

Lauderdale Wellness News

A Free Monthly Newsletter For The Friends and Clients of Lauderdale Wellness Center

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“Money is the most envied, but the least enjoyed. Health is the most enjoyed, but the least envied.”—
Charles Caleb Colton

The Simple Secret That **DOUBLES** Your Chance Of Living For Over 100 Years!

Lauderdale – How would you like to live past 100? I guess that’s kind of a loaded question. Like the show, “Who Wants To Be A Millionaire?” Of course you do! Who doesn’t want to be a millionaire? Well, not Bill Gates. Becoming a millionaire would make him poor; at least, **RELATIVELY** poor.

Everything is relative. For example, living to 100 doesn’t interest me... if... I’m sick or in pain. On the other hand – I’d love to join the century club as long as the quality of my life... and health... was great.

You see, it’s all **VERY** relative.

That’s being said, here are the findings of a recent study that identified something that doubles your chance of reaching... and living past... the age of 100...

Here are the results according to an article in Earthtimes: “The researchers, Dr. Leonid Gavrilov and Dr. Natalia Gavrilova, say age at which a mother gives birth is a major factor in the number of years the offspring lives. The chances of the child living up the age of 100 and beyond is **almost double for a child born to a woman below 25 years of age.**”

The husband and wife team had previously discovered birth order is a major factor in longevity. For example, first-born children, especially daughters, are more likely to live past 100 years of age.

The recent study shows the age of the mother is more important than any of the other factors.

Gavrilov and Gavrilova used data from the Census, the Social Security Administration, genealogical records to identify 198 centenarians born in the U.S. from 1890 to 1893 and then traced their family histories to establish possible predictors of their longevity. They found being born to a young mother had an important role in reaching the age of 100. There are other factors too; like growing

up in the Western part of the U.S., spending part of one’s childhood on a farm and being born first.

They feel the study needs further elaboration and deeper research. Gavrilov suspects the younger women’s eggs are different in their quality, and the best ones, the most vigorous, go first to fertilization.

The researchers are of the opinion that their findings may have important social implications because many women tend to postpone childbearing to later ages due to career demands.

Good News And Bad News...

There appears to be both good news and some bad news. For example, if your mother was under the age of 25 when you were born... you’re probably doing back flips right now.

On the other hand, if your mother was a little older when you were born, you may be a little depressed by what you just read.

Well, the real truth of the matter is: you shouldn’t be too elated or discouraged by what Dr. Gavrilov and Dr. Gavrilova uncovered...

Here’s why: The first thing to understand is that correlation is not causation. This “study” was comprised of data from 198 people who were born from 1890 – 1893. 198 is not a lot of people and may not be representative of the overall population.

In other words, just because a certain percentage of the study group who lived to be over 100 years old were born to a mother under the age of 25 does not necessarily mean that was the **CAUSE** of anything.

For example – let’s say we were trying to find out what causes certain people to have high IQs.



So, we looked at some data of 198 people with IQs of 150 and above. And in that data, we found that a high percentage of these people's parents had blue eyes.

Would your conclusion be that blue eyes are a cause of high IQ? Of course not! It is simply a correlation that has nothing to do with causation, especially if your data came from a part of the world where a large portion of the population has blue eyes!!!!

The second important thing about the study is that 1890 – 1893 was a long, long, long time ago. In terms of health and what we know about health...

It Is An Eternity!!!

To put this in perspective, let's take a look at a few key medical discoveries and when they took place (plus a few non-medical facts to make it even more interesting!):

1895: D.D. Palmer discovers Chiropractic. Wilhelm Roentgen discovers X-rays and the technology is immediately introduced into medicine.

1900: The invention of an easy-to-use device to measure blood pressure leads to the discovery of a new disease: hypertension. Measuring blood pressure gradually appears in general practice

1905: Scientists identify the organism responsible for Syphilis: *Treponema pallidum*.

1918-1919: Worldwide epidemic of influenza kills an estimated 20 million people (World population is approx. 1.5 billion at that time.)

1922: Banting discovers insulin.

1928: Fleming discovers penicillin, but basically ignores its implications. It is not developed as an antibiotic until 1941.

1935 - Social Security Act is signed into law. Something to think about: At the time of its passing, the age to start collecting is 65 and the average lifespan? 67.

1936: Volwiler and Tabern discover the general anesthetic Pentothal, which is administered intravenously.

1945: Women first admitted to Harvard Medical School.

1949 - Last case of Smallpox in the United States.

1950: First organ transplant. First modern credit card introduced.

1951: Color T.V. introduced. Truman signs peace treaty with Japan... officially ending World War II.

1952: Car seat belt introduced. Polio vaccine created.

1953: Watson and Crick discover DNA.

1954: Report says cigarette smoke causes cancer. Segregation ruled illegal in the United States.

1960: The Laser is invented.

1961: Soviets launch first man into space.

1967: First heart transplant. First Superbowl.

1969: Neil Armstrong becomes the first man to walk on the moon.

1970: Computer floppy disc introduced.

1971: VCR introduced.

1972: Pocket calculator introduced.

1978: First test tube baby.

1981: IBM introduces the first personal computer.

1987: DNA first used to convict criminals.

1989: President Bush (I) announces that he does not like broccoli.

1993: Use of Internet grows exponentially.

1997: Scientists clone sheep.

Pretty interesting list... wouldn't you say? It's amazing that the Internet was virtually unknown only 13 years ago! And no one had a computer in his or her home 25 years ago! And that's only a tiny fraction of all the changes that have taken place in the last 100 years. Incredible.

This is why I'm not too sure you should be concerned about living to be 100 if your mother was over 25 when she gave birth to you.

There are other factors that affect your lifespan that you can control such as weight, activity level (exercise) and stress. And if you are interested in a great way to reduce stress so you live a healthier life, then you are going to love this month's "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.

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

“I Used To Hate My Shoes Until I Saw A Man With No Feet”

The headline you just read is a quote I read many years ago, back when I was in school. And, I’m not sure if it is word-for-word because I never got a copy of the quote. I just remembered it in my head. I’m sure you know how things can change in your head after a few years... much less twenty!

Anyway, you don’t need the exact words to get the importance of that quote. Since the day I read it, I’ve always been much more thankful for what I have in my life... instead of complaining about the things I didn’t.

What does this have to do with this month’s inspirational story? Plenty!

Allow me to explain... Have you ever had the opportunity to watch college-wrestling match? Now, you may not be interested in wrestling. Most people aren’t. But, if you have ever watched – even one minute of real college wrestling (not the stuff you see most of the time of TV.) you’ll realize instantly these guys (and now gals) are super athletes.

It takes speed, strength, agility... and... an incredible drive and desire to succeed.

Imagine that you are watching two top wrestlers locked in battle. Their bodies are bending and flying all over the place. They pick each other up and get slammed to the mat.

It’s almost a dead even match, but one wrestler is up by a small margin. Finally, the referee yells time and they both slump onto the mat.

You see one wrestler – the loser – stand up and extend his hand to the winner. The winner never stands up. And when he extends his hand... you realize why...

The winning wrestler’s name is Kyle Maynard and he has no arms beyond two rounded stumps and no legs apart from a pair of short appendages with deformed feet.

I was shocked... to say the least... when I realized what I had just seen. A man with no arms or legs had just beaten a “normal” man in a college wrestling match. He had beaten another trained college wrestler!!!

So, I googled this Kyle Maynard... and what I found was much more worthy of the term “shock and awe” than any military strike.

Kyle was born with his congenital amputation, but neither he nor his parent ever considered it a handicap.

Kyle’s father, an ex-college wrestler saw the mental toughness his son possessed and started teaching him the sport. But, it was not always smooth sailing...

Kyle lost his first 35 high school matches. And, according to a USA Today article, *“After losing his first 35 high school matches in a row, Kyle was struggling physically and emotionally. ‘I was getting worried,’ he says. ‘Because losing in combat like that is very tough on the ego.’ But Kyle, with the help of his father and Cliff Ramos, the grappling coach at Collins Hill High School, soon developed fearsome moves typified by the “jawbreaker,” when he grabs an opponent in the vise that is his two “arms.” And the tide turned. Many opponents found they couldn’t match Maynard’s speed or his strength-to-weight ratio. Some capitulated for other reasons: A number of wrestlers “tapped out”- touching the mat to end the match — within seconds of touching Maynard. ‘I guess I freaked them out’ says Maynard, shrugging. Their squeamishness, his gain. Maynard won most of his matches last year and wound up 12th in his 103-pound class at the National High School Wrestling Championships.”*

Kyle is currently wrestling at Georgia University. On most weekends, Maynard, who had a 3.7 GPA in high school and now is a conscientious public speaking major, makes time to address anyone from Midwestern high schoolers to South Florida seniors, preaching his “pursuit of normalcy.”

And maybe the best part: screenwriter Tony Marinozzi is spending time with Kyle to make a movie about his life.

At the time of writing this newsletter a great link was available that allowed you to hear Kyle speak about his incredible life. If you would like to hear an incredibly gifted and inspiring story...

go to http://www.usatoday.com/life/2004-11-17-cover-wrestler_x.htm and click on “Maynard: The Ultimate Fighter” in the second paragraph. I can’t wait for the movie.

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! 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?...

(Our monthly feature of tidbits of news and info to make your life easier and more fun, so you're healthy all the time!)

Vacation facts, figures

Average paid U.S. vacation

- 9.6 days after one year
- 11.5 after two years
- 13.8 after three years
- 16.9 after five years

Average vacation by country

- Denmark: 31 vacation days
- Austria, Finland: 30
- France, Norway: 25
- Germany: 24
- Brazil: 22
- Belgium, Ireland, Netherlands, United Kingdom, Switzerland: 20
- U.S., Canada, Japan: 10

Tip of The Month...*Fight Heart Disease With Meditation?*



Meditation has been around for a long time. Many people claim a certain form of meditation, Transcendental Meditation™, improves many aspects of health. Here's what The Transcendental Meditation® Program has to say on their website www.tm.org:

"The Transcendental Meditation® (TM®) program of Maharishi Mahesh Yogi is the single most effective meditation technique available to gain deep relaxation, eliminate stress, promote good health, increase creativity

and intelligence, and attain inner happiness and fulfillment.

More than six million people of all ages, educational backgrounds, cultures and religions have learned the Transcendental Meditation technique. The benefits of the Transcendental Meditation program have been verified by over 600 scientific studies at more than 200 independent research institutions in 35 countries."

After reading this, I found another site about TM™ but this one was very different. It was www.skeptdic.com and it was called the Skeptic's Diary. As the name would suggest, this site was skeptical of TM™'s claims. Here's what they had to say on the issue:

"Transcendental Meditation® (TM) might be best described as a set of Hindu meditation techniques introduced to the Western world by Maharishi Mahesh Yogi, dubbed the "giggling guru" because of his habit of constantly giggling during television interviews. TM is said to bring the practitioner to a special state of consciousness often characterized as "enlightenment" or "bliss." The method involves entertaining a mantra, an allegedly special expression which is often nothing more than the name of a Hindu god. Disciples pay hundreds of dollars for their mantras. They are led to believe that theirs is special and chosen just for them. The claim of uniqueness for the mantra is just one of many questionable claims made by TM leaders. The TM website claims it is a "program" and that it is "scientifically validated." It seems more like a religious business or cult and its advocates' claim to scientific validation is extremely misleading... These exaggerated claims are based mainly on the apparent attempt to deceive people into thinking that any study done anywhere on the benefits of relaxation techniques validate TM."

Quite a difference of opinion – wouldn't you say? Whom do you believe? Do TM™ or any other forms of meditation... have health benefits?

Well, the results of a recent study have some researchers singing positive praise:

A team of researchers recently mounted a study to test the effects of TM® on subjects with coronary heart disease (CHD). The team included doctors from the Division of Cardiology at Cedars-Sinai Research Institute, the Department of Preventive Medicine at the University of Southern California Keck School of Medicine, and the Institute for Natural Medicine and Prevention. Here's what the study found: Subjects: 103 men and women with "stable CHD" - average age: 67. About half the group was randomly selected to attend two lectures about TM®, followed by personal instruction and group meetings throughout the 16-week trial period.

The other subjects attended health education sessions to learn how stress, exercise and dietary choices affect CHD.

Results: Compared to the placebo group, TM® subjects experienced significantly better blood pressure control, reduction of insulin resistance and improved heart rate variability.

As reported in the Archives of Internal Medicine, the researchers noted that, "TM® may modulate the physiological response to stress and improve CHD risk factors." No matter how you look at it – stress reduction is a good thing that can possibly add quality years to your life.

Remember, we're always here, using the miracle of Chiropractic to help your body heal and maintain the health you deserve.