

In Good Hands

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

“Difficulties are meant to rouse, not discourage. The human spirit is to grow strong by conflict.”
~ William Ellery Channing

Exercise stimulates appetite? New Research says... WRONG!

New Study Suggests When To Exercise To Lose More Weight



More this month:

- ✓ What's the best time of day to exercise to both perform the best and lose the most weight?
- ✓ *New research shows our ancient ancestors were eating meat much earlier than expected... find out when.*
- ✓ Have scientists discovered a natural way to lower your risk of a gout attack?
- ✓ *One Human, One Animal: Two heartwarming and motivational stories you may find hard to believe...*

Natick- This has been a hot topic for a very long time. In fact, it's quite possible that cavemen and cavewomen were debating this while sitting around the campfire chomping on Mastodon burgers. The question is:

What's The Best Time of Day To Work Out?

Okay. Fine. Cave people had a few more important things to worry about like food, shelter, and getting eaten by Saber-Toothed Tigers.

But, if you are trying to lose weight and get in shape TODAY, then the answer to this question may be VERY important to you.

If you are like most people, you have very limited time. So, you want to get the maximum results from exercise that you can in as little time and with least effort possible.

The good news is that a few recently published research papers may have some answers...

The first is a study published in the October issue of *Medicine & Science in Sports & Exercise*.

This research out of Brigham Young University (BYU) shows that 45 minutes of moderate-to-vigorous exercise in the morning actually reduces a

person's motivation for food. This is contrary to the common belief that exercise STIMULATES appetite.

According to BYU: *Professors, James LeCheminant and Michael Larson, measured the neural activity of 35 women while they viewed food images, both following a morning of exercise and a morning without exercise. They found their attentional response to the food pictures decreased after the brisk workout.*

“This study provides evidence that exercise not only affects energy output, but it also may affect how people respond to food cues,” LeCheminant said. The report went on to say, “The 45-minute exercise bout not only produced lower brain responses to the food images, but also resulted in an increase in total physical activity that day, regardless of body mass index.”

One thing of interest was that the women did not eat more food on exercise days than non-exercise days. In other words, they did not eat more to make up for the calories burned from working out.

“The subject of food motivation and weight loss is so complex,” Larson said. “There are many things that influence eating, and exercise is just one element.”

What About Peak Performance?

There are studies that show the AFTERNOON is the best time for peak performance. One study published in *Sports Medicine* in 1995 revealed that, *“Performance of physical activity is generally improved in the afternoon or evening, compared with morning.”*

Even more important are the results from a study published in *Medical Science Sports Exercise* in 1998 that found: *“These results demonstrate that there is temporal specificity in training to increase work capacity in high-intensity exercise. Greater improvements can be expected to occur at the time of day at which high-intensity training is regularly performed.”*

In other words, training at the same time every day yields the best results in regards to performance.

Here’s something to keep in mind... The last two studies mentioned concern performance (strength, speed, etc.) The first study done at BYU is about appetite and potential weight loss. Once again, science does not give us the clear-cut answer we are looking for.

So, What’s The Bottom Line?

Make an exercise plan and exercise regularly. That is the number one priority. Clearly, any workout is better than none. But, TRY to workout at the same time every day.

These studies used small sample sizes and it is very possible that not everyone fits into these results. For example, some people are morning people. They jump out of bed at 5:30 every day cheering. For others, that is torture.

So, is it possible that these two types of people have different peak performance times? One early and the other later? Yes, it is. Once again, try it out for yourself. Just be consistent and give it a valid shot. Don’t try something for a week or two and think it did not work. Exercise, weight loss, and athletic performance simply do not work like that. Neither does health.

All of these things take consistency. You must do the right things... long enough...and “long enough” is for the rest of your life.

Sometimes reality can be a little harsh, but the alternative is much worse. ☺

Science Update:

Nerve Transfer Surgery A Success If Done Soon Enough

Modern medical science and technology have come a long way. Now there is a medical procedure called nerve transfer.

Nerve transfer is a surgical technique that may be used when a patient has a nerve injury resulting in complete loss of muscle function or sensation.

Nerve transfers involve taking nerves with less important roles, or branches of a nerve that performs redundant functions to other nerves, and “transferring” them to restore function in a more crucial nerve that has been severely damaged. The surgeon will use functioning nerves that are close to the target muscle or sensory area, and these nerves are transferred or “plugged in” to the injured nerve that no longer functions. The nerve that has been “plugged in” now supplies that function.

Time Is Of The Essence

According to *Science Daily*, *“Nerve injuries requiring nerve transfer can be caused by many things such as accidents, sports or surgeries. Once a nerve is cut from a muscle, it has to be reinnervated within about 18 months before the muscle atrophies. Since nerves only regenerate one millimeter per day, sometimes they cannot regenerate and reach the muscle before it wastes away.”*

Associate Professor of Orthopedic Surgery at the Weill Cornell Medical College and Associate Attending Orthopedic Surgeon at Hospital for Special Surgery, Dr. Steven Lee adds, “It has been shown that if you do nerve reconstruction work and surgery before six months after a nerve is severed, then patients do far better... If it has been more than 18 months, even if the nerve regeneration length is two centimeters, it may still be too late.”

Another Happy Marathoner

Dear Dr. Victoria VanNederynen,

I wanted to write you a letter to thank you for the tremendous assistance that your Active Release Techniques treatments and foam rolling instructions were to my strained hamstrings. When I first visited you, I was two months away running the Maine Marathon and my training was stuck because of sharp pain in my very tight hamstrings. I was contemplating backing out of the race and focusing on recovery. Instead, with your help, I was able to train hard and set a new personal record dropping my marathon time from 4:02 to 3:50.

I highly recommend Active Release Techniques and have full confidence in Performance Health Center.

Thank you so much!

Guido Jacques

One Human, One Animal

Two heartwarming and motivational stories you may find hard to believe...

In October, the World Health Organization (WHO) came out with a shocking statistic: **More than 350 million people suffer from depression globally.**

“It is not a disease of developed countries, it is a global phenomenon. It’s present in both genders and in rich and poor populations,” Dr. Shekhar Saxena, head of the WHO’s Mental Health and Substance Abuse Department, told reporters in Geneva.

Researchers claim that nearly 1 million people take their lives every year and more than half of them suffer from depression.

That’s why it is important to hear about people like Chuck Pagano. Chuck is the Head Coach of the Indianapolis Colts and was hospitalized with leukemia the week before his team’s 4th game in the NFL this season. Chuck sent a letter (email) to his team that showed his true character. The email told them to focus on their task at hand and not on him.

Here is a portion of the letter:

My condition will not determine my position. I understand the condition but choose to focus on my position. That is to stay positive and SERVE.

WE WILL, WE CAN, WE MUST. WE HAVE NO CHOICE. BY ANY MEANS NECESSARY. WE WILL OVERCOME. IT’S ALL IN THE PROPER STATE OF MIND.

There is no better owner in the NFL, period! He has built an organization based on Faith, Family and Football. Don’t ever mistake the ORDER.

We all have a job to do. We know and understand that. That’s why we signed up for it. We knew there were going to be tough times. This is not for everybody, but I know deep in my heart we are all here because we’re supposed to be.

Focus on being .500 by 4:30 p.m. on Sunday. Nothing else. LASER SHARP FOCUS. That has to be our mindset. 60 minutes, all you got, one play at a time! WIN!

His team won in dramatic fashion, and the owner offered Chuck the game ball. Chuck declined because it was not supposed to be about him.

Now for one of the most touching animal stories EVER...

Capitán is a German Shepherd that lives in Argentina. Capitán may also be the most loyal dog that ever lived. Here is why...

In 2006, Capitán’s owner, Manuel Guzman, died, and Capitán ran away from home. A week later, Guzman’s family found Capitán at his owner’s gravesite... heartbroken. No one had ever taken Capitán to the gravesite; he found it all by himself.

Since then, every day for 6 years, Capitán spends most of his time in the cemetery near his master's grave. The cemetery director has been feeding and taking care of loyal Capitán. According to the cemetery director, “During the day, he sometimes takes a walk around the cemetery, but always rushes back to the grave. And every day, at 6:00 p.m. sharp, he lies down on top of the grave and stays there all night.”

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?...

Herbs and Spices

Herbs and spices contain various disease fighting compounds. That is why they have been used medicinally for thousands of years. Here are four herbs and spices that are beneficial for your taste buds and body:

- **Cinnamon** contains iron, calcium, manganese, and fiber, and can be used to temper sugar cravings. It also helps stabilize blood sugar levels. Try cinnamon in coffee, on fruit, or on a baked sweet potato.
- **Chili peppers** contain capsaicin, which increases metabolism and satiety in addition to triggering proteins in fat to break fat down, showing great potential for those with body re-composition goals. Chili peppers also increase the resistance to harmful bacteria in stomach cells, which may decrease the risk of developing an ulcer.
- **Ginger** is a proven way to settle a sick stomach. Ginger can also relieve cough and congestion symptoms thanks to the phytochemicals shogaol and zingerone. Ginger has also shown the ability to reduce muscle ache, decrease arthritis pain, and potentially fight various cancers. Some ways to utilize ginger: put in tea, soup, or a stir-fry.
- **Rosemary** works perfectly in meat marinades. Due to its antioxidant content, rosemary has been shown to prevent the formation carcinogenic compounds called heterocyclic amines in meat when the cooking method is broiling, grilling, or frying.

Tip Of The Month

Can Eating Cherries Lower Gout Risk?

If you suffer from gout, you are going to like this information. Gout is a kind of arthritis that occurs when uric acid builds up in blood and causes joint inflammation. Chronic gout is repeated episodes of pain and inflammation which may involve more than one joint. If too much uric acid builds up in the fluid around the joints (synovial fluid), uric acid crystals form. These crystals cause the joint to swell up and can be extremely painful. That's why the findings of a new study published by the *American College of Rheumatology* are so promising. The lead author, Dr. Yuqing Zhang, Professor of Medicine and Public Health at Boston University and colleagues, recruited 633 gout patients who were followed online for one year. Participants were asked about the date of gout onset, symptoms, medications, and risk factors. Researchers also asked about cherry and cherry extract intake in the two days prior to a gout attack. A cherry serving was one half cup or 10 to 12 cherries. According to the study, "*Cherry intake over a 2-day period was associated with a 35% lower risk of gout attacks compared with no intake.*"

New research shows our ancient ancestors were eating meat 1.5 million years ago!

There is a debate raging in the diet and nutrition world. Some claim eating meat is healthy and others say it is not. The purpose of this information is to inform you and not to make a decision for you. According to a study that was published October 3 in the peer-reviewed journal *PLOS ONE*, "*Meat-eating was an important factor affecting early hominin brain expansion, social organization and geographic movement.*"

Researchers used skull fragments found by anthropologists in Tanzania to show that our ancient ancestors were eating meat at least 1.5 million years ago. "Meat eating has always been considered one of the things that made us human, with the protein contributing to the growth of our brains," said Charles Musiba, Ph.D., Associate Professor of Anthropology at the University of Colorado, Denver, who helped make the discovery. "Our work shows that 1.5 million years ago we were not opportunistic meat eaters, we were actively hunting and eating meat." Authors of the study also noted, "This discovery highlights that by at least 1.5 million years ago, early human physiology was already adapted to a diet that included the regular consumption of meat."

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!!!