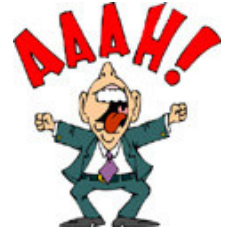


# In Good Hands

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

*The greatest discovery of my generation is that a human being can alter his life by altering his attitudes of mind. - William James*

## Inability To Handle Stress Most Likely Leads To Early Death... Unless...



**M**aryland – If there's someone you love or if you are a "worry-wart", reading the rest of this article may prevent *several* deadly diseases and add years to your life. Allow me to explain...

Why some people are healthy and others get sick has been a researched and heavily debated topic for a long, long time.

Some give almost **all** the credit to genes. Basically you are pre-programmed at birth. Mother nature has dealt you a certain "hand" and that's it. You will either be healthy... or sick... and... there is nothing much you can do about it.

### Cancer Gene

For example, the "cancer gene." If cancer is "in your genes," you're doomed. If not... you're lucky.

Supporters of this *philosophy* commonly use this example as proof: One person is young, eats all the right food and exercises and still gets cancer or has a massive heart attack. Yet, someone else eats junk, smokes, drinks and never exercised a day in their life... and... lives to be 95.

### Hit By A Bus

**Funny thing is:** You often hear these people say, "You can walk out of your house and get hit by a bus tomorrow," as an excuse to completely neglect their health and future.

Others don't give genes much credit. They say it's ALL (or at least MOST) how you live your life and take care of yourself.

And then there are those somewhere in between. To them, both genes and how you live your life are important factors.

**Their argument:** The young guy or gal that took care of himself or herself and **STILL** got sick would have gotten sick sooner. And, the 95-year-old

may have lived even longer if he or she took care of himself or herself.

Obviously, all this is something to think about. Genes obviously have **SOMETHING** to do with our potential. But how much? And is it as limiting as many once thought? The simple fact that our average life span is much different today than it was 100... or even 50 years ago... should tell you something. There are factors that affect our lifespan and help determine if we live those years healthy and happy or sick and miserable.

### Science May Have Discovered An Answer

According to an April 5, 2007 issue of Science Daily, there is a broad consensus that there are five basic personality traits. These five are: Extraversion, agreeableness, conscientiousness, emotional stability and openness to experience. There are sub-categories – but these five are what makes us up.

But here's what's really important: Two of these traits – emotional stability and conscientiousness appear to be directly linked to your health and how long you may live. How?

In psychology, the lack of emotional stability is called "neuroticism." In other words, a person's tendency towards "hand wringing and negative thinking."

It is believed by many that high levels of neuroticism are inherited and such people do not handle stress well. They are often moody, anxious and uncomfortable. Studies have also shown a correlation to increased mortality.

### Early Death Sentence?

So, if "neuroticism" is inherited and leads to health problems and increased mortality – are some

people simply pre-programmed to be unhealthy and die young?

That's where a Purdue University psychologist comes into the picture. According to the April 5, 2007 issue of Science Daily:

*"Mroczek decided to explore this idea. Using a standard measure of neuroticism, he tracked more than 1,600 men over 12 years, recording not only how neurotic they were at the start, but also whether they got more or less neurotic over time.*

*He also looked at mortality risk for these same men over an 18-year span. As reported in the May issue of Psychological Science, those who increased over time in neuroticism were a ticket to an early grave.*

*In other words, these men--all middle age or older to begin with--did not grow old gracefully. They likely got more and more stressed, worried or fretful, and this downward spiral increased their risk for dying, mostly from cancer and heart disease.*

*The good news is that men with a fretful temperament, if they managed for whatever reason to calm down a bit over time, had survival rates similar to those of emotionally stable men."*

### **Big Lesson**

So what's the big lesson here for you... your health... and... your longevity?

First, it seems pretty clear your **attitude** does a whole heck of a lot more than just affect your success in business! Several studies show the way you think can have a *profound* impact on how healthy – or *sick* – you are. Namely diseases like cancer and heart disease.

How? We don't think anybody knows 100% for sure. It makes sense that stress (and the way you handle it) produces many chemicals that suppress the immune system. This will have countless detrimental effects like aging: On the outside as well as the inside.

But the real point here is: **WHO CARES?**

Who *really* cares exactly how all this works on the cellular level? The bottom line is: It happens. Negative thinking... a lot of it... over an extended period of time... will probably age you, make you sick... and... take years off your life.

And, an even more important point: Changing the way you think and handle stress – can stop the process. In other words, being a natural born "worry-wart"...

### **Is Not A Death Sentence!!!**

You can change the way you handle stress and reduce the negative effects. Or, at least that's what the above-mentioned study shows. And it only makes sense.

Have you ever taken a walk in the dark and had some loud noise scare you? What happened? Your pupils opened. Your heartbeat drastically increased. Your brain signaled your body to produce adrenalin and other "flight or fight" chemicals were dumped into your bloodstream. At this very moment, you are wide awake, stronger than usual and can run like an Olympic track star!

But what happens shortly afterward? You crash... right? You come back down and feel exhausted. This, my friends, is a natural "high" and "hangover".

When you are constantly stressed and worry and don't deal with it well... you will continually go through a similar reaction. Your body and mind basically go through the ringer.

It just makes sense that if you learn how to deal with the stress more effectively – you will be healthier and live longer. Common sense doesn't always match up with scientific proof, but it seems to in this example.

I know what you're thinking. How do you learn to deal with stress if you are a natural born "worry-wart?"

The first thing is to realize **NOTHING** is ever as good or bad as it seems. And always change the things you can and forget about the things you can't.

Besides that, routine exercise programs and meditation have both been shown to reduce stress.

**Maybe if we start enjoying this wonderful life a little – it will get even better and we will get more of it!**

**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 the lifelong good health of you and your family!**

## **Welcome New Patients!**

Ron Adams; Joppa, MD  
Jamison Bishop; Bel Air, MD  
Regina Bittner; Churchville, MD  
Jeanette Certano; Joppa, MD  
Shirley Collins; Baltimore, MD  
Lee Daughton; Forest Hill, MD  
Mike Devine; Bel Air, MD  
Christian Dixon; Forest Hill, MD  
Gene & Annabelle Francis; Joppa, MD  
Nick, Andrew, & Sandy Goins; Abingdon, MD  
Anita Hinkle; Bel Air, MD  
John & Rose Howard; Joppa, MD  
Mary Masterson; Abingdon, MD  
Kevin McFalls; Glen Arm, MD  
Adam Pariente; Abingdon, MD  
Jade Petrucci; Fallston, MD  
Preslie Quaranta; Bel Air, MD  
Howard Richardson; Delta, PA  
Mike Ritondo; Aberdeen, MD  
Ryan Rosinsky; Fallston, MD  
Tom Sanders; Bel Air, MD  
Alma Storms; Fallston, MD  
Deb Thomas; Abingdon, MD  
Heidi & Steve Waring; Bel Air, MD

## Inspirational Story Of The Month –

### Discovery Of Ancient “Mega-Lake” And What It Has To Do With *YOUR* Health

Here’s an amazing *and* interesting fact. Scientists have just discovered an **ENORMOUS** “Mega-Lake” larger than Lake Erie! And you wanna know what’s even more amazing?

Thought you would. This “mega-lake” is located in Darfur. What? That’s right it’s the desert!

How is this possible? How could a lake so big be missed for all these years?

Well... because...

#### **It’s Really Not There!**

You see, scientists, using radar technology, have peeled away the sandy cloak covering Darfur’s bone-dry landscape and have revealed the basin that once was the mega-lake.

And here’s what one of the researchers said about the unbelievable find:

“When you go into these deserts and you look at the land, it’s so dry and lifeless you think there has never been anything alive there. Then you look in the past, and you see there were rivers and lakes,” said study team member Farouk El-Baz, Director of Boston University Center for Remote Sensing.

Now named the “Northern Darfur Mega-Lake,” it was once estimated to cover over 12,000 square miles with 600 cubic miles of water when filled to capacity.

With technology, I’m even going to try to begin to explain – researchers reconstructed a picture of what the area looked like in it’s ‘hey day’. (I’ve said that so many times, but I have never written or typed it. ☺ ) Anyway, they surmise the lake was fed with plenty of rainfall and had numerous rivers. The area was said to be lush and green.

#### **All This Is Quite Interesting - But What Does It Have To Do With You And Your Health?**

The first point is this.

How do you think the “mega-lake” in Darfur went from 12,000 square miles of surface area and 600 cubic miles of water to...

#### **Nothing?**

Do you think it happened overnight? If not overnight... how about a few weeks, months... or even... years?

Of course not. No one in his or her right mind would think a change that big would (*or could*) take place overnight.

And that’s the link all this has to your health. What’s that... you don’t see it?

If you recall, the lead story to this newsletter talked about the detrimental effects of negative thinking and stress on your health. And, obviously, simply having negative thoughts for one day is not going to give you cancer or cause a heart attack.

No sir (*or ma’am*). It is a *slow* process that takes place over a long period of time. And let me stress this (no pun intended!) is the long-term effect of something that seems relatively harmless.

Go back and read that last sentence again (It is so important I made it bold, italicized it, and underlined it)... because... it is the key to you living a long and healthy life. Or, at least one of the biggest keys.

Just like the drying up of the mega-lake in Darfur – your health starts out “lush and green” and after years and years of small abuses...

#### **It Changes So Slowly, The Determination To Your Health Goes Unnoticed Until Major Symptoms Arrive**

And when the symptoms arrive – you immediately look for a big, major cause for your problem. Sure, some health problems are caused by “sudden” happenings like a car accident, poisoning or other trauma to your system.

But most of the time, when we get sick, it is not from *one* major event.

The take home message this month is that a lot of pain and sickness comes from the long-term effects of seemingly insignificant stresses to your body. Mental and physical.

If you want to stay healthy and pain-free... start paying attention to all those small things. And, if you are already in pain or unhealthy... don’t only look for big, earth shattering causes. There is a good chance the solution you are looking for is so simple you keep overlooking it.

**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 quality healthcare: Spinal Decompression, Cold Laser Therapy, Physical Therapy, Chiropractic Care, Orthotics, Nutritional Supplements... ! Don't wait until you can no longer move!**

## **Did You Know?...**

If you don't know that regular exercise can help you live longer and reduce your risks for a host of diseases, then chances are you've been living under a rock. Come out from under! Recent studies show:

- Leisure-time physical activity is associated with a reduced risk of premature death, even after genetic disorders are taken into account (*Journal of the American Medical Association*).
- Improving fitness appears to help men live longer following a heart attack (*The National Exercise and Heart Disease Project*).
- Lifestyle physical activity, such as taking the stairs, gardening, and walking instead of driving, is as effective as structured gym workouts in improving fitness (*Journal of the American Medical Association*).
- Even infrequent exercise helps postmenopausal women live longer (*Journal of the American Medical Association*).

Want to know where to begin? For starters, just think about opportunities to increase your physical activity when you go about your daily business. Instead of putting off the trip upstairs until you have more than one reason to go up there, go up any time an opportunity presents itself. In stores or at work, pretend the elevator doesn't exist. And why on Earth wait for the "best" available parking space when you could park away from the crowds and take a few extra steps to the building? If you think you don't have time for these changes, think again. Saving a few extra minutes now may actually shave off years from your life. Exercise is important for a number of reasons. For one, the body was designed to be used. Like any fine tool or instrument, it can get rusty or off-key if it just sits around, but when it's regularly tuned up, it gives you optimal performance. Fitness helps you to look and feel good. And let's face it. When you are not fit, it's near impossible to feel good about yourself. How do you know whether or not you're fit? That depends on lots of things, such as your age, overall health, family history, exercise routines and eating habits. Granted, you can't change all of these influences, but you'll find if you work on the ones you can do something about, your overall health is bound to improve.

## **Tip Of The Month “Get Rid Of Negative Thoughts And Have Some Fun By Reading This...”**



In this month's cover article, you read about how being a “worry-wart” can negatively affect your health. That's why this month's “tip of the month” is designed to help you stop worrying and banish all negative thoughts – at least for a few moments. And to do that I've printed a list of the top 10 April Fool's Day pranks ever pulled off. Says who? The pranks were judged by the San Diego Museum of Hoaxes for their “notoriety, absurdity and number of people duped.” And yes – we know April Fool's Day has already passed – but this is funny. And stop finding the negative in everything.... Sheez!

**Here's the list:** **1.** In 1957, a BBC television show announced that thanks to a mild winter and the virtual elimination of the spaghetti weevil, Swiss farmers were enjoying a bumper spaghetti crop. Footage of Swiss farmers pulling strands of spaghetti from trees prompted a barrage of calls from people wanting to know how to grow their own spaghetti at home. **2.** In 1985, Sports Illustrated magazine published a story that a rookie baseball pitcher who could reportedly throw a ball at 270 kilometers per hour (168 miles per hour) was set to join the New York Mets. Finch was said to have mastered his skill -- pitching significantly faster than anyone else has ever managed -- in a Tibetan monastery. Mets fans' celebrations were short-lived. **3.** Sweden in 1962 had only one television channel, which broadcast in black and white. The station's technical expert appeared on the news to announce that thanks to a newly developed technology, viewers could convert their existing sets to receive color pictures by pulling a nylon stocking over the screen. In fact, they had to wait until 1970. **4.** In 1996, American fast-food chain Taco Bell announced that it had bought Philadelphia's Liberty Bell, a historic symbol of American independence, from the federal government and was renaming it the Taco Liberty Bell. Outraged citizens called to express their anger before Taco Bell revealed the hoax. Then-White House press secretary Mike McCurry was asked about the sale and said the Lincoln Memorial in Washington had also been sold and was to be renamed the Ford Lincoln Mercury Memorial after the automotive giant. **5.** In 1977, British newspaper *The Guardian* published a seven-page supplement for the 10th anniversary of San Serriffe, a small republic located in the Indian Ocean consisting of several semicolon-shaped islands. A series of articles described the geography and culture of the two main islands, named Upper Caisse and Lower Caisse. **6.** In 1992, US National Public Radio announced that Richard Nixon was running for President again. His new campaign slogan was, "I didn't do anything wrong, and I won't do it again." They even had clips of Nixon announcing his candidacy. Listeners flooded the show with calls expressing their outrage. Nixon's voice actually turned out to be that of impersonator Rich Little. **7.** In 1998, a newsletter titled *New Mexicans for Science and Reason* carried an article that the State of Alabama had voted to change the value of pi from 3.14159 to the "Biblical value" of 3.0. **8.** Burger King, another American fast-food chain, published a full-page advertisement in USA Today in 1998 announcing the introduction of the "Left-Handed Whopper," specially designed for the 32 million left-handed Americans. According to the advertisement, the new burger included the same ingredients as the original, but the condiments were rotated 180 degrees. The chain said it received thousands of requests for the new burger, as well as orders for the original "right-handed" version. **9.** Discover Magazine announced in 1995 that a highly respected biologist, Aprile Pazzo (Italian for April Fool), had discovered a new species in Antarctica: The hotheaded naked ice borer. The creatures were described as having bony plates on their heads that became burning hot, allowing the animals to bore through ice at high speed -- a technique they used to hunt penguins. **10.** Noted British astronomer Patrick Moore announced on the radio in 1976 that at 9:47 am, a once-in-a-lifetime astronomical event, in which Pluto would pass behind Jupiter, would cause a gravitational alignment that would reduce the Earth's gravity. Moore told listeners that if they jumped in the air at the exact moment of the planetary alignment, they would experience a floating sensation. Hundreds of people called in to report feeling the sensation.

**Remember, we're always here, using the MOST Advanced Healthcare Available to help your body heal and maintain the quality of life you deserve**