

# In Good Hands

A Free Monthly Newsletter For The Friends and Patients of: Dr. Donald P. Nebel, Jr.

"We must be willing to let go of the life we have planned, so as to have the life that is waiting for us." ~E. M. Forster~

## Are There *Any* Safe And Natural Sweeteners That Don't Harm Your Health Or Make You Fat?



Pittsburgh, PA- To the uninformed, trying to find a natural and safe sweetener without having your waistline expand can be a daunting... and even dangerous task.

Last month's newsletter painted a pretty dismal picture with all the serious health dangers associated with the popular artificial sweetener, aspartame.

Well, if you're looking for ways to safely sweeten the foods you eat and drink *without* going up a dress size... or... ruining your health... you're gonna love this.

### Here's The "Skinny" On Natural Sweeteners...

First, let's look at barley malt, maple syrup and honey.

An important thing to consider with these sweeteners is they are TAKEN from a natural source... but... are not IN their natural state.

What do I mean by this?

The problem you run into is these sweeteners have been unnaturally concentrated... which means they are more calorie dense. Simply put... more calories per serving.

That's why I call these sweeteners "quasi-natural."

**Here's an important little side note:** Don't be fooled by "natural" labeling. Any, and I mean ANY, tampering with the natural state of a nutrient alters its breakdown and assimilation by the body - usually for the worse.

**The good thing is:** Barley malt and maple syrup usually retain their vitamins and minerals necessary for

easy breakdown and assimilation by your body. Refined sugars don't. The process of refining strips these important nutrients. For the same reason refined white flour has just about no nutritional value and is called "empty calories."

Consequently, these two sweeteners may be okay for non-diabetics and people without a weight problem. Not the best... but at least they don't come with the chemical risk of aspartame.

Let's talk about honey: During the process of making honey, bees, among other things, concentrate sugar. So, even though honey is "natural," it's not the best thing for people with diabetes or hypoglycemia.

One of the biggest problems with commercial honey is that it is heated to keep it from crystallizing. This process kills key enzymes and nutrients that are important to the body. Once again, processing strips much of the value out of a food.

Another problem with honey is that not all honeys are the same. Different honeys (from different geographic locations) have different percentages of various sugars. One may be high in glucose, while another high in fructose. This makes it hard to determine what impact a particular honey will have on blood sugar.

### Better Choices To Avoid Blood Sugar Highs And Lows...

A good choice to avoid the blood sugar roller coaster is an herb called Stevia.

Supporters of Stevia claim it is 300 times sweeter than cane sugar. Studies have shown Stevia possibly

slows down the glucose response while raising insulin levels.

Stevia can be found in most health food stores, but not under sweeteners. The FDA has said it cannot be sold as a sweetener... so it must be sold as a "supplement."

It comes in a powder form for cooking. And in a liquid... great for drinks.

When using Stevia, just make sure not to use too much. Many users report any more than an 1/8 of a teaspoon will leave you with a bitter after taste.

And possibly the best choice comes from a birch wood extract and is called Xylitol.

Like Stevia, Xylitol does NOT spike blood sugar. Even better, it has 40% fewer calories than sugar. And the best news is... research has shown it's okay for diabetics.

In a study in the American Journal of Clinical Nutrition, Xylitol was found to affect insulin levels less than glucose in the 80 individuals tested.

An important side benefit of Xylitol is that it seems not to cause cavities like sugar. Experts say that is due to a completely different chemical make-up.

For those of you chomping at the bit to give Xylitol a try... you're gonna have to do a little search. An Internet search that is. Xylitol is not commonly found in most health food stores, but a little hunting on the Internet will do the trick.

### **Back To Aspartame...**

My advice to all my readers is do a little research yourself into the sweetening alternatives in this newsletter. Why?

From last month's newsletter, we know the dangers of aspartame. But what you might not know is aspartame is practically everywhere. It's in products you never would have guessed; like some yogurts, toothpaste and even vitamins.

I am advising all my readers to pay attention and read food labels carefully. It just doesn't make sense to put all those harmful chemicals in your body day after day... year after year.

One of the things that always amazed me about sickness and disease is our limited grasp of where it actually comes from.

Everyone is always looking for a miracle or bad gene. One big cause. We think some germ or virus leaps out of a bush and makes us ill just about overnight.

I think, in reality, most sickness and disease comes from long-term abuse of the body. Lack of sleep. Lack of exercise. And putting garbage and harmful chemicals in small doses into our bodies over a long period of time may be the worst.

Lung cancer doesn't come from the first cigarette. Heart disease isn't from a week of fatty foods. They need years and years to silently build up.

Chemicals in our foods, such as aspartame, are the same. We may not be able to cut them out completely, but we can make an effort to minimize them so the body can adapt and we don't get sick.

**...And 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 life long good health.**

## Success Story of The Month

(A Chiropractic Story)

### “Big Lou, Termites And A Bunch Of Sleepless Seals...”

As you can tell from past newsletters... I love “interesting facts.”

In fact, I’m an “interesting fact” junky. I have an entire notebook filled with these little-known facts that usually seem too far out there to be true. Take this one for example:

#### **Termites eat through wood two-times faster when listening to rock music!**

So much for music NOT having an impact on its listeners.

What does this have to do with you? Nothing. Except it might make you think twice about blasting Ozzy Osbourne before you have a thorough termite inspection... ☺.

I’d just like to know what rock music worked the best so I can use it to help me get out of bed in the morning!

Anyway, here’s an interesting fact that DOES have something to do with you. Something VERY important:

#### **Seals sleep only 1-½ minutes at a time!**

Oh... it’s true. I’m not sure if it was the same researchers that broke the termite speed wood eating code that unlocked the mystery of seal slumber... but... I know it’s true. How do I know it’s true? I saw it on one of those Discovery Channel shows. And you know they never lie on the Discovery Channel!

And if it’s not true... I hereby put all the blame on them! And at least this one is 100% believable. After all... how long would you sleep in freezing cold Great White Shark infested waters?

Anyway, what does the bizarre sleeping patterns of seals have to do with you? A whole heck of a lot. And Big Lou’s story will prove it... Big Lou is a mountain of a man. Last I checked he was 6’ 6” and weighted 378 lbs. I said, “last I checked” because every time I see him, he seems a little bigger. He looks like one of those guys in the world’s strongest men competitions you see on ESPN.

Big Lou is also one of the most kind and intelligent people I have ever met. And no, I’m not just saying that so he won’t squash me like a grape! I sincerely mean it.

Anyway, there is one thing Big Lou LOVES to do more than anything else in the world. And one thing he HATES to do... that’s right... more than anything else in the world.

Big Lou LOVES to bowl. He belongs to several leagues and bowls just about every night. He’s actually pretty good with a 187 average. I just wonder where on earth he gets bowling shoes to fit his size 19 feet!

What Big Lou HATES to do is... **Sleep!**

Why? Because he is a HORRIBLE sleeper. Tosses and turns all night. Most nights are spent staring at the ceiling.

He told me every single night he rolls over, looks at the clock and says, “It’s 2:00... if I fall asleep right now I can still get 4 hours of sleep.” Then, “It’s 2:30... if I fall asleep right now I can still get 3-½ hours of sleep.” This goes on all night.

Ever have one of those nights? Imagine having them EVERY night.

Big Lou had been told by many other doctors that he sleeps so poorly because of his size. He simply didn’t fit on the bed. I disagreed because if that was the case... every tall man (or woman) in the world would have similar sleep problems. This is not true.

After examining Big Lou, we found he had misaligned bones in his spine called subluxations. These subluxations were putting a lot of abnormal pressure on his spine and pinching nerves.

When I showed Big Lou what his problem was, he said, “But Doc... it’s not my back. My back doesn’t hurt. I came to you because I can’t sleep.”

I explained to Big Lou that misaligned spinal bones... or subluxations... often do not hurt. Much like dental cavities, you can have them for years and years without feeling any pain. But they are there the whole time... getting worse.

Big Lou hesitantly agreed to give my treatment plan a try.

The results? After 7 treatments Big Lou was only waking up twice during the night. After 12 treatments, most nights he made it all the way through. Only every once in a while does he toss and turn during the night. How can this be?

Even though Big Lou’s subluxations did not cause any pain all day long, they were enough to cause him discomfort while sleeping that made him toss and turn all night. As soon as the subluxations were fixed... Big Lou slept like a baby.

The best part is: The bags are gone and Lou looks 10 years younger. Lou says he jumps right out of bed in the morning and hasn’t had this much energy since he was a kid.

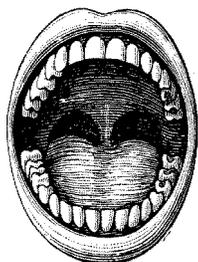
Whenever Big Lou finds someone having trouble sleeping... he sends them in to see me. Not everyone’s sleeping problems have the same cause, but many do and we have been able to help quite a few of them. The ones we help are always surprised what the real cause of their sleepless night is.

*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?...

1. You could increase the risk of coming down with age related disorders such as diabetes and hypertension (high blood pressure) much sooner in life if you don't get enough sleep! Researchers at the Free University in Belgium found that people who don't get adequate sleep for prolonged periods of time are far more likely to get these ailments at younger ages than people who do get proper amounts of sleep. Moral of the story: You need to get enough sleep along with the right amount of exercise and correct nutrition!
2. One out of six missing children is found because their photo is widely distributed? People who recognize the child from the pictures call the hotlines and help them get reunited with their families. Guess who the biggest distributor of missing children's photos is? You'll never guess. OK, it's the IRS! How about that? In the 1999 tax forms, it printed millions of copies of photos.
3. If you want to retain some measure of privacy, you should be careful when surfing around on the Internet. Many web sites quietly track everything about each visitor, and use the information for profiling users. Information they will use for their own marketing purposes, and sell to other web marketers who will chase you around to buy their wares. You should read every site's privacy policy, and opt out of information you don't want to receive. Avoid entering on-line contests or sweepstakes, as they usually only in existence to get email addresses to sell. You can also use software to make yourself more anonymous on-line. Two companies who sell this software are: Zero-Knowledge and Anonymizer. (They both have web sites with their names as the web address, but swear they won't profile you if you go there!)
4. Just because you cancel a credit card, it doesn't mean that your credit report will reflect this. When you cancel a credit card you no longer wish to use, you must check your credit report to see if the card has been removed as an open credit line. If you don't you may be turned down for future credit because the open line showing on your report could reduce your ability to get new credit. Here's what to do. After you cancel a credit card, get a written verification that the bank has canceled your card. Then make sure the card is taken off of your report. If not, use the written verification of cancellation to get the credit bureau to remove the card from your file. The credit bureaus have 30 days to verify and change disputed information in your file, if, you can prove the item needs to be corrected!
5. A study made with more than 76,000 nurses showed that those who consumed more than 5 tablespoons per week of soy-oil-based salad dressing had half as many fatal heart attacks compared to those nurses who rarely used this kind of dressing. The scientists doing the research believe that the alpha-linolenic acid, an omega-3 fatty acid found in soybean oil is likely to be the component that creates the protective effect.
6. The myth that using the same shampoo for a long time will reduce its effectiveness is just that – a myth. All shampoos clean your hair by removing buildup in your hair. It doesn't matter if it's the first time you use the shampoo, or the thousandth time, it still removes the buildup the same way, each and every time. So...using the same shampoo over and over will not cause your hair to lose shine or luster, nor will it cause your hair to not be as clean!

## Tip of The Month: “Here’s One For All You Chocolate Lovers...Maybe.”



When I first heard about this study in the Journal of the American College of Nutrition, I was jumping for joy. Why? It says eating small doses of dark chocolate over a two week period have been found to help blood vessels become more flexible.

More specifically, 11 of 21 patients eat 1.6 ounces of flavonoid rich chocolate every day for two weeks. The remaining patients ate another chocolate with low flavonoid levels.

At the end of the study, the group who ate the flavonoid-rich chocolate had greater flow mediated dilation. Basically... more flexibility in their arteries. Flow-mediated dilation is also used as a marker for determining heart disease risks.

Researchers also found increased levels of an antioxidant that inhibits platelet clumping called epicatechin. **As a side note:** Cholesterol levels did NOT increase. **The conclusion of the research was:**

Flavonoid-rich dark chocolate may improve artery flexibility while increasing epicatechin levels that may prevent blood clots. Now you can see why I was jumping for joy. What fine young chocolate lover wouldn't LOVE that study. Ok, I'm not that young. But I do like a little chocolate every now and then!

But the sad thing is... my celebration didn't last more than a day. Here's why:

The very next day, with chocolate bar in hand, I opened and read an email from the Health Science Institute that warned of a few “flaws” in this study. In particular, the author of the email, Jenny Thompson wrote how the focus of the study was all wrong. The truth of the matter is... **Chocolate Was NOT Responsible For The Positive Health Claims In The Study!**

Not even close. It was the flavonoids found IN the dark chocolate that caused all the benefit.

These same flavonoids can be found in fruits such as apples, blueberries, grapes and most all vegetables... without all the processing and added sugar. And green tea contains flavonoids AND epicatechin.

**An important note is:** Adding milk to the process (the milk chocolate bars you get at the store) destroys the beneficial antioxidant effects found naturally in the chocolate.

**But here's the real kicker:** Why do you think the study would seem to focus on chocolate as the “doer of good” and not the flavonoids that are readily available in obviously much healthier food (especially if you are diabetic or overweight)?

**Answer:** The study was funded by the Mars candy company... a huge manufacturer of chocolate. Don't need to say anymore about that.

So what's my advice? Sorry to say... it's to stick with the flavonoid-rich natural foods above. And, if you are going to eat chocolate:

- Eat it only if you are healthy.
- Find companies that reduce heat and alkalization while processing. This can preserve as much as 70-95% of the chocolate flavonoids.
- Do it in moderation.