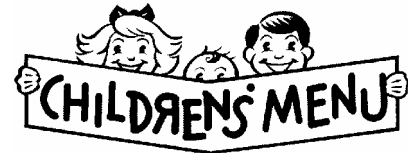


# Lauderdale Wellness News

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

*"Honesty is the best policy, and spinach is the best vegetable." ~Popeye the Sailor*

## Diabetes Soars Among Kids and Teens... America's Number One Source Of Calories...And The Conflict Of Interest You Need To Know About!



**L**auderdale, MN – This is a real problem, especially if you have kids. Why? According to a new study, the number of kids and teens with Type 2 diabetes has jumped 15-fold just in the last generation!

And it is happening all over the world.

But that's not the worst part. So what is? Here's what: There is evidence that 50% of the young people with Type 2 diabetes don't even know they have it. This can lead to serious kidney and heart damage at a relatively young age.

Now here's the really important part: Type 2 diabetes is a condition brought on by your lifestyle. In other words, unlike Type 1 diabetes (where you are born with and the cause is unknown), Type 2 is caused by the foods you eat and the activity level in your life.

In the past, these lifestyle factors took quite a while to catch up with people. That's why Type 2 diabetes has always been almost exclusive to adults.

Children and adolescents had mostly Type 1.

What's really shocking is the first pediatric cases of Type 2 diabetes were not observed until the late 1970's. By 1990, about 3 percent of Type 2 diabetes cases were children and adolescents. And today, that number is a staggering 45%.

**In Just About 30 Years We Have Gone From ZERO Type 2 Diabetes Cases In Children And Adolescents To Almost Half Of All Cases Occurring Under The Age Of 18!!!**

*"Though the diagnosis was initially regarded with skepticism, Type 2 diabetes mellitus is now a serious diagnostic consideration in all young people*

*present with symptoms of diabetes,"* said Orit Pinhas-Hamiel, a pediatric endocrinologist in the diabetes unit of Sheba Medical Center in Ranana, Israel.

She went on to say, the new research also demonstrates that Type 2 diabetes is *"not limited to certain ethnic groups, nor to particular regions, but has now become nearly universal."*

But what's more important – Type 2 diabetes cases are following the same pattern in children as in adults... which is...

### **The Cases Increase With An Increase Of Obesity And Inactivity**

And, what's not too shocking is: countries with the highest rate of Type 2 diabetes among adults also have the highest rates among children.

Why is it NOT too shocking?

Here's why: When you eat certain foods that contain a type of sugar called glucose, that glucose enters the blood stream. In healthy people, the cells of the pancreas secrete just the right amount of insulin. Insulin allows the glucose to be absorbed into the cells of your body and used for energy and broken down.

In Type 1 diabetes, these pancreatic cells have been destroyed by some unknown cause. Therefore, Type 1 diabetics cannot produce the insulin needed to break down the glucose in their blood stream.

That's why Type 1 diabetics must have insulin shots.

In Type 2 diabetes, a person gradually loses the ability to make insulin or use it efficiently. This leads to an unhealthy and dangerous build-up of glucose in the bloodstream.

Unlike Type 1 diabetics, Type 2 can usually control their blood sugars with exercise and proper diet. Some advanced cases require drugs or insulin injections.

Basically, you are born with Type 1 diabetes... and... your lifestyle causes Type 2.

### **So Why Is There Such A Rise In Adolescent Type 2 Diabetes?**

One of the major factors in developing Type 2 diabetes is high intake of simple sugars.

Simple sugar enters your bloodstream rapidly and causes a spike in blood sugar. This causes your pancreas to work hard. Eating a lot of simple sugars basically causes your pancreas to work overtime.

And, your pancreas can only work so much overtime before it starts to shut down. This is called insulin resistance.

This process is sped up by the amount of simple sugars you eat, weight and lack of exercise.

So here's an interesting new fact:

### **Sweet Drinks Are Now The Leading Source Of Calories In The Typical American Diet!**

That's right. Soft drinks and other sugar-added drinks are now the number one source of calories in the average American's diet – with white bread being number 2!

This is according to ongoing research done by, Odilla Bermudez, PhD., of Tufts University to confirm the relationship between obesity and certain foods.

What's even worse is: Another risk factor for developing Type 2 diabetes – obesity – has reached record numbers in children worldwide.

Here are the childhood obesity percentages reported for the European Congress on Obesity:

- England = 20%
- Spain = 30%
- United States = 30%
- Italy = 36%

Here's a quote from the same European Congress that is quite telling: "We think we probably underestimated the dimension of the issue. We are often accused of exaggerating the estimates, but whenever we do get the actual figures, they turn out to be worse than we expected."

So, does it really come as a shock to anyone that – with all that consumption of simple "junk" sugar and child obesity -- Type 2 diabetes' rates are skyrocketing in our children?

And, don't you think there should be a national campaign by groups such as the American Diabetes Association (ADA) to make parents more aware of the risks of sugar consumption, lack of exercise and weight gain?

Well, I don't think you are going to see such a campaign no matter how bad the stats get. Why?

### **The Conflict Of Interest...**

In April, the ADA announced a multi-million-dollar partnership with Cadbury-Schweppes, candy makers and the world's third leading producer of sugar added soft drinks.

And, all of a sudden, ADA's Chief Medical Officer, Robert Kahn, believes sugar consumption has nothing to do with developing Type 2 diabetes!

In a recent interview he stated, "What is the evidence that sugar itself has anything to do with diabetes? There is no evidence."

Oh really. And tobacco has nothing to do with cancer!

My advice is to look at the new statistics in this month's newsletter and take action immediately.

Cut out or seriously limit you and your family's consumption of soda and other sugar filled food and drinks. And I don't recommend all those chemical "diet" drinks. The best thing to drink is usually plain old water. And, of course, start an exercise program. It doesn't have to be anything too crazy. If you have any questions, just let me know – I'm here to help!

**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 we don't enjoy anything more than participating in your lifelong good health.**

### ***International Massage Week July 17-23***

We thought we should announce it In case you did not have it marked on your calendar. International Massage week is coming up. We thought this would be a great excuse to help you help yourself... and someone else at the same time.

Sound Good?

All you have to do is bring in non-perishable food items and receive a discount on your next Massage or Chiropractic treatment. You will get \$1 off per item up to 15 items.

All food collected will be donated to our local food shelf. This offer is valid for the week of July 17-23. Please call if you have questions.

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

**“How *Catching Fish* Can Help You Lose Weight, Become Healthier, And Get Many Of The Things You Want In Life...”**

Have you ever wondered why some people constantly seem to get what they want? Everything always seems to magically work out for them...

While so many others struggle and are plagued by... what seems at the time...to be...

**Bad Luck!**

I don't know which type of person you are today... but... for a long time... I felt like the “bad luck” type.

I found it difficult to achieve some of the things I wanted in life. No matter how hard I tried, I struggled and things just didn't seem to “go my way.”

It was quite depressing and I wondered when MY big break was finally going to come. What was it that these successful people had that I didn't? Could it really be just plain old *luck*?

You may be feeling the same way, too. If you are... or... you just want to achieve more success in your life – whether it be...weight loss, start a new career, make more money, become healthier, get out of pain or have better and more loving relationships with your family and friends...Whatever it is...I've got very good news for you. And that news is – although I believe luck does exist, it is NOT the determining factor in YOUR success. Success in all those aspects of your life CAN be achieved. And, in most cases, it can be achieved quite rapidly, if you act on the simple principle you are about to discover.

And... it doesn't matter how “bad off” you *think* you have it right now. This principle will work no matter where you are in life and can take you wherever you want to be – within reason.

By “within reason” I mean this is NOT something like you see on late night infomercials that claims you can be Donald Trump or look like a swimsuit model overnight. Not at all. This is a rational, logical approach that can help you reach REALISTIC goals in a REALISTIC time period.

So what does catching fish have to do with all this? Let me tell you a great, inspirational story that will tell you what and prove my point...

I'm not sure exactly what year it was, but forty-something years ago, a ten-year-old boy was out in the woods hunting by his home in Texas. On this fateful day, he pried his way through some thick weeds at the edge of a pond.

As he poked his head through, his eyes instantly met with a monstrous fish (a largemouth bass) sunning itself in the shallow water. The two stared at each other for a few seconds and then she slowly turned and disappeared into the murky depths.

Even though it was only a brief moment, it changed that little boy's life forever. You see, it wasn't too long after that, this little boy decided he was going to catch the world record largemouth bass... and... he dedicated his life to achieving that lofty goal.

As this boy matured into a man, he researched and learned everything he could about this fish. It wasn't long until he was consistently catching more huge fish than anyone else. His plan consisted of a couple key elements: (1) Think like a fish – NOT A FISHERMAN, and... most importantly... (2)...Do The Right Thing...In The Right Place...**Long Enough!**

Well, virtually every day for over 30 years, this man pushed off the dock at 5:00 a.m. to do the right thing, in the right place, long enough. And, even though he has come close, to this day, he has NOT caught the world record fish.

Disappointed? Don't be. This man's name is Doug Hannon. And Doug has never had a “real job” in his life. He has spent his entire life... and still spends most of his time... doing what he loves. He has lived out his wildest dreams -- how many people can say that? How about you?

And, in the meantime, he has become well known as the “Bass Professor” – the best big bass fisherman alive. He is frequently featured on ESPN, has written two books and is the inventor of several fishing devices and lures.

So what's the REAL moral of this story and how can it help YOU achieve what YOU want in life? The moral is... *doing the right thing, in the right place, long enough*. The key is setting goals and being consistent in your behavior to achieve them. Not giving up at the first sign of adversity. And making sure you seek out expert advice so you are putting all that effort into the RIGHT PLACE!

Doug says many times in his books – if you are not fishing where the world record fish lives... you have no chance of catching her. The same is true with anything you choose to do in life.

It has been my experience that there is an overabundance of “expert advice” from struggling people. Always beware of the so-called “wizard.” EVERYONE has an opinion. Usually the best advice is CONTRARY to what everyone else is doing.

So, if you want to see your life change for the better... set your goals, get REAL expert advice and start doing the right thing, in the right place, long enough... and start doing it TODAY!!!

***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?...

- The common goldfish is the only animal that can see both infra-red and ultra-violet light.
- Tennessee is bordered by more states than any other. The eight states are Kentucky, Missouri, Arkansas, Mississippi, Alabama, Georgia, North Carolina and Virginia.
- Des Moines has the highest per capita Jello consumption in the U.S
- The geographical center of North America is near Rugby, North Dakota.
- If you stretch a standard Slinky out flat it measures 87 feet long.
- Our eyes are always the same size from birth, but our nose and ears never stop growing.
- The Statue of Liberty's tablet is two feet thick.
- There are two credit cards for every person in the United States.
- Naugahyde, plastic "leather" was created in Naugatuck, Connecticut.
- The Boston University Bridge (on Commonwealth Avenue, Boston, Massachusetts) is the only place in the world where a boat can sail under a train driving under a car driving under an airplane.
- It is believed that Shakespeare was 46 around the time that the King James Version of the Bible was written. In Psalms 46, the 46th word from the first word is shake and the 46th word from the last word is spear.
- The top layer of a wedding cake, known as the groom's cake, traditionally is a fruit cake. That way it will save until the first anniversary.

## Tip of The Month – “10 Barbeque Tips To Make Your Summer Happy, Healthy And Safe!!!”



**It's Barbeque season. If you didn't grill on the 4<sup>th</sup> of July, that's ok, there are plenty of other excuses to grill out right around the corner... Like Friday, or my brother's birthday. His birthday is the 20<sup>th</sup> so now you have an excuse for a Wednesday cookout. So...Here are 10 tips to make sure you grill safely and prevent any food-borne illness:**

### **1. How To Defrost Frozen Food Safely**

Completely defrost meat and poultry before grilling so it cooks more evenly. Use the refrigerator for slow, safe thawing or thaw sealed packages in cold water. You can microwave defrost if the food will be placed immediately on the grill.

**2. How To Marinate** - Meat and poultry can be marinated for several hours or days to tenderize or add flavor. Be sure to marinate food in the refrigerator, not on the counter. If some of the marinade is to be used as a sauce on the cooked food, reserve a portion of the marinade before putting raw meat and poultry in it. However, if the marinade used on raw meat or poultry is to be re-used, make sure to let it come to a boil first to destroy any harmful bacteria.

**3. How To Transport Food** - When carrying food to another location, keep it cold to minimize bacterial growth. Use an insulated cooler with sufficient ice or ice packs to keep the food at 40° F or below. Pack food right from the refrigerator into the cooler immediately before leaving home. Keep the cooler in the coolest part of the car.

**4. Make Sure To Keep Cold Food Cold** - When using a cooler, keep it out of direct sun by placing it in the shade or shelter. Avoid opening the lid too often, which lets cold air out and warm air in. Pack beverages in one cooler and perishables in a separate cooler.

**5. ALWAYS – Keep Your Entire Cooking Area Clean** - Be sure there are plenty of clean utensils and platters. To prevent food-borne illness, don't use the same platter and utensils for raw and cooked meat and poultry. Harmful bacteria present in raw meat and poultry and their juices can contaminate safely cooked food.

**6. Make Sure You Cook Food Thoroughly** - Cook food to a safe internal temperature to destroy harmful bacteria. Meat and poultry cooked on a grill often browns very fast on the outside. Use a food thermometer to be sure the food has reached a safe internal temperature. Whole poultry should reach 180° F; breasts, 170° F. Hamburgers made of ground beef should reach 160° F; ground poultry, 165° F. Beef, veal, and lamb, steaks, roasts and chops can be cooked to 145° F. All cuts of pork should reach 160° F. NEVER partially grill meat or poultry and finish cooking later.

**7. Just Like #4, Keep Hot Food Hot** - After cooking meat and poultry on the grill, keep it hot until served -- at 140° F or warmer. Keep cooked meats hot by setting them to the side of the grill rack, not directly over the coals where they could overcook. At home, the cooked meat can be kept hot in a warm oven (approximately 200° F), in a chafing dish or slow cooker, or on a warming tray.

**8. Don't Mix Serving Platters** - When taking food off the grill, use a clean platter. Don't put cooked food on the same platter that held raw meat or poultry. Any harmful bacteria present in the raw meat juices could contaminate safely cooked food.

**9. How To Smoke Safely** - Smoking is done much more slowly than grilling, so less tender meats benefit from this method, and a natural smoke flavoring permeates the meat. The temperature in the smoker should be maintained at 250° F to 300° F for safety. Use a food thermometer to be sure the food has reached a safe internal temperature.

**10. Pit Roasting Can Be Delicious But...** Cooking may require 10 to 12 hours or more and is difficult to estimate. A meat thermometer must be used to determine the meat's safety and doneness. There are many variables such as outdoor temperature, the size and thickness of the meat, and how fast the coals are cooking.

**Patient of The Month**... This month's patient of the month prefers to remain nameless. Congratulations to her... whoever she is! Her commitment to her health has been incredible and is finally paying off for her. As usual, the patients of the month will receive a FREE DINNER for themselves and a guest. Last month's winner, Mrs. Coreen Stettner Blau, reported back that she was going to use her gift certificate to treat her son to a nice birthday dinner at Red Lobster, and she was delighted to be named patients of the month! Watch for your name here in a coming month!