

In Good Hands

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

"The sovereign invigorator of the body is exercise, and of all the exercises walking is the best."

~Thomas Jefferson

McDonald's Strikes Back!

**North Carolina Mother Of Two Eats
"McDonald's Only" Food For 90 Days
And Claims To Have Lost 37 Pounds...
And She's Not The Only One...**

Natick – I REALLY love this story. In fact, when I read it, I started jumping for joy. And the funny thing is...

About two minutes after I read the Associated Press article, I got a handful of emails from friends saying, "You gotta read this!"

I guess great minds think alike... ☺

So anyway – why do I like this story so much? Don't worry – I'm going to get to that in just a moment. But first...

Let's lay out the facts...

Not too long ago, filmmaker Morgan Spurlock made a documentary where he ate only at McDonald's for 90 days and recorded the results.

Spurlock's movie, "Super Size Me" was a hit and he turned it into a TV show that aired on the FX network... so you probably already know the results of his little dieting experiment...

Spurlock gained 30 pounds and his health deteriorated drastically. The impression I got was if he continued to eat this way – it would lead to an early grave.

Which is no big surprise to me... and... shouldn't be to you or anyone else either. In this day and age, there is plenty of information that shows eating a lot of junk food is not good for you.

What may have been a surprise to many people was just how fast eating poorly can measurably affect your health.

But there was something about the documentary I found rather disturbing...

I got the impression it was somehow *all* McDonald's fault for Spurlock's weight gain and poor health.

Somehow this evil corporate giant was responsible for poisoning millions of helpless American people... *against their will*...and there was nothing they could do about it!



It's no wonder arches for "making fault..."

Really?

Enter Merab Morgan...

Obviously inspired by Spurlock's movie, she embarked on her own McDonald's only 90-day diet. But she enjoyed drastically different results...

The construction worker and mother of two LOST 37 POUNDS!

Morgan, from Henderson, N.C., thought the documentary had unfairly targeted the world's largest restaurant company, implying that the obese were victims of a careless corporate giant.

People are responsible for what they eat, she said, not restaurants. The problem with a McDonald's-only diet isn't what's on the menu, but the choices made from it, she said.

"I thought it's two birds with one stone — to lose weight and to prove a point for the little fat people," Morgan said. "Just because they accidentally put an apple pie in my bag instead of my apple dippers doesn't mean I'm going to say, 'Oh, I can eat the apple pie.'"

And Morgan doesn't seem to be an isolated case...

Soso Whaley, of Kensington, N.H., made her own independent film, "Me and Mickey D" about dieting at McDonald's. The film documented Whaley spending three 30-day periods on a McDonald's diet and going from 175 to 139 pounds. This was done by eating 2,000 McDonald's calories a day.

"I had to think about what I was eating," Whaley said. "I couldn't just walk in there and say 'I'll take a cinnamon bun and a Diet Coke.' ... I know a lot of people are really turned off by the whole thought of monitoring what they are eating, but that's part of the problem."

I only have two words...

AMEN SISTER!

Heck, we all know you can go to any super market in the country and CHOOSE to buy a cart full of “food” that’s worse than what’s served at McDonald’s.

You can get \$200 worth of ice cream and donuts if you CHOOSE.

You can CHOOSE to eat deep fried pork rinds for breakfast...

You can also CHOOSE not to.

You can CHOOSE good food. And you can CHOOSE what amount of any kind of food you eat.

And, even if big, bad McDonald’s didn’t have one single decent thing to eat on their entire menu...

You Could CHOOSE NOT TO EAT THERE!!!

There is a very short list of things you *have* to do. Pay taxes is one. Death is another. Going to McDonald’s and stuffing your face until you feel sick is definitely NOT ON THAT LIST.

Really, what’s the difference between suing McDonald’s and suing Stop & Shop or Shaw’s for supposedly making you fat?

Here’s something to think about...

I have a fabulous homemade ice cream shop not to far from me. They make banana splits to die for. Without any self control... I’d eat them for breakfast, lunch and dinner – and midnight snack.

So – if I didn’t have any self control, ate nothing but banana splits 3-4 times a day and got sick – do I have the right to sue the ice cream store for my childish behavior?

Hardly.

And that’s why I really love this story...

Because Merab Morgan and Soso Whaley get it. They understand that their weight, health and everything else in life are their responsibility.

Not McDonald’s, the government or anyone else. THEIRS.

I’ve seen patients get almost magical results from back pain, carpal tunnel syndrome, headaches and many other conditions when they accepted that they were going to do whatever it took to get better AND STAY THAT WAY.

Even though the pain and symptoms may start almost overnight... most conditions such as the ones listed above do not come on suddenly.

They are usually the result of a long-term problem – which requires a long-term solution.

Sadly, most people choose a quick fix band-aid. They endlessly seek an imaginary overnight solution like they see in all the drug commercials – that just does not exist.

I guess it’s the same reason we play the lottery. Although extremely slim – at least the lottery has a chance of paying off. But it’s no replacement for saving and investing a certain set percentage of your money every month.

And neither is not taking care of your body and then looking for a miracle cure.

Start taking care of yourself now. No amount of money from any lawsuit can ever bring back your health once it’s lost. No matter who you blame. In the end – it’s your responsibility.

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.

What Our Patients Are Saying...

Thanks to Dr Weiss, ART & Chiropractic, I am 95% pain free, have started running again and was able to complete a full Olympic distance Triathlon in August!

I began seeing Dr. Weiss in May '05. I am a triathlete and had been dealing with heel pain off and on for over 7 years. For the past two years I had stopped running altogether, focusing on my swim and bike and racing as a relay participant. Over the seven year period I had been relentless in my pursuit of healing. I had tried all forms of alternative and traditional treatments, often traveling long distances.

I had recently met with a Podiatrist who diagnosed the pain as Tarsal Tunnel Syndrome, a nerve entrapment in the ankle. I felt such relief because I had finally received a diagnosis that made sense to me. However, the doctor believed the only real solution was surgery!

I was very reluctant and decided I needed to explore more options. I had some experience with ART a few years back and wondered if it might help given a more specific diagnosis of Tarsal Tunnel.

Needless to say, I found Dr Weiss who assured me he had success treating other athletes with Tarsal Tunnel. I decided it was worth trying. Initially I went three times a week, then two and now I see him every three weeks. The treatments are quick and very thorough. On several occasions, I have brought my running gear so Dr Weiss can do a gait analysis.

The combination of ART & Chiropractic has been instrumental in my healing. I always appreciate Dr Weiss’s upbeat and positive energy. He clearly has a passion for helping people achieve wellness and health. Thanks Dr Weiss! **Jeanne Mahon**

Inspirational Story Of The Month – “The Priceless Gift”

They say the best gifts come in the smallest boxes. After all, an uncut, flawless diamond doesn't take up much room in the miner's pocket. Yet, *in the right hands*, it is just about priceless. Sadly, in the wrong hands, it can be used to prop up the short leg of a table. So is the case with the story you are about to read.

This month's story is short and sweet. But, the lesson it contains has the potential to *instantly* change the way you live every single day of the rest of your life... as it did mine. How you use this lesson will determine its value and impact in your life.

One quick note before we begin: This story is extremely personal... and... I do not have permission to use it with the names of the great people involved. The message in this story is so powerful, however, you do not need to know the actual who, when, where and why to gain its amazing benefits. As you will soon see...

Here's the story: If you looked at the tremendous success Bill has had over the years, you would never have guessed it all began with what most would consider a tragedy of epoch proportions. A setback so great – most would become paralyzed -- roll over and quit. You see, he and his wife, Martha, were married young. When Martha became pregnant in their second year of marriage, it was a dream come true for the happy couple.

How Dreams Can Suddenly Change...

The day their first and only child, Lisa, was born quickly changed their lives... forever.

When Lisa was born, she was not “ok.” No one knew the extent of her condition at that time, but after years of tests it was found she was born with mental retardation and other medical conditions.

There were many painful years to follow.

Both Bill and Martha watched, helpless, as Lisa struggled to tie her shoes, fit in with other children at school, even just communicate her simple needs, wants, desires and feelings. But through it all, Lisa never gave up. And more than that, she went through it all, all the struggle, all the pain, all the suffering and all the ridicule with love in her heart and a smile of her face.

And in the end, Lisa had been the teacher of one of the most valuable lessons you can ever learn. What's the lesson?

Every Adversity Carries Within It The Seed Of An Equal Or Greater Benefit

What benefit could possibly come from the painful struggles of such an innocent little girl? Bill tells us in his story how Lisa taught them how to be brave in the face of even the worst possible adversity.

Any time you think you have it bad, just imagine Lisa getting on that school bus every day with children who ridicule her because they don't understand. Bill went on to say what Lisa lacked in brains she made up for in heart. She taught them how to love and brought wonderful people into their lives they never would have known.

Certainly, all the benefits Lisa brought into her parent's lives did not completely wipe out all the pain, but that sorrow was used as a springboard for different opportunities.

The point is this: Life is filled with hard times. Adversity is everywhere. Sure, some people have it easier than you... but... there are also countless who have it so much worse than you it makes your problems look like a joke.

An old mentor of mine once told me this, *“Write down all your problems on separate pieces of paper. Fold them up and put them in this hat. I'll do the same in another hat. I'll let you start exchanging your problems for mine, one-by-one by picking them out of my hat. I guarantee, after you pick the very first time, you'll want all your problems back!”*

The truth of the matter is: It is never the problem that keeps you down... **It's Your Reaction To The Problem**

Here's some more examples: Wilma Rudolph was born prematurely on June 23, 1940 in St. Bethlehem, Tenn. She weighed 4 1/2 pounds. The bulk of her childhood was spent in bed. She suffered from double pneumonia, scarlet fever and later she contracted polio. After losing the use of her left leg, she was fitted with metal leg braces when she was 6 and doctors said she would never walk without the braces again. At the 1960 Rome Olympics, Rudolph became "the fastest woman in the world" and the first American woman to win three gold medals in one Olympics.

Charles Atlas was the skinny, 90-pound weakling that became the world's most perfect man.

Michael Jordan was cut from his High School basketball team – we all know what became of “Michael.”

Here's one that's a little different: Dan Gable was 182-0 in wrestling through high school and college. He lost his last match, for the national championship, as a senior due to a mental mistake. He went on to win the gold medal in the 1972 Olympics – no one scored a single point on him in six matches -- a feat that has never been matched. Here's what Gable said about his only defeat, *“I needed to get beat because it not just helped me win the Olympics, but it helped me dominate the Olympics. But more than that, it helped me be a better coach. I would have a hundred times rather not have that happened, but I used it.”*

“But how I used it.” That's the REAL message. As an important aside, while in high school, Dan's sister was sexually assaulted and murdered in their own home. Something that easily could have been used as an excuse and led to his demise.

The stories are endless of how someone turned a devastating illness, defeat or setback into fuel for future success. The sting of defeat can either drive you to success... or... cripple you and become a useless crutch. The choice is yours.

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! It is actually 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?...

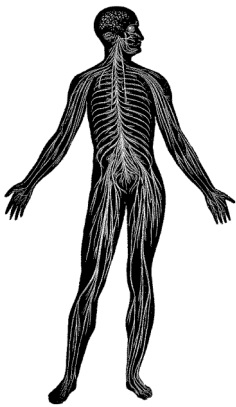
1. A host of factors can affect your chances of developing osteoporosis, the bone disease which reduces bone mass. The good news is that you control some of them. Even though you can't change your genes, you can still lower your risk with attention to certain lifestyle changes such as getting enough calcium and vitamin D, engaging in regular physical activity, not smoking, and not drinking alcohol, or doing so in moderation. Chiropractic reduces the risk of injury!...enabling you to exercise more frequently and pain free!

2. Metabolism happens in your muscles and organs and is the process of converting food to energy (movement and heat). Basal metabolism accounts for about 75% of the calories you expend on a daily basis! If you use some of the following methods to boost your metabolism, you will be a more efficient calorie burner (you'll lose weight).

- **Always eat breakfast!** *Skipping breakfast sends the message to your body that you're starving because you haven't had food for several hours. As a protective mechanism, your metabolism slows down. Food, especially complex carbohydrates, fuels your metabolism; especially when you eat small balanced meals every 2-3 hours!*
- **Exercise on a daily basis** (preferably in the morning)!-*Look for situations to be active. Park as far from the store as you can rather than looking for the closest parking spot. Use the stairs rather than the elevator, a rake rather than a blower, etc. Look for the "hard" way to do things!*
- **Avoid alcohol!** *Alcohol depresses your metabolism and stimulates your appetite.*
- **Drink 60+ ounces of water a day.** *Your metabolism needs plenty water to function properly. Carry a bottle of water with you and drink frequently throughout the day.*

Get started today! You'll feel better and your metabolism will be in "great shape"!

Tip of The Month – “There Is Light At The End Of The Carpal Tunnel?”



If you, or anyone you know, gets any of the following symptoms, please be sure to read this article, as it may be very important to you!:

- ✓ Numbing or burning feeling in your hands or fingers.
- ✓ A nagging, stabbing pain in your wrists or hands.
- ✓ Difficulty in moving your wrists or using your hands or fingers without pain. Or similar types of ailments.

See, if you or anyone you know experiences one or more of these awful, life changing maladies, you may be the victim of a condition known as “Carpal Tunnel Syndrome”. (Or any one of a number of similar, and related syndromes.)

These ailments fall under the category of conditions that have symptoms that manifest themselves in the arm, wrist, hands and fingers...and are a huge national problem.

These conditions, including Carpal Tunnel Syndrome, are classified as “Repetitive Motion” injuries. What this means is that these symptoms are usually caused by doing things over and over, such as typing on a keyboard, talking on the phone, using a cash register or calculator, and so on.

In fact, the government says that these Repetitive Motion injuries are affecting over 300,000 people each year just in the U.S.! That’s a lot of people, and reflects our society’s movement into an information economy.

If you or anyone you know experiences any or all of the problems we describes a minute ago, please be careful about how you handle the pain and other discomfort.

Most medical doctors would recommend you take painkillers and muscle relaxers. They may also prescribe some sort of brace, and possibly a surgical procedure to fix the problem in your wrist. STOP! Don’t take any actions like these without first having a doctor experienced in treating Carpal Tunnel look your situation over!

See, most medical doctors are focused on symptom relief. Traditional medicine is happy if they relieve the symptoms, or try to “cure” the problem where the symptoms appear. Like doing surgery in the forearm and wrist for what they think might be Carpal Tunnel Syndrome. But here’s the deal. Many conditions that either are Carpal Tunnel Syndrome, or a close cousin to it are often times not CAUSED where the pain and numbness occurs! Yes, the medical doctors are busy giving you drugs, mechanical devices and surgery...many of which never address the real problem, which is usually located in your elbow, shoulder and neck area!

Yes, the REAL cause of Carpal Tunnel and other Repetitive Motion disorders can stem from nerve pressure above the wrist as well as in the wrist.

What happens is that the nerves from your neck to your hand can get entrapped in one or several areas, including where it exists from your spine in the neck.. The nerve pathway gets interrupted which is why you can feel the pain and discomfort in your wrists, hands, fingers and arms! The same type of numbness occurs in your feet when you cross your legs! The nerves that control those extremities cannot function correctly if they are entrapments ANYWHERE along the nerve pathway!

So, with that as the REAL reason for the ailment, doesn’t it make perfect sense to treat the CAUSE by releasing the entrapments that are disturbing the normal function of the nerves?

So if you, a family member, or co-worker has wrist or hand pain or numbness, or if they’ve been told they have Carpal Tunnel Syndrome, they need to come in and have me take a look at their neck, shoulders, elbows, wrists, and hands!

We successfully treat these conditions everyday...without wrist splints, drugs, or surgery!

Remember, we’re always here, using the miracle of Chiropractic to help your body heal and maintain the health you deserve.

Thanksgiving: Our office will have modified hours the week of Thanksgiving. We will be open from 9-1 and from 6:30 on Monday, Tuesday and Wednesday. The office will be closed on Thursday and Friday. We wish you and your families a very happy, healthy and safe Thanksgiving. I want to personally give my thanks to all of you who have entrusted me with the helping you and your families achieve and maintain optimal health. It is a responsibility I do not take lightly. Thank you for your confidence and support.