

In Good Hands

A Free Monthly Newsletter For The Friends and Patients of: Drs. Grady & David Birdsell

“Slow down and enjoy life. It’s not only the scenery you miss by going too fast - you also miss the sense of where you are going and why.” *Eddie Cantor*

Maybe your mother was right all along...

The Simplest And Easiest Way To Lose Weight *Ever?*

More great stuff in this newsletter: How napping can make you smarter, more proof Omega-3 has BIG health benefits, and DOCTORS WARN: Avoid genetically modified food!!!



Moline, IL. – Here’s a quick riddle for you...*It’s everywhere because almost everyone wants it. Yet, most never achieve it. What is it?*

the weight will come back, and come back with a vengeance... so will the frustration.

Weight loss.

You can’t flip through the pages of a magazine or the channels on cable TV without being bombarded by advertisements for “new,” “breakthrough,” “Miracle,” etc. weight loss solutions.

Maybe you’ve tried some of these “quick and easy” solutions, and maybe one word sums up the way you feel...

FRUSTRATED!

So, is there anything out there that actually works?

The first thing to understand: there are no overnight “miracles.” The hard truth: the REAL secret to weight loss is doing the right things... consistently... for the rest of your life.

Doing the right things *will* cause you to lose weight but as soon as you stop and go back to your old ways,

Want To Be Smarter? Take A Mid-Day Nap!

Ever get tired in the middle of the afternoon and want to take a little nap? Well, maybe your brain is telling you something – and you should listen to it!

Here’s why. New research from the University of California at Berkeley shows a short nap (one hour) can dramatically boost brainpower.

On the other hand, the more hours we stay awake, the more lethargic our brains become.

The same research team previously collected data that revealed staying up all night (an “all-nighter”) to study actually decreased the amount of information subjects were able to learn by 40%.

Researchers believe a nap allows the brain to clear the short-term memory and make room for new information. No matter what, this is a great excuse to take a mid-afternoon siesta!

That’s why the best way to lose weight is to become well-educated on the subject. The internet has a frightening amount of information, some good – and a lot bad.

That’s why your best option is to talk to a healthcare professional who has already helped many others and can short-cut the process for you, too.

That being said, researchers have found when people eat quickly, they end up consuming more calories than they would have if they ate more slowly. In fact, according to a new study referenced in a February 10, 2010 New York Times article, “*scientists found that when a group of subjects were given an identical serving of ice cream on different occasions, they released more hormones that made them feel full when they ate it in 30 minutes instead of 5.*”

The scientists took blood samples and measured insulin and gut hormones before, during and after eating.

They found that two hormones that signal feelings of satiety, or fullness — glucagon-like peptide-1 and peptide YY — showed a more pronounced response in the slow condition.”

This means you eat LESS. The New York Times article also mentioned a study done by the American Dietetic Association in 2008 that reported subjects felt more full and consumed 10% less calories when they ate slowly as opposed to “wolfing” down their food.

And, a study in The British Medical Journal stated those who ate quickly and until full had triple the rate of being overweight compared with others.

What Does All This Mean For YOU?

This research simply suggests if you eat slowly you are likely to feel more full and consume less calories.

No, it’s not a weight loss miracle. But, feeling full is nice, and eating less calories – over the long run – will lead to weight loss and greater health.

If you think this isn’t a big deal, please remember: little hinges open big doors. It’s the accumulation of small things done consistently over time that leads to great success.

In other words, stop looking for the big home run and start hitting singles. And, educate yourself as much as you possibly can. If you have any questions, your doctor of Chiropractic can help... so don’t hesitate to call and ask!

American Academy of Environmental Medicine Recommends To Avoid GENETICALLY MODIFIED FOODS

Genetically modified foods are good for profit, but are they good for you? According to an article by Jeffery M. Smith on Dr. Joseph Mercola’s health blog (February 24, 2010), the answer looks to be a big, fat...

NO!

According to the article, *“The American Academy of Environmental Medicine (AAEM) has called on all physicians to prescribe diets without genetically modified (GM) foods to all patients.”*¹

They call for a moratorium on genetically modified organisms (GMOs), long-term independent studies, and labeling. They state, “Several animal studies indicate serious health risks associated with GM food,” including infertility, immune problems, accelerated aging, insulin regulation, and changes in major organs and the gastrointestinal system.

“There is more than a casual association between GM foods and adverse health effects. There is causation...”
<http://blogs.mercola.com/sites/vitalvotes/archive/2010/02/24/doctors-warn-avoid-genetically-modified-food.aspx>

Here’s the reference for the “1” above:
Former AAEM President, Dr. Jennifer Armstrong, says, “Physicians are probably seeing the effects in their patients, but need to know how to ask the right questions.” Renowned biologist, Pushpa M. Bhargava, believes that “GMOs are a *major* contributor to the deteriorating health in America.”

Here is a link for the complete article that goes deeper into the research findings:

1. <http://www.aaemonline.org/gmopost.html>

New Study With Yu’ik Eskimos May Hold Key To Reducing Chronic Disease

A new study published in the *Journal of Clinical Nutrition* with Yu’pik Eskimos has shown high levels of the omega-3 fatty acids EPA and DHA were associated with lower levels of triglycerides, as well as higher levels of HDL cholesterol.

Raised levels of the fatty acids were also associated with decreased levels of markers of inflammation, such as C-reactive protein (CRP), which is produced in the liver and is a known marker for inflammation. Increased levels of CRP are a good predictor for the onset of both Type-2 Diabetes and cardiovascular disease.

Researchers concluded, “Increasing EPA and DHA intakes to amounts well above those consumed by the general US population may have strong beneficial effects on chronic disease risk.”

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!

Frank Bennett	Lawrence Smith
Kim Boit	Sandra Spence
Lois Jackson	Colleen Stalf
Ernist Manrique	Chad Vance
Jaci Moore	Doris Abbott
Edward Saldana	William Wells
Anna Schott	

Inspirational Story Of The Month –
(Names And Details Have Been Changed To Protect Privacy)

**2010 Olympics Not Only Hands Out Medals
- It Gives Sight To The Blind**
**How Steve Holcomb Went From Virtually Blind And Quitting
To Perfect Vision And An Olympic Gold Medal**

Steve Holcomb had a dream... to captain the U.S. Men's Bobsled Team to an Olympic Gold Medal in 2010. (Something they had not done since 1948.)

But, just a couple of years ago, Steve's dream seemed impossible.
Why?

Steve Was Going Blind

He had a degenerative eye condition called Keratoconus that affects millions of people and takes away their ability to read, drive a car, and live a normal life.

Steve's vision had deteriorated so much he could not see well enough to drive the U.S. National team's bobsled. In an interview, he said he was going to retire and walk away from his life-long dream.

But, Steve's coaches and the United States Olympic Committee weren't going to let him walk away so fast.

They researched a new procedure (back in 2008) called C3-R and decided it was his best shot at saving his eyesight.

According to an article by the Boxer Wachler Institute:

The USOC and the USA Bobsled and Skeleton Federation took the exceptional step of paying for Holcomb to have the treatment.

"Previously, the only treatment for severe Keratoconus was a cornea transplant," says Dr. Boxer Wachler.

"This is why C3-R is being seen as such a breakthrough. C3-R is non-surgical. It uses vitamin applications and light to strengthen the cornea. C3-R can cure the disease without the need for a cornea transplant. The treatment only takes 30 minutes and can be done in a doctor's office.

It can be hard to get doctors to switch to a new procedure, especially one so radically different, but now that is dramatically changing because of Steve. Steve's story is making doctors and patients all over the world aware of C3-R." Steve's story is a great one...

Shortly after the procedure, he captained the U.S. Team to a World Championship – the United States' first in 50 years.

And not only that, Steve ended the United States' 64-year drought and accomplished his dream by winning a Gold Medal in the 2010 Olympics.

But, here's the ironic thing...

When he was interviewed before the gold medal run, Steve said getting his sight back wasn't all positive.

How could this be?

According to Steve, his vision had been so bad for so long that he developed a way to drive the bobsled by feel.

And When He Got His Sight Back, It Made His Driving WORSE!

Steve actually scratched up the visor on his helmet and keeps it dirty so he can't see that well!!!

It's amazing how Steve could be one of the best (if not THE best) bobsled drivers in the world when he was legally blind, considering bobsleds travel at over 90 miles per hour on dangerous ice covered tracks.

It just goes to show how well one can adapt – as long as we put in enough effort and do not quit.

And the same goes for researchers and doctors who never quit coming up with the new ideas, treatments and procedures that make dreams, like Steve's, possible.

Now, due to the tremendous popularity of Steve, his Olympic Gold Medal and the wonderful work of researchers and doctors, it is possible for millions of people who may have gone blind to see again.

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?... A mere 1 cup of cabbage boasts 90 percent of the recommended daily allowance of Vitamin K and 50 percent of the RDA for Vitamin C, and it may help prevent breast cancer. When you think of carrots, think of beta-carotene (present in high amounts). Research suggests beta-carotene protects against cancer, cardiovascular disease and stroke. Eat a tomato and enjoy the health benefits of Vitamin A, Vitamin C, Vitamin K, and other key nutrients. Tomatoes also contain lycopene, which may help prevent cancer from developing. Mint contains menthol, an essential oil often used to reduce stress and relieve sinus congestion. Mint also contains Vitamins A and C, and is a rich source of essential minerals. Cauliflower is not white broccoli, though it does come from the same family, and like broccoli, features several cancer-fighting compounds such as sulforaphane and indol-3-carbinole. Cucumbers are a good source of potassium, an electrolyte that helps balance sodium intake. They also contains antioxidants and fiber, all while being very low in calories. Bell Peppers, whether red, yellow or green, are a nutritional powerhouse, providing Vitamins A, C, E, K and B6, just for starters – a great source of antioxidants. Peas are packed to the pod with vitamins and minerals. Peas are particularly high in nutrients such as Vitamin K, Vitamin C, Vitamin B1, manganese and dietary fiber.

Tip Of The Month – 2 Tips To Avoid Back Pain...“It Is Easier To Prevent Bad Habits Than To Break Them”



~Benjamin Franklin... Back pain is no fun. It is also a MAJOR problem for our healthcare system and economy. Here are some important facts about back pain, according to the American Chiropractic Association (ACA):

- 31 million Americans experience low-back pain at any given time.
- One-half of all working Americans admit to having back pain symptoms each year.
- Back pain is one of the most common reasons for missed work. In fact, back pain is the second most common reason for visits to the doctor’s office, outnumbered only by upper-respiratory infections.
- Americans spend at least \$50 billion each year on back pain, and that’s just for the more easily identified costs.
- Experts estimate as much as 80% of the population will experience a back problem at some time in their lives.
- Most cases of back pain are mechanical or non-organic—meaning they are not caused by serious conditions such as inflammatory arthritis, infection, fracture or cancer.

There are two different types of mechanical stress that can cause back pain. First is a blatant injury. This can be anything from a car accident, sports injury or slip and fall. This cause of back pain is easy to understand. Trauma to your spine causes injury to the soft tissue (ligaments, muscles and disks). This is why the first tip is to make your home, work area and car as “back safe” as possible. Home and work should be kept uncluttered so you do not slip and fall. This is especially important at night, when lighting may be dim. A seatbelt should always be worn while driving and your headrest should be checked and adjusted to your height to minimize damage from a crash. If you are in a car accident, you should be examined by a doctor trained to handle these types of injuries. Chiropractors are well-trained in the diagnosis and treatment of car accident injuries. Back pain caused by the trauma of car accidents and falls is obvious.

What’s not obvious is the other type of mechanical stress: MICRO-TRAUMA. Micro-trauma is a small amount of bad force applied to your back or spine. This small amount of bad force does not seem to be a big deal and usually does not cause pain or discomfort right away, but over time, micro-traumas add up and can cause major problems. An example of such a micro trauma is incorrect posture – either sitting, standing or sleeping. Either one of these three, over time, can ruin the structural integrity of your spine and cause major pain. That’s why tip #2 is to make sure you have the proper bed and chair and always keep good posture. If you need advice on any of this, your Chiropractor is an expert and can help you. And you should try not to stand, sit or lay in one position too long. Motion is important – when in doubt, change position! Prevention of back pain is one of the most important things you can do in your life. Minimizing both big and small stresses on your spine is one important way to accomplish this goal.

Patient of The Month... This month’s patient of the month is Mr. Phil McCormick! Congratulations! As usual, the patients of the month will receive a FREE Aqua med Dry Hydrotherapy 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.