

Lauderdale Wellness News

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

“Imagination Is More Important Than Knowledge.” ~ Albert Einstein

3 Surprising Cavity Fighters That Have Nothing To Do With Brushing, Flossing...Or...Going To The Dentist...



Lauderdale – Ever have a toothache keep you up all night? If you have, I don't have to tell you... it can be one of the most excruciating experiences of your life.

You'd do or pay ANYTHING just to stop the pain. Am I right? Or how about this...

Have you ever gone to the Dentist and he or she leans over and gently whispers in your ear the five most dreaded words in the entire world...

“You Need A Root Canal...”

Nothing brings more happiness and joy into your life than the thought of spending a few hours in the Dentist's chair full of drilling and scraping!

Not that I have anything against Dentists. If it wasn't for all the great Dentists out there – who knows what we would all look like today. I assure you, it wouldn't be pretty!

But, as I'm sure you already know, cavities, toothaches and dental surgery are just no fun.

And listen to this. Periodontitis is a form of periodontal disease in which the gums and bone that support teeth become infected. Researchers believe that inflammation associated with periodontitis may also play a role in the development of heart disease, which is the leading cause of death in the United States. About 3 out of 10 people suffer from periodontitis.

But, since you brush after every meal, floss three times a day and routinely go to the Dentist and get your teeth cleaned – you're doing all you can to prevent cavities and periodontitis – right?

Well, you may be surprised to find out you're not...

Here's why:

Last year, researchers at Case Western Reserve University (CWRU) studied the effects of regular exercise, weight control and a healthy diet on periodontitis.

And Their Findings Were Quite Unexpected...

The researchers at CWRU collected data on more than 12,000 subjects who participated in the third National Health and Nutrition Examination Survey. For each subject, three "health-enhancing" behaviors were assessed:

- 1) getting regular exercise
- 2) maintaining a normal body weight; and
- 3) maintaining a "high quality" diet.

When this data was compared to the incidence of periodontitis, the researchers found these results:

- Periodontitis' risk was reduced by 16 percent in subjects who engaged in at least one of the health-enhancing behaviors
- Risk was reduced by 29 percent in those who engaged in two of the behaviors

Risk was reduced by 40 percent in those who engaged in all three behaviors.

And now there is another new study that supports these findings – at least for one of the factors...

Exercise!!!

In this study from last October, Researchers at the King Abdulaziz University (KAU) in Saudi Arabia examined data on more than 2,500 subjects. Each of the subjects had undergone periodontal examinations, and each subject reported that their level of physical activity and exercise had remained unchanged for ten years or longer.

Two levels of risk were defined by the results:

- Subjects who engaged in moderate exercise less than three times each week had a 33 percent reduced risk of periodontitis compared to subjects who didn't exercise at all
- Those who vigorously exercised three or more times each week reduced their risk by more than 50 percent compared to non-exercising subjects

Lowered risks only occurred in non-smokers or former smokers. Risk was not reduced among smokers who exercised.

It seems pretty clear from these two studies that “healthy” lifestyle habits affect your teeth and gums.

But what’s amazing to me is... most of the publications that published these studies seemed to be shocked by the results. They were surprised that something they deemed as “non-related” to your teeth and gums had such a huge impact on your teeth and gums.

Why would I find that so amazing? Because the connection is clear...

You see, your body functions as one entire unit. And you cannot affect one part... and not affect the rest...

For example, if you are eating right, getting regular exercise, getting enough sleep and managing the stress in your life – you are much less likely to get sick than the person who doesn’t exercise, burns both ends of the candle, eats junk food and is stressed out... even if that person is sitting right next to you and is exposed to the same germs!

Putting genetic factors aside – your body will be stronger and able to fight off the germs while they will easily invade – and make sick – the other.

That’s why it only makes sense that the person that eats right, exercises and maintains proper body weight (the factors in the first study) would have substantially less gum disease.

And that’s why Chiropractors believe Chiropractic care cannot only relieve aches and pains – but also help you and your family live a healthier life...

Since everything is connected – it only makes sense that if your spine and nerve system are not functioning correctly – it will put abnormal stress and strain on your entire body – weakening your defenses to sickness and disease.

And it only makes sense that – if Chiropractic care can correct those abnormalities in your spine and nerve system – your entire body will function better – strengthening your defense to sickness and disease.

Now if you combine all the other factors mentioned above with Chiropractic care – who knows how many colds your body may be able to thwart off before you get sick... or how many aches and pains you will not get... or how many years you may possibly add to your life...

It may be a lot. It may only be a little. Whatever it is – I’d say it’s worth 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 your lifelong good health.

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

“How In Just 4 Months, An 18-Year-Old’s 20 Minute Dream Turned Into \$999,000.00 ”

This story may seem crazy. Hard to believe. But, it was covered on Fox News in January... so I believe it to be true. And what’s best about this story is that it proves... without a shadow of a doubt... *anyone* can catch lightning in a bottle... and strike it rich...

If You Just Take The Time To Dream...

Alex Tew is an 18-year-old kid from somewhere in England. And not too long ago he was faced with a decision many graduating high school seniors are faced with...

How he was going to pay for his college education. But that’s where the similarities ended...

Alex knew he could get student loans... but... didn’t want to get himself in such a big debt. Which showed wisdom beyond his years...

So Alex sat down with a pad of paper, a pencil and a dream. His dream was...

How To Make \$1 Million...

And it took him all of 20 minutes to come up with the idea and the plan to get it done!

So what was the idea? Alex decided to set up a website. And on this website, he would sell advertising space for \$1 per pixel.

What’s a pixel? I can’t give you a technical explanation – but it is a very small block of space. So small that his website contained one million “pixels.”

Therefore, if he sold all the pixels at a bunch each – there’s his \$1 million*.

***As a quick aside** – I’m not sure where Alex was planning on going to college – but he obviously had his sights set high if he needed a million bucks for tuition!!!

Anyway, Alex set up his website and started to sell the “pixels” at a buck a pop. And businesses started buying them like...

Hot Cakes!

Alex quickly sold 1,000 – and as soon as he did – he issued a press release alerting all eligible businesses of his great idea. When he did that... things really went crazy.

Since his website looked like a big collage... with all the ads packed right next to each other... the only way to stand out was to buy the most pixels... giving you the biggest ad... and drawing your business the most attention.

It turned into a “pixel war” so-to-speak as businesses started buying bigger and bigger blocks.

Within four months, Alex sold an amazing 999,000 pixels. And you don’t have to be a calculus wizard to figure out...

That’s \$999,000!!!

But listen to this – this is the best part:

With the last 1,000 pixels – Alex showed how shrewd he really is. Instead of selling them at the regular price of \$1 each, he decided to do something with them that would make him much more money.

What is it?

He’s auctioning them off on eBay!

Alex is my new hero. He did nothing more than take blank space on the internet and sell “space” on it. And by the ripe old age of 18 – has become a millionaire.

But it should be remembered – it all started when Alex sat down with a pad, pencil and a dream. The same dream most of us have had at one time or another in our lives – and probably still do – to become a millionaire.

Alex proves this dream is not out of the reach of ANY of us. After all – if an 18-year-old can do it... why can’t you? I just can’t wait to hear how Alex makes his next million...and if he actually goes to college!!!

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?...

- A Dalmatian is the only dog that can get gout.
- A dog can hear high frequency sounds, which a human ear cannot.
- A donkey will sink in quicksand but a mule will not.
- A dragonfly can fly 25 mph.
- A hummingbird weighs less than a penny
- A snail can sleep for 3 years.
- All polar bears are left-handed.
- An elephant can smell water 3 miles away.
- Ants make up 1/10 of the total world animal tissue
- A cat uses it's whiskers to determine if a space is too small to squeeze through.
- A 1,200-pound horse eats about seven times it's own weight each year.
- A cow gives nearly 200,000 glasses of milk in her lifetime.
- A grasshopper needs a minimum temperature of 62 degrees Fahrenheit in order to be able to hop.

Tip of The Month –“How To By-Pass All Those Terrible Automated Phone Mazes And Immediately Reach A Live Human Being!!!”



I'm willing to bet you are sick and tired of all those automated phone trees. How am I so sure? Because I have to deal with them too – or at least I used to... And if you'd like to make this the last time you hear...

...to upgrade your service press 1...

...for repairs press 2...

...to repeat this menu press 9...

...to be driven completely crazy – please stay on the line and go through another 20 minute phone maze... then you are going to love this!

Why? Because there is a great website that shows you exactly how to by-pass the automated phone systems big companies use to screen callers.

The site is www.paulenglish.com and at the time of writing this newsletter... it had 228 companies listed with the phone number and way to immediately get a live human being on the other end of the phone!

For the complete list, just go to the site. But here are some of the ones I thought you would find useful right now...

American Express

800-528-4800

0 repeatedly

Bank of America

800-529-8804

Press 555 at each prompt.

Capital One

800-903-3637

0,0,0

MasterCard

800-MC-ASSIST

000 on each menu

MBNA

800-421-2110

00 when menu starts

Visa

800-847-2911

000 (ignore prompts saying that it's an invalid entry)

Wachovia

800-922-4684

0, 0

FEMA

800-621-FEMA

Select language (1 for English), Don't choose any option, just hold for human; or press 00

Medicare

800-633-4227

Say "agent" or press 0.

Social Security

800-772-1213

Press 00.

Sony

800-222-7669

When prompted, say "Agent."

Home Depot

800-793-3768

2-3 times

Home Shopping Net

800-284-3100

0

Microsoft

800-936-5700

Always 0. This is true for just about any MS number.

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

Patient of The Month...

This month's patient of the month is Ms. Mindy Peterson! Congratulations! Her commitment to her health has been truly awe inspiring. As usual, the patients of the month will receive a FREE DINNER for themselves and a guest! Watch for your name here in a coming month!

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