

In Good Hands

A Free Monthly Newsletter For The Friends and Patients of: Drs. Birdsell & Dr. Baek

“Mistakes obviously show us what needs improving. Without mistakes, how would we know what we had to work on?” - Peter McWilliams

Life and health enhancement strategies uncovered...

Does This “Stinking Rose” Possess The Secret To Health?

*Plus: Pill erases bad memories ... and...
how your romantic partner affects your health...*

Moline, Il. – This month’s issue is jam packed with so many interesting and useful health and lifestyle facts and tidbits, it was almost impossible to fit them all in. On that note, let’s jump right in with the...

Incredible Stinking Rose!

You may or may not know this, but in some circles, garlic is known as the “stinking rose.” Why? Because, garlic is one of nature’s most impressive foods!

Its medicinal properties have been valued for centuries. There are reports of Greek and Roman soldiers eating garlic before going into battle. Legend has it that Egyptians ate garlic to increase their strength and stamina while building the pyramids. (If that legend only revealed how they actually built the pyramids – now that would be something!)

Anyway, the point is – garlic has been eaten for a long time with the belief it enhanced health. That’s the “rose” part of the name. And if you have ever been around garlic, you know where the “stinking” part came from.

But, as it turns out, what makes garlic stink might be responsible for its wonderful health benefits. Here is why...

According to a January 31, 2009 article in Science Daily, “Researchers have widely believed that the organic compound, allicin – which gives garlic its aroma and flavour – acts as the world’s most powerful antioxidant.”

In this study, the authors believe they know *why*. They found allicin decomposes rapidly and produces an acid: sulfenic acid. This acid reacts with free radicals in your body. In other words, it becomes a very powerful antioxidant.

And check this out: According to the researchers, “The reaction between the sulfenic acid and radicals is as fast as it can get, limited only by the time it takes for the two molecules to come into contact. No one has ever seen compounds, natural or synthetic, react this quickly as antioxidants.”

Garlic’s Triple Power

Garlic is quite incredible because it helps you in three ways: antibacterial, antiviral and antifungal. According to Dr. Joseph Mercola’s health blog, “Studies have even found it is effective at killing antibiotic-resistance bacteria, including MRSA, and for reducing fungal infections, such as yeast infections, and fighting viruses and parasites.

“But that’s only the beginning. Garlic is great for your heart, as it helps to induce the relaxation and enlargement of blood vessels, which improves blood flow throughout the body. This can help to prevent a potentially deadly form of high blood pressure, as well as heart attack and stroke.”



It is also believed that garlic helps prevent heart disease by inhibiting the formation of plaque on arteries.

Can Garlic Prevent Cancer?

Maybe so. At least, that's what a study in the American Journal of Clinical Nutrition (November 2006; 84(5): 1027-1032) suggests.

The researchers used data from a network of Italian and Swiss case-controlled studies. Comparing patients to controls, they found those with the highest intake of onions and garlic had the most protection from an assortment of cancers including:

- Esophageal cancer
- Colon cancer
- Breast cancer
- Ovarian cancer
- Prostate cancer

What About Garlic And Weight Loss?

Can garlic help you lose weight too? The American Journal of Hypertension, reported on a study in which 2 groups of rats were purposely fed a diet to make them fat and hypertensive. Then one group of rats was given allicin. The group that received allicin not only stopped gaining weight! What's more, a third group was fed allicin from the start and gained very little weight over the course of the experiment.

What's Better:

Supplements Or Raw Garlic?

In many cases, eating the whole food is better than supplementation. Garlic is no different.

The beneficial reaction in garlic starts taking place a few minutes after it is cut into or smashed open. But, the strength will quickly diminish and be gone in about an hour. So it is best to chop or press garlic, wait a few minutes, and then eat it.

This may not be the best tasting approach, but it is probably the most effective. If you start to stink like ripe garlic cloves – simply cut back on the amount you eat. You should be able to find an amount your body can tolerate, without smelling.

Enough garlic! Let's talk about how a...

Pill Erases Bad Memories!!!

Scientists have discovered a drug that might erase bad memories. In a study, 60 subjects were given a shock every time they were shown a picture of a

spider. Soon afterward, they were either given a drug called propranolol or a placebo. 24 hours later, when shown pictures of spiders, the group given propranolol had a greatly decreased fear response.

Some see this as a great thing and a possible treatment for conditions such as post-traumatic stress syndrome. Others see ethical problems and that it could "alter what it means to be human."

The fear mechanism is essential for survival. Tampering with it could have unintended repercussions.

Another Reason To Be Careful Who You Fall In Love With...

If love and relationships weren't hard enough... A January 27, 2009 study in Psychology Today says spouses influence each others' exercise habits, doctor visits, and use of alcohol, cigarettes, and marijuana.

It even showed soul mates can develop the same health problems over time such as cancer, arthritis, stroke, depression, peptic ulcer and asthma.

And, get this: One study actually showed when one spouse is diagnosed with hypertension – the other spouse's risk **DOUBLES**.

It is easy to see how all this is linked through shared habits – both mentally and physically.

Maybe, instead of choosing a spouse by looks, we should question them about their healthy (or unhealthy) habits!!

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 lifelong good health.

Welcome New Patients!

Here are the new patients that became members of our practice family this last month! We'd like to welcome you publicly, and wish you all the best!

James Adams	Janet Jack
Brittany Bashaw	James Kaisen
Megan Bird	Sarah Lannen
James Capranos	Lee McMaster
Michael Carothers	Peter Soble
Celleis Caves	Adam Fox
Richard Hendricks	Laura Glandorf
Chris Owens	Darrell Reynolds
Katherine Beydler	

Inspirational Story Of The Month –
(Names And Details Have Been Changed To Protect Privacy)
Times Were So Tough My Wife Left Me And I Even Sold My Best Friend...

Have you ever have a tough time? You know, when no matter what you do, things just don't seem to go your way? Just when things are bad – they get worse and you see no light at the end of the tunnel? When that happens, it is easy to give up. Too many people do. Instead of getting up, dusting themselves off... and... giving it another shot... they...

Lay In Bed And Lick Their Wounds!

Problem is: Those “wounds” won't go away with ANY amount of self-pity. The prescription that needs to be filled is: ACTION.

ACTION brings us to this month's inspirational story. It's a great one. In fact, one of the best you will ever read. And it's about someone very famous. See if you can guess *who* before the story is over....

Here's the story: He knew what he wanted to be ever since he was a little kid: an actor. Not just on television... but in movies... up on the big screen. But, he was *different*, both in the way he looked and talked. When he auditioned for parts, directors told him: “You're stupid looking and you sound terrible. There's no place for you in acting – go do something else!”

“No One's Going To Want To Listen To Someone Who Looks Dopey And Talks Out Of The Side Of Their Mouth!”

Audition after audition, he got *no*, after *no*, after *no*, after *no*. Our hero was rejected more than 1,500 times by agencies in New York City. Funny thing is: There aren't 1,500 agencies in New York City. He was rejected over 1,500 times because he kept going back to the same agencies over and over and over!!!! He got his first job because an agent wouldn't see him one afternoon. So he stayed there... overnight... and greeted the agent on his way in! He got a 20 second part in a movie playing a thug who got beat up!

Can you guess who it is yet?

Anyway, after that part, he faced another series of rejections. He was literally starving and couldn't afford heat in his apartment. His wife screamed at him to get a job. But he didn't... because...

He Had A Dream....

He knew if he got a job, that would be it. He would lose his dream. His wife was irate and they fought in their cold apartment. He decided to go to the public library, not to read, but because it was warm. He ended up reading some poetry by Edgar Allen Poe. At that very moment, he got the inspiration to become a writer. So, he tried to write a bunch of screenplays. Nothing worked. When he was down to his last \$50, he finally sold a script. The movie was Paradise Alley and he got paid \$100.

Know who he is yet?

But that minor success was followed by even more failures. They were so broke, he hocked his wife's jewelry. That was the last straw and she left. But, then it got even worse. His best friend in the entire world was his dog. But he was so broke, he couldn't afford to feed him. So, he sold him to a guy in front of a liquor store for \$25. This was the low point in his life.

He Sold His Best Friend In The Entire World To A Complete Stranger For \$25

Two weeks later, he was watching a boxing match between Mohamed Ali and Chuck Wepner. Chuck was supposed to be no match for Ali and get killed. And he was. But he kept coming back. Our hero got an idea! As soon as the fight ended, he started writing. He wrote for 20 hours straight. He wrote an entire movie in 20 hours. He knew he had a winner. But, when he went out to sell it, he was shocked. No one wanted it. They said it was predictable. Stupid. Sappy. Etc. Etc. Etc. Finally, he met someone who loved the script and offered him \$125,000 for it. He told them they had a deal as long as he starred in it! They told him NO WAY! They wanted someone else to play the lead. So, he turned down the deal! A few weeks later, they called him back and offered him \$250,000 *not* to star in his own movie. Once again, he turned it down. They countered with \$325,000, and once again he said no!

But they made a compromise. They gave him \$35,000 and he could be the lead actor. They didn't believe it would be successful with him as the lead, so they also gave him a percentage of what the movie grossed at the box office.

They spent \$1 million to make the movie and it grossed \$117 million - a H-U-G-E amount of money in 1976. (It was also awarded the Academy Award for Best Picture.)

Still don't know who this is? The movie was Rocky and the writer/actor was... of course... Sylvester Stallone. And as they say... the rest is history...

But it gets even better: What do you think the first thing Sly did when he got that \$35,000 check for his script? Party? No way! He went back to the liquor store and tried to find the guy he sold his dog to. He camped out there for 3 straight days and finally saw the guy.

He told the guy he had been broke and never wanted to sell the dog and offered the guy \$100 for the dog. The guy said no. He offered him \$500. The guy said no. \$1,000... still no! But Sly, once again, wouldn't quit. Guess how much he paid to finally get his dog back?

\$15,000!!!!

That's right.... \$15,000. That dog was Rocky's dog, Butkis, in the movie!!! There might be a few good lessons in this story.... Don't 'ya think?

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?...The chromosomes of people who exercise more and eat better do not degrade as quickly as people who do not. This suggests a healthy lifestyle may not only lengthen life by helping to stave off disease, but also by slowing the process of aging itself. The effects of aging have been linked to a shortening of chromosome components known as telomeres, which protect the ends of chromosomes and keep the DNA in the middle from being damaged. Over time, telomeres shorten and both cells and DNA become more vulnerable to various forms of damage. This may be one of the primary mechanisms connected to age-related decline. Shorter telomeres have been correlated with an increased risk of both cancer and cardiovascular disease. It has been found that the telomeres of smokers, the obese and those with sedentary lifestyles tend to be shorter than average. This spurred an investigation if an improvement in lifestyle could be directly connected to telomere protection? Lifestyle changes included a moderate aerobic exercise routine, classes in stress management and relaxation techniques, breathing exercises, a diet high in fruits and vegetables, and supplements of vitamins and fish oil. After lifestyle changes, telomerase activity increases by an average of 29 percent. The level of telomerase increase is also correlated with a decrease in levels of LDL ("bad") cholesterol and the frequency of intrusive thoughts (a marker of stress).

Tip Of The Month – 7 Tips To Clobber The Recession!



It's everywhere. It seems like there is no escaping it. Every news broadcast. Every radio station. Even people in the streets. Of course, we are talking about all the doom and gloom from the recession.

It is well-known that stress is very harmful to your health. It not only zaps your body and mind of precious energy – it can suppress your immune system and lead to countless bigger problems down the road.

That's why it's important to have a plan... so to speak... to help you get through all the stress and strain created by this recession. So, here are 7 tips to help you minimize all the doom and gloom and escape this recession with minimal stress and strain:

(1) Stop watching the news and listening to all the political talk!!!

The first and quickest way back to sanity is to stop constantly watching the "sour grapes" news. And, stop reading about all the misery too. It's not that you shouldn't be informed. In fact, it is very important that you are. But, keeping informed and being consumed with this mess is very different. Truth be told: There is nothing you can do about it anyway. The best thing to do is move forward with your life and do the best you can for you and your family. So... cut down on all the hot air and misery and start focusing on something you can control.... YOU!

(2) **Get your finances in order!** Cut your spending. Ask yourself, do I really need *that* right now? Prioritize all your monthly expenses and think twice about wasting money right now.

(3) **Try to cut your bills!** Are you paying too much for your cell phone service? If you have had the same plan for 2 years, you most likely are. Look at all your bills and see what can be slashed.

(4) **Bring down debt!** Once again, make sure you are paying the lowest rates possible on your credit cards. And, if possible, pay them off completely. And even more important – don't create MORE debt somewhere else!!!

(5) **Check your mortgage rate!** If you have good credit, there is a good chance you can get a lower rate than you have right now. You never know until you try – and this could save you a bundle – not only now, but over the course of your loan.

(6) **Keep your head up and have some fun!** I know this may seem hard to do right now, but it's probably the most important. The best way to eliminate stress is to LAUGH. Laughing causes your body to produce many healthy chemicals. And best of all – laughing is contagious. If you don't believe me, simply watch this video: <http://www.youtube.com/watch?v=9HhCqRjjFGI>. Type that into your browser and check it out. And, if you are having a hard time mustering up a laugh... this will do the trick. Once again, type this into your computer browser and watch this video. You have to laugh at this. IT IS A MUST! Here's another one: <http://www.youtube.com/watch?v=eXgdSOxaCGI>. **Now, go make someone else laugh!** Like we already said – laughter is contagious. And it is easy to make someone else laugh. Basically, all you have to do is be happy and laugh, and it spreads like wildfire!!!!

Patient of The Month...This month's patient of the month is Brenda Schroeder! Congratulations! As usual, the patients of the month will receive a FREE Aqua med Therapy Session. Watch for your name here in a coming month!

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

This information is solely advisory, and should not be substituted for medical or chiropractic advice. Any and all health care concerns, decisions, and actions must be done through the advice and counsel of a healthcare professional who is familiar with your updated medical history. We cannot be held responsible for actions you may take without a thorough exam or appropriate referral. If you have any further concerns or questions, please call our office at 309-764-8821.