

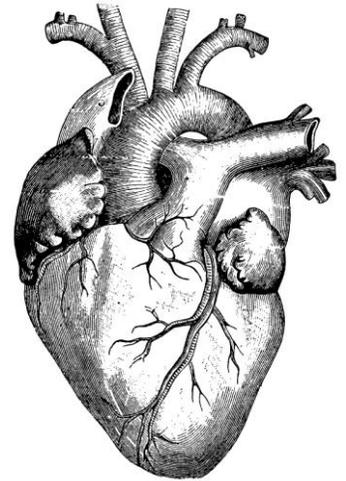
In Good Hands

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

“Tact is the knack of making a point without making an enemy.” ~ *Isaac Newton*

New Research Surprises Many...

Is Exercise A Drug and Can It Hurt Your Heart?



Also in this issue:

- ✓ **Want to live longer and healthier? Researchers may have discovered a way to do it... and it's not all in your genes.**
- ✓ **Second hand smoke and children... more bad news.**
- ✓ **The Matt W. Story: How the courage of a young man with cerebral palsy inspired an entire school.**

Natick— In today's high-tech, fast paced society, we all tend to over think, over complicate, and make things more difficult. This is especially true when it comes to our health.

For example, there is pretty good evidence that exercise is good for you and people who exercise are, in general, healthier than people who do not exercise.

Few people would dispute it, but that simple statement can be taken to the EXTREME. How? Many people think if a little exercise improves health, then more must really improve health.

Well, some researchers are now saying this thought process may be very, very, very flawed.

Here is why: Researcher Dr. James O'Keefe, a cardiologist at the Mid America Heart Institute of St. Luke's Hospital in Kansas City, reported in the journal *Mayo Clinic Proceedings* that strenuous exercise might actually harm your heart.

According to *Daily Mail*, “*Extreme exercise, such as marathons, may permanently damage the heart and trigger rhythm abnormalities... [Researchers] say the safe 'upper limit' for heart health is a maximum of an hour a day, after which there is little benefit to the individual.*

“*A review of research evidence by US*

physicians says intensive training schedules and extreme endurance competitions can cause long-term harm to people's hearts. Activities such as marathons, iron man distance triathlons, and very long distance bicycle races may cause structural changes to the heart and large arteries, leading to lasting injury.”

Dr. James O'Keefe said, “*Physical exercise, though not a drug, possesses many traits of a powerful pharmacologic agent. A routine of daily physical activity can be highly effective for prevention and treatment of many diseases, including coronary heart disease, hypertension, heart failure, and obesity.*

“*However, as with any pharmacologic agent, a safe upper dose limit potentially exists, beyond which the adverse effects of physical exercise, such as musculoskeletal trauma and cardiovascular stress, may outweigh its benefits.*”

Dr. O'Keefe thinks the research suggests that extreme endurance training can cause elevated cardiac biomarkers and transient structural cardiovascular changes that normalized in about a week.

The review found:

- Approximately 12% of seemingly healthy marathon runners showed evidence for patchy myocardial scarring.
- The two-year follow-up showed a significantly higher rate

of coronary heart disease in marathon runners versus runners who do not run marathons.

- Elite level athletes commonly develop abnormal electrocardiograms. Studies show that too much exercise can lead to abnormal heart rhythms.
- Continued excessive exercise may lead to arterial wall stiffening.

It is important to note that Dr. O'Keefe mentioned long-term, vigorous exercisers have a lower death and disability rate than non-exercisers.

If the information in the report is accurate, exercising like crazy is better than not exercising at all... but moderate exercise is better than over-doing it.

Many people (marathon runners, triathletes, etc.) were enraged by this report, and quite frankly, many factors were not accounted for in this research.

For example, does nutrition change the results? What about high carbohydrates versus low carbohydrates? The list here could go on and on...

But the really important point is: **EVERYTHING HAS LIMITS.**

For example, most people believe that drinking water is good for you. Not always. If you drink too much water, you can actually DIE. In fact, a 2005 study in the *New England Journal of Medicine* found that close to one-sixth of marathon runners develop some degree of *hyponatremia*, or dilution of the blood caused by drinking too much water.

Drinking the proper amount of water is good for you. Too little is bad. Too much is also bad.

We may need to look at exercise the same way. Too little exercise is bad and too much is also bad.

Genetically, we are all different. We all have different amounts of stress and strain we can take.

But, we all have a threshold. Exercising up to that threshold will be beneficial, but crossing it will not be beneficial and probably harmful.

Will some people be "okay" doing marathons or triathlons because

they are genetically superior? Probably. It's just like some people smoke and live to be 95 years old and seem to be "healthy" their whole lives.

Then again, other people get lung cancer in their 40's and don't survive it.

Famous Chiropractor Jack Lalanne frequently said it is all about moderation. He thought it was better to exercise a little every day than to go crazy every now and then. He was probably on to something.

Now for something completely different, but equally as important...

More Bad News About Second-Hand Smoke and Children

In a presentation at the American Urological Association Annual Meeting, physicians from the University of Medicine and Dentistry of New Jersey-Robert Wood Johnson Medical School and Robert Wood Johnson University Hospital showed more evidence that second-hand cigarette smoke is an environmental toxin and dangerous to children's health

"Our research shows that exposure to second-hand cigarette smoke increases the risk of severe urinary disorders in children that may otherwise be reduced or even prevented," said Joseph G. Barone, MD, an expert pediatric urologist, Associate Professor of Surgery at UMDNJ-Robert Wood Johnson Medical School and Surgeon-In-Chief of Bristol-Myers Squibb Children's Hospital at Robert Wood Johnson University Hospital. *"Our results emphasize the importance of smoking cessation for parents. Pediatricians and family physicians are urged to discuss with parents opportunities that are available to quit smoking."*

The Environmental Protection Agency estimates that parents are responsible for 90 percent of their children's exposure to environmental (second-hand) tobacco smoke.

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.

Relief From Chronic Foot Pain...

Four years ago I fell at my workplace and was told that the x-ray of my right foot was negative and I had a bad sprain. I was referred to P.T. for three weeks and after the first few sessions knew something was terribly wrong. Both the P.T. person as well as the orthopedic Doctor told me to "give it some time". When I insisted on an MRI they reluctantly agreed. I not only had a broken bone but because it was not treated at once, I also had many little cracks around it. I was put in a cast for several weeks, went back to P.T. for a couple of months and told I was healed.

Unfortunately, the foot pain never subsided. It didn't matter if I was using it or sitting still, the pain was always there. I was also hesitant to move it much and in a short time I found that my whole right leg had atrophied about 30% and I had no side to side motion in my foot. My right foot seemed frozen.

For the next couple of years, I was on a journey to find some relief. It wasn't for the lack of trying but nobody was able to help me. I was told by two chiropractors, one massage person and two Doctors from New England Baptist Hospital that I had a permanent injury to my foot.

Being persistent and not wanting to give up, **I found Dr. V (VanNederynen) through the Greater Framingham Running Club and my life changed in only ONE visit.** She applied ART to my foot and instantly I found that there was a bit of movement to the foot. By the next morning, I had at least 75% of my foot motion restored. I was amazed and thrilled that I finally had my foot back. For the past two months, she has reduced my pain by at least half and my foot is back to normal. After four years of little use, my muscles, nerves and tendons are awake and loving it.

There are no words that are adequate enough to thank Dr. V and Performance Health Center for giving me back my mobility. The entire staff has been a joy to work with. Susan, for making workman compensation seem simple to the women at the front desk who always greet me warmly and always seem to find a convenient time for me to come in.

Irene Ostrow, Ashland

The Matt W. Story

How The Courage Of A Young Man With Cerebral Palsy Inspired An Entire School. Do YOU Have These Kinds Of Guts?

Who knows what his real, full name is. "Matt W." was all that was given and that's all that is needed, because Matt W.'s actions speak louder than words ever could.

Here is why: Matt W. is a student at Worthington Colonial Hills Elementary School in Ohio. But Matt W. is not your average student. You see, Matt suffers from cerebral palsy.

Cerebral palsy is a serious condition and according to the Mayo Clinic, "Cerebral palsy is a disorder of movement, muscle tone or posture that is caused by injury or abnormal development in the immature brain, most often before birth. Signs and symptoms appear during infancy or preschool years. In general, cerebral palsy causes impaired movement associated with exaggerated reflexes or rigidity of the limbs and trunk, abnormal posture, involuntary movements, unsteadiness of walking, or some combination of these. The effect of cerebral palsy on functional abilities varies greatly. People with cerebral palsy often have other conditions related to developmental brain abnormalities, such as intellectual disabilities, vision and hearing problems, or seizures."

That's why it was a very big deal when Matt decided he was going to run the 400 meters (approximately ¼ mile) at his school's once a year track event. What happened during that race is one of the most inspirational events you'll ever see. There's a link to a video of it below, but we'll describe it here...

At the start of the race, all the 5th and 6th graders took off. Matt slowly made his way off the starting line. His running strides were labored but what he lacked in grace he made up for in determination... tenfold. The video's soundtrack is the theme for Rocky.

The race was two complete laps around the 200 meter track and the other students quickly lapped him. Then, the real magic started. Matt's gym teacher, John Blaine, started running the race with Matt while providing him verbal and emotional support.

As Matt completed the first lap, supporters started to cheer more. About a quarter of the way around his second lap, a little girl made her way over to Matt while yelling to cheer him on. Inspired by Matt (and taking the little girl's lead) more students rushed over to join Matt.

Students completely surrounded him with everyone chanting over and over, "Let's go Matt... Let's go!!!" Matt picked up his pace as his classmates and friends energized him.

More and more students appeared. They all crossed the finished line together with a massive cheer in just under four minutes. The students swarmed Matt with high fives and hugs. Matt was obviously exhausted but enjoyed this amazing moment with his supporters.

Matt's mother broke down in tears several times as she witnessed her son's incredible journey and life lesson for us all.

Many doctors believe in the power of positive thought. Not only does it have the power to possibly heal us, but it can also move mountains when it has to.

Matt W. may never win an Olympic Gold medal, but his actions during this 400 meter race may change more lives than any Gold Medal winner probably ever has.

There is no doubt many of his classmates will achieve great successes in life because of Matt W.'s remarkable inspiration. Here's the video of Matt W.'s amazing race: <http://www.youtube.com/watch?v=o6Alt2DssYc>

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. You really can afford Chiropractic care! Don't wait until you can no longer move!

Did You Know?...

When we think about how to be happier we typically look for things to achieve or add to our lives. However, sometimes the key to happiness is actually giving up certain perspectives and behaviors. Here are a few things you can give up in order to become a happier person:

- **Give up the habit of blaming.** Blame is a scapegoat for taking responsibility of your own outcome. It is a lot easier to point the finger at someone or something else instead of looking within. Blame is not constructive. It does not help you or the other person. Nobody wins in the blame game. The amount of energy and stress it takes to blame just keeps you from moving forward and finding a solution.
- **Give up your need to impress.** When you accept who you are, and you embrace your quirks, flaws, strengths and vulnerabilities, you'll get a lot more comfortable in your own skin. When you're confident, you stop caring so much about what everyone thinks of you. You stop worrying if someone will like you or not, because deep down you know that the people who falsely judge you don't matter in your life.
- **Give up being a victim.** The perspective that you are just the result of all external variables deflects responsibility for taking control over your own life. It is unfortunate that sometimes bad things happen to the best of people. Life can be unfair, unkind and unjust. However, being stuck in a victim mentality does not nurture your ability to move forward and onward.
- **Give up feeling entitled.** Nobody owes you anything. Nobody. When you approach life with the perspective that you are owed things, it's likely that you will find yourself disappointed time and time again. When you are grateful for what you have, and see positive things as bonuses versus owed expectations, then you'll be surprisingly pleased.
- **Give up pretending.** In a society where we are rewarded for perfection, we constantly pretend to be perfect. We try to show the world that we are flawless human beings in hopes that we will be liked and accepted. But when we embrace who we are and decide to be authentic instead of perfect, we open ourselves up to have true connection with others. There is no need to put on a show. There is no need to pretend to be something or someone you are not. You are perfect the way you are.

Tip Of The Month

Want to live longer and healthier?

**Researchers may have discovered a way to do it...
and it's not all in your genes.**

Want to live a longer and healthier life? Here are some things that might help you do it! First, let's look at "centenarians." A "centenarian" is someone who lives to be 100 years old or more. Researchers developed a questionnaire designed to identify certain genetically-based personality traits and used it to assess 243 Ashkenazi Jewish adults between 95 and 107 years of age. The investigators chose this population because their genetic similarity would make it easier to account for genetic differences in personality.

"The results indicated they had two things -- a positive attitude for life, meaning they are optimistic, easygoing, extraverted, laughed more and [they] expressed emotions rather than bottling them up," said Dr. Nil Barzilai, a study co-author and Director of the Albert Einstein College of Medicine's Institute for Aging Research.

Other experts believe there is an interaction between personality and physiology, and it makes sense that being positive causes less stress which leads to a healthier life. In other words, some experts believe genes alone have less influence on our life span than most people think. Dr. Gary Small, Director of the UCLA Center on Aging said, *"Several studies have found that genetics accounts for only about one-third of how long and well we live."*

Remember, we're always here to help you restore and maintain the Pain-Free body you deserve.

This information is solely advisory, and should not be substituted for medical or chiropractic advice. Any and all health care concerns, decisions, and actions must be done through the advice and counsel of a healthcare professional who is familiar with your updated medical history. We cannot be held responsible for actions you may take without a thorough exam or appropriate referral. If you have any further concerns or questions, please let us know.