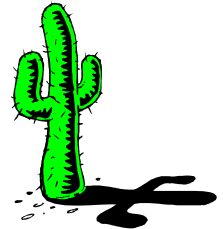


In Good Hands

A Free Monthly Newsletter For The Friends and Patients of: **Maryland Spine Institute**

“The Amazing Weight Loss Secret Of The South African Bushman Finally Stumbled Upon After Thousands of Years...”



Maryland- Ever wanted to just take a pill and shed a few of those extra pounds you've got hangin' around your mid-section? Or, how about dropping a whole bunch of unwanted blubber, quickly and easily, without ever feeling even the least bit hungry?

If you do – you are not alone. Every year over \$40 BILLION is spent on products designed to help you slim down. The only problem is – they either don't work... or... have devastating side effects. Some even kill you. Remember fen-phen?

But what if there *was* something that actually worked? And what if this “secret” had already been used, successfully, for thousands and thousands of years? Would you want to know something about it? Maybe give it a shot?

Sound too good to be true? Well, you may change your mind after reading this incredible story about the South African Bushman and their all-natural century's old weight loss secret.

Here's the story – with a little “embellishing” by me! Many, many moons ago – let's say a couple thousand years – there was a South African Bushman. Actually, Bushwoman. For lack of a better name, let's call her Anna Nicole Smith. Anna for short.

Part of being a Bushman/Bushwoman is, every now and then, making a trek across the South African desert. As you can imagine – it's not a short trek. It takes several weeks and food and water are scarce.

So, before Anna's first trek, she goes to see the wisest Bushman in her village. She sits down with him, a little nervous and asks, quite bluntly...

“How The Heck Am I Going To Make It All The Way Across That Huge Desert Without Hardly ANY Food Or Water? I'm Gonna Starve To Death!”

That's when the wise old Bushman revealed his secret. He brought Anna a few paces out into the desert and pointed to a cactus-like plant and said,

“Eat that – and you will never be hungry or thirsty again.”

The next morning Anna, who was a little overweight and, let's just say, a “big eater,” cut off some of this cactus-like plant, ate it, and began her long jury. She walked and walked and walked. Lunchtime came and passed. So did dinner. Both without feeling hungry or thirsty at all.

Anna was shocked. So, the next day... she ate some more. And the next day and so on. The next thing she knew, Anna had reached her destination, Los Angeles... she had lost 69 pounds... and was the star of a Trimspa commercial! Just kidding. But the rest of that scenario is pretty much true. The South African Bushmen have been eating that cactus-like plant to kill hunger and thirst pangs on their long desert trips for thousands of years.

The amazing plant that tricks the brain by making the stomach feel full is called *hoodia* and it ONLY grows in the Kalahari Desert of South Africa.

Although the West is just discovering hoodia, the Bushmen of the Kalahari have been eating it for a very long time. After all, they have been living off the land in southern Africa for more than 100,000 years.

Some of the Bushmen, still live in grass huts, collect food and cook it the old fashioned way.

The first scientific investigation of the plant was conducted at South Africa's national laboratory. Because Bushmen were known to eat hoodia, it was included in a study of indigenous foods.

“What they found was when they fed it to animals, the animals ate it and lost weight,” says Dr. Richard Dixey, who heads an English pharmaceutical company called Phytopharm that is trying to develop weight-loss products based on hoodia.

According to Dixey, discovering hoodia's weight loss benefits took quite some time. Research began way back in the 60's. It took the South African national laboratory 30 years to isolate and identify the specific appetite-

suppressing ingredient in hoodia. When they found it, they applied for a patent and licensed it to Phytopharm.

Phytopharm has spent more than \$20 million so far on research, including clinical trials with obese volunteers that have yielded promising results. Subjects given hoodia ended up eating about 1,000 calories a day less than those in the control group. That is quite a bit considering the average American man consumes about 2,600 calories a day; a woman about 1,900.

Basically, when you eat hoodia, you don't get hungry.

Why would anyone want to patent a plant? Actually, the patent is not on the plant. It is on the application of the plant as a weight loss material, and on the active compounds within the plant.

That means no one else but Phytopharm can use hoodia for weight loss.

That brings us full circle with our Bushwoman – Anna Nicole Smith. You knew I just didn't pick her name out of a hat... didn't you?

Well, it just so happens that Trimspa is claiming the product she used, that they manufacture, has hoodia in it.

When asked about that in a recent 60 Minutes interview, Dixey said, *"This is just straightforward theft. That's what it is. People are stealing data, which they haven't done, they've got no proper understanding of, and sticking on the bottle, when we have assayed these materials, they contain between 0.1 and 0.01 percent of the active ingredient claimed. But they use the term hoodia on the bottle, of course, so they -- do nothing at all."*

So Dixey and Phytopharm feel a little ripped off.

Well, they're not the only ones. It just so happens, the Bushmen, who gave direct information that led to the patent, first heard of the patent through a press release.

And the worst thing was – these impoverished people were not going to be compensated one red cent!

Hmmmmmm. Steal from Phytopharm bad. Steal from poor Bushman good.

Thankfully, however, the Bushmen were able to acquire legal counsel and will be getting a percentage of the profit.

Attempts at synthetically reproducing the compound have proven futile. So far, it cannot be made in large enough amounts and is very expensive. So, Phytopharm has started hoodia plantations in South Africa with the hopes of harvesting large enough amounts to market. They believe their product will hit the mass weight loss market by 2008.

As you may suspect – I have an opinion... and a warning... about all this weight loss stuff.

Here it is: First is about the drug companies' attempt to make a synthetic version of hoodia. There is an inherent problem taking something found in nature and making it

unnatural. Over and over we have seen the results change and the side effects increase. You cannot isolate the active ingredient, reproduce it in a lab, put it in a pill form and expect it to react in the body the same way it does in its natural form. Things just don't work that way.

The only reason it is done that way is money. Patent the formula, cheaply reproduce a synthetic version... and... make millions.

The other BIG problem here is with the commonly accepted notion that anything that is natural is harmless. Herb supplements have been sold under this guise for quite some time. I don't know how many times I've heard in a vitamin shop, "it's safe because it's all natural!"

Oh yeah? Last time I checked some of the most toxic substances on the planet were all natural. Poison ivy is all natural... wanna go eat some? Snake venom – another safe all natural substance. Mercury --- ENOUGH! You get the point.

The point is – ALL DRUGS HAVE SIDE EFFECTS. Herbs are also chemical compounds. Doesn't matter they come from the rain forest or the desert in South Africa. Now I'm not saying not to take supplements. Not at all. Some are EXTREMELY helpful. But you must understand what you are taking. That's why I am here. If you have any questions... just ask. **And as for weight loss** – I'd rather see you do it with a sensible diet and exercise program before you put your health at risk with all these supplements and drugs. After all – all hoodia does is make you eat less. MY guess is... you can do that all on your own! Although I've got to tell ya, can't wait to hear more about the hoodia saga! I'll be sure to keep you posted.

...And don't forget, 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 don't enjoy anything more than participating in your life long good health.

Welcome New Patients!

We welcome the new patients that became members of our practice family this last month! We'd like to welcome you, and wish you all the best!

If you or someone you love is suffering
From one of the following, call our office immediately:

- Low Back Pain
- Neck Pain
- Headaches
- Carpal Tunnel
- Fibromyalgia

Maryland Spine Institute (410-877-8077)

Inspirational Story Of The Month –
(Names And Details Have Been Changed To Protect Privacy.)

“The Priceless Gift”

They say the best gifts come in the smallest boxes. After all, an uncut, flawless diamond doesn't take up much room in the miner's pocket. Yet, *in the right hands*, it is just about priceless. Sadly, in the wrong hands, it can be used to prop up the short leg of a table. So is the case with the story you are about to read.

This month's story is short and sweet. But, the lesson it contains has the potential to *instantly* change the way you live every single day of the rest of your life... as it did mine. How you use this lesson will determine its value and impact in your life.

One quick note before we begin: This story is extremely personal... and... I do not have permission to use it with the names of the great people involved. The message in this story is so powerful, however, you do not need to know the actual who, when, where and why to gain its amazing benefits. As you will soon see...

Here's the story: If you looked at the tremendous success Bill has had over the years, you would never have guessed it all began with what most would consider a tragedy of epoch proportions. A setback so great – most would become paralyzed -- roll over and quit. You see, he and his wife, Martha, were married young. When Martha became pregnant in their second year of marriage, it was a dream come true for the happy couple.

How Dreams Can Suddenly Change...

The day their first and only child, Lisa, was born quickly changed their lives... forever.

When Lisa was born, she was not “ok.” No one knew the extent of her condition at that time, but after years of tests it was found she was born with mental retardation and other medical conditions.

There were many painful years to follow.

Both Bill and Martha watched, helpless, as Lisa struggled to tie her shoes, fit in with other children at school, even just communicate her simple needs, wants, desires and feelings. But through it all, Lisa never gave up. And more than that, she went through it all, all the struggle, all the pain, all the suffering and all the ridicule with love in her heart and a smile of her face.

And in the end, Lisa had been the teacher of one of the most valuable lessons you can ever learn. What's the lesson?

Every Adversity Carries Within It The Seed Of An Equal Or Greater Benefit

What benefit could possibly come from the painful struggles of such an innocent little girl? Bill tells us in his story how Lisa taught them how to be brave in the face of even the worst possible adversity.

Any time you think you have it bad, just imagine Lisa getting on that school bus every day with children who ridicule her because they don't understand. Bill went on to say what Lisa lacked in brains she made up for in heart. She taught them how to love and brought wonderful people into their lives they never would have known.

Certainly, all the benefits Lisa brought into her parent's lives did not completely wipe out all the pain, but that sorrow was used as a springboard for different opportunities.

The point is this: Life is filled with hard times. Adversity is everywhere. Sure, some people have it easier than you... but... there are also countless who have it so much worse than you it makes your problems look like a joke.

An old mentor of mine once told me this, *“Write down all your problems on separate pieces of paper. Fold them up and put them in this hat. I'll do the same in another hat. I'll let you start exchanging your problems for mine, one-by-one by picking them out of my hat. I guarantee, after you pick the very first time, you'll want all your problems back!”*

The truth of the matter is: It is never the problem that keeps you down...**It's Your Reaction To The Problem**

Here's some more examples: Wilma Rudolph was born prematurely on June 23, 1940 in St. Bethlehem, Tenn. She weighed 4 1/2 pounds. The bulk of her childhood was spent in bed. She suffered from double pneumonia, scarlet fever and later she contracted polio. After losing the use of her left leg, she was fitted with metal leg braces when she was 6 and doctors said she would never walk without the braces again. At the 1960 Rome Olympics, Rudolph became "the fastest woman in the world" and the first American woman to win three gold medals in one Olympics.

Charles Atlas was the skinny, 90-pound weakling that became the world's most perfect man.

Michael Jordan was cut from his High School basketball team – we all know what became of “Michael.”

Here's one that's a little different: Dan Gable was 182-0 in wrestling through high school and college. He lost his last match, for the national championship, as a senior due to a mental mistake. He went on to win the gold medal in the 1972 Olympics – no one scored a single point on him in six matches -- a feat that has never been matched. Here's what Gable said about his only defeat, *“I needed to get beat because it not just helped me win the Olympics, but it helped me dominate the Olympics. But more than that, it helped me be a better coach. I would have a hundred times rather not have that happened, but I used it.”*

“But how I used it.” That's the REAL message. As an important aside, while in high school, Dan's sister was sexually assaulted and murdered in their own home. Something that easily could have been used as an excuse and led to his demise.

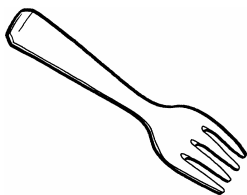
The stories are endless of how someone turned a devastating illness, defeat or setback into fuel for future success. The sting of defeat can either drive you to success... or... cripple you and become a useless crutch. The choice is yours.

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 maintenance plan. It's not a luxury anymore! With our low monthly payment plan, it's less expensive to maintain your good health! You really can afford Physical Therapy & Chiropractic care! Don't wait until you can no longer move!

Did You Know?...

- The common goldfish is the only animal that can see both infra-red and ultra-violet light.
- Tennessee is bordered by more states than any other. The eight states are Kentucky, Missouri, Arkansas, Mississippi, Alabama, Georgia, North Carolina and Virginia.
- Des Moines has the highest per capita Jello consumption in the U.S
- The geographical center of North America is near Rugby, North Dakota.
- If you stretch a standard Slinky out flat it measures 87 feet long.
- Most Americans' car horns beep in the key of F.
- Our eyes are always the same size from birth, but our nose and ears never stop growing.
- The Statue of Liberty's tablet is two feet thick.
- There are two credit cards for every person in the United States.
- There are only thirteen blimps in the world. Nine of the thirteen blimps are in the United States. The existing biggest blimp is the Fuji Film blimp.
- Naugahyde, plastic "leather" was created in Naugatuck, Connecticut.
- The Boston University Bridge (on Commonwealth Avenue, Boston, Massachusetts) is the only place in the world where a boat can sail under a train driving under a car driving under an airplane.
- It is believed that Shakespeare was 46 around the time that the King James Version of the Bible was written. In Psalms 46, the 46th word from the first word is shake and the 46th word from the last word is spear.
- The top layer of a wedding cake, known as the groom's cake, traditionally is a fruit cake. That way it will save until the first anniversary.

Tip of The Month...“5 Tips To Lose Maximum Weight As Fast As Humanly Possible!”



So, it's a brand New Year and you want to lose a whole bunch of weight... in the blink of an eye. I sure as heck don't want the "secret" of losing weight slowly. Do you? That's no secret at all. Well, I've got some good news – and bad. The good news is – you can lose weight rapidly. The bad news is – you must do it the right way... or else! One of the most important "rules" of weight loss that actually works is... **You Can Not Lose Weight *TOO* Fast!**

Why? Because when most people want to lose weight rapidly, they stop eating. If you don't eat, you will lose weight. Makes sense – right? And, you will lose weight in the beginning. As a matter of fact, you will lose it FAST. Problem is – in order to survive, you have been given innate or inborn abilities to adapt to your surroundings. For example, take dark skinned versus light skin. Why are the dark skinned dark? Simply because they live in a place where they are exposed to a lot of sun. They have adapted to dark skin to protect them from the constant and powerful rays of the sun.

The light skinned, however, have adapted in the opposite direction. Since they live in an area that does not get as much direct sunlight, they have lighter, more sun-sensitive skin. Since the sun is one of our most important sources of vitamin D, if they did not have such light skin, they would become sick.

What does all this have to do with weight loss? Good question.

When you stop eating... or... drastically cut down what you eat – your body adapts. It goes into starvation mode and...

SLOWS YOUR METABOLISM DOWN TO A SNAILS PACE!

The end result is: you lose a bunch of weight quickly and then it stops. And here's the worst part --- as soon as you start eating again (and at some point you have to) you gain it all back and then some.

Most of the time you end up fatter then you were before you starved yourself. So you starve yourself again and end up fatter and fatter and fatter! What's the solution? The first thing you have to understand is there is no one answer for everyone. You cannot fit everyone into one "program."

Everyone has slightly different body types. Some do well with low carbs – others higher levels of "good" carbs.

Whatever you do, you want to change the way you eat and exercise for the rest of your life. The harsh reality is: there are no "diets" you can do for 6-8 weeks, lose a bunch of weight... and then go back to sitting on the couch and eating all the bad foods again.

That being said, here are 5 rules of weight loss:

#1 Don't try to lose weight fast without checking with your doctor. If you have any question, feel free to schedule a weight loss consultation with me.

#2 Don't have unrealistic weight loss goals. The speed at which you can lose weight (without regaining it) depends on various factors including: (1) your present weight, (2) your general lifestyle, (3) how active (or inactive) you are, (4) the amount of stress in your life, and (5) your family history.

#3 Make sure you follow a sensible eating and lifestyle plan... NOT A FAD DIET! Fad "quick fixes" at the very best make you fatter. At the worst, they can ruin your metabolism and health that can take you years to recover from.

#4 Never go hungry! Like I said before, when we stop eating, our metabolism slows down. Conversely, when we eat many small meals spaced out throughout the day (as long as it is good food!) our metabolism speeds up. You will actually lose more weight when you eat more of the right food in 5 small meals a day than if you ate half as much in one or two meals.

#5 Stop eating out! And I'm not just talking about fast food. Most restaurants take good food and add all kinds of junk to make it taste better and get you fat! Eating at home will save you money and help you shed countless pounds.