

In Good Hands

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

“He dares to be a fool, and that is the first step in the direction of wisdom.” - *James Huneker*

Another one of Mother Nature's health wonders...

Can Chocolate Slash High Blood Pressure?

Plus: Sun Beds Elevated to Top Cancer Risk Level by WHO... and more...

Natick – Who doesn't like Chocolate? According to a new study on rats in the *Journal of Agricultural and Food Chemistry*, consumption of a commercially available cocoa powder enriched in flavonoids may decrease blood pressure and boost heart health.

Rats fed 300 milligrams per kilogram of body weight experienced a reduction in blood pressure similar to a 50 mg/kg dose of Captopril, a well-known pharmaceutical anti-hypertensive.

“This is important because this drug is known to be a very effective anti-hypertensive treatment in clinical practice and spontaneously hypertensive rats represent nowadays the best experimental model for essential hypertension in humans,” wrote the researchers, led by Amaya Aleixandre from the Faculty of Medicine at the Universidad Complutense in Madrid.

The health benefits of chocolate have been noted in several studies over the last few years. Its positive health value is usually attributed to the fact that it is high in anti-oxidants.

Some quick facts: The study used Natraceutical's *CocoanOX* cocoa powder and was funded by the company. This is not the first study to show health benefits from chocolate... and more long-term studies are needed.

Now for some bad news...

Sun Beds Have Been Elevated To A Top Cancer Risk By The World Health Organization!!!

If you enjoy going to artificial tanning salons... you are going to want to pay strict attention to this...

According to a July 28, 2009 article posted on *Breitbart.com*: *The International Agency for Research on Cancer announced in July that it had elevated sun beds, used by tens of millions of people for tanning, to its highest cancer risk category.*

“Classified in 1992 as a ‘probable’ cancer agent, research since then has left no doubt that soaking up UV rays at tanning salons significantly enhances the chances of developing the disease, the World Health Organization (WHO) agency found.”

Here is a very strong statement made by one of the researchers about artificial tanning:

“The use of sun beds is carcinogenic to humans. It causes melanoma of the skin, and melanoma of the eye,” said Vincent Cogliano, an IARC researcher who led the new assessment. ***“I cannot see any reason why a healthy person should use them.”***

According to the study, published in the British medical journal *The Lancet*, the most lethal form of skin cancer – melanoma – increases by 75% percent when the use of artificial tanning devices starts before the age of 30.

Researchers said that they are not regulators and just present the facts as they find them. Public health agencies can use these facts to regulate as they see fit.

The article said they are calling for “tighter regulations for the billion dollar tanning industry.” 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

A Future Chiropractor Tells Her Story...

I started seeing Dr. Weiss back in 2001 for TMJ and back pain. The TMJ made it painful to eat and would make my jaw ache throughout the day. After seeing TMJ specialists in Boston, which failed to ease the pain, I had given up on trying to alleviate the problem. I was referred to

Dr. Weiss by my grandmother who lives in Natick, since he treated her so successfully for her headaches. My mother drove me 30 minutes to Natick for weekly adjustments. When I started to feel better, I was able to go less often just for maintenance. **It was certainly worth the drive because after all these years, I am still pain free!**

When I tell people about my TMJ and how Dr. Weiss helped me, they are in disbelief that chiropractic can treat anything besides back problems. Dr. Weiss helped me realize that chiropractic care can heal most ailments and his Active Release Techniques (ART) treatment has been very successful for me and my family. **My mother and grandmother no longer suffer with headaches and Dr. Weiss also treated my sister for carpal tunnel.**

So, in my second year of college at UMass Lowell, I decided to follow the path that had provided me with so much help in the first place- Chiropractic. **I have been accepted and will attend Palmer College of Chiropractic this fall! I am so excited to begin my journey as a chiropractor and will strive to be as dedicated, caring and talented as Dr. Weiss.**

Thank you Dr. Weiss for your encouragement, advice and inspiration!

Abby Denaro, North Reading

Relief From Years of Chronic Back Pain...

Thank you for making my life livable again. Three weeks ago I was in constant pain, hardly able to walk from the parking lot to the office and reduced to tears at the thought of not being able to live independently. Today the cane is in the closet, I am able to get in and out of bed without a series of maneuvers that were structured to minimize pain, and much to my surprise I did some errands at the local mall yesterday. **I am now beginning to enjoy some of the day-to-day activities that have been problematic for years because of pain.**

During those years I tried everything, from pills to epidural but nothing has given me the relief that I am experiencing from your treatments. I know I still have a long way to go but it took a long time to get here. With your continuing help I know I will make it.

Eileen Gillis, Wayland

Another Marathoner Runs Pain-Free (and gets a PR) ...

Last fall while running the Marine Corps Marathon I encountered some very painful IT band issues. This was unlike anything I'd experienced during my training so after the race I consulted some friends from my running club, anxious for some insight into what had gone wrong and what I could do to prevent it from happening again. Several people suggested ART treatment so I made an appointment with Dr. VanNederynen (Dr.V).

At the first visit Dr. V was able to diagnose what had happened and explained IT band syndrome to me. The ART treatments themselves were incredibly effective, and she also took the time to show me numerous stretches that could help prevent this issue from returning. **The combination of the ART, the e-stim machine, and the new stretches allowed me to get back on the road and run pain-free again in a surprisingly short amount of time.**

As the Boston Marathon approached this spring Dr. V suggested that I try Kinesio Tape on my long training runs as an additional way of avoiding any further IT band issues. It worked great and I ended up wearing it during the marathon, too. **Thanks to Dr. V I was able to run Boston with zero pain this year and I got an eight minute marathon PR in the process!**

I can't say enough great things about how helpful Dr. V has been. Her knowledge combined with her friendly, easy going approach make her an incredibly effective doctor and I can't thank her enough for all her help!

Patrick Tibbetts, Westborough

Inspirational Story Of The Month –

How A Malignant Brain Tumor Led To Overwhelming Success

Everything happens for a reason.

I'm sure you've heard that common phrase. Some believe it's true. Others say it's nothing but hogwash. No matter how you look at it – life can be puzzling. And, at times...

Awe-Inspiring

In fact, it IS all in how you look at it. And how you look at “it” and react to “it” determines how successful and happy you will be in life. And since happiness has been correlated to healthiness – how you look at things will also partially determine how healthy you are.

Seems pretty important – doesn't it?

Now it's time for an example that has literally changed hundreds of lives in a very short period of time.

Chances are – it will change yours, too. That is... if you react to “it” the right way. ☺

5 NCAA Championships Begin With An Unlikely SECRET WEAPON...

Northwestern Wildcats lacrosse might be the most dominant program in NCAA history. They have won 5 consecutive NCAA National Championships.

Anyone who knows anything about college sports knows how difficult it is to win just one national title. Most college programs never win ONE in their entire sports history.

Five over 50 years would be worth mentioning. FIVE IN A ROW IS ABSOLUTELY ASTONISHING.

You must be thinking: The Wildcats must be doing something special. They must have a SECRET WEAPON.

You would be...

Right!

That secret weapon's name is Jaclyn Murphy.

What's so special about Jaclyn? The first thing is that she doesn't play lacrosse. She isn't even old enough to go to college... yet...

You see, Jaclyn was diagnosed with a malignant brain tumor at the age of 9. As you can imagine... the innocent little girl was sad and in need of a little help.

That's just what the Wildcat lacrosse team gave her. They reached out to little Jaclyn and 5 years later, at age 14, she is...

Cancer Free!

And Northwestern has not lost a National Championship ever since their initial meeting!

Inspired by their meeting and relationship, the Friends of Jaclyn Foundation was established to match up other college teams with children with malignant brain tumors.

The program has linked over 100 kids with athletic teams and there are hundreds of programs on the waiting list.

The story and program has been so successful and inspiring it was featured on July 21st on the Emmy-winning HBO sports series, Real Sports.

So what do you think?

Did this happen for a reason? Are the Wildcat's 5 National Championships directly linked to Jaclyn? Is Jaclyn's recovery from malignant brain cancer due to the Wildcat's helping hand?

Did All This Happen For A Reason...Or Is It Just One Big Coincidence?

Does it really matter?

Check this out: There is something in medical studies called the placebo effect. The placebo effect occurs when people in a control group get better without receiving the treatment.

Many times, this placebo effect can be quite successful, showing that just the act of someone believing they are going to get better makes them better.

So, chances are, Jaclyn and Northwestern had a profound effect on each other's success. And yes... it probably matters whether you BELIEVE it happened for a reason or not. ☺

Did You Know?... Seafood is the best natural source of Omega-3 fatty acids. Regularly eating small amounts of Omega-3 fatty acids has a beneficial effect by reducing blood pressure and reducing the risk of heart disease. Seafood is good for ALL of you. The role of proteins, minerals, vitamins and Omega-3 fatty acids found in seafood:

- Brain - Reduces the risk of a stroke; may reduce the risk of Alzheimer's disease; may reduce the incidence of depression; aids in infant neurodevelopment and the building of brain tissue.
- Digestion - May help relieve symptoms of ulcerative colitis and Crohn's disease.
- Eyes - Contributes to vision development; contributes to nerve growth in the retina; may reduce symptoms of dry eye syndrome.
- Heart - Reduces the risk of cardiovascular disease; decreases blood pressure slightly; decreases risk of heart arrhythmias; decreases heart triglyceride levels; improves circulation; increases HDL (good) Cholesterol.
- Joints - May help relieve symptoms and inflammation caused by rheumatoid arthritis.
- Lungs - May help reduce symptoms of asthma and bronchitis and reduce the risk for chronic obstructive pulmonary disease.
- Muscles - Helps build muscles and tissue.
- Skin - May help relieve symptoms of psoriasis and eczema; may also ease the effect of aging and sun damage.

Tip Of The Month - Can Simple Health Tips Solve Healthcare Reform? As you know by now... there is a



MASSIVE and HEATED debate going on in the U.S. over healthcare reform. Costs have been spiraling out of control for quite some time – and most agree that something must be done. But that's where the agreement ends. A very common argument is that everyone should be covered and have access to the healthcare system for “free.” This is a misnomer... because we all know there is no such thing as “free.”

Someone has to pay for it. And with a price tag estimated at well over \$1 TRILLION... someone must pay dearly. But, what if the biggest problem with our healthcare system is NOT the amount of people covered? What if it was something else altogether? Sound crazy? Hear me out... For example – the medical system in the United States is exceptionally good at emergency and crisis care. If you have a heart attack... our system is amazing at saving your life. The same is true if you are in a car accident and many other emergencies. But... there is a big difference between emergency crisis care and prevention and wellness care. And, our medical system falls extremely short when it comes to prevention and wellness. Many doctors agree and research shows, that many, if not most conditions, can be prevented with lifestyle changes. Yet, the practice of medicine is NOT about prevention. It is about treatment once you are injured or sick. And that's where the root of the REAL healthcare crisis lies... **EVERYONE Taking Personal Responsibility For Their Health!** You see, the solution is not getting everyone covered by a system that waits until you are sick and administers expensive treatments. That is the problem! The solution is what Chiropractors and other alternative healthcare professionals have been teaching for over 100 years... **Doing What Is Necessary To Keep Yourself From Getting Sick In The First Place!!!** Chiropractic founders had a theory of “dis-ease.” And dis-ease is very different from modern medicine's disease. In a nutshell, dis-ease is when your body is not functioning properly... but you do not have any noticeable signs and symptoms. You can also be in a state of dis-ease and not have anything show up on medical examinations or tests. Here's a great example: Heart disease starts years and years before you have a heart attack. In the very beginning, it is undetectable to doctors' tests. This is the dis-ease stage. As time goes on... it progresses to the stage where doctors can detect indicators and/or risk factors of heart disease such as high LDL cholesterol etc. As time goes on – and the heart disease gets worse – you get a physical symptom: chest tightness, pain, shortness of breath, altered sensation in your left arm, etc. This is called a heart attack. Now, what makes more sense: *Making the appropriate lifestyle changes when you are in the dis-ease state and never having a heart attack...* or... *waiting until your cholesterol is high and taking drugs (that may or may not work and have side effects)...* or... *waiting for the heart attack?* Which approach would be more cost-effective? Heart disease is the number one killer in the United States. Open-heart surgery and drug treatments are extremely expensive. Can you imagine the savings if just 50% of Americans made simple lifestyle modifications – like eating right and exercising – and drastically reduced the need for drugs and surgery as crisis care? That is the REAL issue. Unless you have a genetic problem... most REAL healthcare is already very inexpensive. It's called prevention and wellness. And that's the best insurance you can ever have.

VITAMIN SALE...Not only are Omega-3 fatty acids (Fish Oils) important... So is taking Daily Multi-Vitamins.

. If you are not already taking daily vitamins, here is a chance to get started. IF you already are, why not stock-up and take advantage of our **15% savings of ALL our vitamins**. We sell almost exclusively Metagenics Brand Vitamins. YOU can not buy them in stores. They are pharmaceutical grade, and are guaranteed to be formulated in a way that is absorbable and useable in your Body.