

In Good Hands

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

"Truth has beauty, power and necessity." ~ Sylvia Ashton-Warner

The answer to this question may surprise you...

Did Alternative Medicine Kill Steve Jobs – Or Did It Extend His Life?

Discover what some experts say about the computer giant's decision to put off surgery and seek natural methods...

Plus all this:

- ✓ *Do you suffer with MIGRAINES? What research says about treatment and what you should know.*
- ✓ *4 tips to lose weight... without dieting.*
- ✓ *What It Really Takes To Be The Best: Paralyzed Racecar Driver Looks To Be #1...*

Natick – You probably know his name. But, even if you don't, it's pretty much a guarantee that he has affected your life... probably every single day.

His name is Steve Jobs. The company he started out of a garage is called Apple. They make iPhones, iPods, iTunes, iMacs, MacBooks, etc.

Whether you liked Steve Jobs or not, there are some things you just cannot deny...

First, Steve Jobs is the quintessential storybook American dream.

At birth, his parents gave him up for adoption to a middle-class California family, with the stipulation that he attend college.

After one year at Reed College, Jobs dropped out and traveled to India to seek enlightenment.

After his return to the United States, Jobs and his friend, Steve Wozniak, started Apple Computer.



In the first year, they assembled computer boards in a garage and brought them to local computer enthusiast groups to try to sell them.

A little later, they developed the Apple II. It was a roaring success and the company went public four years later. In December of 1980, Steve Jobs' net worth passed the \$200 million mark. He was only 25 years old.

After that, there were several up and downs. Jobs was actually fired from Apple and then brought back to save it a decade later. And, he did. Nowadays, depending on the stock market, Apple is either the most valuable company in the world, or a close #2.

So What Does All This Have To Do With Alternative Medicine Killing Steve Jobs Or Extending His Life?

Plenty. But, the first thing to understand is that Steve Jobs was no fool. He was not some guy with minimal intelligence who read some stuff about cancer treatments on the internet and decided to risk his life, doing them. And, he was not the type to get fooled by slick marketers peddling a cure.

On the contrary, Jobs was a genius and a visionary. From what seems to be the case, he looked at the research... the pros versus the cons... and allegedly decided to put off surgery for pancreatic cancer for 9 months in favor of other, more natural approaches.

According to MyHealthNewsDaily.com:

"After Steve Jobs was diagnosed with a rare form of pancreatic cancer in 2003, he allegedly delayed surgery to remove the tumor — the recommended treatment — for nine months.

"During that interim period, he attempted to treat his cancer with alternative medicine, including a special diet, according to news reports.

"Could such a delay in treatment have worsened Jobs' prognosis, and ultimately hastened his death?"

According to Dr. Maged Rizk, a gastroenterologist at Cleveland Clinic, *"I don't think waiting nine months for surgery was a bad decision."*

"I believe that he must have really refocused his health practices [through changes in diet and exercise]," said Dr. Ashwin Mehta, an Assistant Professor and Medical Director of Integrative Medicine at the University of Miami's Sylvester Cancer Center. "To do as well as he did, he must have done a lot of things right. Therapies such as meditation, acupuncture and exercise may be used in conjunction with standard cancer treatments in order to improve health and reduce the side effects, which can include fatigue, chronic pain and problems with sleep."

"I would never say to one of my patients, 'you don't need to continue with your radiation treatment or your chemotherapy, all you need to do is meditate and adopt healthy sleep habits, and start an exercise routine, and then you can cure yourself,'" Mehta said. "The reality is that's not the case."

But, used the right way, integrative medicine may provide a meaningful impact on the health of a patient with cancer.

"The bottom line is that the mind is such a powerful thing that it's unreasonable not to use it as an ally in the course of standardized medical treatment," Mehta said.

Here's something very important to note about this story: The average life expectancy for someone with a metastatic neuroendocrine tumor is about two years, according to PCAN. (It remains unclear whether Jobs' cancer was metastatic when he was diagnosed.) Jobs lived for 8 years after his diagnosis.



3 Ironman Finishes in 3 Years!!!!

**Congratulation to Dr. VanNederynen for
completing her 3rd Ironman in 3 years
getting a PR!!!**

Dr. V trained, traveled and competed with her patients and training group including: John MacNamara; Bruce Ackerman; Mike Bingham; and Eric Cusson at Ironman Florida on November 5, 2011.

The Florida Ironman is an endurance race which includes a 2.4 mile ocean swim, a 112 mile bike and then a 26.2 mile run (full marathon). WOW

When Was Your Last Massage???

I had been searching for a massage therapist who was proficient in Myofascial Release techniques. I found Leslie, who is a magician with her hands! Her massage work with me has resulted in measurable improvements in my ability to stretch, remain flexible and pain free in my neck, back and shoulders.

At each session she will focus completely on what areas need attention and will always make the best use of our time. Her massages are not cookie cutter, and they are not fluff. They are truly therapeutic. If you are looking for massage that really is beneficial, and makes a difference for you, then Leslie is your therapist!

Gail Pearlstein, Natick

Inspirational Story Of The Month –

What It Really Takes To Be The Best...

Paralyzed Racecar Driver Looks to Be #1

Excuses. We all have them. Some of us have (or make up) a lot more than others. We use them when we fail – or when we don't do as well as we wanted to. For many, there are always too many obstacles in the way to succeed at anything worthwhile. You were born too ugly, fat, short, bald or poor to achieve your dreams. There is nothing you can do and it is not your fault. It's easy to think that way, especially when so many accept it as their reality. We become our dominant thoughts... so it doesn't take long before our lives are locked into a pessimistic reality.

...Until you hear about people like Michael Johnson and see him gliding his wheelchair into to the pit lane and his coach helping him climb into his racecar. But, Michael was never "normal." By the time Michael was 12 years old, he had already won several Motocross National Championships. Then, he suffered a terrible crash during a race. He broke his back, all of his ribs on the right side, one of his legs and numerous other bones.

The accident left Michael paralyzed from the chest down. Surely, if being born short...or poor...or not attractive is enough to make some people quit, then being paralyzed from the chest down is way too much for anyone to overcome... but, not Michael Johnson.

"The day I got hurt I told my dad 'I don't want to stop racing, don't make me stop.'" Michael said. "When I was recovering in the hospital, we were researching things I could do to race and we finally found go-karts and I started from there."

So, what does Michael's mother Kathi (who was there to witness her son's horrific crash) think about all of this? *"Don't ever tell him he can't do something because he'll prove you wrong" she said, "and he already has. Nobody said that he would be able to do this and he's already proved everybody wrong... He never got depressed... Never 'poor me poor me'... he's always had a wonderful attitude about this whole thing and that's what inspires everybody."*

Do you think there is a correlation between his mother's great attitude and her son's success and ability to continue and succeed, even when facing brutal odds?

Michael had experimental stem cell surgery in Portugal in 2007 and goes to intense physical therapy three hours a day, three days a week. He's been upgraded to an L1-L2 paraplegic, which means he's regained feeling in his chest and abdomen.

While he's still paralyzed from the hips down, he believes he will one day walk again. *"I consider myself lucky" Michael said. "It could have been a lot worse than what I am right now and it's coming back."*

He doesn't mind being considered a role model and he hopes to inspire others. He's on his way to achieving his goal of driving and competing in the Indianapolis 500. He's testing his new car on the famed track at the end of October and he will turn pro in 2012. While most drivers use their legs to operate the gas, clutch and break pedals and help stabilize them in the car, Michael's special car has controls on his steering wheel. This takes tremendous upper body strength and coordination and Michael is more than up to the task. Michael's coaches say he is the smartest and most consistent driver they have ever seen and that he WILL race in the 500.

It's amazing how much you can achieve when you really believe and put your mind to it – and make the decision that NOTHING is going to stop you.

So, what's holding you back?

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?...

Citrus fruits contain a vast array of phytonutrients that are just now being respected for their extraordinary health value. Fruits and vegetables have been renowned for years for providing essential nutrients like Vitamin C. There is a group of bioactive flavonoids that enhance the effects of Vitamin C and provide a powerful defense against oxidative stress. Bioactive flavonoids, Vitamin P, are found in living fruits and vegetables. The various bioflavonoids found in citrus include hesperidin, quercetin, diosmin, naringin and rutin, among others. These phytonutrients are vital for the proper absorption of Vitamin C. Many Vitamin C supplements consist of synthetically derived ascorbic acid. This is virtually ineffective. Without the natural citrus bioflavonoids, ascorbic acid is easily oxidized. This is why whole food nutrition is so much better than synthetically derived supplements.

Studies show citrus bioflavonoids effect capillary permeability and blood flow due to the powerful anti-inflammatory effects of these phytonutrients. This is especially important for oxygenating tissues and maintaining normal blood pressure. They reduce swelling, venous backup, and edema... and also improve respiration in the lungs.

The best sources of citrus bioflavonoids are lemons, limes, grapefruits, oranges, and tangerines. They are in their most potent form when they are picked off the tree in their full ripeness. The longer they are off of the tree, the more nutrient value they lose. Once peeled, citrus fruit begin to oxidize and within days can lose a significant portion of their anti-oxidant value.

Enhance Your Citrus BioFlavonoid Consumption: Do not throw away squeezed lemon... eat the pulp and membrane first. If the peel is organic, you can shred it into a lemon zest and apply it to meat, salads, etc. Avoid orange & grapefruit juices, due to the high sugar and instead eat the whole fruit which contains fibers and significantly more bioflavonoids.

Tip Of The Month - Do You Suffer With Migraines?

What Research Says About Chiropractic Versus Popular Drug Treatments...

Although most headaches are not life threatening, they can negatively affect your quality of life. In severe cases, a headache is debilitating. Headaches have a wide range of causes, including infection, hangovers from alcohol consumption, fasting, and even serious conditions, such as brain tumors and strokes.

The most common headaches include tension and migraine, which are associated with nervous system disorders. More than 90% of the U.S. population will experience some type of headache. 28 million Americans, including 1 in 5 women and 1 in 20 men, experience migraine headaches. In a migraine headache, the artery on the outside of the skull under the skin of the temple (temporal artery) enlarges. As this process occurs, nerves that surround the artery stretch and release chemicals that cause inflammation and pain. The larger the artery gets, the greater the pain.



Most people know Chiropractic care can be beneficial for tension/cervicogenic headaches. But, can Chiropractic care help migraines too? Here's what research dating all the way back to 1998 says... The study, published in the *Journal Of Manipulative and Physiological Therapeutics*, compared amitriptyline (a medication), spinal manipulation, and the combination of both therapies. There was a 4 week baseline period, followed by 8 weeks of treatment and then 4 weeks of follow-up on a total of 218 patients diagnosed with migraine headaches.

RESULTS: "Clinically important improvement was observed in both primary and secondary outcomes in all three study groups over time. The reduction in headache index scores during treatment compared with baseline was 49% for amitriptyline, 40% for spinal manipulation, and 41% for the combined group. During the post-treatment follow-up period, the reduction from baseline was 24% for amitriptyline, 42% for spinal manipulation, and 25% for the combined group."

CONCLUSION: "There was no advantage to combining amitriptyline and spinal manipulation for the treatment of migraine headaches. **Spinal manipulation seemed to be as effective as a well-established and efficacious treatment (amitriptyline). And on the basis of a benign side effects profile, it should be considered a treatment option for patients with frequent migraine headaches.**"

HOLIDAY SALE: If you are going to buy someone a present this year, won't it be GREAT to give your friends and loved ones a gift that promotes better health? To make it easier for you, we offer many products and services that have tremendous benefit. To make it even easier, we are offering ALL our products at a **10% savings** for the month of December. PLEASE see the enclosed flyer for GREAT GIFT IDEAS!!!