

# In Good Hands

A Free Monthly Newsletter For The Friends and Patients of: Performance Health Center

“The greatest mistake you can make in life is to be continually fearing you will make one.”

~ Elbert Hubbard

**Important news from the  
American Heart Association...**

## Dogs Help Fight Heart Disease?

**Studies Show Five Ways  
Pets Improve Your Health**



### Also this month:

- ✓ **Peppers and Parkinson's:** New research suggests eating pepper may help fight Parkinson's disease.
- ✓ **Shocking Research Results:** Almost 50% of people classified as obese at age 22 suffer these MAJOR illnesses or die by age 55.
- ✓ **Inspirational Story:** She is a freshman, fourth in her class, and the best pole vaulter in school history – Why she has her “sight” set on inspiring other people...

**N**atick- This month, there is good news and bad news. But, if you know how to look at it, even the bad news is good news. So, it will be called “good news” and “better news.” First, the “good news.”

Everyone knows that being overweight is a health risk, but few understand how bad the risks actually are. Well, new research published April 29, 2013 in the *British Medical Journal* (BMJ) studied 6,502 men and what they found was astounding. These men were tracked for 33 years, from the age of 22 until 55. All were born in the same year: 1955.

Results: 48% of those classified as obese at the age of 22 were diagnosed with diabetes, high blood pressure, heart attack, stroke, blood clots in the legs or lungs, or had died before reaching age 55.

They were eight times more likely to develop diabetes as their normal weight peers, and four times more likely to get a potentially fatal blood clot (venous thromboembolism). They were also more than twice as likely to develop high blood pressure, have had a heart attack, or to have died.

The study concluded: “*In this cohort of young men, obesity was strongly associated with adverse cardio metabolic events before 55 years of age, including venous thromboembolism. Compared with those of normal weight, young, obese men had an absolute risk increase for Type 2 Diabetes, cardiovascular morbidity or premature death of almost 30%.*”

## How Is This “Good News?”

Simple. Many people like to blame bad genes for their poor health. While we are a product of our genes, in MOST cases, we are not nearly as limited as most people may think.

The fact of the matter is, many, many, major diseases (like heart disease and diabetes) have more to do with actively keeping yourself healthy than your genes do.

Actively keeping yourself healthy means eating right, exercising, and reducing stress. Properly taking care of these three things can add a lot of years to a lot of lives. Not only that, it can add a lot of GOOD, PROSPEROUS, and HEALTHY years to a lot of lives.

### Clearly, There Is A BIG Difference Between Being Alive and Living

It all starts with making the decision to do the right thing and then taking massive action... immediately.

Don't “diet” starting next Monday. Make the decision to change your life habits for the rest of your life starting RIGHT NOW.

Now is the time. Throw out all the junk food. If you need nutritional help, call our office. Chiropractors have extensive training in nutrition and exercise. The chiropractic lifestyle is about achieving total health.

So, step away from the junk food. Clearly, a little effort now goes a long way.

### Now For Some Of The “Better News”

I know you didn't step away from the junk food just yet, so here's something else that may help you achieve some great health benefits...

According to the American Heart Association, having a pet (particularly a dog), may reduce your risk of heart disease.

The statement was published online in the association's journal *Circulation*: *“Pet ownership, particularly dog ownership, is probably associated with a decreased risk of heart disease”, said Glenn N. Levine, M.D., Professor at Baylor College of Medicine in Houston, Texas, and chair of the committee that wrote the statement, after reviewing previous studies on the influence of pets.*

The reason is unknown, but it is theorized that dog owners may engage in more physical activities, like walking.

In a study of more than 5,200 adults, dog owners engaged in more walking and physical activity than non-dog owners, and were 54 percent more likely to get the recommended level of physical activity.

Pet ownership may be associated with lower levels of cholesterol, blood pressure, and obesity. Pets may also have a positive effect on stress.

More research needs to be done, but it looks like owning a pet, particularly a dog, is probably good for your health.

### Exercise Lowers Risk Of Breast Cancer

Past research has shown that exercise can lower a woman's risk of breast cancer. Now, new research has a possible explanation...

According to data published in *Cancer Epidemiology, Biomarkers & Prevention*, a journal of the American Association for Cancer Research, changes in estrogen breakdown, or metabolism, may be one of the mechanisms by which aerobic exercise lowers a woman's breast cancer risk.

According to the American Association for Cancer Research, *“Observational studies suggest physical activity lowers breast cancer risk, but there are no clinical studies that explain the mechanism behind this,” said Mindy S. Kurzer, Ph.D., Professor in the Department of Food Science and Nutrition at the University of Minnesota in Saint Paul. “Ours is the first study to show that aerobic exercise influences the way our bodies break down estrogens to produce more of the ‘good’ metabolites that lower breast cancer risk.”*

Not only is exercise good for heart health and diabetes, it is also good for reducing the risk of breast cancer. But you should not look at exercise, eating right, and stress reduction as a treatment for any disease or condition. Instead, know that you are helping your body function as close to its optimum potential as you possibly can.

When you do that, barring any serious genetic defect or accident, you will most likely live a long and healthy life.

**And remember, if you ever have any questions or concerns about your health, talk to us. Contact us with your questions. We're here to help and enjoy participating in helping you achieve and maintain optimal health!**

# **She Is A Freshman, Fourth In Her Class, and The Best Pole Vaulter In School History.**

## ***Why She Has Her “Sight” Set On Inspiring Other People...***

If you watched her at a track meet, you would see three things: power, grace, and beauty. While only a Freshman, Charlotte Brown is an academic star, and she has cleared heights in the pole vault that no female at Rains High School in Emory, Texas ever has.

“I’d definitely consider myself very competitive. And I think a lot of that comes from my older brothers. They are never giving me a break.” Competitive she is. When talking about her first track coach, Charlotte said, “Our coach was pretty harsh. He was like...there’s no excuses...you are going to run and you are going to be good at it... and you are gonna like it, and if you don’t, you can leave.”

What Charlotte said next summed up the real secret to her success: “It’s easier to run hard than to have to think about an excuse.”

What’s incredible is that Charlotte would not have to think very hard to come up with an excuse because she is legally blind.

When describing her sight, she said, “When I look out right now, I see a pin dot of white, which I guess is the grass. And it’s blurry... kinda like looking through a coffee stirrer.”

Running is not the only thing Charlotte never makes excuses about. She doesn’t make excuses about carrying extra large text books, or that she has to use a talking calculator, or use a magnifier to make the pages of her books and any paper work huge so she can barely read it.

Her mental toughness comes from her parents who say it’s her job to recognize and overcome problems. The phrase “no excuses” has been the family motto right from the beginning.

Charlotte’s mother said, “One of the first conversations we ever had with Charlotte [was] when she was about three. We told her at that time, everyone struggles with something in their life. Everyone has something in their life that they have to overcome in this world, and her vision was going to be her something, and she might as well figure it out and move on. And... she did.”

Charlotte was born with natural vision, but quickly developed infant cataracts. Her sight went back and forth between good and bad until sixth grade when she lost most of her sight. It is now 20/-400.

So, how does Charlotte pole vault? First, she gets a little help from Ulala. Ulala is a tennis ball with a smiley face and wig attached to a spike Charlotte puts in the ground to help match her path. Ulala sits exactly at her 14th step away from the bar. She starts with her foot touching Ulala and plants the pole on her 14th step, not seeing where she is going.

When she trains, she runs on the inside lane where she can barely make out the contrast between the grass and track. Her cross country teammates wear bells on their shoes so she can follow. She even plays on the basketball team. She counts her steps and listens to the ball. Watching her play, you’d have no idea she cannot see. Her parents never told her she could not do something. Instead, they always asked her, “HOW ARE YOU GOING TO DO IT?” ...and she always came up with the answers.

Here are some more wise words from Charlotte, “I don’t think disability should be in the dictionary. That’s a dumb word. A disability is something that limits you or stops you from being able to do the things you want to do. And I don’t think anything, even if it’s vision impairment, should stop you.”

The last teeny, tiny bit of sight that Charlotte has could be gone at any moment. So, what is holding you back? What are you worried about today? Charlotte’s story sure helps put life in perspective.

## Did You Know?... **Top Source Of Hidden Salt: Bread**

Here's a surprising discovery made by the Centers for Disease Control and Prevention... The number one salt culprit in the United States is bread, including rolls and sweet rolls. Americans get twice as much salt from bread products as they do from salty snacks, which only stand at number 10 in the CDC's list of the saltiest foods. Breads and rolls aren't saltier than many other foods, but people eat a lot more of them, according to the CDC.

Breads and rolls account for about 7 percent of the salt we consume. About 40 percent of the salt we eat is hidden. After bread, the next nine are: cold cuts and cured meats, such as deli turkey or ham; pizza; fresh and processed poultry; soups; sandwiches on bread or buns (including cheeseburgers); cheese; pasta dishes; meat-mixed dishes, such as meat loaf with tomato sauce; and snacks, such as chips, pretzels and popcorn. These 10 foods are responsible for 44 percent of all sodium consumed.

Nine out of ten Americans over age two consume too much sodium. On average, they eat 3,300 mg a day. Experts say everyone over age 51, individuals of African descent, and anyone with high blood pressure, diabetes, or chronic kidney disease should limit sodium to 1,500 mg a day. For everyone else, less than 2,300 mg is recommended. Consuming too much salt has been linked to heart disease and stroke.

## Tip Of The Month **The Surprising Secret Ingredient In Pepper That Fights Parkinson's Disease.**

If you are in pain, you are probably looking for a treatment for your pain. If you have a disease, you are probably looking for a treatment for that disease. Most people look for a miracle scientific breakthrough like a brand new surgical procedure or a new drug. Stem cell therapy has many people (and doctors) dreaming of potential cures, but many times, Mother Nature had the answer all along.

For example, new research just published in the *Annals of Neurology* tested the effects that eating plants in the Solanaceae family had on Parkinson's disease. Solanaceae is a plant family includes plants with edible nicotine. Plants in this family include tobacco, peppers, tomatoes, and potatoes. This study examined whether Parkinson's disease was associated with self-reported typical frequency of consumption of peppers, tomatoes, tomato juice, and potatoes during adulthood, while adjusting for consumption of other vegetables, age, sex, race/ethnicity, tobacco use, and caffeine.

Results: Parkinson's disease (PD) was inversely associated with consumption of all edible Solanaceae. The more concentrated the nicotine in the food, the greater the impact. The inverse association was greatest for peppers. According to the study, "*Dietary nicotine or other constituents of tobacco and peppers may reduce PD risk. However, confirmation and extension of these findings are needed to strengthen causal inferences that could suggest possible dietary or pharmaceutical interventions for PD prevention.*"

Peppers may not be the "cure" for Parkinson's disease, but once again, it points out the importance of the basics: eating right, exercise, and stress reduction.

**Remember, we're always here to help your body heal  
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.*