

In Good Hands

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

“We may go to the moon, but that’s not very far.
The greatest distance we have to cover still lies within us.” – *Charles de Gaulle*

Hugs Not Drugs?

New Research Reveals The Healing Power Of Touch



Also in this issue:

- ✓ Introducing Dr. Thomas C. Ball to Performance Health Center!!!!!!!!!!!!
- ✓ Natural Mosquito Repellents That Work and Which Ones Are Rip-Offs

Blade Runner: Oscar Pistorius makes Olympic history as the first double amputee to compete. Find out why some say he shouldn't be there...

Natick – Maybe the popular rock n’ roll band U2 had it right back in 1991, in their hit song *Mysterious Ways* with the lyric, “To touch is to heal.”

However, they weren’t the first to make the claim. The healing power of touch has been written about since close to the dawn of civilization. To many, there was no scientific evidence to back it up and so it had no place in the healing arts.

Here’s an interesting example that shows one BIG flaw with that kind of thinking...

Let’s say you have a bucket filled to the top with water. What happens if you stick your fist in the bucket?

The water in the bucket will overflow, right?

This is because your fist displaces water in the bucket, causing the water level to rise (and ultimately spill over the top).

If the bucket was not already full, then the water would rise in proportion to the volume of the fist and the change could easily be measured.

Now, think about this...

What happens when you put your fist in the ocean? Your fist displaces the exact same amount of water it did in the bucket.

But wait, did the ocean rise?

The answer: Yes. The water level in the ocean rose. It rose in such a small amount that we do not have measuring devices sensitive enough to measure it. So, even though we cannot readily measure and prove it rose, we know it happened.

Hmmm. Very interesting.

The truth of the matter is: There are many things that happen that we simply cannot measure.

That’s one of the reasons science is so fascinating. New ways of measuring and testing are constantly developed to uncover the many mysteries of the universe.

Just because science has not yet “proven” something does not mean it is not true or does not exist. One great example of this is the probable discovery of what is being called, “the G-d particle.”

According to *ABC News*:

“After decades of careful experiment, physicists say they have found the ‘strongest indication to date’ to prove the existence of the Higgs boson -- a subatomic particle so important to the understanding of space, time and matter that the physicist Leon Lederman nicknamed it ‘the G-d particle.’

The announcement today, based on experiments at the Department of Energy’s Fermilab near Chicago and other institutions, is not the final word, but it’s very close. And it comes just before a major meeting this week in Australia, where more findings will be announced from the giant underground particle accelerator at CERN, the great physics lab in the Alps on the French-Swiss border.”

“This is one of the cornerstones of how we understand the universe,” said Rob Roser, a Fermilab physicist, “and if it’s not there, we have to go back and check our assumptions about how the universe exists.”

Until very recently, researchers did not have the technology to discover this particle. So, did it not exist before 2012?

What about the healing power of touch? An article published in *Scientific American* (July 11, 2011) reads, “A team led by Professor Ron Frostig of the University of California, Irvine, induced strokes in rats by blocking an artery to the brain. The researchers then stimulated their whiskers, intending to measure the rats’ brain activity to learn how the stroke damage affected sensory functions. Instead they found that if they vibrated a single whisker within two hours of the stroke, neurons that ordinarily would have died continued to function normally, and the rats ended up with no paralysis or sensory deficits. The exact mechanism of the protective effect is not clear, but it seems to involve a rerouting of blood through undamaged veins in the brain.”

The article later revealed that the pattern of tickling the rats’ whiskers did not matter, but more tickling helped.

Here’s what *WebMd* says about “Touch Therapy”: “Emerging research suggests that touch therapy works: In one landmark study, 16 happily married women were subjected to the threat of a mild electric shock; touching their husbands’ hands brought immediate relief from the resulting anxiety. Even a stranger’s touch was somewhat calming. “We know that anxiety decreases immune function and makes you get sick more often,” says study author Jim Coan, Ph.D., a Neuroscientist at the University of Virginia. “If touch can help you be less anxious, you’re more likely to stay well.”

Here’s one more just for good measure... *Science Daily* reported on June 26, 2012, “A new study by the University of Kentucky Markey Cancer Center shows that patients reported significant improvement in side effects of cancer treatment following just one Jin Shin Jyutsu session. Jin Shin Jyutsu is an ancient form of touch therapy similar to acupuncture in philosophy.”

Of course, every article or study ends with “more research needs to be done.” That’s a good thing. The more proof, the better.

However, absence of proof is not the proof of absence. Chiropractors (and others in the medical and healing arts) have known for a long time there is something wonderful about touch. Patients get better, with or without scientific studies published in peer review journals.

Thankfully, now science is shedding light on what Chiropractors have known for over 100 years. There is no doubt more research will open more healing doors and help more people stay healthy and pain free.

Introducing Dr. Thomas Ball!

We are thrilled to announce that Dr. Ball has officially joined Performance Health Center!!!

Many of our patients know have known him from his years as an Exercise Physiologist, Trainer and competitive cyclist in

Massachusetts. To see his Dr. Ball’s Bio go to:
<http://www.performancehealthcenter.com/dr-thomas-ball-natick-ma>

Here is one of Dr. Ball’s first Testimonials...

As a former college athlete, and someone who has always worked to improve their performance, I was really excited to get under the care of Dr. Tom Ball. Although I am not currently participating in organized competition, sports still play a big role in my life. In conjunction with the ever present bumps and bruises that come with athletics, I also am very in tune with my body’s functioning.

During my senior season of College football I suffered a pretty severe concussion and neck injury as the result of head to head contact during a pre season scrimmage. Following the injury, headaches and neck pain became so routine that I had began to accept them as being a new but normal part of my life. After just a few visits with Dr. Tom Ball the neck pain had nearly completely subsided, and the headaches became an extremely rare occurrence. After about two months of care under Dr. Ball my health was restored, and it was truly incredible to be reminded as to how amazing a properly functioning body can feel and perform. From that point I maintained regular care in order to continue this trend of optimized living. I noticed an improvement in my overall athleticism, and my passion for sports was reignited.

Communication with Dr. Ball was so simple because of his knowledge of the human body and because of his genuine care for me. Each visit was thorough, personal, and effective. I am so appreciative of all that Dr. Ball did for me, among this is how he instilled within me the desire to become a Doctorate of Chiropractic so that perhaps I too could impact the lives of people in a manner similar as to how he impacted mine.

Brian Leary

Blade Runner

Oscar Pistorius Makes Olympic History As The First Double Amputee To Compete. Find Out Why Some Say He Shouldn't Be There...

The term “handicapped” became politically incorrect quite a few years ago. Now, with the help of modern technology (and a ton of hard work), the label “handicapped” is certainly a misnomer for Oscar Pistorius.

The South African sprinter is known as the “Blade Runner” and “the fastest man on no legs.” After having both his legs amputated when he was 11 months old, it was a long, hard road to become the first double amputee to compete in the Olympics.

Pistorius, who has a double amputation, is the world record holder for sport class T44 in the 100, 200 and 400 meter events and runs with the aid of Cheetah Flex-Foot carbon fibre-transstibial artificial limbs.

Pistorius participated in his first international competition against “able-bodied” athletes in 2007, but things didn't work out as planned...

The International Association of Athletics Federation (IAAF) changed its rules and banned the use of “any technical device that incorporates springs, wheels or any other element that provides a user with an advantage over another athlete not using such a device.”

Some scientists say that his prosthesis is not a handicap but instead, an unfair advantage.

One such scientist is respected sports doctor Ross Tucker. According to Dr. Tucker, “In science, you start with theory, then you come up with hypotheses, and then test them. This was done for Pistorius, and every finding suggests advantage, with no exceptions.”

There are three theories for the advantage, the reduced weight of the limbs, their spring effect and the absence of fatigue. According to research, the above factors result in some startling performance-enhancing advantages.

His carbon-fiber prostheses are so much lighter that Pistorius is able to re-position his legs 11 percent faster than the next fastest runner ever measured. This is crucial, because the speed of human sprinters is determined by how fast they can move their legs. This also means his muscles have to work less to exert force on the ground and to re-position his legs. This saves energy, a crucial element of any event longer than 200m.

Finally, the energy returns from the springy carbon-fiber is 92 percent compared to a 59 percent return for muscles. Simply put, the carbon fiber does a better job of providing energy than muscles and tendons do.

Others beg to differ. Testing done with Pistorius by Prof Peter Weyand suggests that he does not gain an advantage from his carbon-fiber prosthesis.

On January 14, 2008, the IAAF ruled Pistorius ineligible for their competitions, including the 2008 Summer Olympics. The decision was reversed in May of 2008. Pistorius did not qualify for the South African team in 2008 but he did for the 2012 London games.

He competed in the 400m and the 4 x 400m relay races. No matter what side of “science” you are on, this is an incredible story. Oscar Pistorius is a true Olympic hero. He is a hero to everyone, with or without a “handicap.” After seeing what Pistorius has done, all your excuses for not eating right, exercising and living the life you really want are pretty much null and void, don't you think?

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?...

Every day, we are confronted with a myriad of food choices. I am sure you know oily fries, cheesy pizzas, and greasy burgers are definitely not at the top range of nutritious foods. On the other hand, fruits, whole grains, and vegetables bring heaps of life preserving, health-giving nutrients to our bodies.

The origin of the word “vegetable” comes from the Latin “vegetare”, meaning “to enliven or animate”. It is certainly appropriate, as there is growing evidence that the nutrients contained in vegetables can help prevent, and even treat, many diseases. Scientific tests have shown encouraging results for treatment and prevention of chronic degenerative diseases such as arthritis, diabetes, cancer, and heart disease. Vegetables provide the broadest range of nutrients, including carotenes, fiber and phytochemicals of all food types. Besides, they are also a rich source of vitamins, minerals, carbohydrates, and even protein (soy). Vegetables have minimal fat and even when they do, it is usually in the form of essential fatty acids.

Fruits, in general, are an excellent source of many important antioxidant nutrients and phytochemicals, i.e. Vitamin C, carotenes, polyphenols, and flavanoids. Fruits also contain natural fiber, which helps clear toxins from our bodies. However, fruits do contain a fair amount of fruit sugars (i.e. fructose). For the same weight, fructose is also 1.5 times sweeter than sucrose (white sugar). Our bodies handle fructose differently from sucrose. For our bodies to use fructose (fruit sugar), it has to be changed to glucose by the liver. As a result, blood sugar (glucose) levels do not rise as rapidly after fructose consumption compared to other simple sugars. Consuming sucrose (white sugar) results in an immediate rise in blood sugar levels. Most diabetics cannot tolerate sucrose, but most can handle moderate amounts of fruit (and fructose) while their bodies can still control the blood sugar levels. In fact, fruits have a lower glycemic index than white bread and other refined carbohydrates.

Tip Of The Month

Natural Mosquito Repellents That Work and Which Ones Are Rip-Offs!

Most think it is not good or healthy to judge. It creates negative energy and is a waste of time. But in this case, it is necessary because mosquitoes STINK! Sure, they have their place in the ecosystem, and it's not like we want them all to die. But, it would be nice if they didn't swarm us, bite us, and cause us to itch from head to toe! If you are one of the unlucky people mosquitoes love, but don't want to use harmful chemicals to keep them away, here is something all natural you can use that actually works...

According to *Science Daily*, “*Researchers report that nepetalactone, the essential oil in catnip that gives the plant its characteristic odor, is about ten times more effective at repelling mosquitoes than DEET — the compound used in most commercial insect repellents.*”

Researchers put groups of 20 mosquitoes in a two-foot glass tube, half of which was treated with nepetalactone. After 10 minutes, only an average of 20 percent, about 4 mosquitoes, remained on the side of the tube treated with a high dose (1.0 percent) of the oil. In the low-dose test (0.1 percent) with nepetalactone, an average of 25 percent, 5 mosquitoes, stayed on the treated side. The same tests with DEET (diethyl-m-toluamide) resulted in approximately 40 percent to 45 percent of mosquitoes remaining on the treated side. At the time of the article, no animal or human tests were scheduled for nepetalactone; therefore, it could not be stated that it is safe for people. You may want to be on the lookout for research about this in the near future.

In the mean time, here is a list of natural products that repel mosquitoes: Citronella Oil, Lemon Eucalyptus Oil, Cinnamon Oil, Castor Oil, Rosemary Oil, Lemongrass Oil, Cedar Oil, Peppermint Oil, Clove Oil, Geranium Oil and possibly oils from Verbena, Pennyroyal, Lavender, Pine, Cajeput, Basil, Thyme, Allspice, Soybean, and Garlic.

Here's one important point: Just because something is “natural” does not mean it is safe. This is a BIG misunderstanding a lot of people have. For example, rattlesnake venom is all natural, as is poison ivy. Be very careful what you rub on your skin or ingest regardless of it being “all-natural” or synthetic.