

In Good Hands

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

Have Scientists Finally Cracked The Code To Make Things (Including YOU) INVISIBLE?



Natick – You have to admit – Hollywood does a great job of blurring the lines between *science fact* and *science fiction*.

They have become so good at it that many people actually believe much of the hogwash seen on the silver screen. We have all heard about people who have been injured... or even killed... imitating things they saw in a movie. Things that were never real – done with smoke and mirrors. Not that it is Hollywood's fault when people imitate a movie...

However, what can be just as dangerous is believing all the space-age medical technology that appears in movies these days. Technology that can save you from just about anything. And I'll tell you why in just a moment... but first... let me tell you something I found simply amazing...

Every now and then, the two paths of real science and science fiction cross. And when they do...

Real Life Becomes More Amazing Than Any Hollywood Script!!!

And it looks like we are just about to experience one of those times...

Here's why: The May 26, 2006 issue of Science Magazine reports that in as few as 18 months, the military may have access to an invisibility cloak that *makes the wearer appear invisible*.

Yes – you read that right. It makes the wearer appear invisible. I had to read it twice, too!!!

Here's how it works...the simple version anyway: The cloak will be made of a "metamaterial" which is made using nanotechnology and can change the direction of electromagnetic radiation. Relax – I have no idea what any of that means either!!! But let's continue...

Because light waves flow around the metamaterial, any object inside of it becomes invisible, similar to water flowing around a smooth rock.

Researchers have compared it to opening a hole in space. Along with the obvious stealth military operations, such a cloak could be used to conceal factories and other eyesores from the countryside.

Can you imagine going for a jog in the country... and then... BAM... you run right into a "cloaked" factory? Maybe they will put up warning signs. Anyway...

Nanotechnology is also behind many other exciting inventions, like the *world's strongest bulletproof vest* and *natural bandages*. As nanotechnology progresses, it is sure to change all our lives.

Many are also predicting it will radically change health care as we know it. Which is really what interests... or should I say... concerns me...

Let me explain by using genetic engineering as an example:

Will Scientists Manipulate Our Genes?

According to an article in the May 25, 2006 issue of The New York Times, in the coming decades, researchers will develop the tools to successfully manipulate human genes that will likely increase our life spans by 50%.

However, treating disease by developing drugs that deactivate genes using a technique called RNA interference (RNAi) may be fatal.

The results of one RNAi test conducted by Stanford researchers on mice was especially alarming: Out of some 50 bits of RNAi that were targeted to shut down six different genes, more than 70 percent caused liver damage and nearly half caused death.

Of course, scientists attempted to discount the results, claiming the approach wasn't state-of-the-art and toxicity was governed by the dosage. In other words, too much of "a good thing," namely a toxic drug, could be very fatal.

What Is “Too Much Of A Good Thing”?

The most important concept in all of this is: what is a good thing and what is not? And an even bigger... and more important question... is all this scientific advancement positive in the first place?

And an even more important question than that important question: How much of this scientific “advancement” is really needed and how much actually does more harm than good? Those are big questions with equally as big answers...

For example – there is an absolute ton of time, research and money being poured into this genetic research. All with the hopes of eliminating diseases and making all of us live longer and happier.

But, there is plenty of evidence out there that we already hold the key to a longer happier life right in our little hands already.

Consider this... the leading cause of death in the United States of America is heart disease. And as of 2002, the sixth leading cause of death was Diabetes.

And, if you look at the diabetes statistics, it should actually be much higher on that list. In the 2005 Centers for Disease Control National Diabetes Fact Sheet, it states that diabetes got its 6th ranking because it was listed as the underlying cause of death on 73,249 death certificates. **BUT – diabetes contributed to 224,092 deaths overall.**

Moreover, the report states that diabetes is likely to be under reported as a cause of death. Studies have found that only 35-40% of decedents with diabetes had it listed anywhere on the death certificate and only about 10-15% had it listed as the underlying cause of death.

Overall, the risk of someone dying with diabetes is about twice that of someone without diabetes of similar age.

So what? That’s precisely why we need to do all this genetic research and find a cure... right?

Well, here’s what: 90-95% of diabetes is type II, which means it is brought on later in life. Three of the major factors that contribute to the onset of Type II diabetes are: (1) Obesity, (2) physical inactivity, and (3) poor diet. And, as everyone already knows – heart disease has the same three causes. So we have the leading cause of death... heart disease... and the sixth (but obviously much higher), diabetes...

That Are Largely Preventable Through Diet And Exercise!!!

The bottom line is: most of the death and unhealthy suffering Americans endure is NOT genetic in nature. Instead, it is brought on by long-term abuse of your body; years and years of improper diet, eating unhealthy, processed foods, lack of proper and consistent exercise, and being overweight.

And most Americans are completely delusional when it comes to living a healthy lifestyle. For example, a survey was recently conducted and the results showed that 85% of Americans believe they have a healthy lifestyle. How could this be when research clearly indicated that two-thirds of them are overweight? Obviously, more than half are living in fantasyland.

But that's not the worst of it folks: Only 14% of women and 6% of men see themselves as obese.

It is clear the first step to living a long and healthy life is to take complete responsibility for your health. Accept the fact that maintaining your health is work. The answer most likely will not be found in a scientist’s test tube.

Make the decision to start a CONSISTANT exercise program and eat unprocessed nutritious foods... starting right now.

This may sound like a broken record... but... the only other choice is to join the unhealthy masses. Sitting on the couch eating fast food and blaming your so-called “bad genes” will not make the consequences any better.

And before you think this newsletter is “anti-medical technology” – it’s not. Just read the Inspirational Story of the Month and you will see why.

... 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

Another Patient Speaks

I had knee surgery in late summer 1998. A long time jogger and weekend sports enthusiast, I resumed a training program in December. I ran too far, too fast and developed severe plantar fasciitis in both feet. My feet were so bad that I had to give up jogging. I went to an experienced podiatrist and he prescribed inflexible plastic foot orthotics. My feet became worse. I had to tape my feet daily to help reduce the pain. I went to physical therapy for a few months. The physical therapist was very experienced and knowledgeable. My feet improved slightly. The physical therapist recommended a podiatrist who enjoyed an excellent reputation. The podiatrist made another set of foot orthotics that did help reduce the pain in my feet. The podiatrist also recommended surgery that would ‘release’ the fascia. I was not in favor of surgery that required cutting the bottom of my foot. I did not get the surgery. I eventually resumed playing basketball and soccer, but taped my feet and was careful not to overdo it. After 3 years I also was able to jog on soft turf, as long as I did not run for longer than 20 minutes. At that point I had pretty much accepted that I would never jog on asphalt or participate in any fun runs again. Then a friend told me about Dr. Weiss. When I started getting zings on the top of my left foot, I made an appointment with Dr. Weiss. He took care of the zings on the top of my foot in 3 or 4 visits. I hold him about my plantar fasciitis. He started working on the bottom of my feet. Within 6 weeks I was jogging on the road again. It had been over 5 years from when I first developed plantar fasciitis. Experience does count. Dr. Weiss knew the technique and the amount of pressure needed to fix my feet. My feet will probably always need regular maintenance. I know exactly who to see for that care, and other ailments as well. My 21 year old daughter went to Dr. Weiss for tightness in her neck and shoulders that was causing severe headaches. He fixed her up, too.

Bill Reardon

Inspirational Story Of The Month –

“The Miracle That Saved Adrianna’s Life...”

The lead story to this newsletter talks about one side of medical technology. The bad side. But, as you already know... there are always two sides to every story...

In this fascinating story, you will discover the other... wonderful side. A side that saved a life and made a dream come true.

Here’s the story: On the surface, Adrianna may appear to be just like every other 12-year-old. But she is NOT. Not by a long shot.

Besides the fact that Adrianna is considered academically gifted because she scores in the 95th percentile on standardized tests... she is also “gifted” in another... even more important area of her life.

And it all started back in February of 1994. That’s when Adrianna’s mother, Toni, began to go into labor. This may sound like nothing special to you, but to Toni it was. You see, Toni was only 5 months pregnant...

Only A Pound And A Half...

When Adrianna was born at 6:10 that evening, she only weighed 24 ounces. Her skin was described as “translucent” and her heart beat was so weak it was barely detectable.

Adrianna’s APGAR score (which is used as a gauge of the general health of a newborn) was only a 1. The normal score for a newborn is 7.

And even worse... two hours after her birth, the doctors gave little Adrianna only a 50% chance to live. A specialist from Temple University, Dr. Thomas Shaffer, was called in to work on Adrianna with Dr. Jay Greenspan. These two doctors had been working on a revolutionary new technique called liquid ventilation. And they proposed the idea to Adrianna’s mother, Toni.

They described liquid ventilation as a breathable fluid that could help Adrianna breathe easier. The breathable liquid is made of perfluorocarbons that carry more oxygen than blood and... in many ways... are similar to amniotic fluid.

If perfected, it is believed that you could be totally submerged in this liquid and still be able to breathe. But more important – if it is put directly into a baby’s lung – it produces a better and easier environment for the baby to breathe than respirators.

This is like true science fiction. Once the infant has this liquid in her lungs... even though she is out in the open... she will not breathe air. She will breathe this special fluid!

Adrianna’s mother was skeptical. Like I just said... this all sounded like science fiction. And she did not want to risk the life of her baby for some new, experimental procedure.

But... when Adrianna’s condition was downgraded from a 50% chance to live to 5%... she changed her mind.

The Moment That Made Medical History...

Dr. Greenspan injected Adrianna’s tiny lungs with this special liquid... and... within one hour... Adrianna’s condition started to improve. Hospital tests indicated a complete turnaround in her condition. Her blood pressure was now normal and her tiny heartbeat stabilized.

To make a long story short – Adrianna is now a gifted 12-year-old. But the story doesn’t end there...

Liquid ventilation has not received the funding it needs and is not available for most premature babies. One of the pioneers of this technique, Dr. Thomas Shaffer, states, “We can have 70 percent of babies weighing less than 750 grams survive, instead of 30 percent.”

Shaffer and Temple University Hospital are currently fighting to receive the funding necessary to complete the research that will lead to FDA approval. So far, Shaffer has treated and saved the lives of 12 prematurely born children.

And Adrianna’s mother, who is now a neonatal care nurse, shares Dr. Shaffer’s frustration. Here’s what she said in the June, 2006 issue of Reader’s Digest, “When I see a baby in severe respiratory distress, I can’t help but wonder what could be. I just refuse to believe that liquid ventilation will never have a place in neonatal care. All we went through has a purpose...

...Adrianna has a purpose.”

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!)

✓Did you know that your heart will beat about 3 billion times and pump about 400 million liters (800 million pints) of blood during your lifetime? That amount of blood is equal to the amount of gasoline to fill 10 million cars. A normal heart beats 70 to 80 times a minute. A typical athlete's heart - or a typical Valentine's heart - churns out 25 to 30 liters (up to 8 gallons) of blood per minute. The best man-made heart can pump only 10 liters (2.6 gallons) per minute and lasts for about 200 million beats - or about 5 years. A good man-made heart, it seems, is hard to find.

✓When you see something pleasing, beautiful, or humorous, most people will smile spontaneously. That's not because you have been taught to respond that way through life experience, either. Babies are actually born with the emotional fabric to smile when feeling pleasurable, as proven by observation of blind infants. Much is made of the fact that it takes fewer muscles to smile than frown. Technically that's true, but while smiling can take as little as five pairs of facial muscles it can also take as many as 53 individual ones.

✓Smiling people are perceived as friendly, happy, and welcoming. They are the first ones that a stranger will approach or speak to when seeking directions or assistance. Smiling is also contagious, unless someone has a basic character flaw that prevents him or her from enjoying life. Because each time a person smiles, the pleasure receptors in the brain release endorphins, which promote a sensation of well-being and contentment.

✓Young people tend to smile more easily and openly than older people, and of all smilers, more are women than men. In fact, studies have shown that American males with high testosterone levels smile the least of all. Researchers who study smiling are called gelotologists. They are the ones who come up with such discoveries as the fact that humans can instinctively differentiate between smiles that are "felt", and those that are just a social convention. According to them, the real smile is in the eyes.

Tip Of The Month...

The Music Lover's Dream And A Little Fun With Pictures...

This month we have two tips for you. One for the music lovers... and... the other... how to have a little fun on your computer with pictures. Both are equally amazing... First, for the music lovers: If you have a computer and have access to the internet... I'm sure you already know about all the music downloading sites out there. It became very popular several years ago... and... really captured the public's attention when the largest music sharing site, Napster, got sued for copyright infringement.



Since that time, other sites have popped up. And now, instead of getting your music for free - most have a charge per song. Like the extremely popular itunes that gets a buck a song.

However, we recently found a few free sites that were WAY different from what we had seen in the past. And to be honest... we were pretty amazed.

Here's why: On these sites, you can put in songs or artists or genre or whatever into the site... and... it comes back with songs and artists that are similar to the criteria you put in and will have a good chance of liking.

It is a little tedious in the beginning... because... when you put in a song you like... the site doesn't have that much information so it comes back with many options.

But as you tell the site which of those new songs you like or dislike... it quickly fine tunes its search for you.

But here's the most amazing part: The site comes back with a ton of songs and artists that you have never heard of. This is because there is so much talent out there and most never make it and get any radio or TV time.

And it can actually be a little freaky... because... you will LOVE many of the songs the site finds for you. Somehow they know how to match melodies and other things I know nothing about!!!

There are several sites where you can do this and it's an absolute blast. If you're interested, the best thing to do is go to:

<http://www.extremetech.com/article2/0,1558,1967383,00.asp?kc=ETRSS02129TX1K0000532>

I know it's a long web address... but that's what it is! At that site, you will find a great review of eight sites that offer this service. These sites are: MusicStrands, Liveplasma, UpTo11.net, Audiri, Pandora, Mercora, Yahoo LAUNCHcast Radio, Last.fm --- And here's something else you can have some fun with on your computer: It's called a photo mosaic. A photo mosaic is a picture that is made up of other tiny pictures. So, on this website, you can create a photo mosaic of you. And when you click on one of the tiny pictures that make up your photo mosaic... it will lead you to another series of tiny pictures.

And the really amazing thing about this is: This goes on FOREVER! I'm not sure how it works... but... it is incredible.

So, if you have a little free time and want to be amazed - go to:

<http://www.engadget.com/2004/10/19/how-to-make-your-own-photo-mosaics/>

AirPack Backpack Sale...Are you cringing at the load your children have to carry in their backpacks??? If you can't lighten the load, our ergonomically designed AirPack Backpacks can shift the weight so that only 1/2 is on the shoulders. A built in lumbar (low back) support keeps your kids upright (and not bent over like a turtle). If you have not seen one yet we have a full display in the reception area. . Buy one and get 10% off, buy 2 and get 15% off, or buy 3 and get 20% off. There 3 sizes and awesome colors. Stop in today with your kids and check them out. As an added bonus, with every purchase your children get a FREE Scoliosis and Spinal Motion Screening. (see insert inside)

Introducing YOGA & Nutrition Classes...See enclosed insert for class descriptions and times.