

# Lauderdale Wellness News

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

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“Life is like a game of cards. The hand that is dealt you is determinism; the way you play it is free will.”  
Jawaharlal Nehru

## Shocking “Pain Medication” Makes 85% Of Subjects Feel Less Pain In New Study...

### *And... What If Happiness Was Predetermined?*

**L**auderdale – What if you could take a “pain medication” that made 85% of subjects in a recent study feel less pain?

And, what if this “pain medication” was 100% natural and had no side effects whatsoever?

But that’s not all. What if this “pain medication” was absolutely 100% FREE! That’s right – there is an unlimited supply and you can take as much as you want ... whenever you want.

#### **Would You Want To Give This “Pain Medication” A Try?**

I bet you would. Who in their right mind wouldn’t? And in just a minute, you are going to find out all the details. But first, let’s talk about...

#### **Happiness...**

There are books, CDs, DVDs, live seminars and more that claim to teach people how to be “happier.”

Many spend their entire life pursuing this elusive, and very subjective, goal.

A growing body of evidence is beginning to suggest that much of our “happiness” may be out of our control.

In one recent study, researchers at the University of Edinburgh propose genes account for about 50% of a person’s level of happiness. Study co-author, Timothy Bates believes the underlying factor is genetically determined personality traits like “being sociable, active, stable, hardworking and conscientious.” Interestingly, these happiness traits generally come as a package, so that if you have one you’re likely to have them all.

After reviewing survey data from 973 pairs of adult twins, Bates and his Edinburgh colleagues discovered, on average, a pair of identical twins shared more personality traits than a pair of non-identical twins.



When asked how happy they were, identical twins’ answers were more alike than non-identical twins, suggesting that both happiness and personality have a strong genetic component. The study, published in *Psychological Science*, went one step further: it suggests that personality and happiness do not merely coexist, but that, in fact, innate personality traits *cause* happiness.

#### **Why You Don’t Want To Be 44**

Another larger study, released in January ahead of its publication in *Social Science & Medicine* in March, shows that whatever people’s individual happiness levels are, everyone seems to fall into a pattern of happiness governed by their age. According to survey data representing 2 million people in more than 70 countries, happiness typically follows a U-shaped curve: among people in their mid-40s and younger, happiness trends downward with age, then climbs back up among older people. (That shift doesn’t necessarily hold for the very old with severe health problems.) Throughout the world – people tend to be less happy in their 40s than when they are younger or older; 44 seems to be the “black hole” of unhappiness. But, at least things don’t just continue getting worse. 😊

Here’s an interesting item: neither very good events, nor very bad events seem to change people’s happiness much in the long term. Most people, it

seems, revert back to some kind of baseline happiness level within a couple years of even the most devastating events, like the death of a spouse or major trauma.

### **Optimism Is a Good Thing**

The research also found most people consider themselves happy most of the time and consider themselves happier than most other people. Optimism is definitely a good thing!

Ok, want to hear about that pain medication now? Here it goes...

In a study published March 5th in the Journal of the American Medical Association, researchers discovered people given identical pills got greater pain relief from the pills they were told cost \$2.50 than from pills supposedly costing 10 cents.

So what? Well it just so happens that in this study, which was funded by MIT, 82 volunteers were asked to rate the intensity of electric shocks administered to their wrists before and after they received a dummy pain pill.

Test subjects did not know they received a placebo. Rather, they were told the pill was a new opioid pain killer similar to codeine but faster-acting. Each participant received a colorful brochure touting the drug as "an exciting new medication" that could provide "up to 8 hours" of pain relief.

In the past, placebos have been shown to alleviate mild to modest pain. Scientists believe the anticipation of pain relief triggers the release of endorphins -- opiate-like substances produced by the body.

The researchers, in the MIT funded study, wanted to see if price -- a signal of quality -- could amplify or reduce the placebo effect.

Half of the study participants were told the drug had a regular price of \$2.50 a pill. The remaining subjects were told that the new medication had been discounted to 10 cents a pill. No explanation was given for the price cut.

In the findings, 85% of subjects who received regular-priced pills reported feeling less pain after taking the dummy medication, compared with 61% of those who received the supposedly discounted pills, researchers said.

Are you getting this? 85% of people who received and perceived expensive "dummy medication" experienced relief. And 61% got relief from the cheap "dummy medication." No matter how you look at it -- 85% and 61% of people felt less pain

simply because they believed they were going to get relief.

The perception of the pain medication being expensive makes it more believable -- and, therefore, more effective.

And let's be clear on this: BOTH GROUPS RECEIVED "DUMMY MEDICATIONS." No one actually received pain medication!

For example: Previous studies have shown that price has a powerful impact on the psychology of consumers.

Researchers at CalTech reported in January that expensive wine was experienced as being more pleasant-tasting than identical wine that supposedly cost less.

In another experiment, researchers found that people given inexpensive energy drinks felt more tired and worked out less than those who received identical energy drinks that cost more.

It seems to be clear that the mind plays a HUGE factor in controlling pain and in many other health issues, as well.

## ***Thank You to Everyone Who Attended our Third Annual Client Appreciation Day***

***We had a great time and hope you all did too!***

### ***Here are the Raffle Prize Winners:***

***Alyson A. - Dunn Brothers Gift Certificate***

***Terri B. - Target Gift Certificate***

***Mary Kay B. - Red Lobster Gift Certificate***

***Amber R. - Dunn Brothers Gift Certificate***

***Bonnie S. - Massage Therapy Gift Certificate***

***Joanne S. - Target Gift Certificate***

***Derrick P. - Dunn Brothers Gift Certificate***

***Amanda F. - Granite City Gift Certificate***

***Mary M. - Dunn Brothers Gift Certificate***

***Andy H. - Big Bowl Gift Certificate***

## Inspirational Story of the Month –

### How This Amazing Man Lost 400 Pounds With Diet, Exercise, And This ‘Secret’ Ingredient!

At 630 pounds, David Smith was a mountain of a man. He lived with his parents and spent most of his time inside... eating junk food and drinking soda. He’s even been quoted in the newspaper that he “felt like the elephant man.” During that time, David lived a life of shame, embarrassment and social anxiety that made it almost impossible for him to leave his house. "It got so bad to a point that I didn't leave the house and I didn't even feel comfortable in my own backyard until it was dark out," Smith said. Ashamed of his looks, Smith hid inside to avoid public mockery.

**An Astonishing Change...** That was five years ago. Today David Smith is 400 pounds trimmer, enjoys his life, and is a complete inspiration to countless others. But his almost unbelievable transformation didn’t happen overnight. It took over two years of dedicated hard work. And he had a “secret” ingredient. In June 2003, he’d finally had enough. Smith sent an e-mail to Chris Powell, fitness correspondent for Good Morning Arizona, a local news broadcast on KTVK, in Phoenix. Powell paid Smith a visit. "We were both probably thinking: what are we getting ourselves into right here? There would be no way I'd have anything in common with this guy," Smith said. Powell, a former Cosmo magazine bachelor, was socially confident. But now he was trying to get through to this painfully shy man. "I didn't know what 600 pounds looked like," Powell said. "He couldn't really look me in the eye. He was just so broken. He really didn't know what to say or what to do." Despite their initial awkward meeting, they made a deal. Smith committed to losing the pounds and Powell agreed to stick with him as long as Smith didn't give up. The first stop was a truck scale so they could get Smith's weight. After that, Powell created a food plan for Smith: six smaller meals to replace Smith's end-of-the-day megameal. The meals were carbo-balanced to increase his metabolism, with cheat days thrown in. In the first month, Smith dropped 40 pounds; then, after just four months of doing simple exercises in the gym, Smith lost 100 pounds. Powell was pleased. But Smith wasn't too impressed with what he had accomplished. "He kept telling me, ‘When I look in the mirror, I still feel like the same person. In fact, I still see 630 pounds,’" Powell said.

**The Secret That Set Him Free...** Then one day after a session, Smith handed Powell a letter he'd written. As Powell read, it began with a revelation that Smith had never shared with anyone else. He had been sexually abused by the first friend he had ever made. "It made me shy away from people, not trust people at all. And, of course I turned to food because it made me happy. It didn't hurt me," Smith said. Gaining more weight all the time, and lacking social skills, Smith found school to be a nightmare. "I've had like sticks and stones and dog feces and, you know, thrown at me and spit on. I've had a broken arm and black, black eyes," recalled Smith. The emotional and physical abuse took a toll; he had dropped out of high school at 17 and headed for his parents’ house. Over the next decade, he would rarely emerge. Trapped in a joyless, friendless existence, Smith felt he had no choice but to plan his suicide in a horrific manner. "I felt like I deserved as much pain as possible if I was to kill myself, to burn myself literally in the desert. I just decided maybe dousing myself with gasoline and, you know, maybe people could hear my screams and hear all the despair that consumed me for all these years," Smith said. Powell was moved when he learned what Smith had been through. "He'd never had a chance in life. And I realized how valuable I was to him not just as a trainer, but as the first person in his life who actually believed in him." As the exercises got more strenuous and the pounds kept coming off, Powell began to unlock Smith's personality. Powell decided to reintroduce Smith to the social world that had treated Smith so cruelly. He made preparations at a nearby bar, and when they arrived, Smith was treated like a rock star. "When we got in the car and I'm driving him home he goes, ‘That was the best night of my life,’" Powell said. As the pounds continued to fall away, Powell knew Smith needed him now more than ever. All his loose skin gave him the appearance of a deflated balloon. So he embarked on a series of surgeries to eliminate the excess skin, leaving him with 18 feet of scars. Powell was there for all the surgeries.

After 26 months, Smith had locked in on his target weight of 229 pounds, making his total weight loss a whopping 401 pounds. He also enhanced his appearance with Lasik surgery on his eyes and some dental work to fix his teeth, destroyed by too much soda. All of the cosmetic work was donated by Phoenix area doctors. Now 31, Smith has started bodybuilding, working at a gym and studying to become a trainer. Powell never charged Smith a dime for his services or his emotional support. What he got in exchange, Powell said, was far more important. "I was with him through his transformation, but he's been with me through my own journey over the last couple of years, and that's the real reason why we're so close. He's hands down the most genuine person that you'll ever meet. He's got a heart of gold," Powell said of his newfound best friend.

Just in case you haven’t guessed it already – friendship was the “secret” ingredient that sprung David Smith from his prison. Thank goodness for wonderful people like Chris Powell. The impact they make is immeasurable... and... they make the world a better place for us all.

### **Did You Know?...**

- Human beings lose 40 to 100 strands of hair on average, per day.
- When you cough, you exhale air at a rate as high as 60mph.
- A sneeze can exceed the a speed of 100mph.
- An average human consumes about 16,000 gallons of water in their lifetime.
- A fingernail and toenail takes roughly 6 months to grow from its base to its tip.
- The average person has 100,000 strands of hair on his or her head.
- While it takes 43 muscles to frown, it only takes 17 to smile. : )
- Babies have 300 bones in their body at birth. By adulthood, we only have 206.
- By age 60, most people will have lost their taste buds.
- Humans shed their skin everyday, a total of about 1.5 pounds of skin per year.
- The human brain stops growing at the age of 18.
- Human thigh bones are stronger than concrete.
- The total amount of skin covering an adult human weighs 6 lbs.
- Approximately 1 out of 25 people suffers from asthma.
- The human brain uses 20% of the body's energy but is only 2% of the body's weight.

### **Tip Of The Month – 14 Interesting, Amusing And Even A Little Scary Health Facts**



**Here's a great list that are not only interesting, some are amusing and others are downright scary.**

- 1) Motorists who talk on cell phones are more impaired than drunk drivers with blood-alcohol levels exceeding .08!
- 2) Banging your head against a wall uses 150 calories an hour.
- 3) Some parts of the world protect their babies from disease by bathing them in beer.
- 4) The word "gymnasium" comes from the Greek word gymnazein, which means "to exercise naked."
- 5) There are more than 1,000 chemicals in a cup of coffee. Of these, only 26 have been tested, and half caused cancer in rats.
- 6) The average American eats at McDonalds more than 1,800 times in their lifetime.
- 7) There are more bacteria in your mouth than there are people in the world.
- 8) According to U.S. FDA standards, 1 cup of orange juice is allowed to contain 10 fruit fly eggs, but only 2 maggots.
- 9) Apples are more efficient than caffeine in keeping people awake in the morning.
- 10) Strawberries have more Vitamin C than oranges.
- 11) You burn more calories sleeping than you do watching television.
- 12) Right-handed people live, on average, nine years longer than left-handed people do.
- 13) You are about 1 centimeter taller in the morning than in the evening!
- 14) During your lifetime, you'll eat about 60,000 pounds of food, that's the weight of about 6 elephants.