

In Good Hands

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

"Be civil to all; sociable to many; familiar with few; friend to one; enemy to none. - Benjamin Franklin

The answers to these questions... and more... revealed in this month's newsletter...

What If Deciding The Sex Of Your Next Child Was As Simple As Changing The Foods You Ate?"

Natuck – Can it be? Is it possible to decide whether you are going to have a boy or a girl simply based on the food you eat?

The answer may surprise you...

Science has known for a long, long, long time that male sperm determines a baby's gender. Here's how it works:

Chromosomes are long, stringy aggregates of genes that carry hereditary information. They are composed of DNA and proteins and are located within the nucleus of our cells. Chromosomes determine everything from hair color and eye color to gender. Whether you are a male or female depends on the presence or absence of certain chromosomes.

Human cells contain 23 pairs of chromosomes for a total of 46, two of which are sex chromosomes. The sex chromosomes are the X chromosome and the Y chromosome. The combination of these chromosomes determines whether you are male or female.

Here's how: The female egg only has one kind of sex chromosome, the "X"... The male sperm carries either the "X" or the "Y" chromosome.

If the male's "X" pairs with the female's "X" – a female is produced. If the male's "Y" pairs with the female's "X" – a male is produced. In other words... "XX" is a female and "XY" is a male.

So what does all this have to do with the food you eat determining the gender of your baby?

Here's what: A new study has shown that having a hearty appetite, eating potassium-rich foods including bananas, and not skipping breakfast all seem

to raise the odds of having a boy!

This British study is the first to show a link (in humans) between a woman's diet and whether she has a male or female child.

University of Exeter researcher Fiona Mathews, the study's lead author, said the findings also fit with fertility research showing that male embryos aren't likely to survive in lab cultures with low sugar levels. Skipping meals can result in low blood sugar levels.

Dr. Tarun Jain, fertility specialist at The University of Illinois at Chicago, said he was skeptical when he first heard about the research. But he said the study was well-done and merits follow-up study to see if the theory proves true.

It's not necessarily as far-fetched as it sounds. While men's sperm determines a baby's gender, it could be that certain nutrients or eating patterns make women's bodies more hospitable to sperm carrying the Y chromosome, Jain said.

"It's an interesting question. I'm not aware of anyone else looking at it in this manner," he said.

The Facts...

The study was published in the Proceedings of the Royal Society B, a British medical journal.

The research involved about 700 first-time pregnant women in the United Kingdom who didn't know the sex of their fetuses. They were asked about their eating habits in the year before getting pregnant.

Among women with the highest calorie intake before pregnancy (but still within a normal, healthy range), 56 percent had boys, versus 45 percent of the women with the lowest calorie intake.

Women who ate at least one bowl of breakfast cereal daily were 87 percent more likely to have boys than those



who ate no more than one bowlful per week. Cereal is a typical breakfast in Britain, and in the study, eating very little cereal was considered a possible sign of skipping breakfast, Mathews said.

Compared with the women who had girls, those who had boys ate an additional 300 milligrams of potassium daily on average, "which links quite nicely with the old wives' tale that if you eat bananas you'll have a boy," Mathews said.

She added, women who had boys also ate about 400 calories more daily than those who had girls, on average.

Don't Overeat Or Starve Yourself!!!

But be careful. This is NOT advice to over eat or starve your self to try to have either a boy or girl.

Both are not healthy and can be harmful to both you and your baby.

In fact, the study results reflect women at opposite ends of a normal eating pattern, not those with extreme habits, Mathews said.

Professor Stuart West of the University of Edinburgh said the results echo research in some animals.

Since Boys Are Bigger...

And Dr. Michael Lu, an associate professor of obstetrics, gynecology and public health at the University of California at Los Angeles, said the results "are certainly plausible from an evolutionary biology perspective." In other words, since boys tend to be bigger, it would make sense that it would take more calories to create them, Lu said.

In The End...We Still Don't Know!

Still, Lu said a woman's diet before pregnancy may be a marker for other factors in their lives that could influence their baby's gender, including timing of intercourse. "The bottom line is, we still don't know how to advise patients in how to make boys," he said. Now for something completely different but very important...

...And remember, if you 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.

HUMPTY DUMPTY, DR. WEISS, AND ME

We're all familiar with the Olde English nursery rhyme about Humpty Dumpty:

*Humpty Dumpty sat on a wall,
Humpty Dumpty had a great fall.
All the king's horses and all the king's men
Couldn't put Humpty together again.*

As a long-time golf coach at a local high school, I often think of Old Humpty. Every year I see lithe teenagers twist and torque their bodies into beautiful golf swings and I get a year older. Age brings chronic problems with alignment, disks, knees, etc. Dr. Weiss and his staff are much better than the king's horses and the king's men for they have been able to "put me back together again" on several occasions. **His use of the Active Release Technique has kept me in the game**, although I can't always play with those teenagers. Yet, I sometimes beat them with experience, wisdom, and guile, overcoming their youthful grace and talent.

More importantly, **I've been able to leave a pain-free life for the past six years**, despite my obsession for golf and other sports. **Dr. Weiss's passion for his profession and his skill as a practitioner have enhanced the quality of both my life and my golf game.** Whenever I walk into his office Caitlin and Mary greet me with warm smiles and I feel comfortably at home. Dr Weiss always asks what my latest issues are and listens carefully before he solves the specific problem. He suggests exercises and sensible approaches that work, and I leave each visit with a renewed sense of self and a spring in my step.

On a recent visit Dr. Weiss told me, "It's a pleasure to put you back together again." Somewhere I'm sure that Humpty Dumpty broke into a broad grin. I know I did.

JOE McCOY

Inspirational Story Of The Month –

“How A College Dorm Room, A Computer, And A Stubborn Dream Created The Nation’s Richest Man Under The Age Of 25...”

The Time: Sometime in 2004.

The Place: A Harvard University dorm room.

The Goal: To create a better way for students to communicate and get to know each other.

At least that’s what conventional wisdom says Mark Zuckerberg set out to do. But it seems like this “goal” and Mark’s “dream” were VASTLY different...Here’s why: It didn’t take Mark Zuckerberg long to attain the “goal” of having a way for his schoolmates to better connect with each other. In fact, in just two short years, the social networking website he created had gone WAY beyond the confines of his Harvard dorm room... not to mention the entire Harvard campus. Zuckerberg’s idea caught wild-fire and suddenly EVERY college student across the country wanted to be a part of the phenomenon.

Zuckerberg Became The Gatekeeper – Allowing Colleges Across The Country Access To His Site – One By One

By mid-2006, Zuckerberg’s social networking site, Facebook.com, had 7 million members and he had raised a whopping \$37.7 million from venture capitalists. Whether you know anything about Facebook or not – you probably don’t know this...Zuckerberg has much bigger plans for Facebook than for it to just be a college socializing website. He has a dream for it to supplant and surpass the giant Myspace and make Facebook the largest social network on the planet. He wants to become the next Google, a site that people of all ages would find useful in their daily lives. But in 2006, it wasn’t happening. He had quickly cornered the college market... then things stalled. He went from zero to 7 million members in the blink of an eye – but – reaching 8 million was a slow and painful climb. Considering Myspace had 100 million members, Facebook had a ways to go. And the worst part was: It looked like they had peaked. That’s when Yahoo came knocking. At that point in 2006, they offered Zuckerberg \$1 billion in cash. Feeling the frustration... and pressure... he reluctantly verbally accepted the deal to sell Facebook to Yahoo. Then tragedy struck, at least for Yahoo. It announced it was projecting slower sales and earning growth and that its new advertising platform would be delayed. Its stock plummeted 22% overnight. Terry Semel, Yahoo’s CEO at the time, reacted by cutting his deal from \$1 billion to \$800 million. Zuckerberg walked away. Two months later, Semel reissued the original \$1 billion offer. Zuckerberg still said no.

A 22-Year-Old Turned Down \$1 Billion!!!!

Can you imagine that? Geez!

Anyway, it turns out Zuckerberg wasn’t such a fool after all. Today, he is 23 and analysts think he could be the richest man under the age of 25, with a net worth of \$1.5 billion. But more importantly is his DREAM. He has transformed his company from a second-tier social network to a full-fledged platform that organizes the entire Internet. As a result, Facebook is now the most buzzed-about company in Silicon Valley, and Zuckerberg is constantly compared to visionaries like Steve Jobs and Bill Gates. Even some of the tech industry's most legendary figures are genuflecting before Zuckerberg. In an entry on his blog, Netscape cofounder Marc Andreessen called Facebook's transformation "an amazing achievement — one of the most significant milestones in the technology industry in this decade." Says Marc Benioff, CEO of Salesforce.com, "I'm in awe." How is Facebook’s membership going? Well, now it's signing up nearly 1 million new users a week. By the end of last August, there were 36 million of them. And these aren't just the tweens or college kids you might suspect; the fastest-growing segment of Facebook users is over 35, a group that represents 11 percent of all site users. Total registrations have more than quadrupled over the previous year. The number of employees has tripled, as has revenue. And venture capitalists say that if Facebook were to go public today, investors would value it at more than \$5 billion — five times what Yahoo had been prepared to pay. Seems like Mark Zuckerberg’s goals and dreams were a little different... don’t you think?

Monthly Meal submitted by Stephanie Shenton

The Mediterranean diet as long been considered to be healthy with their abundance of fresh herbs, vegetables and olive oils, rich with omega 3's. These two recipes are adapted from the Moosewood cookbook, *New Classics*. These recipes are reminiscent of summer dinners in Spain.

Smooth Gazpacho with Greens serves 4

2 cups peeled, seeded and chopped cucumbers	3 garlic cloves minced	1 tablespoon cider vinegar	½ teaspoon salt
1 cup chopped romaine	1 tablespoon chopped cilantro	2 ½ to 3 cups tomato juice	Ground black pepper to taste
2 cups chopped red and/or yellow bell peppers	3 tablespoons extra virgin olive oil	1 cup crustless French bread cubes	1 to 2 minced green chilies (optional)
¼ cup chopped scallions	2 tablespoons dry sherry	½ teaspoon ground cumin	Garnish with chives and a drizzle of olive oil

1. In a food processor puree the first 10 ingredients.
2. Add the bread cubes, let soak for 3 to 5 minutes.
3. Stir in cumin and salt. Puree until smooth adding more tomato juice if necessary.
4. Add black peppers and chilies chill well and serve sprinkled with chive and a drizzle olive oil

Per 12oz serving: Calories 199; Protein 4g; Fat 11.5g; saturated Fat 1.6g; Carbohydrates 21.8g; Sodium 904mg; Fiber 3g

Spanish Frittata serves 6

2 to 3 cups sliced potatoes	1 tablespoon paprika	1/8 to ¼ teaspoon cayenne	1 ¼ cup 1% milk	1 cup grated light cheddar cheese
3 tablespoons olive oil	2 cups thinly sliced onion	6 eggs	½ teaspoon salt	
4 minced garlic cloves	2 cups sliced red and yellow peppers	3 oz goat cheese	½ cup Spanish olives	

1. Preheat oven to 400 degrees and lightly oil a 7 x 11 inch square pan.
2. In a bowl, toss the potato slices with 2 tablespoons olive oil, half the garlic, paprika and dash of salt. Spread in an even layer on a Pam sprayed baking pan and roast for 20 minutes until golden brown.
3. In the same bowl toss onions and peppers with cayenne and remaining oil and garlic. Spread in an even layer on a second baking pan, roast until tender and brown about 15 minutes.
4. Whisk together, eggs, milk and salt to smooth custard.
5. Layer the potatoes in the prepared baking pan. Spread the onions and peppers on top. Sprinkle olives and cheeses over mixture and pour the custard over all.
6. Bake for 45 minute, until the frittata is set and the top is golden brown. Serve hot or at room temperature.

Per 11oz serving: Calories 294; Protein 16.3g; Fat 15.8g; Saturated fat 6.22g; Carbohydrates 23.8g; Cholesterol 23.3g; Sodium 826mg; Fiber 2.4g

THANK YOU NATICK Residents...

It was announced on June 27, that we won the *Natick Tab's* Readers Choice Award for ***BEST CHIROPRACTOR in NATICK!!!!***. It is wonderful practicing in Natick. We really appreciate the confidence you have put in us for trusting us with you Health Care Needs!!!!