

Lauderdale Wellness News

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

"Happiness is having a large, loving, caring, close-knit family in another city." ~ George Burns

Can You Really Prevent The #1 Cause Of Death... *With A Smile?*

Lauderdale – I've got a friend. Before your run wild with that, I have more than one friend...I'm not going to use his real name... but... let's call him "Steve." I bet you know someone just like him. Let's see if you do...

I've known Steve a long time. And, ever since I met him, he's been a little different from the crowd.

He was extremely popular and liked by all. I honestly can't think of one person who didn't take a shine to him.

And thinking back – it's obvious why everyone liked him. He was ALWAYS happy. No matter what was going on – Steve had a joke to crack. Aliens could be invading Earth and frying everyone with laser beams... and Steve would... somehow...

Find The Bright Side Of It!

For instance, I remember sitting next to Steve in 7th grade English class. We always had vocabulary tests on Fridays. But, our teacher told us we should NEVER wait until Thursday night to study. Her advice was study 5 words every night and then the test would be easy.

Well, one day our teacher surprised us with the test on Thursday. "Just to teach you a lesson," she said. The whole class protested. Everyone complained it wasn't fair. Everyone except Steve. He just sat there with a big grin on his face.

I thought to myself – I can't believe it – he must have studied. This guy has ALL the luck!

As I was handing in my test, I put it on a stack right on top of Steve's... and noticed...It Was Blank!

He didn't even answer one question! Yet, when I sat down next to him – he was as happy as a clam.

I turned to Steve and said, "How can you be so happy? I saw your test, you didn't get any right?"

Steve laughed and said, ***"Yeah, but now we get to get out of here and go to lunch early!"***

That's the way Steve was. Always looking on the bright side.

But here's something else I remember about Steve. Something VERY IMPORTANT.

Steve was NEVER sick. He always got that certificate at the end of the year for not missing any days of school. And, now that he is... ahem... a *little* older... he looks years younger than most of our friends (besides me of course!).



Most just chalk it up to more of Steve's great luck – but – there are some new studies that show how it's not luck at all. And there is something really important for YOU in all this.

First the studies. On May 2, 2005 Science Daily published the results of a remarkable study.

In this study, 86 first-year college students at Carnegie Mellon University (37 men and 46 women) got their first ever flu shots at a University clinic and filled out questionnaires on health behavior.

For two weeks, starting two days before the vaccination, they carried palm computers that beeped four times a day and asked them to record their momentary sense of loneliness, stress levels and mood.

For five days during that period, they also collected saliva samples, four times a day, and measured the stress hormone – cortisol.

To assess loneliness, the researchers calculated their social network size.

Blood samples were drawn just before the flu shot, one month and four months after the shot and tested for antibody levels – which indicate how well the students built a defense from the shots.

Now this is the amazing part. The study found:

1. Sparse social ties were associated with poorer immune response.
2. Loneliness was also associated with a poor immune response.

What do you think about that? Loneliness may cause a weak immune system and poor health. But how?

First, listen to this. There was research reported in the BBC News April 18, 2005 that says levels of the stress hormone cortisol – linked to obesity, type 2 diabetes, high blood pressure and auto immune disease – were found to be 32% LOWER in people who reported more happy moments during the day.

Basically, happy people may be healthier both mentally and physically, than unhappy people.

But wait – there's more! Another study reported in USA Today March 7, 2005 says that wounds took **40% longer to heal in married couples who were having problems than in married couples who were happy.**

The stress of conflict slowed down wound healing by 40%!!!!

And here's one for Steve: The BBC News September 12, 2004 reported that researchers suggests the mind determines how quickly and dramatically people age.

This is because good emotions can alter chemical balances. Over a seven year period, investigators measured weight loss, exhaustion, walking speed and grip strength of about 1,500 older Mexican-Americans.

Results showed those with more positive outlooks were significantly less likely to become frail.

Pretty Amazing Isn't It?

But, do we really need all those studies to prove a bad attitude and stress kills?

Just think back with me for a moment to the last time you were watching a scary movie. You became so *into the movie*, you didn't know anything else was going on around you. Then, all of a sudden, SOMEONE YELLED!!!

What happened?

Your heart was racing. You were out of breath. Maybe even your hands were shaking. Why? Because your mind created and shot chemicals into your body – even though nothing physical actually happened.

You see, you can get sick **JUST BY THE WAY YOU THINK**. Through negative thoughts, your mind will create harmful chemicals. Over time, those chemicals will destroy your body and your health.

And this is not just about major diseases. Your negative thoughts can manifest themselves in many other ways. Back pain and arthritis is one of them. You can think yourself into pain jut like you can think yourself sick.

But the good news is...

You Can Also Think Yourself Healthy And Pain-Free!!!

Don't believe me? Think back with me one more time. This time to the first time you fell in love. Picture that person and that time. What did you see? What did you smell and taste? What did it feel like?

Hold that thought for a moment and really remember what it was like. How your heart raced when you saw that person. How your face felt flush. How, even if just for a brief moment, nothing else mattered... and... everything was okay in your life.

Can you remember it?

Well, here's what I want you to do: twice a day... upon waking and just before going to sleep, I want you to think about and experience what you just experienced. And, if you are ever stressed out and having a bad day – stop for a moment and think of something that makes you SMILE. I know it's easier said than done... but... do it for a month, and I promise, your life, and health, will change.

So there you have it – Steve's secret. It wasn't luck after all. Chances are Steve never gets sick and looks so young because of his positive mental attitude.

Now it's up to you to be like Steve!

... 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.

Happy Typo Hunting

So...I was just re-reading last month's newsletter before working on this one and I noticed a typo. I'm not talking about a missed hyphen or improper grammar. NOPE, I do that all the time.

This typo made me giggle. I showed it to Dana and it made her giggle.

So here's the deal. Find the funny typo in last months news letter (the green one). When you are done giggling, show it to anyone here in the office and claim your free gift. A laugh and a free gift, you will be feeling better in no time.

P.S. I know you keep these newsletters in a safe place, but if you "misplaced" last month's copy, that's ok. We have one on the front desk for you to look at.

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

Disaster Is Only One Red Light Away...

Life can be tricky. Success can be short-lived. And, one mistake can be devastating. Imagine having just about everything in life you could ever want... a nice home, fancy car, great career, friends, family... you name it. And losing it all... in the blink of an eye. That's what happened to Linda... and it could happen to you too.

But first, a little warning. What you are about to read will shock you. It may even be a little hard to believe. The sad thing is... what you are about to read happens every day... to thousands of people. Thousands of people who don't have a happy ending like Linda. Thousands that continue to suffer.

It all started two years ago. Linda was stopped at a red light on her way to work when she felt the impact. Everything happened so fast after that... the next thing she remembers is...

Watching Her Car Being Put On The Flat Bed From The Back Of The Ambulance.

The hospital took x-rays of Linda's neck and back... told her there was nothing wrong... and sent her home. Linda was so "wired" from the accident she couldn't sleep all night. Her mind was going a mile a minute... reliving that horrible moment. That was one of the longest nights of her entire life.

Linda crawled out of bed the next morning and noticed a little stiffness in her neck. Nothing bad... just a little "tight." Linda soon forgot about her stiff neck and concentrated on her car, police reports, calling the insurance company and all that stuff. With all the running around, the day was gone before she knew it.

The next week was filled with those days. Running around trying to straighten this whole mess out. She started to notice her "little stiff neck" started getting worse. She started having constant pain and that's when the headaches started. They went right from the back of her neck... up the base of her skull... over her head...

All The Way To Her Eyes.

As the neck pain and headaches got worse, Linda got a little concerned. She didn't know any good doctors... so she asked her lawyer. He recommended someone and Linda made an appointment. After talking to Linda for a few minutes, he assured Linda that she was okay and prescribed some muscle relaxers and pain pills.

The medication didn't help Linda's pain or headaches. She called her new doctor and he said they would just take a little time to work. So she kept taking them... and... the pain continued to spread and get worse. It was now going down both arms and she hadn't slept in days.

Days turned into weeks and weeks turned into months. Linda's pain continued to get worse and her doctor just continued prescribing more drugs. One after the other. Trial and error style.

Linda couldn't drive anymore and had to start holding her head up with her hand... because the pain and weakness was too much. She lost her job... and as the bills piled up, Linda had to move in with a friend. Now her doctor's answer was... **Prozac!**

It was two years after her accident when Linda saw one of my advertisements and came in for an evaluation. She walked through the door... holding her head up with her left hand. She was in obvious pain.

When I heard the story I just told you... I couldn't believe my ears.

Well, it's been three months now since Linda started Chiropractic care... and... she doesn't even look like the same person. She says... **At Least 75% Of Her Pain Is Gone!**

And she's starting to get her life back. She's driving again and last week was able to do her favorite hobby... painting. It really is wonderful to see Linda... and many others just like her... turn around so quickly. I'm still amazed at how many "hopeless cases" like Linda's Chiropractic can help. Help when all else has failed.

When I talk to patients like Linda about what happened to them, they always say the biggest thing they regret is not coming in to see us sooner. They say it could have saved her from so much pain and suffering.

And that's where you come in. Yes YOU!

You see, we all know people like Linda. Maybe not quite as bad... but... we all know someone who is suffering who doesn't have to be. Your job is to tell them. Tell them we are here to help. Tell them we are not like other doctors that just give pills and more pills. We actually get to the cause of your problem and make you feel better... **Naturally!**

If you know someone like Linda... you can make a difference in their life... don't put this off... do 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?...

- Wettest inhabited place on earth: Buenaventura, Colombia, with 265 inches of rain per year.
- Heaviest U.S. president: William Howard Taft (332 lbs.). Lightest: James Madison (100 lbs.).
- The Netherlands has more burglaries per capita than any other country on earth.
- The sailfish is the fastest fish in the world. It has a top speed of 68 miles per hour.
- Sweden has more telephones per capita than any country on earth.
- It takes six months to build a Rolls Royce...and 13 hours to build a Toyota.
- In an average hour, there are 61,000 Americans airborne over the United States.
- Music videos were originally known as “tele-records.”
- Cubans eat more sugar than anyone else; Irish people eat the most corn flakes.
- The second most popular place to eat breakfast in the U.S.: The car.
- Onions have no flavor; only a smell.

Tip of The Month - “Put A Marshmallow On The Table, Leave The Room And See What Happens...”



This is an amazing story! A colleague shared it with me last week. And I thought I should share it with you. He had two good friends growing up. These two friends were born on the same day. In the same hospital. As a matter of fact, their parents met in the hospital and discovered they lived only a few doors away from each other in the same apartment complex!

It’s amazing, living so close, their paths had never crossed before. But, on this fateful day, two baby boys and lifelong friendships were born. As the years went by, they went to the same elementary school, then middle school and eventually High School. Both started for the football team that won a state championship. **But, even though they went to the same schools, had the same friends and experienced many identical things... they were just a little different.**

Friend #1 was very outgoing and always in the limelight. He was a star on the football team and heavily recruited to play in college. Throughout High School, things came very easily for him and he always seemed to IMMEDIATELY get what he wanted. He was very intelligent, never studied and got “A’s” and “B’s”. On the other hand, friend #2 was more reserved. Popular, but not the star. He always had to work for what he got... many times putting in long hours to accomplish what friend #1 did just by snapping his fingers. He actually studied and could only manage “C’s” Both went to college. Friend #1 got a full scholarship to play football. Friend #2 paid his own way.

Let’s fast forward to today. Friend #2 owns his own home, has a beautiful wife and lovely daughter. He has a decent job... nothing spectacular... but he plugged away... saved money... and has the home and family he always wanted.

Friend #1 is a little different. He rents an apartment, barely works – only just enough to get by, has no money saved, and has been in and out of drug rehabilitation twice. How can this be? How can the much less talented of the two end up so better off in the long run?

I think the answer lies in the marshmallow study.... Researchers took a group of young children and brought them in a room one-by-one. Each child would sit across the table from a researcher with a marshmallow placed in the middle of the table.

Just as the researcher was to begin, someone would come in and tell the researcher he was needed in another room. At that point, the researcher would tell the child this, “You have two choices while I am gone. Choice #1 is – you can eat the marshmallow. If you do that, you won’t get any more when I come back. Choice #2 – you can NOT eat the marshmallow. If you can wait 10 minutes until I come back, I will give you a whole bag.

The researcher left the room and watched the children behind a two-way mirror. There were basically two groups – those who ate the marshmallow as soon as he left the room and those who didn’t.

Now here’s where it gets really good. Researchers followed up with these children when they were young adults and here’s what they found...*An overwhelming percentage of the children who did NOT eat the marshmallow were successful in their relationships and careers, owned homes and had money saved.*

On the contrary, an overwhelming percentage of the children who ate the marshmallow did not own homes, did not have money saved and struggled in life.

It seems clear that the ability to DELAY GRATIFICATION is one of the most important keys to success. Friend #1 had all the talent... but... he never learned how to delay his gratification. Same is true about the children in the experiment. There is no doubt in my mind friend #1 would have eaten the marshmallow and friend #2 would have waited the 10 minutes and received the entire bag.

The ability to put off small pleasures today for big gains tomorrow is a valuable lesson for our children to learn at an early age.

If you have children, it might be fun to put a marshmallow on your table, give the instructions, leave the room... and... see what happens. You may also think about that marshmallow the next time you have an ache or pain and reach for a pain reliever. Treating it properly now will be much more beneficial in the long run.

Patient of The Month . . . This month's patient of the month is Mrs. Coreen Stettner Blau Congratulations! As usual, the patients of the month will receive a FREE DINNER for themselves and a guest! Last month's winner, C.C. Cockrell, treated his mother to dinner. What a good son! They reported back that they had a delicious dinner at Ike’s Steak House in downtown Minneapolis. Watch for your name here in a coming month!