

In Good Hands

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

Nobel, MD

"People will forget what you do. People will forget what you say. They will never forget how you made them feel."

~ Francis X. Maguire

"Has Mother Nature Already Given Us The Best Possible Solution For Heart Disease?"

Pittsburgh, PA – Heart disease is the leading cause of death in the United States. So, there is a very, very, *very* good chance it will be YOUR cause of death, and the cause of death of many of your loved ones.

Got your attention? Good!

Now, what if I told you there is a way to **DRAMATICALLY** reduce your risk of heart disease... *even if you had already suffered a heart attack?* And, what if I told you it was all natural, quick, easy, inexpensive, and had research to back it up? Better yet... what if I told ya...

**It Only Takes About
10 Seconds A Day!!!**

Would ya be interested in hearing more about it? Well... would ya?

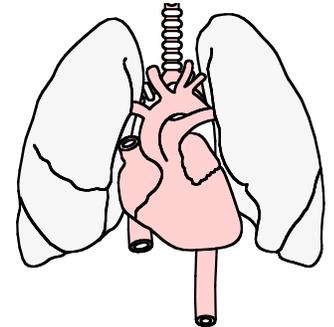
If you are interested and would like to discover a possible way to dramatically decrease your risk of heart disease... *then this will be one of the most important messages you'll ever read.* Here's why.

Most heart attacks and strokes are caused by atherosclerosis. Atherosclerosis is the gradual build-up of cholesterol on the walls of the arteries. This slowly causes an increase in blood pressure (the heart has to pump harder to move the same amount of blood through a more narrow artery) which can lead to an acute heart attack.

Even though researchers have known for years that heart disease runs in families, they have never been able to isolate a genetic cause...

Until Maybe Now...

A new study from the University of South California and the University of California at Los Angeles have found that a variation of a gene called 5-lipoxygenase (ALOX5; associated with inflammation) might be linked to atherosclerosis build up.



The research team examined the medical records of 500 California Utility Workers. Dietary records were monitored for 18 months. Ultrasound was used to measure the thickness of the carotid artery walls... and... tests were done to determine 6% of the study group had the presence of the ALOX5 gene variation.

Here's The Shocking Results:

The group with the ALOX5 gene variation had an 18% increase plaque build-up than the others! If you think that's BIG... listen to this...

From the dietary analysis, it was found that:

1. An intake of omega-6 fatty acids "significantly enhanced" the formation of plaque in the 6% group with the gene variation.
2. An increased intake of omega-3 fatty acids dulled the effect.

Even though more research is needed to prove the effects of the ALOX5 gene variation, this could lead to a milestone in early heart disease detection... and more importantly... prevention.

So Why Is All This Important To YOU?

Who cares if modern technology finds a gene responsible for a disease if there is no cure? Who wants to know they have the genetic make-up to get heart

disease... or... cancer... or... anything else – *if there is nothing you can do about it.*

I sure as heck don't want to get a bunch of tests done only to have a doctor tell me: "*Hey, looks like you are going to get heart disease and die of a heart attack... but... there's nothing we can do about it. Have a nice day!*"

That's why the most promising part of the new research you just read about was NOT the identification of the ALOX5 gene. No-siree-bob!

It Was The Part About Omega-6 And Omega-3 Fatty Acids!

Not only did this study show promising results for reducing heart disease with diets rich in omega-3 fatty acids... so have previous studies. In fact, studies have shown increased intakes of omega-3 fatty acids may also lower triglyceride levels, reduce platelet clumping, and improve the function of the cells that line the blood vessels and heart.

In one major study, 16 years of data on 120,000 women were studied and the group with the highest omega-3 intake had about half the risk of developing heart disease when compared to the women with the lowest intake.

The study also found the risk of developing and dying from heart disease... or suffering a non-fatal heart attack... both steadily decreased as the consumption of omega-3 fatty acids increased.

And The Best Thing Is...

Yet another study of more than 11,000 men and women who had recently suffered a heart attack... found that supplementation of just one gram of fish oil a day cut the incidence of sudden death in half compared to the group without the supplementation.

I don't know about you... but... I see a pattern here. A pattern worth following. It seems extremely wise to increase your intake of omega-3 fatty acids.... whether you have the ALOX5 gene variation or not.

So Doc... How Do I Add Omega-3 fatty Acids To My Diet?

Glad you asked! There are basically two ways. (1) By eating whole foods that are high in omega-3 content... or... (2) Take a supplement. Let's look at both:

The best natural sources of omega-3 fatty acids are dark meat fish. Such as - - mackerel, salmon, sardines,

bluefish and swordfish. These fish have an average 1.51 grams per serving. Most other fish have about .45 grams per serving. Shellfish around .32.

We always like to get our nutrients out of the most natural source possible... but... in this case, it may not be the best idea. Why?

Mercury!

There have been many recent warnings about the mercury level in fish and some studies have taken samples and found the levels to be as much as twice as high as the FDA standard in certain areas.

For this reason, it seems as though omega-3 supplementation may be the best way. And, you don't need to go crazy! Like the study above showed... *it only took one gram a day to dramatically improve the vascular health of heart attack victims.*

But here's a little warning most people don't know about: Fish oil supplements can contain mercury and other toxins. To ensure the highest quality, make sure the supplement you choose is pharmaceutical grade and has been molecularly distilled. Molecular distilling removes toxic heavy metals.

If you have any questions, I'll be glad to answer them at your next visit.

...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 story of a chiropractor)

An Interesting Fact That Can Change Your Life...

The average human eats 8 spiders in his/her lifetime while sleeping. It's true. So, if you live to be 80 years old... on average... every 10 years a spider will crawl in your mouth while you are sound asleep... and... you'll eat 'em!!!

Kinda gross... huh? Makes you think twice about that chewing noise people make while sleeping... doesn't it? It also makes me think twice about going to sleep at all. But you know what? With all the spider eating going on and no one getting sick... or... dropping dead from spider consumption... I Guess It Can't Be All That Bad!

Kinda makes fear factor look a whole lot less intimidating... doesn't it? The real truth is... most things in life are a whole heck of a lot less intimidating (and impressive)... once you know the facts and put them in perspective. Once you face your fears – head on – they are never as bad as you had built them up to be in your mind.

I remember not sleeping... *at all*... the night before my driving test. I was sure I'd blow it, fail, and be the laughing stock of my town. I'd waited *soooo* long and blown the importance of that test way out of proportion. Well, it ended up being a piece of cake. I drove round the block, parallel parked and passed with flying colors.

I lost all that sleep and worried years off my life – FOR NOTHING!!!

There have been countless events just like that one throughout my life. I'm sure you've had plenty too. We all have.

So why am I telling you all this? Here's an amazing little story about Allen that shows you exactly why:

Allen was born and raised in the Big Apple – New York City. The Bronx to be exact. New York City is one of the best places on the entire earth... but... I don't need to tell ya... his neighborhood was no little house on the prairie.

It was actually a pretty tough neighborhood. And Allen was one tough guy. But, he wasn't born tough... he was forced to become tough... out of sheer necessity.

Allen's father died when he was only three... and... his mother worked two jobs – one as a secretary and the other as a waitress in a Diner -- just to get by. By the time Allen was 12, he was delivering groceries to help his mother pay the bills... and... spending a lot of time in the streets. **But Allen Had One Big Problem...** Allen was born with a big birthmark on his face. It looked like a big red handprint that took up half the right side of his face. Because of this, Allen got picked on... *a lot*. The neighborhood kids were relentless. They started calling him "whack," because they said it looked like he had been whacked in the face. Allen was taunted just about every day.

The Day That Changed Allen's Life Forever...

When Allen was 14, the only thing he wanted for Christmas was a pair of roller skates. There was an older kid on his block that skated around. He looked so cool. Allen's mom saved for an entire year and surprised him with a brand new pair under the Christmas tree. Allen's face glowed like little Ralph's did in Christmas Story when he got his Red Rider BB gun.

Allen ran outside, laced up his new skates and skated off into the sunset. Well, not quite. He took a few steps and fell right on his back side!!! It took him about an hour before he was doing anything that resembled skating. But Allen was determined.

Allen was skating for a couple hours when the other neighborhood kids came out. Allen couldn't wait for them to see him on his new skates. He would finally be cool. Well, that's not exactly the way it went.

The neighborhood kids pushed Allen down and stole his skates. Allen ran home to his mom in tears.

The next night at the diner, Allen's mom told the story to one of her regular customers. An older kind gentleman, Bill, that came in to eat almost every night. As soon as she was finished with the story, Bill started to laugh. Allen's mom was infuriated. How could this seemingly nice man laugh at her son getting picked on, tormented and beat up? Bill simply replied... **'Cause I've Got The Answer!**

Bill explained how he was the High School wrestling coach and he also ran a program for younger kids at night. And, if she wanted, she could send Allen a few nights a week and he would teach him to wrestle for free. It would do wonders for his self-esteem and teach him valuable self-defense skills. To make a long story short... Allen started wrestling with Bill. And, he was a natural. In no time flat, he was winning tournaments and his whole attitude changed. Allen made Varsity his Freshman year and by Junior year was one of the best in the state. He was in the local newspapers every week... and suddenly... all the neighborhood kids looked up to him. Allen was suddenly the most popular (and feared) kid on his block.

Allen went on to get a scholarship to college, followed by a tremendously successful career, wife and two children. At the age of 42... **Allen Had It All.** That's when I got the call. It was Allen's wife. She said Allen woke up not to long ago with back pain so bad he couldn't get out of bed. It's been several months now and no doctors have been able to help him. She said she got my name from another patient... but... she can't get Allen to come see me because he's afraid to get his back cracked.

It took me a few weeks to finally get Allen in the office. He came in shaking like a little baby. When his first care visit was over and I told him he could leave, he looked down at me and said: "Is that it?" "Yup", I said. And Allen breathed a huge sigh of relief.

After a handful of adjustments, Allen was pain-free. He told me he couldn't believe how silly his fear of the Chiropractor was. He said he had heard from someone a long time ago that Chiropractors twist up your spine and can paralyze you. All this time that was in the back of his mind. He had believed some stupid urban legend.

But, once he faced his fear and found out the truth... he realized (like most fears) there was nothing to be afraid of after all.

We all have fears. Even big tough guys like Allen. Fear is what really paralyzes you...and keeps you from living pain free. So if you or a loved one is in pain, get rid of it! Call our office today.

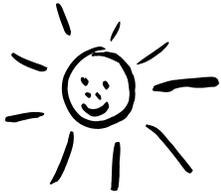
Did You Know?...

- Human skin is nearly as thin as a few sheets of paper.
- Skin is the largest organ of the human body.
- The skin's array of nerves is sensitive enough to feel the weight of a mosquito as it lands.
- Even the tiny ridges of a fingertip harbor sweat glands just below the surface.
- The brain and skin are deeply connected from the earliest moments of life, and touch is one of the first senses to develop. Even in the womb, a baby feels its way to bring hand to mouth.
- The moment its surface is harmed, the skin acts to block infectious bacteria from getting in and fluids from leaking out. Blood starts clotting and a hyper-production of skin cells kicks into gear. Flowing toward the center from all sides of the wound, migrating cells eventually meet and multiply until the skin's normal thickness is restored.
- Melanin is an ancient molecule manufactured in the skin by special pigment cells called melanocytes.
- Stimulated by sunlight, these melanocytes wield their arms like tiny starfish, pumping melanin into nearby skin cells. As the melanocyte cells migrate up toward the surface, they shield the fragile skin below from the sun. The more melanin, the greater the protection — and the darker the color of the skin.
- Over time, skin achieved a delicate balance becoming dark enough to block out harmful radiation, without completely blocking light that's essential for healthy bone and cell growth.
- Skin lighteners can suppress the melanin production that safeguards skin, but sometimes, the skin fights back with a hyper-production of melanin, causing skin stains. A few of the creams contain harmful ingredients and have been linked to far more toxic effects than skin stains: weakened immune response, organ failure, and even death.

Tip of The Month: “How To Lower Your Risk of Skin Cancer *Without* Sunscreen...”

Summer is just about in full swing and so are those dangerous rays from the sun.

For as long as I can remember, I've been told the sun is dangerous... and... the best way to prevent skin cancer is to use plenty of sunscreen. So, for years, that's exactly what I did. I bet you did too. Well, guess what? What if I were to tell you Sunscreen might not be the best way to prevent skin cancer? What if sunscreen was actually a harmful chemical?



Impossible? Crazy? Let's just see what the research has to say about that...

First of all, can sun exposure cause skin cancer? Absolutely. However, sunlight also prevents many forms of cancer and is crucial in the formation of Vitamin D. There is strong evidence it is preventative against MS and breast cancer.

The Issue Is Never To Burn!

That's why we use sunscreen. The only problem is... there is evidence that demonstrates sunscreens may not only be a toxic chemical that can make you sick... they may not protect you from

skin cancer.

According to a researcher from Memorial Sloan-Kettering Cancer Center in New York, Sunscreen can prevent the most common types of skin cancer... basal cell and squamous cell carcinomas... but it does not protect against melanoma, a more rare but *deadly* type of skin cancer.

Genetic factors such as fair skin and fair hair with a tendency to develop moles were the greatest risk factors. Those with red or blond hair and light colored eyes and pale skin were six times more likely to develop melanoma than those with darker features, and those with numerous moles also had six times the melanoma risk as those with fewer moles.

Sunscreen use did NOT lower risk of melanoma, even though it has been theorized that preventing sunburns in childhood with sunscreen might lower the risk of cancer. Based on the evidence, researchers concluded that sunburn itself probably does not cause melanoma, but that it is an important sign of excessive sun exposure, particularly among those who are genetically susceptible because of their skin type.

The scary thing is... Because sunscreen prevents sunburn, it might encourage light-skinned individuals to spend more time in the sun, possibly increasing melanoma risk, said the researchers.

What's worse, in a study reported in New Science magazine, Octyl methoxycinnamate (OMC), which is present in 90 percent of sunscreen brands, was found to kill mouse cells even at low doses in a study by Norwegian scientists. It is unknown if the same effects will occur in human beings, although the findings reported in New Scientist magazine suggest that human cells could be damaged if a sunscreen containing OMC penetrates the outer layer of dead skin and comes into contact with living tissue.

Terje Christensen, a biophysicist from the Norwegian Radiation Protection Authority near Oslo, said her research showed that sunscreens should be treated with caution, and used only when it was impractical to stay indoors or to shield the skin from the sun with clothes. As you can see, we have quite the conundrum. We need sunlight to stay healthy, yet burns cause skin cancer... and... the safety of chemical sunscreens may be in question.

The best advice seems to be to get sun exposure naturally... in small doses... without getting a burn. Then covering up with clothing. Let the pigment in your skin adapt and darken so you can increase the time. For fair skinned individuals, this must be done with caution. **But wait... here's some good news!** Research has shown omega-3 fats act as inhibitors of development and progression of a range of human cancers, including melanoma! That doesn't mean you can take an omega-3 supplement and go get a good sunburn. But, every little bit helps!