



# In Good Hands

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

“Read, every day, something no one else is reading. Think, every day, something no one else is thinking. Do, every day, something no one else would be silly enough to do. It is bad for the mind to be always part of unanimity” ~ *Christopher Morley*

## Who Else Wants To Add 12 Years To Your Life?

- ✓ 20 year study reveals 4 “bad habits” that made participants 3 times more likely to die of cancer or heart disease and 4 times more likely to die from other causes!
- ✓ How you can get Herpes and E. Coli at the make-up counter!
- ✓ First study to show “*modest weight reduction reverses some of the very adverse inflammatory changes we see in obese people with diabetes.*”
- ✓ The ONE-TWO PUNCH for fighting Arthritis!
- ✓ Why a certain kind of nap can boot your memory!
- ✓ MISSION: IMPOSSIBLE... Self-destructing text message technology is here!



**N**atick – I don’t know about you, but I bet if you asked most people on their death beds if they would like to have another 12 years, they would say...

**"Heck Yeah!"**

Well, if you would like to add 12 years to your life... it may be possible. And it may be simpler than you think. Here is why...

Bad Habits. Everyone’s got them, and we all make excuses why they are okay... Life is short... You got to have some fun some times... My career is stressful so it’s okay to have a vice...

**Blah, Blah...BLAH!**

Just like bad habits – everyone’s got excuses, too. However, just because a behavior is common with a plethora of excuses, it doesn’t make it any less deadly.

### MISSION: IMPOSSIBLE Self-Destructing Texts Are Here!

Quick Prediction: Tiger Woods and just about every celebrity will be using this new technology. Here is why...

Ogilvy Advertising has created something called “Safe Text.”

This service will warn text message recipient’s they will only have one chance to read a text message... after that it will be automatically erased.

The service currently offers up to 10 free anonymous text messages per day.

For example, a new study published in the April 26 issue of *Archives of Internal Medicine*, shows people who smoke, drink, rarely exercise and skimp on fruits and vegetables die younger – with a death risk of someone 12 years older!

In the study, 4,886 people age 18 or older were interviewed in 1984-1985. Participants were followed up, on average, 20 years later. In the two passing decades, 1,080 participants died. 431 died due to heart/cardiovascular disease, 318 due to cancer, and 331 due to other causes.

**Now, here’s the striking part:**

When comparing participants with all 4 bad habits to those with none – the group with all 4 habits were about 3 times more

likely to die of cardiovascular disease or cancer, were 4 times more likely to die from all other causes, and had an overall death risk equivalent to someone 12 years older.

Clearly, Mother Nature doesn't listen to excuses for smoking, drinking, not exercising and not eating right. It may be time to stop making them.

Now for some great news...

Science Daily reported on April 20, "*Australian scientists have shown for the first time that even modest weight loss reverses many of the damaging changes often seen in the immune cells of obese people, particularly those with Type 2 Diabetes.*"

### **Your Immune System**

The immune system has many types of cells that act like a little army to attack invaders such as germs and viruses. But, these cells operate in a delicate balance within our body.

For example, too much body fat causes the production of pro-inflammatory immune cells. Too many of these cells circulating in the body can be harmful. According to Dr. Alex Viardot, "*These inflammatory cells are involved in promoting coronary artery disease and other illnesses associated with obesity.*"

In the study published in the *Journal of Clinical Endocrinology Metabolism*, the authors concluded that even modest weight reduction of just 13 lbs. could produce an 80% reduction of pro-inflammatory T-helper cells and also a reduction of other circulating immune cells.

Dr. Viardot added, "*This is the first time it has been shown that modest weight reduction reverses some of the very adverse inflammatory changes we see in obese people with diabetes... The situation has reached crisis point, and people must be made aware that excess fat will affect their immune systems and therefore their survival.*"

### **One-Two Punch For Arthritis!**

Osteoarthritis is basically a combination of the wearing of the cartilage and synovial fluid in between bones that make up a joint... and... inflammation. Glucosamine is one of the building blocks of cartilage and synovial fluid and can help maintain and boost cartilage repair.

Omega-3 fatty acids help reduce inflammation. Fish oil has been shown to reduce inflammation associated with cardiovascular disease and rheumatoid arthritis.

Now, for the first time, a study has shown combining the two can reduce the pain and stiffness associated with osteoarthritis.

German researchers combined 1,500 mg of glucosamine sulfate with 200 mg of omega-3 fats.

Head researcher Joerg Gruenwald, Ph.D. said, "*Omega-3 fatty acids inhibit the inflammation process in OA, whereas glucosamine sulfate further supports the rebuilding of lost cartilage substance.*"

### **This Kind Of Nap Boosts Memory...**

Good news for all you "nappers" out there. A recent study reported on health.com found not only did college students who took a 90-minute nap perform better than those who did not – the nappers who dreamt performed 10 times better!

In the study, 99 college students were asked to memorize a complex maze on a computer. The students who performed 10 times better dreamt about the maze.

I think it's time for a nice 90-minute siesta!!!

### **Herpes And E. Coli At The Make-Up Counter!**

If you try on make-up at the make-up counter... you may be exposing yourself to Herpes, pink eye, E. Coli and more.

According to a recent L.A. Times article, a two-year study from Rowan University on public make-up testers found on an average Saturday, 100 percent of the makeup at cosmetic counters was tainted with staph, strep, and/or E. Coli bacteria.

Dr. Zein Obagi, a Beverly Hills-based dermatologist, was quoted in the article, "If a woman has a cut on her lip and borrows lipstick from someone who has a cold sore, she'll get a cold sore. You can pass herpes (the cold sore virus), conjunctivitis (pink eye) and all sorts of things through sharing makeup."

**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.**

### **What Our Patient's Are Saying...**

I have been a patient of Dr. Weiss for 7 years. Since then he has successfully treated my upper and lower back, hips, sinus, and even Rotator cuff. He always sees me on time, and sometimes without a scheduled appointment. Which of course is when I most need help. **I am very grateful to Dr. Weiss, because no matter how badly I manage to hurt myself, he has always been able to make me feel healthy again.**

*John E. Deans, Holden*

In the space of 6 days recently, I went from having an arm so sore I couldn't raise it more than 90 degrees, to driving in the winning run for my softball team as we qualified for post-season play. My two visits to you earlier in the week (one of which was practically on a moment's notice) obviously paid off. **Thanks so much for your expert care.**

*Jay Gordon, Natick*

## Inspirational Story Of The Month –

### Just When You Thought Integrity Was DEAD!

**While some sports stars and celebrities make headlines for lying, cheating, drug abuse and adultery... this pro golfer silently (and amazingly) does the right thing...**

Here's an interesting ethical dilemma...

Think back to when you were a little kid. Let's say 8 or 9 years old. I bet you had a dream that dominated your thoughts. It may have been to become a policeman... or fireman... or President of the United States of America... or a football, basketball, soccer or baseball player.

Whatever it was... just about all 8 or 9 year olds have a dream.

Maybe you are among the small percentage of people who actually get to live out their childhood dream... Maybe you are living that dream... Right now.

Chances are, especially if your dream was to become a professional athlete, you fell short.

But, what if you had the opportunity to finally achieve that goal and live your dream with one little twist...

And that twist is...

#### **You Had To Cheat To Do It?**

Would you do it?

But wait, that's not all, it gets better.

What if you could cheat to achieve your life's dream – AND NO ONE WOULD EVER KNOW, BESIDES YOU?

Now, would you do it?

It's like that old question, "If you found a bag filled with stolen money and no one knew you found it and there was no way to get caught, would you keep it or return it?"

In today's "me first at any cost" society, it's clear what most people would do.

But, here's where the story gets REALLY good...

Brian Davis is a professional golfer. You've probably never heard of him even if you're into golf, which is another reason this story is so amazing.

Davis has never had a PGA tour win. As you can imagine, this is one of his BIG DREAMS.

And, he was on the verge of doing just that.

He was in a playoff against Jim Furyk at the Verizon Heritage. A playoff in golf means they were tied for first place and had to go head-to-head to decide who took first and who took second.

Off the tee, Davis' ball went into some weeds. On his second shot, his back swing *may* have touched some weeds.

Who cares? In golf it IS a big deal. That's because the rules state that hitting any material around your ball on the back swing constitutes a violation of the rule against moving loose impediments. It's an immediate two-stroke penalty. In plain English – it's a BIG penalty and in this playoff situation, he would surely lose.

Davis thought he may have seen the weed move on the backswing out of the corner of his eye. So what did he do? He...

#### **Turned Himself In!**

Not to the Police – but to the golf officials. After reviewing that video tape – it was true – He DID hit a weed on his backswing. This cost him first place.

**But get this:** the infraction was so minor, they could only see the weed move during a slow motion replay. Without being prompted by Davis turning himself in, the odds of officials even noticing were akin to finding a needle in a haystack.

Imagine that – a man so honest he relinquishes a life dream to do the right thing... even when he probably would never have been caught... because HE would have known... and... he wanted to do the right thing.

Brian Davis should be admired for this. Brian Davis should get sponsors for this. Brian Davis should be in the headlines for this. Brian Davis should be the role model for young men and women, even if they don't golf.

*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! Please don't be a stranger. Call us, and we will assist you in putting together a customized wellness plan. It's not a luxury anymore! 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?**... Physical Activity Prevents Heart Disease... There's no doubt about it! Physical in-activity is a cause of premature coronary heart disease. Coronary heart disease refers to blockages (plaques) in the arteries that provide oxygen and nutrients to your heart muscle. Your heart beats 100,000 times a day, every day, year after year - what an amazing organ! It must have a reliable blood supply. In fact, 12% of all deaths in the U.S. are attributable to lack of regular physical activity, including at least a doubling of the risk for heart attacks or sudden cardiac death. How does exercise contribute to improved heart health? Exercise improves the lipid profile: reduces triglycerides and raises HDL cholesterol ("good cholesterol"); prevents and treats type 2 diabetes; reduces the systemic inflammation that plays a role in development of atherosclerosis; lowers blood pressure; and helps with weight control.

### **Tip Of The Month – Why Human Nature Is KILLING You! Lose Fat, Get In Shape, And Become Healthier...The Real Way!**



Do me a favor. Just for a moment – forget EVERYTHING you know (or think you know) about weight loss, getting in shape and living a healthy life. If you do, there is a very good chance you will get results you never dreamt possible. Let's see if we can do that for you... Shall we? First, we have to talk a little about...**HUMAN NATURE** Why? Human nature is one of the biggest forces behind why we do what we do. Human nature silently influences (and even controls) most of our actions... whether we know it or not. And, if we don't know about it, we tend to make very bad and unrealistic choices. For example, what if you had two offers. One for \$1 million dollars, but you had to work hard for the next 5 years to get it. The second offer is also for \$1 million dollars, but without doing anything whatsoever to earn it. No work... **Just Cash The Check!** Which one would you choose? If you are like most people... you'd take the no-work deal. Sure, a cool million over 5 years is darn good, \$200,000 a year. But... sitting on the beach, sipping a tasty beverage with that same cash is much better! That, my friends, is human nature. It is not right, wrong or indifferent – it just is - we follow, what seems to be, the path of least resistance. Now let's take weight loss and staying in shape. **You have three choices:** (1) Purchase a diet pill... take it... and wake up thin. No exercising or eating right. (2) Purchase a "secret" exercise program or piece of exercise equipment, put in a few minutes a day for a very short period of time and look like a swimsuit model. Big results for very minimal effort. (3) Follow a strict diet, which includes not eating many of the foods and treats you love, exercise vigorously several times a week, see results slowly over time – and do this for the rest of your life. **Which One Are You Going To Choose?** Odds are it's either #1 or #2 because millions and millions make that choice every year. The population keeps getting more and more overweight and it's all because **HUMAN NATURE** leans on you to make the easy choice or what **SEEMS** to be the easy choice at the time. We all know, in the end, it is much more difficult to take the easy way out than to do it correctly from the beginning. If you are not in the shape you would like to be or as healthy as you could be – deep down inside you know this to be true. **And let's be honest:** we all know #3 (or a version of it, depending on your goals, age etc.) is the **REAL** way to get in shape, lose weight and stay healthy. Come on! Fight it! Fight that human nature telling you to tell me to shove it! Telling you there is an easier way! Telling you that you can swallow the next wonder fat burner discovered in some remote part of the rain forest... eat a half gallon of Hagen Daz... and wake up thin! Instead, make the commitment to do it right. Do it the **REAL WAY**... Talk to your Chiropractic Physician and he or she will help you create a road map to the success you are looking for. They can help you lay everything out, so you do the right things at the right times to maximize your efforts. And yes, it does take effort. Consistent effort. And it all starts with the decision you make... right now. So what's it going to be: 1, 2 or 3?

**NATICK TAB READERS CHOICE AWARDS:** Thanks to you we won the **Natick Tab Readers Choice Award again** ☺ We really appreciate all the confidence you put in us. We know what a big deal it is (and responsibility) when you refer your loved ones, friends and co-workers to us. Without YOU we wouldn't be here. Our mission is to keep you active and pain-free. When you turn 90 (unlike George Burns), we want you to be able to say, "I knew I was going to live this long so I took GREAT care of myself". Thank you for letting us participate in your health care and overall wellbeing. It is much easier to stay healthy than get healthy. But if you do get hurt, as long as there is no blood or guts, from nose to toes we are the place to start. So thank you again for your votes, your support, your loyalty and your referrals!!!