

# Lauderdale Wellness News

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

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*“Who is wise? He that learns from everyone. Who is powerful? He that governs his Passions. Who is rich? He that is content. Who is that? Nobody” - Benjamin Franklin*

## Fish Oil May Be Better Than Drugs For Preventing Heart Failure

### *And the stress-breast cancer connection*

**L**auderdale – In just a moment, you’ll read about a new study demonstrating how fish oil may be better than a common drug in preventing heart failure.

#### **But first, The Stress – Breast Cancer Connection:**

New research has been released showing both a severe stressful life event in younger years, and several less severe stressful events can increase a woman’s risk of breast cancer. On the other hand, having an optimistic attitude can decrease the risk.

Researchers recruited 255 women between 25 and 45 years old who had been diagnosed with breast cancer and 367 women of the same age who were free from the disease. They asked the women whether they had experienced any severe life events, such as loss of a spouse or a close relative, as well as events considered to be mild or moderately stressful, such as severe illness, job loss, or separation from a spouse. Women also completed a 15-item questionnaire to evaluate their levels of anxiety, depression, happiness, and optimism.

The researchers found women who had experienced two or more severe or mild-to-moderate life events were 62 percent more likely to have breast cancer. "This suggests that stressful events do not protect us from the effect of additional events, and even 'moderate or mild events' seem to have a cumulative effect," Dr. Ronit Peled and her team write in the medical journal BMC Cancer.

Women with breast cancer were statistically more likely to have higher scores for depression and lower scores for happiness and optimism.

However, they also found that women with a "general feeling of happiness and optimism" had a 25 percent lower risk of having been diagnosed with breast cancer.

It’s become abundantly clear over the years that stress is one of the most harmful things you can have in your life.



#### **Preventing Heart Disease - Fish Oil Versus Drugs**

New research has shown fish oil may work better at preventing heart failure than a popular drug.

**Study results:** Italian researchers gave nearly 3,500 patients a daily omega-3 pill, derived from fish oils with nearly the same amount receiving placebo pills. Patients were followed for an average of four years.

In the group of patients taking the fish oil pills, 1,981 died of heart failure or were admitted to a hospital with the problem. In the patients on placebo pills, 2,053 died or were admitted to the hospital for heart failure. (Chronic heart failure is a condition that occurs when the heart becomes enlarged and cannot pump blood efficiently around the body.)

In a parallel study, the same team of Italian doctors gave 2,285 patients the drug Rosuvastatin, also known as Crestor, and gave placebo pills to 2,289 people. Patients were also tracked for about four years. The doctors found little difference in heart failure rates between the two groups.

Comparing the results from both studies, the researchers concluded fish oil is slightly more effective than the drug because the oil performed better against a placebo than did Crestor. Safe, effective and inexpensive Fish oil beats the massively over advertised, expensive and much riskier drug alternative... Again.

# Alternative to Back Surgery?

A recent large-scale study from Great Britain has results that'll make you wonder whether back surgery is always necessary (Bhattacharyya M. *Do the risks and benefits of spinal manipulation in patients with low back pain as a non-surgical approach translate into better outcomes in routine clinical care: a prospective observational cohort study.* J Bone Joint Surg 2008;90B:Suppl.492.). One hundred two patients were followed while they waited to see a spinal surgeon. The patients had disk herniations confirmed by MRI and had sciatic/leg pain. They had also previously tried 4 weeks of medications (non steroidal anti-inflammatory drugs), which had provided no benefit.

While they waited to see the spinal surgeon, they were referred for manipulations provided by experienced chiropractors. The adjustments were given five days per week.

A few patients had some transient increase in pain and there were three treatment failures (out of 102). Overall the results were very encouraging with patients moved off of the surgery wait-list.

But how is this possible? The disks are the cartilage separating each vertebra in your lower back. When this tissue is damaged, it can bulge onto a nearby nerve, causing back pain or pain down your leg. Precise adjustments use the bones as levers to affect the movement of the joints in the lumbar spine. If motion is improved, then there is better posture and distribution of loads. When the mobility is more symmetrical, this also may prevent unequal loading of the soft tissues. Helping these mechanical aspects to heal can be enough to lessen your pain and help you to regain your quality of life. In some cases, it seems it may even keep you from a potentially unnecessary back operation.

This was certainly not the first study of this nature, only the most recent. It correlates quite well with both previous studies and clinical experience. In the absence of emergency symptoms such as bowel or bladder problems or numbness in the groin, virtually everyone with a disk or sciatica/leg pain disorder should try chiropractic care first. It turns out that a majority of patients will avoid surgery and recover from their disc injury faster if they start with chiropractic care.

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**Treat yourself today!**

**Fall special**

**Schedule a 60 minute massage with Lindsay and receive half off your second 60-minute massage.**

**Two-60 minute massages for \$90**

**Savings of \$30**

**Feel free to call the clinic at 651-917-9800 if you have any questions**

**Offer expires 12-1-08**

## Did You Miss *This* Incredible Story From The Beijing Olympics

Unless you live in a cave... you've probably heard the name Michael Phelps. Just a short while ago, Michael became the most decorated athlete in Olympic history by winning a record 8 gold medals in a single Olympics. "Phelps Mania" was everywhere. And Michael's story is a great one. His mother told how he had a difficult childhood and suffered with ADHD. But, he focused all that restless energy into swimming and became the water speed-demon who we saw shatter so many Olympic records.

Here's a story from the Beijing Olympics that just might be better. Much better. Natalie du Toit looked like any other athlete when she walked into the "Bird's Nest" carrying the South African flag at the opening ceremonies. But when it was time to compete... it was a completely different story. The 24-year-old native of South Africa lost half her leg in a horrific accident seven years ago, but she refused to let it derail her hopes of competing against the world's best athletes. Instead of settling for the Paralympics (though she will remain in Beijing after the games to take part in that competition as well), Du Toit learned how to compensate for her missing leg. Swimming, she said, makes her feel whole again. "I can get in the water and be free of the prosthetic limb," she said in an interview earlier this year. "It's just me."

She took fourth at the World Championships in Spain, fulfilling a dream that began when she was 6 years old. "I just want a top five finish," she said. "It will be a tough race because everyone worked so hard, and I am just looking forward to it. Hopefully the training will pay off. I've been training harder than ever." No one would argue that point. Du Toit was an emerging star in the pool when she swam at the 1998 Commonwealth Games as a 14-year-old. She was aiming for a spot in the Athens Olympics when tragedy struck in 2001.

After a training session in her native Cape Town, she was headed to school on a motorbike. She collided with a car. She looked down to see her left leg still attached, but with the bones shattered, the muscles ripped apart. Doctors fought desperately to avoid amputation, but finally gave in a week after the accident. The leg was removed at the knee. "I remember waking up later and asking my mother when the operation was going to be," she said. "She told me it already had happened."

Throughout her recovery, du Toit was driven by a desire to get back in the water. Six months later, she was swimming again. "It was amazing," she said. "It felt like my leg was still there." But Du Toit failed to qualify in the pool for the 2004 Athens Olympics, struggling to keep up in a sport where the legs provide much of the power on starts and turns.

Then, her career took a promising turn. Open water was added to the program for Beijing. There's no lanes, no flips at the end of each lap. Du Toit was more competitive when she dove in with a pack for a grueling race (10 kilometers, or 6.2 miles, for these games) that relies as much on tactics and willpower as it does on the perfect stroke. Things can get downright nasty as the swimmers jostle for position, and they've been known to emerge from the water with plenty of cuts and bruises. Du Toit doesn't shy away from the rough stuff that goes on beneath the surface. "People out there do punch, kick and you've just got to get through all that and not get bogged down by it," she said. "That's the mental challenge behind it."

Du Toit was not the first disabled athlete to compete at the Olympics, or even in Beijing. Natalia Partyka, who was born with a right arm that ends just below the elbow, made the Polish team in table tennis. Like du Toit, she will compete in both the Olympics and Paralympics. No disabled Olympian was more successful than American gymnast George Eyser. He won three gold and five medals while competing on a wooden leg at the 1904 St. Louis Games.

No wonder du Toit was picked by the South African delegation to carry the country's flag at the opening ceremony. "What if I can't carry it, what if I trip and fall, what if ...," she wrote on her blog. Du Toit handled the duties just fine, though it did take a bit of a physical toll. "The standing hurt a little, but it was all worth it," she wrote. "I had tears in my eyes when the flame was lit. I can't describe it. I'm so glad I was part of that." Even though Du Toit didn't win 8 gold medals in Beijing, she may have achieved even more. As a final "Phelps Mania" note: Michael Phelps received a \$1 million bonus from Speedo for wearing their product while winning the 8 gold medals. Michael has decided to donate all the money to a water safety charity.

**Did You Know?...** Hunter-gatherers in the Australian outback today live on 800 varieties of plant foods. Modern Americans live principally on three: corn, soy and wheat. • One third of Americans get 47 percent of their calories from junk foods. • The average American eats 300 more calories each day than he or she did in 1985. Added sweeteners account for 23 percent of those additional calories, added fats make up an additional 24 percent. • Vitamin D deficiency is widespread. • In real dollars, the price of fresh fruits and vegetables has risen nearly 40 percent since 1985. • Ten cups per day of green tea delayed cancer onset 8.7 years in Japanese women and three years in Japanese men. • Three meta-analyses of randomized, placebo-controlled trials found a 5-12 percent decrease in cholesterol levels in hyperlipidemic patients after at least 30 days' treatment with 600-900 mg of garlic extract. • Chocolate...may have a mild hypotensive [blood-pressure lowering] effect.

### **Tip Of The Month - 5 Of The Best Foods For Under A Dollar!!!**



**1. Raw Nuts and Seeds:** Sunflower seeds, raw, 1 oz. = \$0.82, Mixed raw nuts, 1/2 oz. = \$1.00 - Nuts are a good substitute protein for meat, for those of you preferring a vegetarian diet, as long as they aren't eaten in excess.

The reason for moderation is, except for walnuts, almost all nuts are top heavy in omega-6 fats and can upset the omega 6/omega 3 ratio. The average American has an omega 6:3 ratio of 15:1. It should be 1:1. Therefore, any amount of omega-6 fat is not a good thing for most Americans. You need to be cautious with the quantity of nuts you eat, especially if you have high levels of insulin. Nuts are not your best choice if you suffer from high blood pressure, excess weight, high cholesterol, or diabetes.

**2. Berries:** 1 cup fresh organic blueberries = \$0.95 - Berries are among the best fruits on the planet. Not only do they taste great, they are densely packed with a variety of potent phytochemicals that can do wonders to normalize and improve your health. They are high in fiber and low in sugar, so they won't cause drastic insulin swings if eaten in moderation. The best way to eat berries is in their raw, natural state, since heating and freezing can damage some of the antioxidants. The different varieties of berries contain different types and levels of antioxidants, so berries have a range of health benefits. Blueberries are one of the most powerful antioxidant-rich foods on the planet. Researchers at the USDA Human Nutrition Center (HNRCA) have ranked blueberries #1 in antioxidant activity when compared to 40 other fresh fruits and vegetables. One of the beneficial phytochemicals is anthocyanin, which is what gives blueberries their deep blue color. They also contain vitamins A and C, zinc, potassium, iron, calcium and magnesium.

**3. Watermelon:** One-pound slice = \$0.59 - Like berries, watermelon is loaded with phytochemicals, including lycopene, beta-carotene, and citrulline. When citrulline is consumed it is converted to arginine. Arginine is an amino acid that has beneficial effects on the heart and circulatory system, as well as the immune system. Arginine boosts nitric oxide, which relaxes blood vessels, leading to another beneficial side benefit of watermelon ... a Viagra-like effect without the hazards of a toxic drug!

**4. Spinach:** 5 oz. fresh organic spinach = \$0.95 - Spinach is high in antioxidants and has a very high ORAC score. ORAC is Oxygen Radical Absorbance Capacity, which is a measurement of a food's ability to destroy the free radicals that cause your body damage. The higher the ORAC score, the better a food is for you. Your own body's ORAC can also be measured as an indication of how many antioxidants you have working for you. Spinach's ORAC score is surpassed only by prunes, raisins, blueberries, blackberries, strawberries and kale.

**5. Garlic:** 2 cloves = \$0.05 - Garlic boosts your body's natural abilities to protect you from hypertension and osteoporosis, and research is mounting that it decreases your risk for various forms of cancer.

*This information is solely advisory, and should not be substituted for medical or chiropractic advice. Any and all health care concerns, decisions, and actions must be done through the advice and counsel of a healthcare professional who is familiar with your updated medical history. If you have any further concerns or questions, please call the office at (651) 917-9800*