

In Good Hands

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

"The main things which seem to me important on their own account, and not merely as means to other things, are knowledge, art, instinctive happiness, and relations of friendship or affection." - *Bertrand Russell*

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

"Banned Drugs Found In 10% Of Supplements!"

*Plus: More bad news for cell phone users and
what foods have the most pesticides!*



Natick – Banned drug in supplements, cell phone worries and pesticides in produce – OH MY!
Sounds like a bad rendition of the Wizard of Oz song – doesn't it?

It's a good thing THAT was only a movie. This is not...

Here's what this is all about: First, the banned drugs in supplements.

A new study of supplements sold in Britain has found more than 1 in 10 are contaminated with banned steroids or stimulants. *Yes* – you read that right.

All athletes should be careful about what they are taking.

The independent research study shows out of 152 products tested, 10.5 percent contained enough illegal substances to trigger a positive drug test.

This is a rude awakening to British athletes who face a two-year suspension should they test positive for these substances irregardless of whether they knew they were taking the drug or not.

The research will revive memories of the 1990s when numerous British athletes tested positive for nandrolone, including Dougie Walker, Mark Richardson and Linford Christie, who have always blamed the failed test on a contaminated supplement. Under World Anti-Doping Agency rules ignorance is no defense.

According to the British newspaper, *The Telegraph*: Liz Yelling, who will compete in the marathon in Beijing, said: "These findings are worrying because athletes have a right to know that any supplements they use are totally clean."

The study, funded by Lucozade Sport, was carried out at the Newmarket laboratory of HFL, a leading drug-screening company.

Andy Parkinson, acting director of UK Sport's anti-doping agency, said: "What this shows is that there are no guarantees when taking supplements and athletes have to be very mindful and cautious and manage all the risks that they can when deciding to use a particular supplement."

Meanwhile, International Olympic Committee President Jacques Rogge, says he expects up to 40 athletes to be caught doping in Beijing, compared to 26 at the 2004 Athens Games. He has based his forecast on the increased number and improved quality of urine analyses.

As one can see, with all the different supplements on the market today – it is more important than ever to ask your Chiropractor about what is right for you.

More Dangers Of Cell Phone Use...

In case you don't already know, a recent study has found a possible link between cell phone use and brain cancer. In fact, award winning Neurosurgeon, Dr. Vini Khurana, recently conducted a 15 month "critical review" of the link between mobile phones and malignant brain tumors and found...

Using Mobile Phones For More Than 10 Years Could More Than DOUBLE The Risk Of Brain Cancer!

And listen to this...

Dr. Khurana says people should avoid using them whenever possible and that governments and the mobile industry must take "immediate steps" to reduce their radiation.

This is so important because at the time of writing this, there are approximately 3 billion mobile phone users worldwide and a malignant brain tumor basically represents, according to Dr. Khurana, “a life-ending diagnosis.”

Wow! And if that wasn't bad enough... check this out:

Behavior Problems In Children Linked To Cell Phones, Too?

A new study has just show that children whose mothers used cell phones frequently during pregnancy and who are themselves cell phone users are more likely to have behavior problems.

Researchers looked at a group of 13,159 children whose mothers had been recruited to participate in the Danish National Birth Cohort study early in their pregnancies. When the children reached age 7, mothers were asked to complete a questionnaire about their children's behavior and health, as well as the mother's own cell phone use in pregnancy and the child's use of cell phones.

After the researchers adjusted for factors that could influence the results, such as a mother's psychiatric problems and socioeconomic factors, children with both prenatal and postnatal cell phone exposure were 80 percent more likely to have abnormal or borderline scores on tests evaluating emotional problems, conduct problems, hyperactivity, or problems with peers.

Risks were higher for children exposed prenatally only, compared with those exposed only postnatally, but were lower than for children exposed at both time points.

Kheifets and her colleagues note that a fetus' exposure to radiofrequency fields by a mother's cell phone use is likely very small.

However, they add, research has shown that children using cell phones are exposed to more radio frequency energy than adults, because their ears and brains are smaller.

Because cell phone use was so infrequent among children in the study - 30 percent of kids were using a cell phone, but just 1 percent used a cell phone for more than an hour a week – radio frequency exposure seems unlikely to have caused any behavior problems, they say.

Researchers pointed out that there are other factors that could be involved (such as social-economic status and smoking) and that the results should not be over interpreted. More research needs to be done.

But the question remains: with more and more studies coming out linking cell phone use to potentially disastrous and life threatening health problems – should you wait for the research to be 100% sure?

Or should you take steps immediately to reduce your potential risk. After all, there was a time when tobacco companies said there was no definitive proof that smoking was bad for you. Remember that?

What Steps Can You Take?

The first thing to understand is studies have shown that any dangers associated with cell phone use are related to the closeness of the antenna to the human body.

So, head-set and hands-free devices protect the human body from adverse cell phone radiation. **THIS DOES NOT INCLUDE BLUETOOTH DEVICES.** It appears that Bluetooth devices may be “even worse” than using a standard cell phone in terms of microwave radiation.

There is also a product called the RF Raider that may effectively reduces up to 60% of the radiation exposure you get from your cell phone. If you are interested in learning more about this ingenious new device... just go to www.rfraider.com . Basically, you can stop using your cell phone, use an appropriate headset (not Bluetooth), or look into the RF Raider. A combination approach is probably the best.

... 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

More Praise for Dr. VanNederynen

In the past, I was not all that convinced that a chiropractor could really offer much benefit to my health program...that was before I met Dr. Van Nederynen (Dr. V).

Chronic migraines and a nagging low back pain brought me to her office about 7 months ago. **I was immediately impressed with how acutely she listened to all my symptoms and subsequently created an effective treatment plan.** Almost immediately I seemed to be walking taller, my headaches were gone, and back pain was a thing of the past! I am thrilled not only with the results, but also with the attentive, genuine, and highly effective nature of **Dr. V. She encompasses all that a healthcare provider should and could be...**I'm sending all my friends to see her.

Carmen Schmidt, Boston

Inspirational Story Of The Month –
(Names And Details Have Been Changed To Protect Privacy)

Sometimes We Need Examples From The *Animal Kingdom*...

How many times have you heard it...

He or she “Acts like an animal!”

Of course – this is describing bad – if not terrible behavior (oftentimes barbaric). But is that really the best comparison? The following true story may lead you to think differently – and may even lead you to think differently about yourself.

Here’s the story:

In late July 2008, something very odd happened in a southeast Kansas zoo. Three white tiger cubs were born and everyone at the zoo was excited. But that’s not the odd part. What’s odd was soon after the mother Tiger gave birth to her cubs... she began to have problems with them. And then a day later – she did the unthinkable...

She Stopped Caring For Them!

That’s right. She just walked away. Safari Zoological owner Tom Harvey said the cubs were wandering around, trying to find their birth mother, who wouldn’t pay any attention to them.

If you think this is odd behavior – it is. But listen to this: The park owner didn’t know what to do at first, but his wife told him about a television show she had seen. On the show, she saw dogs taking care of and nursing tiger cubs! Puppies take about the same amount of time as tiger cubs to develop. So Harvey found a golden retriever who had just weaned her own puppies.

Miraculous Results!

When he put the tiger cubs and mother golden retriever together – the results couldn’t have been more miraculous! “The timing couldn’t have been any better,” he said. He went on to relate the mother (golden retriever) doesn’t know the difference; she licked, cleaned and fed the cubs.

The Safari Zoological Park is a licensed facility open since 1989 and specializes in endangered species. It has leopards, lions, cougars, baboons, ring-tailed lemurs, bears and other animals. It currently has seven white tigers and two orange tigers.

Because white tigers are inbred from the first specimen found more than a half-century ago, they are not as genetically stable as orange tigers. That’s why it was so important to save the white tiger cubs.

But the really important message is how the golden retriever – an animal of a completely different breed – took care of the tiger cubs as if they were her own.

The pictures looked quite odd because of the striking contrast between the mother golden retriever and the white with black stripes tigers she was nursing.

Animal – Dog – Breed...

The great dog behaviorist, Cesar Milan, says that when you think about your dog, you should see it first as an animal – then a dog – then its breed. The higher you go up on that ladder – the more dominant those inborn traits are.

For example, a pitbull may have been bred to fight other dogs as a breed – but as a dog they are a pack animal and, if raised correctly – the “dog” part of their nature will trump the “pitbull” part and they will get along just fine with other dogs.

And it seems as though the mother golden retriever was able to see past the “dog” and recognize that they belonged to the animal “society.” So she took care of them – because – on that level – they were just like her.

Although this makes complete sense, it is much easier to see the differences than the similarities. We often divide things by town, county, state, region, country, etc.

Lines are constantly drawn to separate – instead of unite.

But like the golden retriever nursing the tiger cubs – we must all look past the obvious diversity of the first glance to see the commonality that lies beneath and brings us all together.

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!

These two recipes go nicely with this month's "Carb Confusion" promotion at Performance Health Center. They are full of healthy, complex carbohydrates plus they are delicious.

Almond-Green Bean Salad - serves 4

4 cups chopped Butter lettuce	2 tablespoons balsamic vinegar	2 Tablespoons toasted slivered almonds
3 cups frozen green beans	1 Tablespoon olive oil	
1/3 cup sliced red onion	Salt and black pepper to taste	

Directions:

1. Rinse lettuce in cold water drain and blot dry with a paper towel
2. Mix all ingredients together in a large mixing bowl, serve immediately

Per serving: calories 118; fat 6g; saturated fat 0; sodium 13mg; carbohydrates 14g; fiber 5g; sugar 7.5g; protein 4g

Arroz Con Pollo – serves 4

1 cup dry brown rice	¼ cup diced bell pepper	1 teaspoon garlic
2 cups water	¼ cup chopped green onion	¼ teaspoon paprika
¾ cup roasted chicken breast cubed	1 teaspoon ground cumin	
½ cup frozen green peas	1 teaspoon coriander	

Directions:

Place all ingredients into a rice cooker or a sauce pan and cook until done, about 30- 45 minutes, depending on cooking method.

Per serving: calories 244; fat 1.4g; saturated fat 0g; cholesterol 22mg; sodium 23mg; carbohydrates 43.6g; fiber 2.5g; sugar 1.9g; protein 12.7g

Tip Of The Month – 12 Foods With The Highest Pesticide Count And 12 Foods With The Lowest



Over the years there has been a great debate over organic versus non-organic foods. Do you really need to go organic... or... is it just a waste of money?

The Environmental Working Group (www.ewg.org) is a nonprofit organization that advocates in Washington D.C. for policies that protect global and individual health. Among the many valuable services they provide is a *Shoppers' Guide to Pesticides in Produce*.

It is based on the results of nearly 43,000 pesticide tests performed on produce and collected by federal agencies between 2000 and 2004. Nearly all of the data used took into account how people typically wash and prepare produce - for example, apples were washed and bananas peeled before testing.

Of the 43 different fruit and vegetable categories tested, these had the highest pesticide load, making them the most important to buy organic versions of or to grow organically yourself:

• Peaches Apples • Sweet bell peppers • Celery • Nectarines • Strawberries • Cherries • Lettuce • Grapes (imported) • Pears • Spinach • Potatoes

Of the 43 different fruit and vegetable categories tested, the following 12 foods do not have to be organic. These had the lowest pesticide load, and consequently are the safest conventionally grown crops to consume from the standpoint of pesticide contamination:

• Broccoli • Eggplant • Cabbage • Banana • Kiwi • Asparagus • Sweet peas (frozen) • Mango • Pineapple • Sweet corn (frozen) • Avocado • Onion

Why Should You Care About Pesticides?

The EWG points out that there is a growing consensus in the scientific community that small doses of pesticides and other chemicals can have adverse effects on health, especially during vulnerable periods such as fetal development and childhood.

A few other notes from the EWG: Nectarines had the highest percentage of samples that tested positive for pesticides (97.3 percent) followed by peaches (96.6 percent) and apples (93.6 percent). Peaches had the highest likelihood for multiple pesticides on a single sample: 86.6 percent had two or more pesticide residues.

Join our Wall of Winners:... Have you seen our growing wall of enthusiastic patients engaging in sports and activities they love to do. We would be honored to add YOU to our wall. PLEASE bring in a 5x7 or 8x10 photo of you doing what you LOVE to do. Whether it's crossing the finish line, climbing a mountain, playing the piano, playing with your grandkids, celebrating a milestone, please share it with us. Feel free to personalize them. We are thrilled that we can help you do the things you enjoy doing.. It puts a smile on our faces when we see these photos everyday doing what you enjoy doing. It gives us tremendous satisfaction getting and keeping you healthy and mobile. Please share your success with us. Feel free to also send us your testimonials for our newsletter and website!!!