

# In Good Hands

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

*“Having once decided to achieve a certain task, achieve it at all costs of tedium and distaste. The gain in self confidence of having accomplished a tiresome labor is immense” ~ Thomas A. Bennett*

## “A Fresh New Look At The Whole High Carb – Low Carb Dilemma...”



Pittsburgh, PA– It seems like I can’t turn on the TV, listen to the radio... or... go anywhere these days without hearing the high carb – low carb debate.

No matter what side of the debate you’re on... if you’d like to lose weight and stay healthy... reading this will be one of the most important things you ever do. Here’s why.

Not too long ago, I was in a diner and a man in the booth next to me ordered a hamburger with no bun. He made the mistake of saying it a little too loudly.

It wasn’t two minutes before a woman craned her neck around from the booth on the other side to lecture this poor, unsuspecting man about all the dangers of not eating carbs.

I listened quite intently because I happen to know quite a bit about nutrition. And, as I listened to this verbal volley between them...

### **I laughed!**

Not because it was funny, because it was sad. Sad to hear that, just like most people stepping up on their high carb – low carb soapboxes these days, neither of these two really knew what they were talking about.

My guess is they did what most people do and read the first chapter of a nutrition book and “assume” the rest.

### **When It Come To Your Health That Can Be VERY Dangerous!**

The main problem I find is most people.... and advertising... label all carbs the same. You want to lose weight? Simple... cut out carbs. The problem with that is...

### **All Carbs Are Not Created Equal!**

Here’s the “skinny” on carbohydrates: There is an important measurement called the glycemic index (GI).

The glycemic index is a measurement system developed to help diabetic patients manage their blood glucose levels. In a nutshell: Low GI foods (such as most fruits and vegetables) prompt a slow increase in blood sugar levels, while high GI foods (such as processed baked goods and starchy foods) produce a quick spike in blood sugar levels. A steady intake of high GI foods promotes a gradual insensitivity to insulin – the precursor of Type 2 diabetes.

### **Study Links High GI Foods To Deadly Cancer...**

Now there is a new study that found a steady intake of high GI foods might be associated with one of the most deadly types of cancer. How?

### **Cancer Cells Eat Sugar!**

Research from over 70 years ago found that cancer cells need glucose (sugar) to grow and reproduce. All cells need glucose for growth, but it was observed that *cancer cells use 4-5 times as much as normal, healthy cells. They are actually unable to reproduce without it.*

New research from the University of California at Los Angeles (UCLA) found 174 cases of colorectal cancer from a sample of 38,000 women. Next, researchers estimated their glycemic load (GL) by looking at dietary information obtained from food-frequency questionnaires. They looked at information from their prior eight years.

**The researchers concluded:**

"Dietary glycemic load was statistically significantly associated with an increased risk of colorectal cancer."

So what is glycemic load? Glycemic load increased when foods are high on the glycemic index scale and also have high amounts of carbohydrates.

### **The Vicious Weight Gain Cycle...**

Another study looked at the difference between children who ate their morning oatmeal instant versus unprocessed. It was no surprise (to me at least) that the children who ate instant oatmeal *also ate more food throughout the rest of the day.*

This is because instant or processed oatmeal had a higher glycemic index. The higher glycemic index causes the food to be digested faster, spiking blood sugar, leading to a blood sugar crash and hunger.

**The worst part about eating foods with a high GI is:** They actually make you hungrier than foods with a low GI. Accordingly, you end up eating more. So, you eat more food with a high GI... then more foods with a high GI... you're caught in a vicious cycle that can only lead to weight gain and all of the other health problems that come along as the pounds increase.

So, as you can see, the issue is a little more complex than just eating or not eating carbs.

### **Putting The Pieces Of The Puzzle Together...**

Now that I've completely complicated the matter for you... what's the solution? The solution is to stop thinking the old simplistic way and become aware of the glycemic index of the foods you are eating. Many foods are obvious such as all the processed junk out there. Some of these "obvious" ones are the whites, white bread, rice and pasta. And, of course, anything that contains table sugar.

But, there are other foods that are not processed, that have relatively high glycemic indexes. Not too long ago this would have been difficult and time-consuming to figure all these foods out... but not now.

### **Now It's As Simple As Logging On The Internet!**

There are websites where you can search for just about every possible food imaginable and it gives their glycemic AND glycemic load. It couldn't be easier... which means... THERE ARE NO MORE EXCUSES!!!

### **The Next Big Thing:**

Everything in this country, whether good or bad, seems to go in fads and cycles. New becomes old... then... sooner or later... that exact same old becomes new again. I don't know about you, but I haven't heard an original song on the radio in years. All remakes (legally or illegally) from different generation's music. clothes, fashion and haircuts are no different. Even investment trends and scams.

Accordingly, the low carb - high carb debate is nothing new. Been seen many times before.

I'm just hoping the next big thing will be awareness of the glycemic index. It is a much more complete model that will save countless lives.

It's well known that we are slowly killing ourselves with the processed food we gobble down day in and day out – from either lack of knowledge or sheer laziness.

### **Well, You Now Possess The Knowledge!**

I hope you put it to good use!

**...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 Health Secret Contained In Your Palm Pilot...”

A few weeks ago, I read a story written by best selling Author, Dan Kennedy. In that story, Dan mentioned sitting in a meeting, with some high profile clients, and one of his clients kept complaining that his Palm Pilot was driving him crazy.

Why? Well, if he doesn't touch it for a certain amount of time, it shuts itself off. And, just about every time Dan said something he wanted to type in, it was off. He had to hit the power button and go through all of the beginning junk all over again. By the time that happened, he forgot what he wanted to jot down and missed much of the new stuff Dan was talking about.

He eventually threw the Palm Pilot on the floor and resorted to good old fashion pencil and paper note taking.

Dan's little story made me think of a story from my recent past. More importantly, it made me think about it in a very different way. MOST IMPORTANTLY, it could help you live a much healthier and pain-free life. Here's how:

Jack had been my friend for many, many years. He is one of those guys who gets up at the crack of dawn, runs 8 miles, works all day, and then goes to the gym for 90 minutes. Goes to bed at midnight, gets up at the crack of dawn, and does it all over again. He's done this for as long as I can remember. He's never tired.

### **Sometimes I Hate Jack!**

Anyway, a few years ago, Jack came to see me because he had some minor pain in his low back. It wasn't that bad. After an examination and a couple x-rays, I found Jack had some malfunctioning spinal bones and recommended a treatment plan to get Jack out of pain and maintain the correction so the problem didn't recur. After all, as Jack's doctor I have an obligation to give him the best possible treatment plan. The one I feel will give him the most benefit.

Jack looked at his treatment plan and said:

**“Come on... do I really need all that? It's just a little back pain!”**

I told him I wouldn't give him... or any of my other patients... anything they don't need.

Jack decided to appease me and said he was going to go through with the entire treatment plan. Well, after about 10 days, Jack was feeling much better and stopped coming in. He left a message on my machine in the office... at 12:00 a.m. when he knew I wouldn't be there... and said...

**“Thanks For Everything, I'm Feeling Great! I'll Give You A Call If The Pain Comes Back.”**

Well, about 6 months later I got that call. The pain was back. This time a little worse. Jack and I went through the same song and dance as the first time. I gave him his treatment plan and he asked if he really needed all that, I said yes, he agreed to do it, then dropped out of care as soon as he felt better. This time it took just over 3 weeks.

And guess what? That's right... you guessed it. About 3 months later Jack called me again!

This time the pain wasn't just in his low back. It was also in his hip and starting to go down his leg. This time Jack was scared.

To make a long story short... it took Jack 8 months to be able to train the way he used to. And, he's still not 100%. By not taking care of the problem COMPLETELY the first time, Jack set himself up for constant relapses. He needs much more care now and spends a lot of money that wouldn't have been necessary.

I bet you're wondering what Dan's Palm Pilot story and Jack have in common...and... more importantly....

### **What They Have To Do With You!**

That's easy. Remember in Dan's story, the Palm Pilot kept shutting off if he didn't touch it? Well, Jack's body kept shutting off.... and... breaking down... when he ignored it! Jack thought, just because he was out of pain, he was fixed. He wasn't.

Jack didn't understand that, when you have an injury, pain is the last thing you feel and the first thing to go away. Like a cavity, the problem was there long before you felt the pain... and... in most case... is not corrected just because the pain is gone.

Jack only gave me enough time to mask his symptoms. The deep, underlying cause was still there. What he did is like going to the dentist and just letting him take out enough of your cavity so the pain stops. Leave the rest. Like Jack, you'll be back shortly with a bigger problem than you had in the first place. Don't let your body shut off like the Palm Pilot!

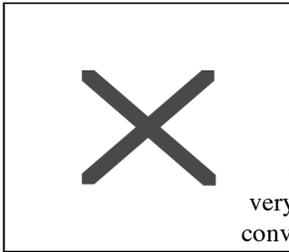
**We love helping our patients and their friends and relatives through their tough times and getting them feeling better! We are here to help you stay feeling better and looking younger! Don't be a stranger. Call us, and we will assist you in putting together a customized maintenance plan. It's not a 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? ...**

- Scottish inventor John Logie Baird gave the first public demonstration of television in 1926 in Soho, London.
- Ten years later there were only 100 TV sets in the world.
- Today there are almost a billion TV sets in the world.
- China has the most TV sets (200 million).
- US citizens watch the most TV. By age 65, an American would have watched the equivalent of 9 years uninterrupted screening, viewing more than 20,000 TV commercials per year.
- The first TV commercial was a 20-second ad for a Bulova clock, broadcasted by WNBT, New York during a game between the Brooklyn Dodgers and the Philadelphia Phillies in July 1941. Bulova paid \$9 for that first TV spot. Bulova also was the first watch in space.
- Towards the end of the Forrest Gump, Forrest narrates that his wife died on a Saturday. When he is at her grave in the next scene, the tomb stone shows her passing on March 22, 1982, which is a Monday.
- The largest movie theatre in the world, Radio City Music Hall in New York, opened in 1932 - it seats almost 6,000 people.
- Mel Blanc, who played the voice of Bugs Bunny, was allergic to carrots.
- The home video recorder was introduced in 1972 by Philips of the Netherlands.
- On average, a movie makes about 5 times more from its video sales than ticket takings.
- About one quarter of movie videos sold are animations.
- The first movie to use sound was "The Jazz Singer," released in 1927: the first words, spoken by Al Jolson, were: "Wait a minute, you ain't heard nothing yet."

## **Tip of The Month: Want A Safe And Effective Way To Relieve Chronic Pain, Improve Balance, Flexibility, Strength And Cardiovascular Fitness?**

### **Try Tai Chi!**



When you think of Tai Chi, you probably get visions of Bruce Lee running around... beating up 10 bad guys at once. Well, that couldn't be further from the truth. Tai Chi is an exercise system that consists of a specific series of gentle physical movements. Tai Chi Chuan, which literally means -- "supreme ultimate force" -- is based on an ancient Chinese martial art. Many practitioners describe their art as part exercise, part meditation. Tai Chi is a very unique way to exercise without putting many of the stresses and strains on the body caused by more conventional exercise programs. More importantly, researchers have recently reviewed 50 studies on Tai Chi... revealing many diverse health benefits gained by its practitioners.

In March 2004, the results of a study performed by researchers at the Tufts-New England Medical Center in Boston were published in the Archives of Internal Medicine. Data on 47 studies were analyzed that examined the health benefits of Tai Chi on patients with chronic health problems such as multiple sclerosis and heart disease.

The studies varied considerably in such measures as outcome assessment, duration of follow-up and others. In their description of the results they wrote: "Benefits were reported in balance and strength, cardiovascular and respiratory function, flexibility, immune system, symptoms of arthritis, muscular strength, and psychological effects."

The researchers noted that in older patients with chronic conditions, Tai Chi appeared to be a safe and effective means of promoting flexibility, balance control and cardiovascular fitness. Even though many health benefits of Tai Chi were clear, the studies did not know why. The researchers also stated that since the studies varied so much, exact scientific conclusions could not be drawn. Another study from Korea found that a particular form of Tai Chi developed to help arthritis sufferers did just that. Results showed that those in the Tai Chi group experienced significantly less pain and stiffness and reported fewer difficulties performing daily functions compared to the non-Tai Chi group.

Yet another study in the Journal Applied Nursing Research found that participants in a 30-minute Tai Chi class twice a week for 12 weeks had significant improvements in balance, functional mobility, and a reduced fear of falling.

The biggest drawback with Tai Chi is that it involves special movements called forms. You can buy a video and learn them at home, but I highly recommend, if you are interested in starting, finding a qualified and experienced instructor who will make sure you are doing everything correctly. After you learn the basics, many of the movements can be done at home in your spare time.

**Remember, we're always here, using the miracle of Chiropractic to help your body heal and maintain the health you deserve!**