

In Good Hands

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

“You have to stay in shape. My grandmother, she started walking five miles a day when she was 60. She's 97 today and we don't know where the hell she is.” ~ Ellen Degeneres

Is Coffee Healthier Than Vegetables?

Maryland – It's remarkable. I was in the checkout line the other day, yes me! And, you know all those magazines and tabloids they have positioned to ambush you while you are waiting to pay for your groceries?

Well, wedged right in between Britney selling the rights for the video of her poor child's birth... and... Demi and Ashton's "secret" wedding... was a headline that caught my eye...

I'm not sure if I've got it exactly right... word-for-word... but... it said that...

Coffee Is Better For Your Health Than Vegetables!!!

And they said they had proof. Good Lord! I had to read it. After all – probably you, like most people, like coffee and hate spinach. This could be good. VERY GOOD INDEED!

But, I wasn't about to be seen buying this... ahem... let's just call it, "less than respectable" publication... if you know what I mean...

So, I announced to the checkout person that I had forgotten the laundry detergent... and as I backed out of line... slyly grabbed a copy and read it in isle #6.

Here's what it said: The claim that coffee is better for your health than vegetables was substantiated by a study that said coffee is the #1 source of anti-oxidants in American diets.

Since anti-oxidants are so good for your health and American's are getting more from coffee than vegetables – it's logical to conclude coffee is healthier than vegetables... yeah...

Maybe If You're A Five-Year-Old!

That's terrible logic.

Yes, coffee does contain anti-oxidants, but all it means is

Americans consume WAY more coffee than vegetables.

Yes. I know "way more" is not good English! And I know about "good English," too!

Let's get back to the task at hand...

High coffee consumption is linked to many health problems – like high blood pressure, increased risk of stroke and cholesterol problems.

And that's not to mention the myriad of health problems caused by insomnia and lack of quality sleep.

I know whenever I drink too much coffee, I get irritable and my stress level goes through the roof, which is a big factor in heart disease by the way.

I remember cracking one day after racing around my house looking for my car keys...

That Were In My Hand The Whole Time!

Anyway, many "experts" say drinking one or two cups a day is OK. But the jury on that is still out for me...

Why?

Because coffee is a stimulant and is addictive. That's why so many people get headaches when they try to cut back or stop. I know I did!

I've suffered terribly when I quit 3 years ago! Cold turkey, no caffeine anymore, nada, zero!



I've seen many patients suffer with headaches for quite some time and never realize it was coming from their coffee consumption.

I Also Think The "Pick Me Up" Of Coffee Is Mostly Bologna...

Here's why: I'm sure you *once* had increased energy from coffee – but – just like any drug -- your body quickly adapts.

The main reason you feel so tired in the morning and "need" a cup of coffee to get going is because you are going through withdrawal!

Drinking that cup or two just brings you to the way you *should* feel if you weren't physically dependant on the coffee.

In other words, you feel *relatively* better because the withdrawal makes you feel miserable.

Chasing The Dragon...

Here's something interesting. Sad, but interesting.

Heroin addicts say that the best "high" they ever get is the first one. Most are 100% addicted from that very first time.

Then they spend the rest of their life, increasing the dose, trying to get that same feeling again.

They call it, "chasing the dragon."

I have seen many people chasing the "coffee dragon." Consuming more and more coffee just to keep going.

And I know how hard it is trying to keep up in our ultra-fast paced society.

Believe me -- I've even chased it a few times myself!

Now let's be clear on this: I'm NOT saying coffee is anywhere near as bad as heroine. That's *NOT* my point.

My point is – coffee is a drug. And ALL drugs have side effects.

"But Dr. Seymore...Coffee Is Natural!!! It Grows In Rich Columbian Soil... So It Can't Be A 'Drug'!"

I'll respond to that with the response my father gave me throughout most of my teen years...

HORSEFEATHERS! ... or something like that Let's use a little logic here: Marijuana grows in some pretty nice "fields" – so it isn't a drug?

And remember that "chasing the dragon" thing? Hey, if it looks like a duck, walks like a duck and acts like a duck – you know the rest. Just because the government hasn't labeled it a more serious drug

doesn't mean anything. This isn't the first thing they've gotten wrong. Now, before you think I'm some kinda anti-coffee activist freak and call the Starbucks police on me – I'm not. Like I said in the beginning of this, I liked coffee. In fact, at one time, I probably liked it more than you! Luckily, I have "escaped the dragon", and I'm not coming down on you...

I'm just stating the facts. I'm not willing to distort the truth just to justify what you or I do.

The best advice I can give you for optimal health is this: Drink as little coffee as possible.

None is probably the best.

But, I'm a pragmatist. I know the best advice may not always be practical. So...

If You Are Going To Drink Coffee, Here Are Some Things To Keep In Mind:

- Try to keep it to 1-2 cups a day... Tops!
- Try not to drink coffee after mid-day. Even though you may not FEEL the effects, drinking coffee too late in the day can seriously disturb healthy sleep patterns.
- Buy organic coffee. Most commercial coffee has pesticides.
- Do not use non-dairy creamers. They are made with hydrogenated oil.
- If you need to sweeten your coffee, consider stevia instead of sugar or artificial sweeteners.

Isn't it a shame that so many of the good things in life aren't good for you? But then again... there are so many that are good for you!

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 lifelong good health.

Welcome New Patients!

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

Barbara Burke, Abingdon, MD

Ronnie Burleson, Baltimore, MD

Eugene Byrnes, Baltimore, MD

Joan Dipietro, Kingsville, MD

Lisa Hannon, Pylsville, MD

Skip Heiskell, Millersville, MD

Marta Kutnik, Street, MD

Glenn Lesnick, Jarrettsville, MD

Paul Radavski, Finksburg, MD

Sheryl & Chip Smith, Jarrettsville, MD

We respect your privacy. We have had several patients request we do not include their name in this welcome!

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

“With Only Hours To Live, He Made The Right Call...”

It was one of those days.

I woke up on the wrong side of the bed. Got my foot caught in the bed sheet. Then stubbed my toe on the way to the bathroom. I jammed the little one almost all the way to my heel.

After hopping around on one foot for a few minutes screaming almost every bad word I’ve ever learned... just kidding... I’d NEVER do that! ☺... I stepped into the shower.

As I pulled the shower curtain closed – it tore part of it off the rod and it drooped down. Water ricocheted all over the floor... and my cats (Callie & Mischief)! They were NOT happy. Like I said... **It Was One Of Those Days!**

But it only gets better... As I showered, several hundred thoughts ran through my head, as they always do. All how bad my life was. Why was it that everyone else always had better luck than me? Why did things always work out better for some people?

You know “those” people.

In my younger years, I always thought if I worked hard – I would get to the sweet spot. A spot in life where things are just easier. A whole lot easier. Just like it was for *everyone* else.

No matter how hard I try – I just can’t seem to get to that “sweet spot.” I silently thought to myself... I didn’t want the rest of my life to be like this...

So I slumped downstairs and picked up the daily paper from my doorstep. Amazingly without pain or incident.

And what I read in that newspaper instantly changed my luck that day... and... I’d bet for the rest of my life... It was a story about 10-year-old Montana Mazurkiewicz who, like many kids his age, was a big football fan. An even bigger Notre Dame football fan. He was actually named after Notre Dame’s legendary quarterback – Joe Montana.

What was very different about Montana was he was dying from inoperable brain cancer.

When the Notre Dame Head Coach, Charlie Weiss, learned about Montana’s condition, he scheduled a personal visit to his home.

Coach Weiss brought Montana a ball. And since Montana’s tumor had paralyzed him from the waist down in the last week, he climbed into Montana’s chair and helped him pass the ball to his mother.

Then Coach Weiss signed the ball...

“Live for today for tomorrow is always another day”

Then he told Montana: “You can’t worry about tomorrow. Just live today for everything it has and everything you can appreciate,” she said. “He said: ‘If you’re (in pain) today you might not necessarily be in pain tomorrow, or it might be worse. But there’s always another day.’”

Then he asked Montana if there was anything he could do for him. Montana asked if he could call the first play for Saturday’s game against Washington State. Coach Weiss agreed.

Montana called, “Pass right.”

But he never got to see the play he called... because... he passed away the night before the game.

In memory of Montana, Coach Weiss told his team about Montana and his play.

Notre Dame fumbled the kick-off and was forced to start on its own one-yard line. Definitely NOT the place to run Montana’s play – but they did.

Quarterback Brady Quinn was forced to scramble and the pass was completed to Anthony Fasano – who jumped over a Washington State player and gained 13 yards. It was an amazing play and Notre Dame went on to win the game 36-17. The game ball was signed by the players and sent to Montana’s family.

Suddenly my stubbed toe, torn shower curtain and everyday problems seemed miniscule. And I realized how blessed I really was. After reading Montana’s story – I hope you feel blessed, too.

We should all think of Montana whenever life seems to throw us a little curve ball. We should also thank God for people like Charlie Weiss. He makes us realize what life is really about...and... how we could ALL be doing more.

It looks like Montana called the right play. So did Charlie Weiss. Suddenly, I’m a BIG Notre Dame football fan, too.

We love helping people through their tough times and getting them feeling better! We are here to help you stay feeling better and looking younger too! 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?...

- Soccer playing kids are suffering from heel pain in large numbers. Here's why. Soccer cleats put your kid's heels in a negative position, meaning the heel is lower than the rest of the foot. With all the pressure occurring in the heel as a result of this unnatural position, heel pain, especially in kids under 16 years old experiencing growth spurts, is a more and more common problem. If your soccer-playing child is complaining of heel pain, please see us to get different treatment options. And, please get your kids to take those cleats off as soon as possible after practice and games. (Source: Temple University)
- **Exercise may work as well as medication for treating depression. In fact, it's beneficial effects may last longer! A four-month study of volunteers age 50 plus with depression found that those who exercised for 30 minutes three times a week on some aerobic device overcame their depression. That was the same rate of improvement as the subjects who took anti-depressants alone, or exercised along with the medication. Six months later, researchers found that those who continued to exercise were less than half as likely to relapse into depression compared to those who didn't exercise at all.**
- The myth that using the same shampoo for a long time will reduce its effectiveness is just that – a myth. All shampoos clean your hair by removing buildup in your hair. It doesn't matter if it's the first time you use the shampoo, or the thousandth time, it still removes the buildup the same way, each and every time. So...using the same shampoo over and over will not cause your hair to lose shine or luster, nor will it cause your hair to not be as clean!
- **A study by Ohio State University found that high levels of credit card debt might be bad for your health. "The stress of owing money and the knowledge that you're paying high interest rates may lead to increased stress, resulting in worsening health," said Paul Lavrakas, co-author of the study. Participants with high levels of credit card debt in ratio to their total family incomes reported greater physical impairment in everyday activities, such as climbing stairs and carrying groceries, as well as poorer health overall than those who had less or no debt. So, to improve your health, reduce your debt.**

Tip of The Month –“The Wealth Secret Wall Street “Big-Wigs” Pray You Never Learn...



A financial savvy friend shared this to me... *“Do you want to work hard for the rest of your life? Or... would you rather retire early and wealthy?”*

If you choose the “early and wealthy” option – this will be very eye-opening and important to you.

Here's why: I don't claim to be an investment expert. In fact, I hate even the thought of it all. And for many years I did what most people do...I took a “hands-off” approach and basically let so-called experts handle whatever I could afford to save at the end of every year. After all, they were trained in this stuff. They knew so much more than I did. Or did they...The guy I used (and trusted) advised me to put my money in stocks, bonds and mutual funds. All financial products. And since I didn't know anything about these “financial products,” I bought whatever stock, bonds and mutual funds he told me to.

Everything was going just fine... until... 2000. As you know, that's when the bottom fell out of the stock market. Well, the bottom also fell out for countless people.---Millions of people lost trillions of dollars in the stock market... and... life savings were completely wiped out -- literally overnight.

And listen to this. I was telling my “financial advisor” to sell off my stock in one company and he told me I was crazy.

He said since I bought it for \$138 and it was \$84 now – it was a great deal and I should buy more!

Thank God I came to my senses and didn't listen to his madness. The stock went all the way down to \$2/share. Now, five years later... it's \$4.”

So why am I telling you all this? Because you work hard for your money. And because you work hard for your money, you should know exactly how to not only keep what you have earned – you need to know how to make it multiply so you can retire early and in style. And to do that, you must acquire the necessary information to educate yourself.

Here's some of that information...I just finished reading all about a wonderful investment tool my financial advisor never told me about. It's call a self-directed IRA.

There is quite a bit to this subject and I advise you to do a little research, but here's why you should take the time to learn about self-directed IRA's:

There are 42,000,000 IRA's in America today. Depending on several factors, you can put a portion of your income in an IRA for retirement tax-free. That money can be invested according to the rules of the IRA.

Most IRA's are invested in only financial products – stocks, bonds and mutual funds.

What most people don't know is they can set up a self-directed IRA and purchase real estate with funds in their IRA.

You should immediately see the benefit of that.

Educated investing in real estate has been one of the best wealth creation vehicles EVER. And at the very least, you will be diversifying your investments and not have them all locked up in the fluctuations of the stock market.

Just don't be discouraged if whomever you have your IRA with tells you that you can't buy real estate with yours. That's because they've set it up so you have to invest in financial products – the products THEY make money selling. They won't make a dime if you buy real estate!--There is a ton of information on self-directed IRA's on the Internet. I highly advise you look into them. Good Luck!