

In Good Hands

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

Try not to become a man of success but rather to become a man of value. - Albert Einstein

If Children's Television Was Linked To Obesity, Diabetes, Cancer, Autism And Dementia... Would You Let Them Watch?

Natick – Oh boy. This is shocking. Not surprising. Shocking. And if you have children... you are going to want to drop everything you are doing... and... read this right now.

Here's what this is all about: Back on February 19th of this year, both Physorg.com and The Scotsman reported on research that shows Children watching television may be linked to several serious health problems. And spending time in front of the computer screen can also be detrimental.

And here's something very interesting: If you think your kids are immune because you monitor what they watch and they only watch "educational" television... you might want to read this quote from Dr. Aric Sigman, *"It is the number of hours and the age which they start which produces the biological effects. It is because of the medium, not the message, that these effects are occurring,"*

In other words...

It's NOT What Kids Are Watching On Television... It's The Television Itself That Is The Problem!

Who is Dr. Aric Sigman? Dr Sigman is an associate fellow of the British Psychological Society and author of Remotely Controlled: How Television Is Damaging Our Lives. In his report, he analyzed 35 different scientific studies carried out into television and its effect on the viewer. He has identified 15 negative effects he claims can be blamed on watching television.

Some of the most alarming discoveries are the links he claims to have found between long hours of television viewing and cancer, autism and Alzheimer's.

According to the February 19th 2007 edition of The Scotsman, *"The effects on children watching TV have been well publicised in Britain. Fears of a time bomb of obesity have sparked a wave of ministerial initiatives to promote sport and tackle the couch-potato lifestyle.*

However, today's report suggests the consequences of television are far more serious. They range from myopia and attention deficit disorder to diabetes, autism, Alzheimer's and a generation whose brains are being numbed by on-screen imagery."

Hours Add Up

In Dr. Sigman's report, published in Biologist magazine, he claims the biggest problem with television is how much time is spent in front of it.

For a large percentage of the population, watching television is the third leading way they spend their time. According to Dr. Sigman in the February 19th The Scotsman article, *"by the age of six, a child will already have spent one year in front of the television. When time in front of a computer is added, the psychologist claims watching a screen of some kind is the dominant activity for older children - those aged 11 to 15 now spend 55 percent of their waking lives, or 7-1/2 hours a day, watching television and computers. According to today's report, that represents a 40 percent rise in a decade.*

Dr Sigman claims the battery of ill effects takes its toll on both body and mind. He claims the effect on the brain is not stimulating, but almost narcotic, numbing the areas of the brain stimulated by, for example, reading.

The influence of modern editing techniques - for example the rapid "jump cuts" - also plays its part. Attention spans fracture while at the same time, according to Dr. Sigman, the brain is programmed to reward itself with the neurotransmitter dopamine for



being able to cope with an onslaught of novelty on screen.

Early Puberty?

Dr. Sigman's work not only associates television watching with obesity, Alzheimer's, diabetes, attention span and the body cells' ability to heal wounds... it claims a significant body of research now leads him to believe it is a major factor in reducing levels of the hormone – melatonin.

Why is this important?

This is important because melatonin is the hormone that regulates the body's internal clock and also helps determine the onset and progression of puberty.

Since melatonin is produced at night and makes you feel "sleepy," it is believed the bright screen may decrease production. This may lead to disturbances in sleep... which can be linked to many health problems.

And according to Dr. Sigman, suppressing melatonin levels in this fashion may lead to children starting puberty much earlier than nature intended.

What's more, the study found that children's resting metabolic rate decreased as the amount of TV they watched soared - meaning that physiological changes compounded the fact that they were not exercising.

No TV Under 3

And according to the April 24th issue of The Guardian, *"Between the ages of naught and 3, particularly when children are acquiring language, their brains are going through rapid development and are being physically shaped, like a piece of clay, in response to what they are exposed to. It's called structural neuroplasticity.*

"Key stages of development are language acquisition and social skills, and if they're displaced at this stage, they may be irreplaceable." Dr Sigman, an associate fellow of the British Psychological Society and member of the Institute of Biology, said exposing children to fast-moving images at a very young age for a sustained time may inhibit their ability to sustain attention.

And children who were left for long periods with only a screen to interact with, not only had less time to speak to adults, but also failed to develop social skills."

Dr Sigman believes children under three should not watch TV, and those between 3 and 7 should watch 30 minutes to an hour a day.

And this includes so-called "educational" programming...

"I was told by the head of BBC children's TV [Richard Deverell] that TV 'helps children get interested in the outside world'. The world around them gets them interested in the outside world.

"We are told children need electronic entertainment or they get bored. It is not true. Children have an infinite ability to entertain themselves which television seems to erode. What children are exposed to under the age of 7, and particularly under the age of 3, is of paramount importance. It's really the under 3's we're most concerned about and dramatically limiting the amount watched between three and seven."

Here Are Dr. Sigman's Recommendations For Television Watching:

- **Children under 3: no screen exposure**
- **Ages 3 to 7: 30 minutes to an hour a day**
- **7 to 12: One hour a day**
- **12 to 15: one and-a-half hours a day**
- **16 and over: 2 hours**

According to The Guardian article, a Department for Culture, Media and Sport spokesman said the government had no plans to introduce a recommended "daily allowance" rationing the amount of TV children watch.

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

Another Patients Speaks.....

I am a personal trainer who works in Sudbury. Being in the best shape possible is a necessity for my profession. With Dr Weiss' Active Release Techniques (ART), I can say I feel my best at all times. Since beginning care in 2005, I have never felt stronger or more aligned. I recommend Dr Weiss to all my clients, so they can feel and function better and get the most out of their work-outs!!!! Thank you Dr. Weiss for keeping me and my training clients in such GREAT health!!!!

Scott Cotter

Inspirational Story Of The Month –

Man Becomes Millionaire Showing People How To Get The Best HDTV For Only \$50!

If you would like to know how someone brought in \$1.2 million last year... and is expected to bring in DOUBLE that this year... selling 80 year old technology that gets the best FREE HDTV picture... then you are going love this story.

Here's the story...High definition television (HDTV) is the rage. This past holiday season, HDTV sales were sky high. Consumers are spending THOUSANDS of dollars to get the best sets that have the capability to get truly amazing pictures. But, many people have found out that the super advanced (and priced) sets they bought may not have the same picture in their house... as it did in the store. Why is this? It's because the television set they bought is only as good as the signal that is being transmitted to it. In other words, you can have the best flat screen television set on the planet... and if... the signal you are getting from your cable company or satellite network is not up to par...

Your Picture Will Be Weak!

Many times stores will have you watch a television set that is hooked up to a special (and expensive) DVD player that gets a picture you are not going to get from your cable or satellite signal.

You may know that already. But here's something I bet you don't know...

Did you know, local TV channels broadcast in HD over-the-air and offer superior picture quality over the often compressed signals sent by cable and satellite TV companies? It's true.

And here's what's also true: OVER-THE-AIR HD IS FREE!!! That's right. But there is a problem. What's the problem? The problem is: How do you get the free over-the-air HD signal to your television? A very innovative (and now rich) man has the answer.

His name is Richard Schneider and here's what he has done: In the old days, television was broadcast from towers and people picked up the signal in their house with an antenna. If you are old enough (like me!) you remember fooling around with those "rabbit ear" antennas and even squeezing on ridiculous looking aluminum foil to the antenna in an attempt to get a decent picture.

As a quick aside – I also remember having to get up off the couch to change the channel. Speaking of channels... there were only seven! Who else is willing to admit they watched the same channel all night because they didn't want to get up and change it? ☺

Anyway, in those old days, television signals were broadcast in analog. Nowadays, most local signals are broadcast in HD. And, Congress has ruled that ALL television signals must be broadcast in HD by February 19th, 2009. Schneider figured out a simple way to capture this FREE signal. *"Eighty-year-old technology is being re-designed and re-jiggered to deliver the best picture quality,"* said Richard Schneider, President of Antennas Direct. *"It's an interesting irony."* Irony indeed.

Is He Crazy?

According to the associated Press, *"A few years ago, Schneider started an assembly line in his garage and sold antennas out of the trunk of his car. Now his Eureka, Mo.-based company has seven employees and did \$1.4 million in sales last year. He expects revenue to double in 2007."* *"People thought I was nuts. They were laughing at me when I told them I was starting an antenna company,"* Schneider said.

Is there a downside? The first is not all local areas are broadcast in HD...yet. You are either in an area that does or you are not. And the second is it is only local stations. If you are interested, more information can be found at The Consumer Electronics Association Website <http://www.antennaweb.org/>. This site reveals how far an address is from towers and recommends what type of antenna to use. Schneider used cheap 80-year-old technology to create a multi-million dollar company. Everyone said he was nuts. Makes you wonder about your dreams... and how much the opinion of "everyone else" really means. Doesn't it?

One last note: this story was not to promote excessive television watching. It's about the success story!!!

We love helping people feel better! Call us and we will put together a customized maintenance plan that is just right for you. With our low monthly payment plan, it is less expensive to maintain your good health! You really can afford Chiropractic care! Don't wait until you can no longer move!

WE ARE MOVING

To a first floor location!!!!!!

Effective AUGUST 1, 2007 our NEW Address will be:

264 North Main Street

It is exactly 1/3 mile north on North Main Street.

**It is on the corner, just before the traffic light,
(Across from Foreign Motors WEST)**

*We'll remind you with phone calls, e-mails and post-cards
before your next appointment...see you down the street!!!*

WE ARE GROWING

**On June 26th, Dr Victoria VanNederynen joined
Performance Health Center**

A graduate of New York Chiropractic College, **Dr. Victoria VanNederynen** is the newest member to join Performance Health Center's energetic and talented team.

Dr. VanNederynen attended Ithaca College in upstate New York, where she completed her Bachelor's Degree in Exercise Science. Ithaca's undergraduate studies exposed Dr. VanNederynen to a wide variety of health care professions, including chiropractic. It was not until a snowboarding accident contributing to a low back injury in her senior year at Ithaca, that she realized the importance of chiropractic medicine and its benefits.

Upon graduating from Ithaca College, Dr. VanNederynen moved to Massachusetts to work as a Medical Assistant for Harvard Vanguard Medical Associates in Wellesley, spend time with her family and friends, and research the idea of attending Chiropractic College.

In August of 2003, Dr. VanNederynen returned to upstate New York to continue her education as a doctor of chiropractic medicine. At New York Chiropractic College, she was involved with various on campus clubs and organizations, intramural sports that included soccer and softball, and tri-athlete events. She was consistently named to the Dean List and became a member of the Phi Chi Omega Honor Society.

The last year of Dr. VanNederynen's schooling consisted of her clinical internship at the Depew Health Center in Depew, NY. She devoted much of her time to educating and treating patients at the Health Center, Tonowanda Salvation Army, Buffalo Veterans Hospital and at various sporting events.

After a very demanding academic and clinical program, Dr. VanNederynen has advanced her technical skills and credentials by becoming certified in Active Release Techniques (ART). Dr. VanNederynen is looking forward to working with Dr. Weiss and his enthusiastic team optimizing patients' health and ensuring a better quality of life.