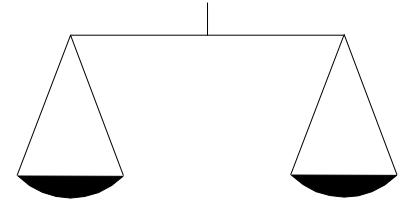


In Good Hands

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

"The world cares very little about what a man or woman knows; it is what a man or woman is able to do that counts." ~ **Booker T. Washington**

Shocking News About High Fiber Diets And Colon Cancer...



Maryland– High fiber diets are good – right? For two decades now, experts have been touting the many health benefits of adding fiber to your diet. One such benefit is lowering your risk of colon cancer.

The “evidence” is so overwhelming the FDA allows some cereal makers to make health claims in their advertising and packaging.

Well, what if I told you there is a major study published in The New England Journal of Medicine that concludes fiber has NO benefit whatsoever on colon cancer risk?

And, what if I told you there is another study, published in The Lancet that says dietary fiber may actually INCREASE your risk for colon cancer?

Those studies exist... and... that’s what I’m telling you!!!!

Looks like, once again, long held medical “beliefs” are not “truths” after all.

But there is a lot more to this “good fiber/bad fiber” hypothesis than meets the eye. In fact, fiber is still a VERY important health enhancer. But it all depends on WHAT KIND. I bet it’s probably NOT the kind of fiber YOU are eating.

So let me tell you a little true story that will clear things up quite a bit for you.

The African Connection

The theory that fiber reduces risk of colon cancer has

its origins in a paper written by a British missionary surgeon, Dr. Denis P. Burkitt in 1971.

Dr. Burkitt noticed rural Africans had a much lower rate of colon cancer than more well off Westerners. Dr. Burkitt also noticed the Africans’ diet consisted of much more fiber... so... he theorized... it was the fiber.

And it made sense. Fiber dilutes the stool, which in turn should dilute the cancer causing agents in the stool.

Fiber also makes the stool move faster through the intestines. The less time cancer causing toxins are in the intestines... the less damage... the less cancer.

Fiber also binds (sticks to) bile acids. Bile acids can damage cells and are a possible cause of cancer.

All Fiber Is Not Created Equal

The big problem with this theory is all fiber is not the same.

Let’s take a look at The Lancet Study first.

Researchers studied 665 patients from 10 countries who were already at high-risk of cancer because they had polyps in their colon.

Study participants were given either:

- 3.5 grams of ispaghula husk fiber
- 2 grams of calcium in supplement form
- Placebo

After 3 years, patients had a colonoscopy -- a procedure in which a doctor examines the inside of the colon for growths.

The fiber supplemented group had a 67% increased risk of having at least one adenoma developed during the 3-year period in comparison with the control group.

Patients in the calcium group had a 34% decreased risk.

The researchers concluded, "...it seems likely from this report and other recent trials that supplementation with dietary fiber is not of benefit in preventing recurrence of colorectal adenoma."

Here's a comment of this study: One of the things we as a society cannot get through our thick skulls is...

We Do Not Know More Than Mother Nature!

What do I mean by that?

There is a BIG difference between getting nutrients from whole, raw food in its natural form and getting those "same" nutrients from foods additives and/or supplements.

Manufacturers simply CANNOT duplicate Mother Nature's perfection in the lab. In most cases, our quest to "improve" whole, natural, raw food only leads to a disease causing mess.

After all... how do you improve perfection?

Many also have the attitude they can eat whatever they want as long as they take supplements. This is similar to abusing your body for 30 years and expecting a miracle cure from your doctor. That thinking has led to the United States being one of the unhealthiest countries in the world.

Natural health expert, Dr. William Campbell. M.D. has repeatedly warned against the used of fiber supplements. Stating that the total effect they may have on the human body is still unknown and potentially dangerous. Dr. Douglass compares fiber-enriched foods to trying to make a silk purse out of a sow's ear, noting that "adding fiber to foods with refined carbohydrates and artery clogging

vegetable fats isn't going to make these already unhealthy foods any less bad for you."

So where should you get your fiber?

The answer is actually a little tricky. As I am writing this, I have a stack of research on my desk...

All Contradicting Each Other!

One thing is sure: many traditional medical beliefs are nothing more than that... beliefs. Scary thing is, these beliefs are peddled onto the public as fact.

With that in mind, it is clear that a little common sense can be just as good as so-called medical fact.

Here's my conclusions from all his research:

1. Processed, refined foods are unhealthy. Therefore getting your fiber from supplements or most cereals is not only useless, it may be harmful.
2. Raw vegetable fiber seems to be superior to grains.
3. You should get your fiber from natural, whole, raw foods.
4. You should eat a well-balanced diet consisting of mostly unprocessed foods. Supplements will not make up for putting junk into your body.
5. Some supplements can be very helpful if they are produced correctly.

Here's an important note: I'm sure you've heard the old saying, "you are what you eat." Well, it's only half true. Here's the real truth: Your nervous system controls every function of your body. Including absorption of nutrients from the food you eat. If your nervous system isn't functioning properly, it doesn't matter what you eat. It won't get used properly. Chiropractic care helps your nervous system function properly.

The real answer to true health is not one thing. Eat good foods, exercise, reduce stress and get regular Chiropractic care. That's the total package.

...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)

A Real Hero

You're not going to get an interesting fact about Chiropractic this month. Part of the reason why is explained in the insert you got with this newsletter. The other part of the reason is because this was more important.

I'm about to tell you an incredible true story. It's NOT about one of my patients. In fact, it has nothing to do with Chiropractic. But if you choose to read it, it will make your life better. Much better. It did mine.

If you are a veteran of the Vietnam War... or know someone that was... reading this story is a must.

Here's the story:

Thirty-seven years ago, a United States Marine was wounded in a firefight in Vietnam. His name was Vernon Biossat.

Vernon made it out of the firefight in Vietnam... but... something else very important to him didn't – his ID tag.

Last December that ID tag arrived in the mail, with a note that said, "Thank you for all you went through over there."

The note was signed Stacey Hanson.

Who is Stacy Hanson and how did she end up with Vernon's ID tag?

Stacey is a 35-year old firefighter from Santa Cruz, California. Not too long ago, she made a trip to Ho Chi Minh City where she stumbled across a bunch of ID tags for sale. After inspecting them and realizing they were American, Stacey bought every last one of them.

All 851.

At the time of writing this, Stacey has returned 225 tags with 631 to go. A list of the remaining ID tags are posted at vietnamdogtags.com.

Why did I tell this story in my newsletter?

Because Stacey Hanson is a real hero. And real heroes are rare. They are usually not politicians or sports figures. Nope. Most of the time they are ordinary people that do extraordinary things.

And their heroics almost NEVER get recognized.

After all...

Had You Heard Of Stacey Hanson Before This Newsletter?

I'd bet the farm you haven't.

I stumbled across the story in the Las Vegas Review Journal and haven't heard anything about it ever since.

Yet Jennifer Lopez's marriage of the week headlines every newscast. Right next to Britney Spears' new haircut and Mike Tyson's face tattoo.

Sigh.

I'm writing about Stacey Hanson... because... not only does she deserve it... so do all the ordinary people out there doing extraordinary things on a daily basis. People who live good and honest lives – helping their fellow man and woman – whenever they get the chance.

Not just when the press is around.

I'm also writing about Stacey to encourage more people to be like her. I wonder what the world would be like if Nike spend billions of dollars on a "be like Stacey" campaign?

Bottom line is: if more of us truly and honestly reached out a helping hand to those around us in need... the world would be a much better place. All of our lives would benefit.

Sure you're not going to single handedly change the world. But, you can make all the difference in the world to a few. Just ask Vernon Biossett.

Be Like Stacey

We all know Nike isn't about to launch a "be like Stacey" campaign any time soon. But we can all start our own.

Many of my patients already have. They go out of their way to look for others in need and refer them for my care. Those patients are real heroes and are just like Stacey.

You'd be surprised the impact you can have on someone's life by just pointing them in the right direction. Showing them how to finally live a life without haunting pain.

For all of my patients who are like Stacey, I can not thank you enough.

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?...

1. **People with asthma** have breath that is more than 1000 times more acidic than normal. Increased acidity inflames lung tissue and shuts down airways. You can do things to naturally help with your asthma such as minimizing exposure to dust mites, cockroaches and smoke.
2. **Strength training** keeps your muscles in great shape as you get older. Tests have shown that people between ages 40-60 lose as much as 20% of muscle mass. Also, the tests have determined that during this same age period, there is a deterioration of connections between the nerves and the muscle cells they control. The interesting finding was that strength training helps preserve these connections. Training also increases bone density and helps the body burn more calories. It's a well known fact that muscle tissue increases metabolic activity, and is more active than fat cells. So...work out to maintain your strength and keep your weight and fat content down! (Please make sure you check with us before beginning any exercise or strength training program.)
3. **If you lease a car**, make sure you take a picture of the car before you turn it back in. Leasing companies can charge you for damage to the car a month or more after you turn it in. Some of them are not very honest, and will try to charge you for damage your car doesn't have. To prevent getting ripped off, take pictures of all four sides of the car in front of the dealer you bring it back to. It's a good idea to use a camera that places the date into the photo automatically.
4. **You can save tens of thousands of dollars** by sending your kids to Canadian colleges instead of schools here in the US? The schools rank with the best of the US universities, but are heavily supported by the Canadian government, so they are much more affordable than a comparable college in the US!
5. **Auto insurance rates** are actually dropping for many drivers! Now may be a great time to check with your agent, or when your renewal notice comes to check with some other companies. Rates are very competitive, and many companies are trying to lure you away from your current carrier and switch to them. Nothing like a buyer's market to get what you want at a lower cost!
6. If you get stuck with a travel schedule that is changing and you are told that the flight you want to take instead of your original flight is booked, don't panic yet. Many airlines have big no-show rates, and going stand-by can be just what the doctor ordered! British Airways, for example, says a recent no-show rate average was 22%! So, keep this Plan B in mind if you need to make adjustments to your plans!

Tip of The Month: Take A Break, Relax And Smell Your Way To Better Health...



I want you to do a little mental exercise with me. I promise it will be worth your while.

Think back with me for a minute. First, I want you to remember a time you went to the beach. Now, not just any time, but a time when it was SPECTACULAR. By spectacular, I mean the sun was shining without a cloud in the sky. The waves were rolling in – in picture perfect sets. It wasn't too hot... or... too cold. Just perfect.

Now, I want you to close your eyes and remember the smell. The unforgettable, wonderful "beach" smell.

How do you feel? Pretty good – Right? Nice and relaxed.

I don't have any scientific proof, but I bet it's doing wonders for your stress levels and accordingly, overall health. Which brings us to essential oils.

Essential oils carry the physical properties of flowers and plants in a highly concentrated form. They are, in short, the essence of the plant and can provide therapeutic benefits in very small amounts. The particles in essential oils, which come from various parts of the plant such as the flowers, twigs, leaves or bark, can be inhaled and absorbed through the skin and their use can be traced back for thousands of years. Essential oils were even used in ancient Egyptian times, and were made by soaking plants in oil and then filtering the oil through a linen bag. Most essential oils have antibacterial qualities and have varying physical and emotional effects depending on the oil, such as stimulation, relaxation, pain relief and healing. The most common ways to use essential oils include:

- Aromatherapy
- Massaging them (blended with a carrier oil) into the skin
- Adding them to bathwater
- Using them in a compress
- Burning them in a diffuser

It is important to note that essential oils are not the same as fragrance oils. Fragrance oils are artificial and often are made of chemicals. Essential oils are natural and come from plants. Fragrance oils may seem to smell just as good and are cheaper, but I don't think it's a good idea to be inhaling chemicals. Many essential oils are purported to have unique healing properties.

Here is a list of 5 essential oils and the health benefits they may have:

Lavender: The scent is fresh, sweet, and floral and is used for: Anxiety, Depression, Irritability, Mental fatigue, Stretch marks, Panic attacks, Stress, Oily skin, Bruises, Earache, Chickenpox, Hypertension, Vertigo, Whooping cough, Flatulence.

Sandalwood This scent is woody and floral, rich and sweet, and is used for: Low self-esteem, Insecurity, Stress, Enhanced sleep, Female reproductive and endocrine health, Urinary tract infections, Bronchitis, Stretch marks, Depression, Sensitive skin.

Cedarwood Has a slightly sharp, woody and sweet aroma that is useful for: Anxiety, Skin problems like acne, psoriasis, dandruff and dermatitis; Arthritis, Bronchitis, Coughing, Cystitis, Stress, Insect repellent, Hair loss, Tuberculosis, Gonorrhoea.

Frankincense This has a woody, spicy and slightly fruity smell and is used for: Insecurity, Grief, Immune system stimulation, Cancer, Depression, Allergies, Headache, Herpes, Brain damage from head injuries, Panic Attacks, Anxiety, Asthma, Coughing, Bronchitis, Scars, Stress, Stretch marks.

Peppermint This well-known minty fragrance is used for: Mental fatigue, Nausea, Headache, Exhaustion, Vertigo, Asthma, Flatulence, Sinusitis.

That's a heck of a list... isn't it. Now, I can't tell you these oils do all that they are claimed to do and they should definitely not take the place of appropriate health care... but... I will say this: The worst thing that can happen is you'll end up well rested with a nice smelling house!!! That's worth it for me!