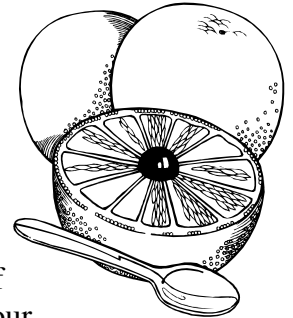


# In Good Hands

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

*"We don't know who we are until we see what we can do" ~ Martha Grimes*

## Government Releases New Dietary Guidelines For First Time In 25 Years And Why Grapefruit May Be "Yellow Gold" For Weight Loss...



**M**aryland— Riddle me this. Ever wonder why over 60% of Americans are overweight or obese? It may be a big mystery to you and most Americans, but it isn't to me. And, in a few minutes, it won't be a big secret to you, either.

If you are overweight... or... struggle with your weight... you will find this VERY enlightening. You will also discover why your struggle with weight... most likely... is not your fault... and... a real solution that will finally help you shed those unwanted pounds and keep them off – for good.

So, what prompted all this weight loss talk?

In January, the Federal Government released new dietary guidelines for the first time since 1980. And, for the first time, it looks like they are FINALLY starting to get it right!

But, before we get into the specifics of how and why they are getting it right this time, here's the BIG problem with all this: If my logic serves me correctly, in order to get it right this time –

### **They Must Have Had It WRONG In The Past!**

Right?

Some like to refer to this little fact as an "improvement" instead of fixing an old mistake. That's like saying redesigning the Pinto so it didn't blow up after a rear-end impact is simply an "improvement!"

**The fact of the matter is:** the Federal Government's dietary guidelines have been woefully outdated for a long, long time and have most likely contributed to the weight and health problems of many Americans.

That's why, my friend, it's probably NOT YOUR FAULT if you have been struggling with your weight. Just as you cannot find where you are going with an inaccurate map, you cannot lose weight with the wrong guidelines.

That's the bad news...

### **Now For Some Good News!**

Here's how they are finally getting it right: the new guidelines call for 60-90 minutes of exercise EACH DAY!

This is an extremely smart recommendation for several reasons. Most of the two-thirds of the country who are overweight and tens of millions of others with high blood pressure, high cholesterol and diabetes, desperately need more exercise to revitalize their health.

Ninety minutes of daily exercise will help people who have insulin resistance problems lose weight and normalize function. Once your weight is optimized, you can back off of the exercise to 45 minutes 3-4 times a week.

### **The guidelines also called for:**

- 5 to 13 servings of fruits and vegetables a day and cutting back on sugar.
- Lowering your intake of trans fats as much as possible.

Hmmmmmm. Don't eat a lot of trans fats. Eat a lot of fruits and vegetables. Exercise. Don't think they really needed to do a government study to come to that conclusion... all they had to do was ask Jack La Lanne 50 years ago! This is common sense people.

**But here's what's NOT common sense:**

In the January 13<sup>th</sup> USA today article on this subject, one government diet expert disagreed with the new recommendations. He said the guidelines should not recommend 90 minutes of exercise because we can't get people to do 30 minutes... and... if we can't get them to do 30... how are we going to get them to do 90?

How do you like them apples?

That's like saying the proper dosage of an antibiotic is 10 days, but since many people don't want to take the entire course, we shouldn't even tell them the proper dose. I guess we should just tell people what they want to hear... no matter what the facts are! Look. Most people don't want to eat right and exercise. But the fact of the matter is:

### **It's The Only Way**

There is NOTHING you can put under your pillow and wake up skinny. No matter what the infomercials tell ya!

The best quote I've read on this subject came from Health and Human Services Secretary Tommy Thompson. When asked about a "miracle pill" he replied, *"There's not going to be a pill."*

That really is the bottom line. Personal responsibility, diet and exercise.

And, here's a little something for those of you who THINK you don't have enough time to exercise: one expert I read about estimates Americans have as much as 41 HOURS of free time each week, certainly more than enough time to squeeze in at least 30-60 minutes daily for exercise.

In fact, leisure time has grown significantly for most, as men and women have gained about five hours of free time a week over the past 40 years. How? Time-use experts suggest some are retiring earlier, working less or spending less time working around the house.

The extra time, experts say, is broken up in small groups of 30 minutes here and 30 minutes there. Those 30-minute sessions add up. The problem is: most waste them sitting around doing nothing... or... even worse... eating!

The best advice I've ever received on the subject was this: write down everything you do for 30 days. EVERYTHING. I did it for TWO DAYS and was so embarrassed with myself I cried myself to sleep. I thought I was pretty productive, but as soon as I looked at my list...

### **I Realized Just How Pathetic I Was!!!**

I was wasting a good portion of every single day. I'm sure you are, too.

Make your list and use those wasted 30 minutes here and there to go for a walk, do some push-ups or sit-ups or just stretch a little. Just like saving money, exercise is cumulative. You don't realize the results at first and then

all of a sudden – BAM – you've made a huge change in your life and health.

Now, for something completely different. Well, kinda... I'm running out of space here, but, I want to give you the results of a new study that can help you lose weight – I hate to say it -- *even if you don't exercise.*

### **How Simply Eating Grapefruit Before Meals Can Help You Lose Weight...**

I've heard people talk about the weight loss powers of grapefruit for many years. For the most part, I dismissed it due to lack of scientific evidence. Well, a recent study has just put a little muscle behind all the talk.

Researchers at Scripps Clinic of San Diego divided a group of 100 obese subjects into three equal groups: One group ate half a grapefruit before each meal, one group drank a glass of grapefruit juice before each meal, and one group was instructed not to eat any grapefruit or drink any grapefruit juice. Subjects followed their regimens for three months, while continuing to eat as they normally would. The results were remarkable.

Those in the group that ate grapefruit with each meal lost an average of 3.6 pounds, while subjects in the grapefruit juice group lost an average of 3.3 pounds. A few of the subjects in both of these groups lost nearly 10 pounds. But the average weight loss in the group that consumed no grapefruit was less than one pound.

How does Grapefruit do this? Researchers believe it has a compound that helps regulate insulin levels. Which is great for both those wishing to shed a few pounds and diabetics.

Researcher's found that grapefruit seemed to fight against insulin spikes and even helped eliminate feelings of hunger. And, if you don't feel hungry, it makes it a heck of a lot easier to eat less and lose weight!

**But here's one BIG warning:** But since I've run out of space, you are going to have to read about it in the Tip of The Month... **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!**

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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)**

*(Names And Details Have Been Changed To Protect Privacy.)*

## **“What Do Wangari And Trees Have To Do With Peace?”**

Of all the inspirational stories I’ve written about and read... this one may be the best.

It holds the seeds (no pun intended) of success in *any* aspect of your life you choose. All you have to do is plant them...

Thirty years ago, in the country of Kenya, 90% of the forest had been chopped down. Without trees to hold the topsoil in place, the land became like a desert.

When the women and girls would go in search of firewood in order to prepare the meals, they would have to spend hours and hours looking for what few branches remained.

A woman named Wangari watched all of this happening. She decided that there must be a way to take better care of the land and take better care of the women and girls.

So she planted a tree. And then she planted another.

She wanted to plant thousands of trees, but she realized that it would take a very long time if she was the only one doing it. So she taught the women who were looking for firewood to plant trees, and they were paid a small amount for each sapling they grew.

Soon she organized women all over the country to plant trees, and a movement took hold. It was called the Green Belt Movement, and with each passing year, more and more trees covered the land.

But something else was happening as the women planted those trees. Something else besides those trees was taking root. The women began to have confidence in themselves. They began to see that they could make a difference. They began to see that they were capable of many things, and that they were equal to the men. They began to recognize that they were deserving of being treated with respect and dignity.

Changes like these were threatening to some. The president of the country didn't like any of this. So police were sent to intimidate and beat Wangari for planting trees, and for planting ideas of equality and democracy in people's heads, especially in women's. She was accused of "subversion" and arrested many times.

Once, while Wangari was trying to plant trees, she was clubbed by guards hired by developers who wanted the lands cleared. She was hospitalized with head injuries. But she survived, and it only made her realize that she was on the right path.

For almost thirty years, she was threatened physically, and she was often made fun of in the press. But she didn't flinch. She only had to look in the eyes of her three children, and in the eyes of the thousands of women and girls who were blossoming right along with the trees, and she found the strength to continue.

And that is how it came to be that 30 million trees have been planted in Africa, one tree at a time.

The landscapes--both the external one of the land and the internal one of the people--have been transformed.

In 2002, the people of Kenya held a democratic election, and the president who opposed Wangari and her Green Belt Movement is no longer in office. And Wangari is now Kenya's Assistant Minister for the Environment.

She is 65 years old, and this year she planted one more tree in celebration and thanksgiving for being given a very great honor:

Wangari Maathai has been awarded the Nobel Peace Prize. She is the first African woman to receive this award.

After she was notified, she gave a speech entitled, "What Do Trees Have To Do With Peace?" She pointed out how most wars are fought over limited natural resources, such as oil, land, coltan or diamonds. She called for an end to corporate greed, and for leaders to build more just societies. She added: "Our recent experience in Kenya gives hope to all who have been struggling for a better future. It shows it is possible to bring about positive change, and still do it peacefully. All it takes is courage and perseverance, and a belief that positive change is possible. That is why the slogan for our campaign was 'It is Possible!'"

"On behalf of all African women, I want to express my profound appreciation for this honour, which will serve to encourage women in Kenya, in Africa, and around the world to raise their voices and not to be deterred."

"When we plant trees, we plant the seeds of peace and seeds of hope. We also secure the future for our children. I call on those around the world to celebrate by planting a tree wherever you are."

As she received the Nobel Peace Prize this week, she invited us all to get involved: "Today we are faced with a challenge that calls for a shift in our thinking, so that humanity stops threatening its life-support system. We are called to assist the Earth to heal her wounds and in the process heal our own."

Can we accept Wangari's invitation? As we look around our neighborhood or city, as we look at our own country, what is needed?

Where are women and children suffering?

Where are people feeling disempowered?

Where does the Earth need our help?

What is our equivalent of planting one tree?

***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?...

- *Milk chocolate was invented by Daniel Peter, who sold the concept to his neighbor Henri Nestlé.*
- *An ounce of chocolate contains about 20 mg of caffeine.*
- *TIP is the acronym for "To Insure Promptness."*
- *Melba toast is named after Australian opera singer Dame Nellie Melba (1861-1931).*
- *To make one kilo of honey bees have to visit 4 million flowers, traveling a distance equal to 4 times around the earth.*
- *Bananas are the world's most popular fruit after tomatoes. In western countries, they could account for 3% of a grocer's total sales.*
- *Bananas consistently are the number one complaint of grocery shoppers. Most people complain when bananas are overripe or even freckled. The fact is that spotted bananas are sweeter, with a sugar content of more than 20%, compared with 3% in a green banana.*
- *Approximately 44 million tons of bananas are produced annually, compared to more than 60 million tomatoes. Apples are the third most popular (36 million tons), then oranges (34 million tons) and watermelons (22 million tons).*
- *The can opener was invented 48 years after cans were introduced.*
- *Over the last 40 years food production actually increased faster than population.*
- *Approximately one billion snails are served in restaurants annually.*
- *In the 1950's some 80% of chickens in Europe and the US were free-ranging. By 1980, it was only 1%. Today, about 13% of chickens in the West are free-ranging.*
- *An onion, apple and potato all have the same taste. The differences in flavor are caused by their smell.*
- *Americans eat twice as much meat as Europeans, gobbling up some 50kg (110 lb) per capita.*
- *China uses 45 billion chopsticks per year. 25 million trees are chopped down to make 'em sticks.*

## Tip of The Month - “**Prescription Medication And Grapefruit – A Potentially Deadly Combination...**”



I just read a true story that shocked me. I bet it will shock you, too. If you are taking certain medications and eat grapefruit (or drink grapefruit juice) you may be a ticking time bomb!

**Here's why:** In this story, a retiree spends his summers up north and winters in the south. What natives call a "snowbird."

Two months after arriving in sunny Florida, this retiree was dead. The cause? Doctors believe it was a deadly interaction between the 2-3 glasses of fresh grapefruit juice he drank everyday and his medication.

Drinking grapefruit juice can be deadly for people who take certain medications, according to a recent paper. In this particular case, the fatal interaction is believed to be between the grapefruit and Lipitor.

The victim had high cholesterol and other risk factors for heart disease. For this, doctors put him on Lipitor and he began a diet and exercise program. Two weeks after going to Florida for the winter, he went to the emergency room complaining of muscle pains, fatigue and fever. That's where he went into kidney failure and died.

Although experts know the problem exists, most laymen and health care professionals are still in the dark about the deadly risks, even though the FDA requires all prospective new drugs to be tested for interactions with grapefruit juice, and a warning about grapefruit juice is included in the "food-drug interactions" that come with dozens of medications.

Since grapefruit juice is metabolized by the same enzyme in the liver that breaks down many drugs... it is one of the foods most likely to cause problems with drugs. When the system is overloaded, scientists said the grapefruit juice can "swamp" the system, keeping the liver from doing its complete job and blocking it from breaking down drugs and other substances.

The most severe effects, scientists say, are likely with some statins. While the liver devotes its resources to grapefruit juice, the medication can build up to dangerous levels, causing a breakdown of the body's muscles and even kidney failure.

**So, the first tip of the month is:** If you are taking ANY prescription medication (especially statin drugs), ask your doctor about the possible interactions with grapefruit juice. You should also read the warnings that come with your medication. I know there may be a lot of fine print, but it could be life or death.

Which leads us to the second tip of the month: Why do you think there is so much fine print in the first place?

Because all drugs have toxic side effects. That is not to say they don't save lives and are not needed in certain situations. Clearly they do and are. But, the goal of REAL health should be to have your body function properly without drugs... or... at least... with as little drugs as humanly possible. How? Through proper diet, exercise, stress management and Chiropractic care.

I recently read a quote from a famous NFL coach, Jimmy Johnson. He said something like this: There are more things that can go bad with a passing play, than a running play. That's why, when in doubt, if at all possible, run the ball.

I have the same philosophy with health. If at all possible, do it naturally.