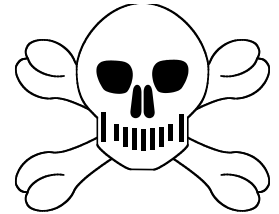


In Good Hands

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

"You always reap what you sow. You always reap later than you sow. You always reap more than you sow." ~ Zig Ziglar~



“How Artificial Sweeteners Are Slowly Poisoning You And Why The FDA Refuses To Do Anything About it!”

Pittsburgh, PA – If you consume food or drinks that contain the artificial diet supplement, aspartame, commonly known by its brand names – Equal or Nutra-Sweet – reading the rest of this newsletter may save your life.

I’m not kidding.

To put this in perspective, let me start with a quote that appeared in OXYGEN magazine from Christine Lydon, MD:

“I have used aspartame for years. I've also wholeheartedly recommended products containing NutraSweet to my clients, as well as promoting its use in recipes. So, when I was recently contacted by a sports nutrition company to do some consulting work on the health risks associated with aspartame ingestion, I was understandably reluctant to accept the assignment. I questioned their marketing director, ‘What if I don't think there are any significant health risks associated with aspartame?’” His response was to send me a couple of scientific publications. ‘Just read the articles. If, in your medical opinion, aspartame poses no health risks, then we won't pursue it further.’

The next day I sat down with a pile of literature two inches thick. After making it through the first 10 pages, I stormed into my kitchen and fed every item of food containing aspartame to the garbage. Since that time, I have not had so much as a stick of aspartame sweetened gum.”

Why would Dr. Lydon react in such a drastic way?

Well, in a world filled with harmful food additives... aspartame just may be the worst. Here’s why:

Out of approximately 100 independent studies conducted on aspartame, over 90 percent have demonstrated **significant health risks**.

In 1994, the Department of Health and Human Services (HHS) released a list of 61 reported adverse reactions to aspartame, including: chest pains, asthma, arthritis, migraine headaches, insomnia, seizures, tremors, vertigo, and weight gain.

Since 1981, aspartame has accounted for more than 75 percent of all complaints reported to the FDA's Adverse Reaction Monitoring System.

The FDA even admits less than one percent of those suffering a reaction to aspartame even put two and two together and reports it. This means the real number of adverse effects is probably more like one million as opposed to the 10,000 that are officially reported. The really scary part is: most people have no clue their problems are stemming from aspartame.

Ironically, considering aspartame is used in many “diet” products, it is a side effect of weight gain. There is evidence that aspartame may STIMULATE appetite... especially carbohydrate cravings by inhibiting the neurotransmitter serotonin. Serotonin signals the body that it is “full.”

Believe me...

...weight gain from aspartame is the *LEAST* of your worries!

How can aspartame do all this?

According to Dr. Joseph Mercola, when aspartame is combined with the enzyme chymotrypsin in the small intestine, methanol is released and breaks down into formaldehyde, a potent neurotoxin. The U.S. Environmental Protection Agency considers methanol to be a "cumulative poison" and recommends a safe consumption of no more than 7.8 mg per day. If you drink a one-liter beverage containing aspartame, your body creates seven times that amount - about 56 mg of methanol.

It only gets worse.

When aspartame is heated above 86 degrees, a substance called "free methanol" is created that speeds the absorption and increases the effect of the neurotoxins that are formed.

Gulf War Syndrome?

Here's something to think about: During the Gulf War, diet soft drinks containing aspartame were shipped to the troops. Cases and cases sat out in the blazing 120-degree desert sun. Then, these "free methanol bombs" were consumed in mass quantities by our troops.

The results?

Thousands of troops returned home complaining of memory loss, vision problems, chronic fatigue syndrome, confusion, dizziness, joint pain, headaches, equilibrium problems and manic depression. The Chronic Fatigue Syndrome and Immunologic Disease Society (CFIDS) claim 6,000 troops, to date, have perished as a result of the Desert Storm Syndrome.

Call me crazy, but those symptoms sound exactly like symptoms associated with aspartame.

At the very least, it's something that needs to be looked into. Seriously looked into.

Why Does The FDA Look The Other Way?

Not too long ago, the herb mah huang, commonly know as ephedra, was banned after being associated with 155 deaths following decades of use. With all the compelling evidence out there, why hasn't Aspartame been banned?

According to Dr. Lydon:

"Presently, there are thousands of companies using aspartame in diet sodas, powdered drinks, gelatin, tea, coffee, cocoa, juices, frozen desserts and even vitamins and medications. This translates to billions of dollars worldwide. Unfortunately, this is more than enough to provide agency officials with lucrative future employment, politicians with campaign funds, non-profit foundations with endowments, scientists with research grants and the media with advertising dollars. Presently, FDA officials continue to resist proposals from concerned scientists, physicians and other groups for comprehensive studies regarding the safety of aspartame."

Once again, it comes down to MONEY.

The sad fact of the matter is you cannot rely on politicians or big business to give you the whole story and protect you from products that line their pockets with silver.

You must take an active role and inform yourself with newsletters like this one.

...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)

“The Doe And The Lion And What They Have To Do With You...”

You know what I love?
Aesop’s fables.

I remember hearing them as a kid... but... they didn’t really mean that much to me then. Like most kids, I was way too interested in doing kid stuff than contemplating the deep, inner meanings on life. They just went in one ear and out the other.

You know what they say...

Youth Is Wasted On The Young!

When I read them now, they have a whole new meaning. It’s amazing how much importance can be packed into a few lines of print. Just as a little side observation... ever notice the people who have the least to say usually bark the loudest and vice versa?

Anyway, here’s one of Aesop’s fables I really like called “The Doe And The Lion.” You may have read it. If fact, I’m sure you’ll recognize it. But please, read it again... in just a moment I’ll tell you why:

The Doe And The Lion

A Doe hard pressed by hunters sought refuge in a cave belonging to a Lion. The Lion concealed himself on seeing her approach, but when she was safe within the cave, sprang upon her and tore her to pieces. "Woe is me," exclaimed the Doe, "who have escaped from man, only to throw myself into the mouth of a wild beast?"

Moral: In avoiding one evil, care must be taken not to fall into another.

What does this fable have to do with you?

After reading Joe’s story, you’ll know exactly why.

Joe found us the same way 80% of our patients do... he was referred by a friend. When he came in, he had nagging back pain that he described as a “nuisance.” It wasn’t the end of the world, and he could still do most of things he liked to do... but... he wanted to be pain-free.

We examined Joe and told him what was wrong with his back and what it would take to help him. We also explained that he was 84 years old and had a lot of wear and tear that could be helped... but not reversed. We estimated we could eliminate 60-70% of his problems... but... we were honest and said we could not make him 15 years old again. That’s impossible.

Joe told us he had to go home and think about it.

About a week later Joe gave us a call and said he saw a TV commercial for a new wonder drug that could get rid of his all his pain. He went to see his doctor, requested the new drug, and he gave him a prescription.

Joe was all excited and said thanks for trying to help, but this new drug could help him a lot more than I could.

I bit my tongue and wished Joe good luck.

That was a little over a year ago... and... now Joe is not only under my care for his back pain...

He Is On A Handful Of Medications For The Ulcer Caused By That New Wonder Drug!!!

You see, Joe was like that Doe that ran from one problem right into another. Except Joe’s second problem was much worse than the first. I guess another way to say it is...

Joe Went From The Frying Pan Into The Fire

The worst part about all this is: I see people like Joe almost every day. Billions of dollars are spent every year to convince consumers they have a safe “miracle” pain relief pill. After all, why would anyone want to go see a Chiropractor when they can just take a pill?

Heck, if that was the case.... I would just pop a little purple pill too! But it’s not.

The fact of the matter is.... All drugs have side effects. And, there are no “miracles” out there. What you see on TV everyday is marketing. Actors are hired to read scripts written by Madison Avenue advertising agencies. You are watching fake scenes from a fake mini-movie.

Don’t be fooled by a slick Hollywood production like Joe was. There are no “quick fixes” in the form of toxic pills. The real solution lies in investing a little time and effort in all natural chiropractic care.

Next time you’re tempted by what you see on TV – think about the Doe and the Lion!

Did You Know?...

1. Most people who day trade stocks end up losing money. As much as the lure of quick profits may pull you into day trading, keep in mind that the majority of investors do much better using a buy and hold strategy. You might be better off staying away from day trading unless you have extensive training in trading systems, and a pile of money you can afford to lose without hurting your life!
2. An airline can give your seat away if you don't check in within 20 minutes (10 minutes on some airlines) of the scheduled departure time. If you call in ahead of time and find out your flight is delayed, you still have to be there for the regular check in time, or risk losing your seat. The airlines say that since flights can change at any moment, they cannot take the chance of pushing back the check in time. So, if you know your flight is going to be late, bring stuff with you to the airport to keep you occupied during the delay. (Which you should do anyway, since airports can often be places you get stuck for a while.)
3. Frozen vegetables may be better for you than fresh picked! Why? Well, frozen produce is usually frozen within hours of being picked. The nutrition gets locked in right after they're picked! Fresh vegetables may take several days or even a couple of weeks before they get to your store and you eat them...which usually results in 50% or more of the original nutrients to be dissipated due to the time spent sitting around. So, don't always assume fresh is better!
4. Vitamin C can successfully battle hypertension! A study was done on people with high blood pressure, but were otherwise healthy. Over 80% of the participants taking a medication for hypertension, had their blood pressure lowered from an average of 155/87 to 142/79...when they added 500 mg of vitamin C to their daily diet. The researchers who performed the study suggest people with high blood pressure consider taking 500 mg of vitamin C each day, in addition to their normal diet. (Of course, if you are taking any medication, do not take any actions without consulting with a qualified physician.)
5. A study was done comparing people with high amounts of credit card debt to those with low or no credit card debt. A comparison of their levels of perceived stress and general health was performed, and uncovered some interesting, but not necessarily surprising results to us. The results? The people with high levels of debt had much higher levels of perceived stress...and had significantly more health problems and conditions. Bottom line is that anything that increases stress decreases your good health.
6. Baking soda is an amazing substance. Here's just a smidgeon of the benefits you can get from it: Keep damp basements smelling fresh, removes crayon art from walls, keeps lawn furniture clean, removes the musty smell from old books, melt snow and ice from sidewalks, loosen knotted shoelaces, rid hands of garlic and onion odors, keep your microwave smelling fresh, grow sweeter tomatoes, control compost odors, clean a birdbath, rid your iron of starch buildup, and much more! (Source: "Baking Soda, Over 500 Fabulous, Fun And Frugal Uses You've Probably Never Thought Of", by Vicki Lansky.

Tip of The Month: How To Hunt For Real Hidden Treasure...From Around The World...Without Ever Leaving Your Home!



Have you ever gone out and bought something and a couple days later had one of your friends tell you he just got the same thing... for half the price? That's happened to me too many times to count. And... boy that really burns me up! I don't know about you, but I love discovering amazing bargains and deals no one else knows about. You know, the kind that makes you feel guilty because they are so good they almost seem illegal.

Well, if you're like me... you're gonna love this! Not too long, one of my friends started showing up at my house with all kinds of great expensive stuff. A top of the line PDA, portable CD player, video camera, etc.

Every couple days he would come over with something new. Showing it off like a proud papa.

After a couple weeks of this, I had to pull him aside and ask where he was getting all this stuff. To be honest, I was a little worried. If I didn't know him better, I would have thought he was getting it Tony Soprano style. You know... "off the back of a truck!" Anyway, when I asked him, he told me he could only tell me his secret if I promise never to tell a single soul. He said this was so good, he wanted to keep it all to himself. It's not too often you find a modern day treasure map.

I said sure. I can keep a secret. Yeah – whatever... I would have said anything to get the scoop. The suspense was killing me.

Here's what I found out: Have you ever wondered what happens to all the "lost" and "misplaced" luggage at the airport? Well, after the airline tries to locate the person who owns the baggage, it is shipped to the Unclaimed Baggage Center in Scottsboro, AL. A lot of lost luggage and its contents can be found for sale at bargain-basement prices. Visitors to the center, also known as the "lost luggage capital of the world," can buy everything from everyday items to rare treasures. Here's what Bryan Owens, president of The Owens Group, owner of Unclaimed Baggage Center had to say, *"While not every item in the store is a treasure, many people enjoy the treasure-hunting experience. Good-quality clothing, cameras, electronics, sporting goods, jewelry, books, luggage and more are available daily for 50 to 80 percent off what one would normally expect to pay for the items, he says. For those who love the thrill of the hunt and the pleasure of getting a real deal, the center is definitely a shopping adventure not to be missed.*

Over a million items pass through the store annually, and new merchandise is available daily. All items are clean and fresh, and the center operates the busiest laundry and dry-cleaning plant in the area, so shoppers find clean, pressed clothing and well-organized, well-marked racks—the same they would find in any good store.

In addition to the eclectic array, some of the popular sales the store holds annually include a ski sale, art and collectibles sale and jewelry sale. However, it is the promise of the deal and the unusual items that keep people coming.

The center has, in fact, opened up some signed and numbered Salvador Dali prints, a full case of Egyptian artifacts, a 200-year-old violin, and even two Lotus Élan racing bikes."

I don't need to tell ya, if you like bargain hunting, this is the place for you. Now, I told my friend I wouldn't tell anyone about his little secret. But, all I can say about that is... TOO BAD. Here's the phone number and web site if you are interested. Have fun!!!! (256) 259-1525 or www.unclaimedbaggage.com.