

# Lauderdale Wellness News

A Free Monthly Newsletter For The Friends and Patients of Dr. Brian Malzer D.C.

*“Most folks are about as happy as they make up their minds to be.” ~ Abraham Lincoln*

## Got Milk? If You Do, You May Also Have Overweight Kids...Even If It's Low-Fat Milk!

**L**auderdale – In a moment I'm going to tell you something I found quite shocking about drinking milk and overweight kids. But first, allow me to set the stage...

I was just surfing the Internet and read something interesting.

I don't remember the exact web site, but it said that the great magician, Harry Houdini (if he was classified as a “magician”), once failed a magic trick by not escaping from a trunk.

What's the big deal?

The big deal was...

### **The Trunk Was Not Locked!**

All Houdini had to do was open the unlocked trunk and get out. Yet he couldn't do it. Why?

My guess is he was so used to doing things one-way, he couldn't even conceive there was another, better way. He became so narrowly focused, he was oblivious to the FACT that the trunk was unlocked.

Many times, the collective societal “we” are guilty of the same thing. We ignore the facts and continue to do what we are doing... simply because that's the only way we know how to do it.

And even worse, the “thing” we are doing is often based on mis-information, ancient wives' tales or even mass media or marketing hype.

Like breast-feeding. It wasn't too long ago the entire United States was convinced man-made formulas were better for your baby than breast milk. How?

Basically: by mass marketing. The companies that produce baby formulas said, in massive advertising campaigns, that it was.

And there were even doctors going along with this madness.

Well, we all know that Mother Nature's breast milk is F-A-R superior to any formula. And, it always will be. Like the old saying goes...

### **You Can't Fool With Mother Nature!**

But, it took quite a bit for the public to change back to breast milk.

Surprisingly -- some still haven't.

So, where am I going with all this?

Here's where: According to a June 7<sup>th</sup> article in The San Francisco Chronicle, since 2003, The National Dairy Council has spent \$200 million to promote the idea that milk can help people lose weight.

Now, a large study of 12,829 children from all 50 states is saying just the opposite. *In the study, children who drink more than three servings of milk each day are prone to becoming overweight.*

And the study also found: the more milk they drank – the fatter they got. *Children drinking more than three servings a day were 35% more likely to be overweight than those who drank just one or two.*

*And here's something very interesting – most of the children were drinking low-fat milk!*

The study also took into account the children's physical activity, time spent watching television, playing video games, other dietary factors and growth.

Catherine Berkey of Harvard Medical School and Brigham and Women's Hospital in Boston, who led the study said, “The take-home message is that children should not be drinking milk as a means of losing weight or trying to control weight.” She went on to say...

“I went into this project expecting that drinking milk would have some weight benefit for children. So I was surprised when it turned out the way it did. The studies are all over the place, but the dairy industry tells children and adults, ‘Drink more milk and you will lose weight.’ I think that's misleading.”



**But, misleading seems to be  
in the eye of the beholder...**

Isabel Maples, a dietician responding for the Dairy Council said, “Our message has always been very conservative – that three servings a day as part of a reduced calorie diet may help promote weight loss. Most children don’t even get one serving a day.”

I find that insulting to my intelligence. And so should you. Like if I said, “Three servings of deep-fried chocolate puffs a day as part of a reduced calorie diet may help promote weight loss!!!”

Sure, if you reduce the rest of your calories enough, such as eating NOTHING, you may lose some weight with my three servings of deep-fried chocolate puffs!

Please.

**So why is it milk – even low-fat milk –  
would cause you to GAIN weight?**

The first issue is: whenever you eat refined or processed foods, you are not putting the best fuel in your body, which can lead to problems.

And we all should know by now that sugar and refined carbohydrates are major causes of weight gain.

*Which seems to be the problem with milk...*

Milk’s processing is pasteurization and when it is pasteurized its proteins are damaged. Pasteurization also destroys the natural enzymes in milk that help your body digest it.

Accordingly, it may be the pasteurization – not the fat content of the milk – that is the problem.

**This would explain why low-fat milk caused weight  
gain in the study.**

As we have talked about in previous newsletters, it is not as simple as amounts of fat, calories, protein or carbohydrates that cause weight loss or weight gain.

There are many factors present in the foods themselves and then processing only changes them for the worse.

That’s why I half laugh and half cry when I hear food companies are trying to genetically engineer food.

They claim they are making the food “better.” I’ve even heard claims like, “The perfect food.”

I don’t know about you, but it seems to me Mother Nature already made it perfect. By definition, you can’t improve on perfection. There is no 110%.

And if there is – it is not normal.

Athletes have already found this out the hard way with steroids.

On the surface, steroids may seem to make athletes perform better. But, in reality, they don’t. They make athletes perform pathologically.

During the short time (relative to their life span) that they hit more home runs or run faster – in the long run, they permanently ruin their body and health.

Performing at 110% or 120% is not better – it is pathologic.

That is unless your definition for “better” is taking steroids, hitting more homeruns than anyone else for 5 years, and then coming down with some “unexplainable” illness when you are only 55 years old.

In my opinion, the same holds true for a bio-engineered tomato. We can only wonder what the long-term consequences of that may be.

My guess is they will not be good.

And we will find out soon...

**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.**

## **Hey Artists!!**

How would you like space to display your work?...  
**FOR FREE.** If you haven’t notice, We have some  
extra wall space and it could be yours.

A few talented artists have already taken us up on this  
offer, but don’t worry, there are plenty of walls left.

A chance to display (and sell) your work, where lots  
of people can see it and it won’t cost you a dime.

What could be better?

Please feel free to call with questions.

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

## “My Third Story Is About Death...”

**Have you ever looked at the clock, seen it was already 10:00 at night and asked yourself -- “where the heck the entire day went?”...Or maybe you’ve already had one of those “moments of clarity” where you woke up one day and realized you were such-and-such age and hadn’t done hardly any of the things you once dreamed about and truly believed you would do...**

If you have, this story was written just for you. I don’t want to give too much away, but I will say it was part of a Stanford University commencement speech given by Apple Computer Inc.’s Chief Executive, Steve Jobs. And, if you still have hopes and dreams, it will change your life. So, without further adieu – here are Mr. Steve Jobs’ wise words...

*“My third story is about death...When I was 17, I read a quote that went something like: “If you live each day as if it was your last, someday you'll most certainly be right.” It made an impression on me, and since then, for the past 33 years, I have looked in the mirror every morning and asked myself: “If today were the last day of my life, would I want to do what I am about to do today?” And whenever the answer has been “No” for too many days in a row, I know I need to change something.*

*Remembering that I'll be dead soon is the most important tool I've ever encountered to help me make the big choices in life. Because almost everything – all external expectations, all pride, all fear of embarrassment or failure - these things just fall away in the face of death, leaving only what is truly important. Remembering that you are going to die is the best way I know to avoid the trap of thinking you have something to lose. You are already naked. There is no reason not to follow your heart.*

*About a year ago, I was diagnosed with cancer. I had a scan at 7:30 in the morning, and it clearly showed a tumor on my pancreas. I didn't even know what a pancreas was. The doctors told me this was almost certainly a type of cancer that is incurable, and that I should expect to live no longer than three to six months. My doctor advised me to go home and get my affairs in order, which is doctor's code for prepare to die. It means to try to tell your kids everything you thought you'd have the next 10 years to tell them in just a few months. It means to make sure everything is buttoned up so that it will be as easy as possible for your family. It means to say your goodbyes.*

*I lived with that diagnosis all day. Later that evening, I had a biopsy where they stuck an endoscope down my throat, through my stomach and into my intestines, put a needle into my pancreas and got a few cells from the tumor. I was sedated, but my wife who was there told me that when they viewed the cells under a microscope, the doctors started crying because it turned out to be a very rare form of pancreatic cancer that is curable with surgery. I had the surgery and I'm fine now.*

*This was the closest I've been to facing death, and I hope it's the closest I get for a few more decades. Having lived through it, I can now say this to you with a bit more certainty than when death was a useful but purely intellectual concept:*

*No one wants to die. Even people who want to go to heaven don't want to die to get there. And yet death is the destination we all share. No one has ever escaped it. And that is as it should be, because Death is very likely the single best invention of Life. It is Life's change agent. It clears out the old to make way for the new. Right now the new is you, but someday not too long from now, you will gradually become the old and be cleared away. Sorry to be so dramatic, but it is quite true.*

*Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma - which is living with the results of other people's thinking. Don't let the noise of other's opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary.*

*When I was young, there was an amazing publication called The Whole Earth Catalog, which was one of the bibles of my generation. It was created by a fellow named Stewart Brand not far from here in Menlo Park, and he brought it to life with his poetic touch. This was in the late 1960's, before personal computers and desktop publishing, so it was all made with typewriters, scissors, and Polaroid cameras. It was sort of like Google in paperback form, 35 years before Google came along: it was idealistic, and overflowing with neat tools and great notions.*

*Stewart and his team put out several issues of The Whole Earth Catalog, and then when it had run its course, they put out a final issue. It was the mid-1970s, and I was your age. On the back cover of their final issue was a photograph of an early morning country road, the kind you might find yourself hitchhiking on if you were so adventurous. Beneath it were the words: “Stay Hungry. Stay Foolish.” It was their farewell message as they signed off. Stay Hungry. Stay Foolish. And I have always wished that for myself. And now, as you graduate to begin anew, I wish that for you.*

*Stay Hungry. Stay Foolish. Thank you all very much.”*

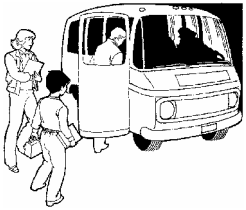
**I have one word... WOW!--Mr. Jobs kind of puts things in perspective – doesn’t he? I know I got out of bed a little differently the day after I read that speech. And I hope do too. If you would like to read the entire speech, and I highly recommend you do, just go to <http://www.newsday.com/business/ny-bzkitchen4309087jun19,0,2302949.story?coll=ny-business-leadheadlines> Until next month... Stay hungry. Stay foolish.**

*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 Chiropractic care! Don't wait until you can no longer move!*

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

- It takes a drop of ocean water more than 1,000 years to circulate around the world.
- 40% of people who move to a new address change their brand of toothpaste at the same time.
- Each year bee stings kill more people by than sharks.
- If you could drive your car straight up in the air, you'd reach outer space in an hour.
- On any given day, 60 million U.S. females and 41 million U.S. males are dieting.
- 7 times as many men as women are killed by lightning in the U.S.
- Emergency rooms treat twice as many left-handed people for accidents as right-handed people.
- There isn't any sand in sandpaper.
- One ounce of gold can be beaten thin enough to cover an entire acre of ground.
- When migrating, birds fly in a "V" formation; it increased their range by as much as 70%
- The worst day for automobile accidents is Saturday.

## **Tip of The Month – “Back To School Safety Tips And How To Help Your Child Adjust...”**



Well, it's August. And if you have children, I take great pleasure in saying to you – IT'S ALMOST TIME FOR SCHOOL! I know for many of you around here school doesn't start until after the State Fair, which makes it next month, but some schools start this month and we didn't want to leave anyone out. To make it a little easier on you and your children, *here are a few tips to make the new school year as safe and stress-free as possible:*

### **Bus safety tips:**

- Make sure you have a safe place for your child to wait for the bus – away from traffic and blind spots.
- Do not approach the bus until it comes to a complete stop. Wait until the bus driver motions to you that it is OK to board.
- Since the bus driver can see you the best when you are a little distance away from the bus, it is good to move away from the bus as soon as you get off. Take 10-15 big steps away before stopping to do anything else.
- Always use the handrail and take a good look at the steps when getting on the bus – especially if it is raining or snowing.
- Always be on the lookout for other cars. Drivers are supposed to stop for school buses, but many do not. It is safer to always act as if the traffic is NOT going to stop for you.

### **Walking and riding a bike to school:**

- Always obey all traffic rules and crossing guards. Never attempt to cross against the signal because it looks like you can make it!
- Get off your bike and walk it through intersections.
- Always travel with a buddy.
- Reflective tape and clothes are not just for nighttime. Wear it in the day to make yourself more visible to traffic.

### **Car safety tips:**

- Most car accidents occur within a mile of your home, so it is important to always practice safety rules!
- Seat belts have been show to reduce your chance of injury in a car crash by up to 45% and should always be worn.
- Statistics show you are 4 times more likely to be killed if you are thrown from your car during a crash. Another reason for wearing a seat belt.
- Make sure all children are in the proper restraining device for their age.

### **Tips to help relieve your child's back-to-school anxiety:**

- Be enthusiastic about the upcoming change. If you are excited and confident, your child will be too.
- Prepare yourself. Take note of how your child reacts to separation. If possible, visit the new setting with your child. Introduce your child to the new teacher or early childhood professional in advance.
- Arrange a play date with another child from the program, preferably one-on-one, so that your child will see a familiar face when she walks in.
- Start daily routines that will add to continuity. Let your child become involved with packing lunch or laying out clothes. Also, begin an earlier bedtime several weeks before.
- Put aside extra time, particularly on the first day, for chatting and commuting together. But remember not to prolong the good-bye. If the child whines or clings, staying will only make it harder.
- Always say good-bye to your child. Be firm, but friendly about separating. Never ridicule a child for crying. Instead, make supportive statements like, "It's hard to say good-bye."

**Cherish these days....too soon they'll be all grown up screaming “It's That Time” to kids of their own!.**

**Patient of The Month**...This month's patient of the month is Mr. John Sorensen. Congratulations! As usual, the patient of the month will receive a FREE DINNER for themselves and a guest! Last month's winner received dinner for two at Café Lurcat in Minneapolis. She told me she will be treating her family to dinner there next week. Watch for your name here in a coming month!