

# In Good Hands

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

“Television has proved that people will look at anything rather than each other.” ~ Ann Landers

*SPECIAL NEW YEAR'S EDITION!!!*

## “Shocking Results Of New Study Reveals How To Lose Weight *By Eating More* And Decrease Your Risk Of A Heart Attack By More Than 50%!!!”

**Read on to find out why your low calorie diet may be setting you up for the nation's #1 killer...**



Pittsburgh, PA – Eat more, lose weight and decrease your risk of heart disease by over 50%? Sounds crazy...but it's true.

At least that's what the results of a 17-year study of almost 9,800 people appearing in the American Journal of Preventive Medicine has recently reported.

I know, I know -- sounds too good to be true -- like one of those infomercials that claims you can eat all you want and still lose 100 pounds in 3 days. Well, you're right, there is a catch. And, here it is:

### **You Must Exercise!**

That's right...good old-fashioned exercise. **Here's exactly what the study found:** *“Despite widespread attention to diet, calorie intake may not be a major factor in causing death by heart disease, according to a 17-year study of almost 9,800 Americans. Instead, losing excess weight -- or not becoming overweight to begin with -- and exercising may do more to ward off death from heart disease,”* say Jing Fang, M.D., and colleagues from the Albert Einstein College of Medicine in the Bronx, New York.

*“The fact is that those who both exercised more and ate more nevertheless had low cardiovascular mortality,”* says Fang. *“Expending energy through physical activity may be the key to cutting the risks of heart disease and living a longer, more healthful life,”* she says.

**Dieting WITHOUT Exercise  
Had No Impact Whatsoever!**

The researchers studied data from 9,790 participants in the First National Health and Nutrition Examination Survey, a national study from 1971 to 1975 that was funded by the U.S. government. Fang's group compared reports of physical activity, body mass index (BMI) and dietary caloric intake to deaths from heart disease through 1992.

During 17 years of follow-up, 1,531 participants died of heart disease. After adjusting for BMI and physical activity, **caloric intake was unrelated to heart disease.**

**Those who exercised more and ate more were both leaner and had less than half the cardiovascular disease mortality than did those who exercised less, ate less and were overweight.**

The study also found that subjects with the lowest caloric intake, least physical activity, and who were overweight or obese had significantly higher cardiovascular mortality rates than those with high caloric intake, most physical activity, and normal weight. *The difference in mortality rates was 55%.*

**So, if you ate the least, exercised the least, and were overweight, you had a 55% greater chance of dying from heart disease.**

An interesting fact is that people who were overweight at the beginning of the study did NOT decrease their risk of heart disease by decreasing the amount of food they ate *without* exercising.

Researchers went on to say that the most practical lesson learned from this study is you should focus more on

calorie expenditure than on reducing calorie intake. Exercising and burning calories may be one of the best ways to extend healthy life.

**But Wait...It Only Gets Better...  
Exercise May Also Be Better Than  
Drugs For Depression!!!**

Researchers have found that walking for 30 minutes each day quickly improved depressed patients' symptoms - **- faster, in fact, than antidepressant drugs typically do.**

The results indicate that, in selected patients with major depression, aerobic training can produce a substantial improvement in symptoms in a short time.

Previous studies have suggested that exercise is a potent mood-booster, and some research indicates that for some patients, regular activity may be a better depression treatment than psychotherapy or medication.

Exactly why is unclear, but exercise does influence certain mood-related hormones, and it is also believed to enhance people's sense of control over their lives.

**In one study that compared exercise with antidepressants among older adults, investigators found that physical activity was the more effective depression-fighter.**

As you can see, the evidence has been piling up for a long, long time. Exercise is clearly one of the major pieces in the puzzle to living a longer, happier, healthier life.

But, the sad fact is, fewer than one-third of U.S. adults get the recommended amount of exercise each day. What's worse is that 40 percent are almost completely sedentary.

The embarrassing truth is, when the World Health Organization studied health around the world, *the United States was found to spend the most on health care, yet ranked second to last in overall health.*

**The fact of the matter is clear: We have become a nation of self-imposed sickness and disease.**

The answer is not leading a sedentary lifestyle, waiting 'till you are sick, and then looking for a wonder drug or surgery to fix years of neglect. There simply is no magic bullet. Nope, the answer is to take care of what you've got...before you lose it. Starting an exercise program now can add countless HEALTHY and HAPPY years to your life. More importantly, not starting one can prematurely end your life. I know that's a little "heavy", but it IS the harsh reality we all must face. Now or later. Now you know what you must do, but just hold on one second...

**WARNING:**

**Read This Before Exercising!!!**

Here's what to do BEFORE starting your new exercise program: The first thing you should do before starting your new exercise program is have a complete biomechanical evaluation to make sure all your muscles and joints are working properly.

In particular, **exercising on a malfunctioning or unbalanced spine can lead to back pain, neck pain, headaches, sciatica, numbness and tingling in your arms and legs, shoulders, elbows, hips and knee pain and even herniated discs and premature arthritis.**

Even though exercise is necessary to decrease heart disease and improve overall health, it is an added stress on your body and must be taken seriously. You don't want to simply trade heart disease for a life of debilitating pain.

A complete Chiropractic pre-workout evaluation can determine if it is safe for you to begin working out...or...if you need a few simple treatments to get you ready and make sure you avoid serious injury.

We can also show you what exercises to avoid and if you need a modified program or can go all out.

It is important to know that personal trainers and gym owners (*unless they are Chiropractors*) do not have the training to do this complete biomechanical evaluation. For that reason, we recommend getting a complete biomechanical evaluation BEFORE you begin your exercise program. It can save you a lot of pain and suffering. The bottom line is: Exercising is a pain. No one wants to do it, but we all have to simply JUST DO IT! **...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-** (Story of a California Chiropractor.)

**“The Shocking Truth About Snapple Iced Tea, Dalmatians And Weight Loss...”**

Everyday I become aware of new things that simply amaze me. I'm serious. Take Dalmatians for example. You know...those black and white spotted dogs that were in that Disney movie – 101 Dalmatians. You've seen them. We've all seen them. But...did you know...at birth...Every Single Dalmatian Is Always 100% Pure White?

It's true. They are born sin spots ("*sin*" means without in Spanish!) and then get them soon after birth. But, when they are first born, they are as pure white as Casper the friendly ghost.

How do I know this...and...more importantly...how do I know it's true? Well, I just read the bottom of a Snapple Iced Tea cap (*diet of course!*) and it was "Real Fact" #112. So, being the doubting Thomas that I am, I went on the Internet...looked up a Dalmatian breeder...gave them a call...and they verified it. Snapple "Real Fact" #112 is actually a *real fact!*

Now, you gotta bear with me for just a sec' 'cause even though this sounds a little weird right now, it's about to get very interesting. I promise. **Here's what's so interesting:** When I called and asked the breeder, with what I thought was a legitimate question, she acted like I was some kinda idiot! She gave me that "what, are you stupid? - - everyone knows that" attitude. She acted like *everyone* should know this obscure piece of Dalmatian specific knowledge. Most importantly, *she thought something that was common knowledge to her was also common knowledge to everyone else.*

That's when it hit me! That's the way everyone thinks. Including me. What I know...and...do every single day...can be a life changing new experience for you...and...vice versa.

Take Veronica for example. Veronica had been battling a weight problem most of her adult life. Like most of us, some time in her mid-to-late twenties she started putting on a few extra pounds. As the years went by, the weight kept coming. Inch-by-inch. Pound-by-pound. By forty (and two kids later), she came to the realization, like most of us do at some point or another, she couldn't take it anymore and *something* had to be done.

But what? She had already tried all the popular diets. They never worked and just made her miserable. Every time she lost a pound, she ended up gaining two back. It was frustrating...to say the least.

Then one of her friends, Pam, told her what she really needed to do was exercise. That's how she had dropped over 30 pounds in the last year. Veronica was interested, but had never exercised before and had no idea where to start. And those health clubs were so intimidating. Pam said not to worry and handed her the card of her personal trainer. She said he was "the best," showed her how to lose all that weight and could show Veronica the same thing. Veronica was still a little scared, but made the call to Pam's trainer... who Veronica and I now affectionately refer to as... "**Mini-Arnold!**"

Veronica had been training with "Mini-Arnold" for about three weeks when she limped into my office. She said she was doing an exercise and she felt a little pain in her low back...just below her waist. She told "Mini-Arnold" about it. He said she was fine. It happens all the time. All she had to do was "work it out." So she kept going.

The next day Veronica had trouble getting out of bed. Her lower back was really tight and sore. She thought about skipping her workout, but "Mini-Arnold" told her it was normal. Happens to everyone.

So Veronica worked the rest of that week. Every time she was feeling more and more pain. Every time she complained, "Mini-Arnold" would just say...**No Pain – No Gain!!**

After the third workout that week, Veronica's back hurt so much it took her almost half an hour just to get out of bed. It took her another twenty minutes just to put her shoes on. Now the pain was running down her leg and her toes were starting to tingle. That's when Veronica called me. I told her to come in right away. I saw her that morning and she explained what had happened. It was no shock to me...I had seen it over and over.

After a proper examination and x-ray, Veronica's problem was clear. Her lower back and pelvis (the area around your hips) was misaligned and malfunctioning. I showed Veronica the x-rays and explained what was going on. The more exercise she did on her misaligned and malfunctioning pelvis and spine, the more damage she was going to do. This would, most likely, lead to premature arthritis.

Veronica understood, and after a few weeks of care, she was pain-free again. I also showed Veronica what exercises she could and could NOT do and how to do them properly...and...she was back in the gym in no time. It's been just over a year since Veronica started care and she has been working out pain-free ever since and has lost 22 pounds!

**Which Brings Us Back To Dalmatians Being Born Without Spots:** You see, it was quite simple to examine Veronica and tell her what kind of exercises she should and shouldn't do. It was also quite easy to show her the proper way to do them so she didn't hurt herself. It is so common and simple TO ME, I figured everyone knew it. Well, it was something Veronica didn't know...and neither did "Mini-Arnold." What is common knowledge to one person may not be to you. Just like the breeder thinking everyone should know Dalmatians are born without spots...I thought everyone knew the safest and best way to exercise! If you are thinking about starting an exercise program for the New Year, or are already doing one, it is a good idea to have a complete examination to make sure you don't end up like Veronica.

One last thing... Snapple "Real Fact" #128 is: Dragonflies have six legs but cannot walk. Don't know if that one is true, or where it's gonna lead me yet. Guess you'll have to wait 'till next month!!!

**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...

It is impossible to lick your elbow. Intelligent people have more zinc and copper in their hair.

**Coca-Cola was originally green.**

In every episode of Seinfeld there is a Superman somewhere.

**Wearing headphones for just an hour will increase the bacteria in your ear by 700 times.**

More than 50% of the people in the world have never made or received a telephone call.

The "sixth sick sheik's sixth sheep's sick" is said to be the toughest tongue twister in the English language.

13% of Americans actually believe that some parts of the moon are made of cheese...yummy

**The world's youngest parents were 8 and 9 and lived in China in 1910.**

If you could count the number of times a cricket chirps in one minute, divide by 2, add 9 and divide by 2 again, you would have the correct temperature in celcius degrees... How do they know that?

**Fish that live more than 800 meters below the ocean surface don't have eyes.**

Hydrogen is an explosive gas. Oxygen supports combustion. Yet when these are combined it is water which is used to put out fires.

**If a statue in the park of a person on a horse has both front legs in the air, the person died in battle; if the horse has one front leg in the air, the person died as a result of wounds received in battle; if the horse has all four legs on the ground, the person died of natural causes.**

Peanuts are one of the ingredients of dynamite.

**No piece of square dry paper can be folded in half more than 7 times**

"Stewardesses" is the longest word typed with only the left hand.

**The sentence "the quick brown fox jumps over the lazy dog" uses every letter in the English language.**

Mexico City sinks about 10 inches a year

**It's impossible to sneeze with your eyes open? Next time you feel a sneeze coming try it!**

Los Angeles' full name is "El Pueblo de Nuestra Senora la Reina de los Angeles de Porciuncula". In English this means 'The City of Angels'

## Tip Of The Month: "7 Ways To Have Healthier, Younger Looking Skin..."



**#1 Exercise Regularly**-Skin is the largest organ of the body. When you exercise and sweat, you flush out toxins and keep your skin "in shape." **#2 Relax Your Face** - If you frown (or smile broadly) often, over time lines will form where the muscles tend to contract. Try to become aware of any tense muscles in your face and make a conscious effort to relax them. Pay particular attention to your facial straining while exercising. Repeated straining over the years can cause wrinkles. **#3 Avoid Cigarette Smoke** -Whether you smoke yourself or are around people who do, cigarette smoke exposes you to damaging free radicals that will accelerate the aging process by damaging the micro capillaries in the skin. This limits the skin's ability to absorb nutrients, which accelerates wrinkling and aging. **#4 Limit Intense Sun Exposure**-Exposing your skin to intense sunlight for an extended period of time may result in sunburn, which you always want to avoid. Sunburned skin is more susceptible to damage and may age more quickly. During the hottest hours of the day, typically this is between

10 a.m. and 2 p.m., be sure to limit your sun exposure by wearing a wide-brimmed hat or other protective clothing, particularly during the summer months. You should NOT avoid the sun altogether. Sunlight is very important for good health. You just want to avoid over doing it and getting a burn. **#5 Avoid Up And Down "Yo-Yo" Dieting** - A recurrent cycle of gaining and losing weight will cause your skin to stretch and become less elastic. As you age, this loose skin will be more prone to sagging and wrinkles simply by the force of gravity. However, remaining overweight will also contribute to older looking skin, as excess fat can accumulate around your chin, neck and cheeks as you age. Maintaining your ideal weight will keep your skin firm. **#6 Use Coconut Oil** - Using virgin coconut oil as you would any lotion is an ideal way to rejuvenate skin. Not only does it prevent the formation of damaging free radicals and protect against them, but also it can help to keep the skin from developing liver spots and other blemishes caused by aging and overexposure to sunlight. Coconut oil keeps the skin's connective tissues strong and supple, which helps to prevent sagging and wrinkles, and in some cases it might even restore damaged or diseased skin. Coconut oil will not only bring temporary relief to the skin, but it will aid in healing and repairing, unlike most lotions. The coconut oil can help bring back a youthful appearance to your skin by removing the outer layer of dead skin cells, making the skin smoother. The skin will become more evenly textured with a healthy "shine." And the coconut oil will penetrate into the deeper layers of the skin and strengthen the underlying tissues. Make sure the coconut oil you choose is not bleach or hydrogenated. **#7 Get Plenty of "Fish Oil"** - Omega-3 fatty acids are essential to healthy skin, but unfortunately most people are seriously deficient. Making sure you get enough omega-3 in your diet by taking fish oil or cod liver oil regularly, will help to keep your skin looking vibrant, young and healthy. Omega-3 fats help to normalize skin lipids and prevent dehydration in the cells. This keeps skin cells strong and full of moisture, which can help to decrease the appearance of fine lines. Fatty acid deficiency can manifest in a variety of ways, but skin problems such as eczema, thick patches of skin, and cracked heels are common. Plus, omega-3 fats may have an anti-inflammatory effect that can help to calm irritated skin, giving you a clear, smooth complexion. **Remember, we're always here, using the miracle of Chiropractic to help your body heal and maintain the health you deserve!**

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