

Lauderdale Wellness News

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

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“If at first you don’t succeed, try hard work.” – *William Feather*

Scientists Discover True Love?

What It Means For Long-Term Relationships

***Also In This Issue: “Recession Pounds”,
“Third-Hand Smoke” Hazard... and more...***

Lauderdale – Modern science makes wonderful discoveries every day. In fact, modern science moves forward so fast, it is mind-boggling.

For example, according to a presentation by Carl Fisch, **the amount of new technological information is DOUBLING every 2 years.**

For someone starting a 4-year technical school/college program, half of what they learn in their first year will be outdated by their third year.

That’s with the amount of technological information doubling every 2 years. It is predicted that by 2010 the amount of technological information will double every...

72 Hours!!!

One can only wonder what a 4-year college degree will be worth (or NOT worth!) by then!

Check this out: It is predicted that by 2013 a super computer will be built that will exceed the computational capability of the HUMAN BRAIN.

By 2023, a computer with that computational capability will be available for only \$1,000.

By 2049, for that same \$1,000, technology will be so advanced that you will be able to purchase a computer that exceeds the computational capabilities of the...

Entire Human Race!!!

Once again... mind-boggling. So, is it really any surprise that scientists may have finally found proof of *true love*?

It’s funny that many people don’t believe things unless they are “scientifically proven.” As if nothing exists in the universe unless it has gone through a proper scientific study.

Because of this, many health care treatments are

often delayed.

Chiropractic adjustment, or spinal manipulations, fell into this category for a long, long time.

Not too long ago, many in the medical community viewed Chiropractic as dangerous and “quackery.” Now, spinal manipulation is widely accepted for back pain and some medical doctors are actually taking courses on it.

But without the scientific studies – say back in the 1940s – was Chiropractic care any less effective? Or was scientific “proof” simply years behind the eight ball?

Love is another great example. If you have ever been in love – do you need a scientific study to prove to you it was real? Seems kind of silly, doesn’t it?

That’s why it was so silly when a patient would go to a Chiropractor, get better, and be told it had nothing to do with the Chiropractic care, simply because there was no scientific evidence.

Well, now scientists are saying they have discovered *true love*. But, how?

According to an article in *The Australian*, “A team from Stony Brook University in New York scanned the brains of couples who had been together for 20 years and compared them with those of new lovers.

They found that about 1 in 10 of the mature couples exhibited the same chemical reactions when shown photographs of their loved ones as people commonly do in the early stages of a relationship.

Previous research suggested that the first stages of romantic love, a roller-coaster ride of mood swings and obsessions that psychologists call limerence, start to



fade within 15 months. After 10 years, the chemical tide has ebbed away.

The scans of some of the long-term couples, however, revealed that elements of limerence mature, enabling them to enjoy what a new report calls “intensive companionship and sexual liveliness.”

Very interesting. But, if you’ve ever seen a couple hold hands and look in each other’s eyes with that special look... after 50 years of marriage... you already knew true love existed.

Onward to something less “warm and fuzzy”....

Recession Pounds!!!!

On January 9, 2009, Reuter reported that Americans may start to reduce the amount of money they spend on food. One might think this would lead to weight loss. On the contrary, experts think this will lead to weight gain. And they point to numerous studies that link obesity and unhealthy eating habits to low income.

They surmise as money gets tough, people will cut out more expensive foods such as fresh fruits and vegetables in favor of foods high in saturated fats and sugars.

Adam Drewnowski, the Director of the Nutrition Sciences Program at the University of Washington in Seattle, had this quote in the Reuters article, "In Seattle we have found that there are fivefold differences in obesity rates depending on the zip code -- the low-income zip codes have a much higher proportion of obese people."

The article also stated that “studies in California suggested that a 10 percent rise in poverty translates into about a 6 percent increase in obesity among adults.”

Some evidence of all this is already manifesting. McDonald’s, with its high fat and calorie “Dollar Menu”, is still doing well. Third quarter profits were actually better than average. Whole Foods (which sells organic, natural and gourmet foods) has seen profits drop with the economy.

What the Reuters article did not mention was exercise. It would be interesting to know if a worsening of the economy translates to people exercising less.

Gym memberships are thought of as a luxury and many people quit exercising when stress increases, even though exercise is one of the first things you should do when stressed out. **Exercise is a great stress reliever – not to mention all the other health benefits.**

The combination of eating cheaper “junk” food and lack of exercise may not only be a prescription for weight gain – it can be deadly. Eating correctly and exercising should be the LAST things you cut out of your budget.

“Third-Hand Smoke Danger!

As if it wasn’t already bad enough for smokers, now researchers report there is another hazard from smoking that is difficult to get rid of.

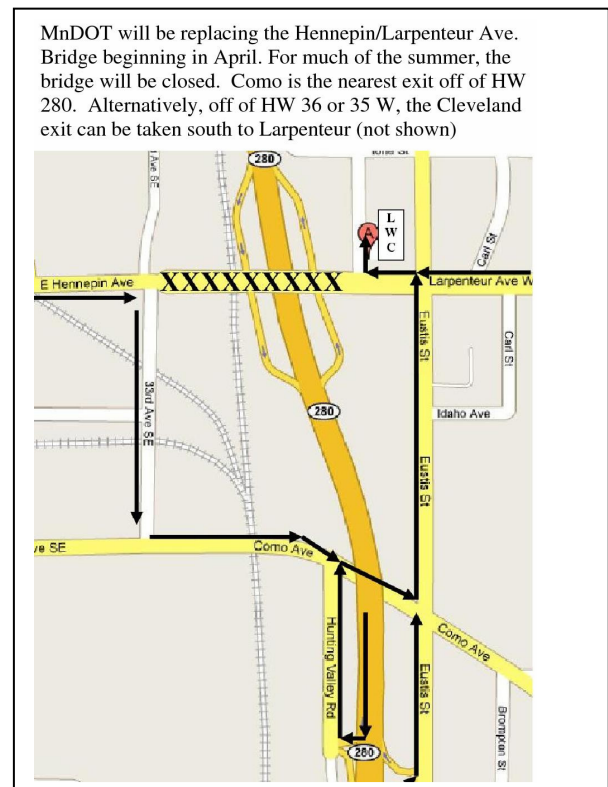
It’s called “third-hand smoke” and is an invisible gas that clings to smokers hair, clothes and just about everything smoke comes in contact with.

This gas is toxic and lingers long after visible smoke is gone.

According to a January 3, 2009 New York Times article, “The residue includes heavy metals, carcinogens and even radioactive materials that young children can get on their hands and ingest, especially if they’re crawling or playing on the floor.”

By now, just about everyone knows that second-hand smoke is bad; but, this new finding makes the situation much worse.

Dr. Jonathan P. Winickoff, the lead author of the study and an Assistant Professor of Pediatrics at Harvard Medical School, had this to say in the Reuters article: “When their kids are out of the house, [parents] might smoke. Or they smoke in the car. Or they strap the kid in the car seat in the back and crack the window and smoke, and they think it’s okay because the second-hand smoke isn’t getting to their kids” Dr. Winickoff continued. “We needed a term to describe these tobacco toxins that aren’t visible.”



Inspirational Story Of The Month –

When A Lie Is Good For Everyone

Let's start with a question: *Have you ever told a lie?* Be honest because no one is looking... and you can say whatever you want! There is no doubt you have told a teeny, tiny lie over the course of your life. Right?

Researchers from The University of Massachusetts found that a whopping 60 percent of people lied at least once during a 10-minute conversation and told an average of two to three lies.

Researchers were surprised that lying was such a common part of daily life. Surprised? As if THEY don't lie. HA!

Anyway, the study found that men and women told the same number of lies – but the content of the lies differed. Women were more likely to tell lies that made the person they were with feel good. Men tended to tell lies that made them look better. Some men were shocked at this result. They said the only lie they told when their wife asked them,

“Do I Look Fat In These Pants?” ☺

So what does this have to do with the inspirational story of the month? Good question. And there is a good answer. After you read this story – you will see the important link...

Here's the story: No too long ago, a story circulated around on the internet. It was passed around virally, from friend-to-friend, through email. It was a great story and got so popular, self-help guru, Wayne Dyer, actually said he received it from one of his friends and read it at one of his seminars. The story is so powerful members of Wayne's audience could be seen crying in the video. Wayne, reading this amazing story can be seen on YouTube at: http://www.youtube.com/watch?v=mvmCp_BOeIc. I highly recommend going to YouTube and listening to Wayne read the story. But here are the basics...

A school teacher has a student (Teddy) that she basically sees as lazy and bad. She actually enjoys giving him bad grades.

Then she goes over his old report cards and sees that several years ago he used to be a straight “A”, model student. Teachers wrote rave reviews of him. Then, things changed. His mother became terminally ill and his attitude and grades worsened. After his mother passed away, each year the report cards, and comments by teachers, got even worse. After reading all this, his present teacher was ashamed of herself. She even felt worse when all of her students brought in Christmas gifts that year. They were all nicely wrapped in beautiful paper with bows, except for Teddy's. His was in a brown paper bag.

She opened it and it was a bracelet with some of the stones missing and a half empty bottle of perfume. When the other students laughed, the teacher said it was the most beautiful bracelet in the world and put on the perfume. After that day, she approached Teddy differently and spent extra time with him. Teddy responded and became the “teacher's pet.”

Years later, the teacher would get letters from Teddy. One letter *said* that he graduated from college with honors. Another came from “Dr. Teddy” because he had just graduated from medical school. Another announced his engagement and invited the teacher to sit in his mother's place at the wedding table.

The teacher did – and she wore the bracelet and perfume Teddy gave to her for Christmas once belonged to his mother.

The story ends when Teddy hugs his teacher and whispers in her ear, “Thank you for believing me. Thank you so much for making me feel important and showing me that I could make a difference.”

To that, the teacher replied with tears in her eyes, “Teddy, you have it all wrong. You were the one who taught me that I could make a difference. I didn't know how to teach until I met you.”

Wow! Quite an amazing story... don't you think? Well, what if you found out... it was all... a big, fat...

Lie?

Well, before outing it in this newsletter, it was revealed the entire story was an internet hoax! Looks like even Wayne Dyer got fooled! Or was he? You see, does it really matter that the story was actually fiction and written by Elizabeth Silance Ballard in 1976 and published that year in Home Life magazine? Sure, no one should pass this story off as true when it isn't, but does it make the message any less touching and wonderful because it is fiction?

Is it a bad thing to lie to someone if it makes his or her life better? Who knows? But, it is recommended that you either watch the video of this story or get the original version written by Elizabeth Silance Ballard in her work, *Three Letters from Teddy*. It can be found in *A 2nd Helping of Chicken Soup For The Soul*.

Did You Know?... Each year in the United States, 70 million prescriptions are written for anti-inflammatory drugs (NSAIDs). In 2006, the estimated cost to consumers of pain management drugs around the world was \$30 billion. Due to the fact that 5.4 percent of NSAID users develop serious bleeding conditions requiring hospitalization, each year 103,000 Americans are hospitalized and 16,500 die due to long-term NSAID use. The annual medical cost of NSAID-related GI complications is \$3.9 billion dollars. The 16,500 deaths each year caused by NSAID drugs is more than five times greater than the number of Americans killed during the 9/11 terrorist attacks, and it accounts for one-third of the total cost of treating arthritis. Just one FDA-approved anti-inflammatory drug, Vioxx, was estimated to have caused between 88,000 and 138,000 serious heart events, including heart attacks and strokes leading to death. The number of Americans killed by Vioxx exceeds the number of Americans killed in both the Vietnam War and the War on Iraq (I and II) combined! Remarkably, up to 42% of physicians in the United States and the United Kingdom remain unaware of the dangerous side effects of anti-inflammatory medications.

Tip Of The Month – Four Important Reasons Why You Should Write Something Every Day!



We've all heard it. "Some day, I'm going to write a book." Most people say they would love to write their own book. They have plenty of stories from their vast life experiences. Or, maybe you are the creative type that can create spell-binding fiction? But then again... maybe not! Chances are, you have some great ideas, thoughts or stories to put down on paper, but an entire book is not in the plans. The good news is: getting in the routine of writing just a little bit every day has many great benefits. And you don't have to be a professional writer to attain them. Here's a list of several great benefits you can reap by writing just a little bit every day: **1. The best way to learn new things!** If you think back to when you were in school, you may remember some teachers advising you to re-write your notes everyday from class. Many teachers advise this, but few explain why you should do it. Well, here's why: The physical act of writing something down dramatically helps you remember that information. The theory is that it engages more of your senses than just reading. Some actually say that the act of writing something down helps the information go directly into the subconscious brain and become "accepted." If you want to learn the lyrics to a song – write them down several times. If you want to memorize your friend's phone number (an extinct skill with the evolution of cell phones!!!), write it down a few times. And if you want to learn to become a good writer, copy free-hand some of the works of the great authors. No matter what topic you write about, you will learn all kinds of new and interesting things simply by the act of writing. **2. The Great Stress Reliever!** Many have called writing the "great escape." And one must agree. No matter how hectic or crazy your day is, when you sit down to write... everything else disappears. It's just you, the pen, paper and your imagination. This is one of the best stress relievers you can think of. Writing can have many of the benefits of stress reduction seen in meditation that clears the mind. And meditating before writing is the best of both worlds!!! Make no doubt about it: stress kills. And, any way you can reduce it should be pursued. Finding a quiet spot and writing for 20-30 minutes a day could have a great impact on your mental and overall well-being. **3. Increases your communication skills!** Whatever you do not use, deteriorates and whatever you practice, gets better. This includes you communication skills. Writing is one of the best ways to communicate better. Not only in terms of written communication – but in all aspects of communication. Ever sit down to write a simple letter or email and "freeze up?" This is often called writer's block. The more you write, the less this will happen to you. And the more you write, the more you will say with fewer words and in a shorter time. **4. Make some extra money!** This is not for certain, but who knows. If you write for 20-30 minutes everyday, in a year you will have an amazing amount of information on paper. And you might be surprised to discover that knowledge that is common to YOU... is not common to OTHERS and some will pay for it. More than one writer has gotten their start this way. So, start writing and you never know what will happen!

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 our office at (651) 917-9800.