

# In Good Hands

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

“Opportunity is missed by most people because it is dressed in overalls and looks like work.”

~ Thomas Jefferson

## Sunscreens May Cause Cancer?

- ✓ Important facts you should know about sunscreen.
  - ✓ Recent research shows common ingredient in sunscreen may INCREASE risk of skin cancer.
  - ✓ What SPF really means and why you are probably not getting even close to the protection you think.
  - ✓ What ingredient in many sunblocks may cause hormone disruption?
  - ✓ Why getting the “Skin Cancer Foundation” logo is easy... and doesn’t mean much.
  - ✓ The FDA started to draft sunscreen regulations in 1978 – and they still are not complete!
- ...This may be why nearly 1 in 8 sunscreens do not even block UVA rays!

**Plus:** *New study reveals Ginger may reduce post exercise pain... why your morning coffee boost is not all it’s cracked up to be... and 8 reasons why children misbehave...*

**N**atick – For years and years, we have known two things to be true. First, the sun is bad for you... therefore exposure should be limited.

Most people don’t know this, but the sun has three types of “rays,” not just two.

The first is UVC. This ray usually does not reach our planet’s surface and this is good because it is believed only brief exposure to UVC rays is fatal.

Next, are UVB rays. These have long been considered the “tanning rays.” They are strongest during the summer months when the Earth’s orbit is closest to the Sun. UVB rays are what produce a “sun tan.”

For many years, sunblocks and sunscreens only attempted to block UVB because science was unaware of the effects of UVA rays (the third type of sun ray) on the body.

UVA was believed to be the safe ray in the 1980s, which spawned the growth and popularity of the artificial sun bed industry – some dermatologists even backed this artificial tanning! But, science now believes UVA rays actually do more damage than UVB rays! UVA rays are not dependant on how far the Earth is from the Sun – so the effects are the same all year round.

What’s more, UVA penetrates light clothing and car windshields... even many hats. Over-exposure to the sun has been linked to premature aging and even deadly skin cancer...



### Morning Coffee May Not Be Giving You The Boost You Think It Does!

Think coffee helps you wake up and gives you more energy? Recent research from British scientists says just the opposite. Bristol University researchers found coffee drinkers develop a tolerance to both the anxiety-producing and the stimulating effects of caffeine. In other words, drinking coffee only brings you back to where you should be without coffee – not better or more stimulated. *“Although frequent consumers feel alerted by caffeine, especially by their morning tea, coffee, or other caffeine-containing drinks, evidence suggests that this is actually merely the reversal of the fatiguing effects of acute caffeine withdrawal,”* wrote the scientists led by Peter Rogers of Bristol’s Department of Experimental Psychology.

### Which Brings Us To The Second “Truth”

Limit exposure to the harmful rays of the sun by using high SPF sunscreens and sunblocks. For years, the sunblock industry has been booming with the promise their products protect you from the sun’s aging and cancerous rays.

But, research now says these “truths” are not so “true.”

For example, there is no consensus whether sunscreens prevent skin cancer. According to the Environmental Working Groups’ (ewg.org) finding, *“The Food and Drug Administration’s 2007 draft sunscreen safety regulations say: FDA is not aware of data demonstrating that sunscreen use alone helps prevent skin cancer.”* (FDA 2007).

The International Agency for Research on Cancer agrees. IARC recommends clothing, hats and shade as primary barriers to UV radiation and writes *“sunscreens should not be the first choice for skin cancer prevention and should not be used as the sole agent for protection*

against the sun” (IARC 2001a). Even worse, there is evidence emerging that sunscreen may actually **INCREASE THE RISK OF SKIN CANCER!**

Researches speculate the cause(s) may be lack of UVA protection by most sunscreen for over 30 years, improper usage, staying in the sun longer with sunscreens and some of the ingredients. One big problem is the SPF (sun protection factor) myth.

In 2007, the FDA published draft regulations that would prohibit manufacturers from labeling sunscreens over 50 SPF. The FDA stated that anything over 50 SPF was “inherently misleading.” Even an SPF of 50 can be misleading because of the way most people use sunscreen. In the real world, tests show people apply only one-half to one-fifth of the amount used when testing the sunscreen. A person using one-fourth the amount of sunscreen with an SPF of 30 only actually gets an SPF of 2.3. The same person using a sunscreen with SPF 100 ends up with only SPF 3.2. (The math is exponential, that’s why there are such drastic reductions in SPF.)

Then, there are the potential problems with the ingredients found in sunscreens. For example, oxybenzone, a common ingredient, is a known hormone disruptor. Retinyl palmitate (a form of Vitamin A also commonly used in sunscreens) may increase the risk of skin cancer.

According to Environmental Working Groups, “*The publicly available data from FDA’s new study suggest that when used in sun-exposed skin care products, retinyl palmitate and related chemicals may increase skin damage and elevate skin cancer risk instead of protecting the skin.*” Also, according to Environmental Working Groups, 41% of all sunscreens contain retinyl palmitate.

All of this may be surprising but what’s even more shocking is that the FDA first issued draft sunscreen regulations in 1978 and last updated the draft in 2007. The regulations are still not final, despite multiple announcements of impending completion. Until the agency formally issues its rules, companies are not required to verify their sunscreens work, including testing for SPF levels, checking waterproof claims or providing UVA protection. Nearly one in eight sunscreens do not block

UVA rays. Many carry the seal of “The Skin Cancer Foundation.” According to the Environmental Working Groups, “*The Skin Cancer Foundation (SCF) lends its logo to hundreds of sun protection products. SCF approval is*

*easy, just document that your product has an SPF of at least 15 and provide results of basic tests (for SPF, skin reactions and water and sweat resistance, if such claims are made). SCF also requires that companies pay a \$10,000 donation to join the Foundation’s ‘Corporate Council’ in order to have their products approved.*”

Confused? If you are, then you are not alone. Here’s something that will make the most of the confusion disappear... Since sunscreens are probably not as safe as once thought, the best thing to do is stay out of the sun during its peak hours (10:00am – 2:00pm) and whenever possible, wear protective clothing instead of chemicals. Don’t forget, some sun is absolutely necessary for Vitamin D production and proper health. The amount of sun you should get depends on your skin type but you should NEVER burn.

**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.**

## Natural Pain Relief

### Ginger Supplements May Reduce Post Exercise Pain

A recent study published in *The Journal of Pain* found both raw and heat treated ginger reduced the pain associated with muscle injury when compared with a placebo.

“The primary novel finding was that supplementation with both raw and heat-treated ginger attenuated muscle pain intensity 24 hours after eccentric exercise,” wrote the researchers, led by Chris Black, PhD, from Georgia College and State University. The researchers also added, “Consumption of raw ginger resulted in a 25 percent reduction while heat-treated ginger resulted in a 23 percent reduction in muscle-pain intensity 24 hours post-exercise.” It is believed ginger may have anti-inflammatory and analgesic (pain killing) properties, similar to non-steroidal anti-inflammatory drugs.

### Our Patient’s Speak...

**I am grateful for the wise and dedicated treatment given to me by Dr. VanNederynen** at Performance Health Center. I have been seeing Dr. V. for a few months now for a lower back injury. She demonstrates that she knows exactly what she is doing. The wonderful Active Release Techniques (ART) and helpful chiropractic techniques have eased my back pain tremendously. I cannot recommend her enough! **She is idealistic, with a wonderful and caring personality as a practitioner.** Thank you again Dr. V!

**Persis Ballou, Lexington**

Dr. Weiss... Just wanted to give you some positive feedback and let you know how wonderful I feel after last night’s visit. Unfortunately, I let anxiety build for weeks around my breast pain, not understanding that you could help. The pain was resolving last night and gone today! **With every visit, I learn more and more about the benefits of being under your chiropractic care!** Be assured I will continue spread the good word.

**V. Day, Chestnut Hill**

## Inspirational Story Of The Month –

### Chucky's Fight

#### An Amazing Story About A Father And His Son And Why Their Struggle And Courage May Save Your Child's Life

Charles Rosa was always a tough kid. He played hockey in high school and participated in his share of street fights. When he rode his bike by mixed martial arts powerhouse, American Top Team in Boca Raton, Florida, he didn't hesitate to stop and walk in. The gym's owner (and Ultimate Fighting Championship veteran), Charles McCarthy, greeted him. In the blink of an eye, the 21-year old was in full kickboxing gear getting ready to spar. Little Charles (a nickname he later earned) got his butt thoroughly kicked that day. But, Charles McCarthy and the other instructors noticed something very special: Little Charles had no fear. After every kick or punch to his face, Little Charles didn't even flinch. He just kept coming forward. In fact, with every shot he took, he came back even harder. After his sparring session, Little Charles sat down and...

#### Threw Off His Gear In Disgust!

"What's wrong?" another student asked.

"I thought I was tough. I thought I could do this mixed martial arts stuff. I just got my butt kicked. I'm not as tough as I thought."

"Do you know who you just sparred?"

"No."

"Well, that was Cole Miller."

Little Charles' eyes opened wide and a smile broke across his face.

"You mean the Cole Miller that was on the Ultimate Fighter television show and fought in the Ultimate Fighting Championship pay-per-view event?"

"Yep... that would be the same Cole Miller! You should be proud of yourself... most guys can't last 2 minutes with him." A fire was lit and Little Charles knew he could do it. He started training at American Top Team in Boca Raton 6 days a week... twice a day on most days. He rode his bike 30-40 minutes each way. It wasn't long before Little Charles started making his mark at the school. Grappling instructor Matt Welch was shocked after training with Little Charles. "I put him in chokes that would make anyone give up and he doesn't. He just keeps fighting. In 15 years on mixed martial arts training, I've never seen anything like it. He never quits. He has that intangible, indescribable 'something special' and he's going to be a star some day soon." After less than a year of training, Little Charles won his first kick-boxing match by TKO. After a year and a half, he was scheduled for his first mixed martial arts fight.

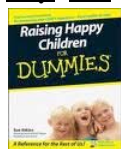
#### That's When The News Crews Started Calling The School...

As it turns out, Little Charles is more special than any of his coaches knew. Little Charles recently lost his two brothers to drug addiction and he narrowly escaped the same fate before walking into American Top Team. Little Charles' Father, Chucky Rosa, was on a mission to save other children from the evils of drugs. He started "Chucky's Fight," where he videos himself taking a swim in the ocean every single day. If you think this is easy, check out this video on Chucky Rosa taking a dip on January 18<sup>th</sup>... in the icy waters in New Hampshire... while it's snowing. <http://www.youtube.com/watch?v=Vf2-l7pgtIY> Chucky Rosa is a mountain of a man and does not even appear the slightest bit cold while talking to the camera and wading into the near-frozen ocean. These frozen swims have not only saved the life of his son, but countless others who find the inspiration to walk away from drugs and live a beautiful life... and live a beautiful life is what Little Charles is doing. He's not only one of the hardest workers at American Top Team in Boca Raton, Florida... he's one of the most popular. He has a second family at the gym and a new outlook on life. He shows up for class early and is the last one on the mat. He is often seen working with the children... when no one has asked him to. He just takes it upon himself to help the little guys and show his enormous heart. Please, go to the youtube link above and check out Chucky's fight and spread the word. Email it to your friends and whether you are a fight fan or not, remember the name "Charles Rosa," because you will hear it and see him fight in the big show sometime soon.

**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 and looking younger! Don't be a stranger. Call us and we will assist you in putting together a customized treatment plan. It's not a luxury anymore! With our pre-payment plans, 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?...** When most people think of burns, fire and heat usually come to mind. While it is true that heat is the leading cause of tissue damage known as a "burn", a burn can also be caused by radiation (like a sun burn), friction, electricity, and chemicals. Most burns, other than the most severe, can be safely and effectively treated with natural home remedies. Burns are characterized by degree, based on the severity of the tissue damage. First-degree burns cause redness and swelling in the epidermis (the outermost layers of skin). Second-degree burns also involve redness and swelling, as well as blistering and the damage may extend beneath the epidermis to the deeper layers of skin (the dermis). Third-degree burns destroy the entire depth of skin and usually result in scarring. The damage may extend to underlying fat, muscle, or bone. The wonderful Aloe Vera plant is a top choice for healing and soothing burns. Since the active ingredient (acemannan) breaks down quickly, fresh inner leaf fillets are much preferred. Fresh Aloe Vera quickly soothes painful burns and often heals even serious burns with little or no scarring. Lavender essential oil is a very effective antiseptic that also reduces pain and promotes rapid healing. In addition, lavender reduces scarring. When lavender oil is applied to a burn very quickly, the burn may heal with no scarring at all. For larger burns, pour lavender oil onto gauze or a cloth and apply the gauze to the burn every few hours. A wonderful and widely available household first aid item for healing and soothing burns is diluted vinegar. Cover the burn area with a cloth soaked in diluted vinegar and refresh the vinegar compress as often as needed, especially if the pain returns. Another good household item is honey, especially raw honey. Honey has wonderful antiseptic and healing properties. Researchers in India found burns dressed with honey healed faster and with less pain and scarring. Another age old remedy is potato peels. Potato peels provide moisture and they also have anti-bacterial properties. Doctors have found potato peel bandages work better for minor burns than conventional dressings. Vitamins A, C, and E aid in the healing process for burns and other wounds. Zinc can help with healthier skin after the burn, as well as a quicker recovery time. Severe burns often heal with little or no scarring. Note: In the case of any very severe burn, seek professional medical care immediately.

### **Tip Of The Month - Why Children Act Up! And What You Might To Do About It...**



Raising children is one of the most challenging things you can ever do. Sometimes, they are your little angels and other times, your little devils. The most difficult thing may be identifying what causes each behavior. It would make things a lot easier around your house if you knew exactly what to do to raise the perfect child, wouldn't it? Well, while there is no "perfect formula," there are known (and common) reasons why some children misbehave.

Just knowing and understanding these reasons can go a long way to creating a well-balanced child... and giving you some sanity! The first and possibly biggest reason children misbehave is simply because they are trying to figure out the whole new and enormous world around them. The way they do this is to TEST BOUNDARIES. As they develop, they will test or push whatever boundaries and limitations their parents have established. Unfortunately, many times, limitations and boundaries are weak – if existent at all. Boundaries must be strong and enforced CONSISTANTLY. A lack of consistency leads to a confused (and difficult) child. Since consistency is probably the most important factor, any difference between boundaries you set and your children have at school can cause a problem. Without consistency, children do not feel safe and comfortable. The world around them becomes a very strange and uninviting place. The end result is a greater level of testing of boundaries and increased stress. This can also occur with separated or divorced parents. Oftentimes a “good cop – bad cop” dynamic takes place. One parent tries to set and enforce the rules, while the other is the “fun” parent who gives the child anything they want in an attempt to win them over. The child usually favors this parent in the short term, but ends up with behavior problems. The best thing to do is talk to your children's teachers and find out what is going on. The same holds true with separated parents. Although easier said than done, children must be put first. Also, make sure your expectations are within your child's developmental stage. In other words, do not expect a 2 year old to have the attention span of a 5 or 6 year old. Make sure your children understand what is expected of them. Children are much more likely to act up when they are hungry, tired or bored... so, make sure you have a daily routine that meets all these needs. It is much easier to stay ahead of these basic needs than try to play catch-up once it is too late. One of the most important things to remember is that children mimic the behavior of their parents. "Do as I say, not as I do" doesn't cut the mustard. If you don't want your kids to yell or swear but you and your spouse yell and swear at each other frequently, then you are in for a long, hard parenting road.

### **AirPack Backpack Sale** Do you cringe 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 ½ 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 try one out. As an added bonus, with every purchase your children get a FREE Scoliosis and Spinal Motion Screening. (see insert)