence that the average 8-hour sleeper functions better than the average 6- or 7-hour sleeper," Kripke says, on the basis of his ongoing psychiatric practice with patients along with research, including the large study of a million adults (called the Cancer Prevention Study II).

And he suspects that people who sleep less than average make more money and are more successful.

The Cancer Prevention Study II even showed that people with serious insomnia or who only get 3.5 hours of sleep per night, live longer than people who get more than 7.5 hours. And there are questions about the effectiveness of sleeping pills. A study by researchers at Beth Israel Deaconess Medical Center and Harvard Medical School found that a change in sleep habits and attitudes was more effective in treating chronic insomnia over the short- and long-term than sleeping pills (specifically Ambien).

This information sure turns the accepted beliefs about sleep on its ear... doesn't it? So... the tip for this month is... don't hit the snooze button tomorrow!!!!

Acupuncture... The feedback has been so good, and the response so overwhelming, Kim Propert, our new acupuncturist has extended her offer for FREE Introductory Session through July. This Introductory Session includes a history, examination, diagnosis and acupuncture treatment. Spaces are limited, so please call our office today to make your appointment for a FREE Acupuncture Introductory Session.

In the News... Please read the enclosed reprint of the Cover Story of the Framingham Tab from 5/26/06.