

Lauderdale Wellness News

A Monthly Newsletter for the Friends and Clients of Lauderdale Wellness Center

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The greatest discovery of my generation is that a human being can alter his life by altering his attitudes of mind. - William James

Inability To Handle Stress Most Likely Leads To Early Death... Unless...

Lauderdale – If you or someone you love is a “worry-wart”, reading the rest of this article may prevent several deadly diseases and add years to your life. Allow me to explain...

Why some people are healthy and others get sick has been a researched and heavily debated topic for a long, long time.

Some give almost all the credit to genes. Basically you are pre-programmed at birth. Mother nature has dealt you a certain “hand” and that’s it. You will either be healthy... or sick... and... there is nothing much you can do about it.

Cancer Gene

For example, the “cancer gene.” If cancer is “in your genes,” you’re doomed. If not... you’re lucky.

Supporters of this philosophy commonly use this example as proof: One person is young, eats all the right food and exercises and still gets cancer or has a massive heart attack. Yet, someone else eats junk, smokes, drinks and never exercised a day in their life... and... lives to be 95.

Hit By A Bus

Funny thing is: You often hear these people say, “You can walk out of your house and get hit by a bus tomorrow,” as an excuse to completely neglect their health and future.

Others don’t give genes much credit. They say it’s ALL (or at least MOST) how you live your life and take care of yourself.

And then there are those somewhere in between. To them, both genes and how you live your life are important factors.

Their argument: The young guy or gal that took care of himself or herself and STILL got sick would have gotten sick sooner. And, the 95-year-old may have lived even longer if he or she took care of himself or herself.

Obviously, all this is something to think about.

Genes obviously have SOMETHING to do with our potential. But how much? And is it as limiting as many once thought? The simple fact that our average life span is much different today than it was 100... or even 50 years ago... should tell you something. There are factors that affect our lifespan and help determine if we live those years healthy and happy or sick and miserable.

Science May Have Discovered An Answer

According to an April 5, 2007 issue of Science Daily, there is a broad consensus that there are five basic personality traits. These five are: Extraversion, agreeableness, conscientiousness, emotional stability and openness to experience. There are sub-categories – but these five are what makes us up.

But here’s what’s really important: Two of these traits – emotional stability and conscientiousness appear to be directly linked to your health and how long you may live. How?

In psychology, the lack of emotional stability is called “neuroticism.” In other words, a person’s tendency towards “hand wringing and negative thinking.”

It is believed by many that high levels of neuroticism are inherited and such people do not handle stress well. They are often moody, anxious and uncomfortable. Studies have also shown a correlation to increased mortality.

Early Death Sentence?

So, if “neuroticism” is inherited and leads to health problems and increased mortality – are some people simply pre-programmed to be unhealthy and die young?



That's where a Purdue University psychologist comes into the picture.

According to the April 5, 2007 issue of Science Daily:

"Mroczek decided to explore this idea. Using a standard measure of neuroticism, he tracked more than 1,600 men over 12 years, recording not only how neurotic they were at the start, but also whether they got more or less neurotic over time.

He also looked at mortality risk for these same men over an 18-year span. As reported in the May issue of Psychological Science, those who increased over time in neuroticism were a ticket to an early grave.

In other words, these men--all middle age or older to begin with--did not grow old gracefully. They likely got more and more stressed, worried or fretful, and this downward spiral increased their risk for dying, mostly from cancer and heart disease.

The good news is that men with a fretful temperament, if they managed for whatever reason to calm down a bit over time, had survival rates similar to those of emotionally stable men."

Big Lesson

So what's the big lesson here for you... your health... and... your longevity?

First, it seems pretty clear your attitude does a whole heck of a lot more than just affect your success in business! Several studies show the way you think can have a profound impact on how healthy – or sick – you are. Namely diseases like cancer and heart disease.

How? We don't think anybody knows 100% for sure. It makes sense that stress (and the way you handle it) produces chemicals that suppress the immune system. This will have countless detrimental effects like aging: on the outside as well as the inside.

But the real point here is: WHO CARES?

Who really cares exactly how all this works on the cellular level? The bottom line is: it happens. Negative thinking... a lot of it... over an extended period of time... will probably age you, make you sick... and... take years off your life.

And, an even more important point: Changing the way you think and handle stress – can stop the process. In other words, being a natural born "worry-wart"...

Is Not A Death Sentence!!!

You can change the way you handle stress and reduce the negative effects. Or, at least that's what the above-mentioned study shows.

And it only makes sense.

Have you ever taken a walk in the dark and had some loud noise scare you? What happened? Your eyes

widened. Your heartbeat drastically increased. Your brain signaled your body to produce adrenalin and other "flight or fight" chemicals were dumped into your bloodstream. At this very moment, you are wide awake, stronger than usual and can run like an Olympic track star!

But what happens shortly afterward? You crash... right? You come back down and feel exhausted. This, my friends, is a natural high and hangover.

When you are constantly stressed and worry and don't deal with it well... you will continually go through a similar reaction. Your body and mind basically go through the ringer.

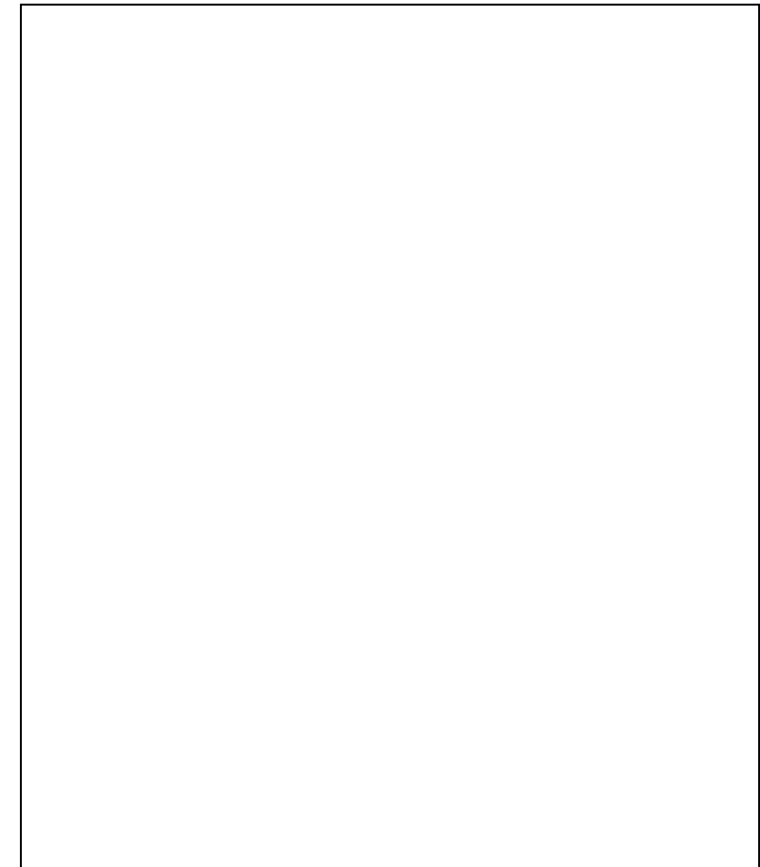
It just makes sense that if you learn how to deal with the stress more effectively – you will be healthier and live longer. Common sense doesn't always match up with scientific proof, but it seems to in this example.

I know what you're thinking. How do you learn to deal with stress if you are a natural born "worry-wart?"

The first thing is to realize NOTHING is ever as good or bad as it seems. And always change the things you can and forget about the things you can't.

Besides that, routine exercise programs and meditation have both been show to reduce stress.

Maybe if we start enjoying this wonderful life a little – it will get even better and we will get more of it!



Is it time for some Botox™ ?

It is well known that neck muscle pain is common in patients after a whiplash trauma. Intense pain is often present, but also tightness and spasm. In addition, the muscles of the neck often remain tighter following exercise.

So what's a person to do? Is it really tight muscles that are the source of pain in whiplash trauma? If so, then wouldn't a treatment like Botox™ injection cause the neck muscles to relax and offer real hope? Sometimes simple logic gets us closer to the truth. But in a complex disorder like whiplash, a simple cure may be nothing more than a sales pitch from a snake oil salesman. Extraordinary claims demand compelling scientific evidence, not just a good story. This is where science comes in; getting us closer to the truth.

Researchers from the Netherlands decided to test the Botox™ theory in 40 patients with chronic whiplash symptoms. The study was randomized and placebo-controlled. The placebo or control treatment was saline (simple salt water) which was also injected into the neck muscles. The Botulinum toxin was injected into the patients' necks and they were followed for 12 weeks. The researchers measured days in pain, neck pain hours, and the amount of pain pills taken.

The results showed that Botulinum toxin injections are not effective in the treatment of neck pain in chronic whiplash syndrome.

Other research has shown that disk and ligament sprain injuries are major sources of pain in whiplash. These disorders can affect the posture of your neck, as well as limit the movement of spinal joints. Other joints may move excessively following a whiplash trauma.

Some patients are given muscle relaxants, but these drugs have also been shown to be ineffective. Others take the anti-inflammatory approach and ingest pills to suppress pain. Studies of these drugs have also shown them to be mostly ineffective. There are also unintended side effects that can occur when they are taken over many years, especially stomach bleeding and kidney or liver problems.

Our office can provide a comprehensive management approach to address both the structure and function of your neck, without drugs or invasive surgery.

The jury is now in on Botox™ neck injections for tight neck muscles: avoid it. While it may be a reasonable approach to reduce a few wrinkles in the face, whiplash patients do not benefit from this type of treatment.

Tip Of The Month “Get Rid Of Negative Thoughts And Have Some Fun By Reading This...”



In this month's cover article, you read about how being a “worry-wart” can negatively affect your health. That's why this month's “tip of the month” is designed to help you stop worrying and banish all negative thoughts – at least for a few moments. And to do that we've printed a list of the top 10 April Fool's Day pranks ever pulled off. And, yes, I know I'm a month late. The pranks were judged by the San Diego Museum of Hoaxes for their “notoriety, absurdity and number of people duped.” And yes – we know April Fool's Day has already passed – but this is funny. And stop finding the negative in everything.... Sheez! Here's the list:

1. In 1957, a BBC television show announced that thanks to a mild winter and the virtual elimination of the spaghetti weevil, Swiss farmers were enjoying a bumper spaghetti crop. Footage of Swiss farmers pulling strands of spaghetti from trees prompted a barrage of calls from people wanting to know how to grow their own spaghetti at home.
2. In 1985, Sports Illustrated magazine published a story that a rookie baseball pitcher who could reportedly throw a ball at 270 kilometers per hour (168 miles per hour) was set to join the New York Mets. Finch was said to have mastered his skill -- pitching significantly faster than anyone else has ever managed -- in a Tibetan monastery. Mets fans' celebrations were short-lived.
3. Sweden in 1962 had only one television channel, which broadcast in black and white. The station's technical expert appeared on the news to announce that thanks to a newly developed technology, viewers could convert their existing sets to receive color pictures by pulling a nylon stocking over the screen. In fact, they had to wait until 1970.
4. In 1996, American fast-food chain Taco Bell announced that it had bought Philadelphia's Liberty Bell, a historic symbol of American independence, from the federal government and was renaming it the Taco Liberty Bell. Outraged citizens called to express their anger before Taco Bell revealed the hoax. Then-White House press secretary Mike McCurry was asked about the sale and said the Lincoln Memorial in Washington had also been sold and was to be renamed the Ford Lincoln Mercury Memorial after the automotive giant.
5. In 1977, British newspaper The Guardian published a seven-page supplement for the 10th anniversary of San Serriffe, a small republic located in the Indian Ocean consisting of several semicolon-shaped islands. A series of articles described the geography and culture of the two main islands, named Upper Caisse and Lower Caisse.
6. In 1992, US National Public Radio announced that Richard Nixon was running for President again. His new campaign slogan was, "I didn't do anything wrong, and I won't do it again." They even had clips of Nixon announcing his candidacy. Listeners flooded the show with calls expressing their outrage. Nixon's voice actually turned out to be that of impersonator Rich Little.
7. In 1998, a newsletter titled New Mexicans for Science and Reason carried an article that the State of Alabama had voted to change the value of pi from 3.14159 to the "Biblical value" of 3.0.
8. Burger King, another American fast-food chain, published a full-page advertisement in USA Today in 1998 announcing the introduction of the "Left-Handed Whopper," specially designed for the 32 million left-handed Americans. According to the advertisement, the new burger included the same ingredients as the original, but the condiments were rotated 180 degrees. The chain said it received thousands of requests for the new burger, as well as orders for the original "right-handed" version.
9. Discover Magazine announced in 1995 that a highly respected biologist, Aprile Pazzo (Italian for April Fool), had discovered a new species in Antarctica: the hotheaded naked ice borer. The creatures were described as having bony plates on their heads that became burning hot, allowing the animals to bore through ice at high speed -- a technique they used to hunt penguins.
10. Noted British astronomer Patrick Moore announced on the radio in 1976 that at 9:47 am, a once-in-a-lifetime astronomical event, in which Pluto would pass behind Jupiter, would cause a gravitational alignment that would reduce the Earth's gravity. Moore told listeners that if they jumped in the air at the exact moment of the planetary alignment, they would experience a floating sensation. Hundreds of people called in to report feeling the sensation.