

In Good Hands

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

“Force is all-conquering, but its victories are short-lived.” ~ Abraham Lincoln

What's Better?

Eating 6 Small Meals A Day Or 3 Big Ones?
Working Out For 10 Minutes Or 10 Hours?

The Real Truth May Shock You!



Plus: Tips to prevent low-back pain, why experts think one third of breast cancer cases may be avoidable, 4 things shortening your life, and how to wake up EARLIER!!!

Moline, Il. – Have you ever watched the television show *Myth Busters*? Just in case you haven't, here's the gist of the show...

Two scientists take common myths and try to re-create them to see if they are real, fake or plausible.

For example, one show tested whether or not a well-trained Ninja (yeah – the martial arts Ninja!) could catch an arrow shot at him by an enemy. They found a well-trained Ninja and actually shot arrows at him! The result?

One Dead Ninja!

Well, the Ninja didn't actually die because they used special arrows with protective tips. But, if the arrows had been real, the Ninja would have been TOAST.

Anyway, that's what science is all about – attempting to separate fact from fiction, - and this can be very hard to do sometimes.

Now, we'd like to do a little “myth busting” of our own. In fact, we are going to bust TWO myths.

Here's the first: I'm sure you have heard eating many, small meals throughout the day is better than eating fewer large ones. It is pretty well-established... and it makes sense. If you eat a bunch of small meals, your metabolism will increase and you will lose weight.

Well, a study published in the *British Journal of Nutrition* just put that theory to the test. In the study, one group ate 6 small meals each day and another group ate 3 larger meals.

According to the study, both groups lost significant and equivalent amounts of weight. There was no difference between them in fat loss, appetite control or measurements of the hormones that signal hunger and satiety.

One thing is important to note: Both groups ate the same number of calories. The only difference was the number of meals the calories were split across – 3 versus 6. These researchers believe it's the number of calories per day eaten and NOT the way they are broken up that determines weight loss. Would 8 or 12 very small meals (or snacks) make a difference? Maybe... however, that question was not answered in this particular study.

And here's the second myth: It is a commonly held belief ... as far as exercise is concerned... more is better. In other words, to get into good physical and cardiovascular shape – you must train for a long time.

4 Preventable “Things” That May Shorten Your Life

A study published this week in *PLoS Medicine* recently found four risk factors (smoking, high blood pressure, high blood sugar and obesity) may be guilty of decreasing life expectancy in the United States. These four factors combined are estimated to decrease the life expectancy of men by 4.9 years and women by 4.1 years. These four risk factors are preventable and are responsible for hundreds of thousands of deaths each year through chronic diseases such as cardiovascular diseases, cancers and diabetes.

After all... I'm sure you've seen *Rocky*... and he spent all day busting his butt!

Well, a new study shows this may not be the case.

In this study, published in the *Journal of Physiology*, researchers believe their findings "blow away" the notion that you must exercise for long periods of time.

Here is why: In the study, participants rode an exercise bike for just 60 seconds, but they peddled hard enough to get close to their maximum heart rate. Then, they would rest for 60 seconds, and then peddle for 60 seconds again. This process was repeated for 10 minutes.

Tests afterwards showed their muscles had improved just as much as if they had been involved in endurance training. This type of training is known as "high intensity interval training" or HIT. The research did not give the reason why HIT was so effective, but it appeared to "stimulate many of the same cellular pathways" as traditional training regimes. The researchers also mentioned *time is no longer an excuse for not exercising!!!*

Why 1/3 Of Breast Cancer May Be Avoidable...

According to the March 25, 2010 USA Today: "Up to a third of breast cancer cases in Western countries could be avoided if women ate less and exercised more, researchers at a breast cancer conference said Thursday."

The article stated the focus should shift from early diagnosis and treatment (both of which have slowed the disease) to changing behaviors such as diet and physical activity. Here are some breast cancer facts from the article:

- Breast cancer is the most common cancer in women.
- Last year, in the United States, there were more than 190,000 new cases and 40,000 deaths.
- A woman's lifetime chance of getting breast cancer is about one in eight.
- Obese women are up to 60% more likely to develop any cancer than normal-weight women.

The article also mentioned many breast cancers are related to estrogen, a hormone produced in fat tissue. It is theorized that the more fat in a woman's body, the greater the chance she'll develop cancer. Even slim women could benefit from exercising to decrease body fat and increase lean muscle mass.

One important point made by the USA Today article was that the medical establishment is NOT blaming victims for developing breast cancer. Likewise, victims should not

blame themselves and wonder how much their weight was a factor.

The article stated, "We would never want women to feel responsible for their breast cancer... It's a complex disease and there are so many factors responsible that it's difficult to blame it on one specific issue." The recommendation to stay slim applies only to breast cancer in post-menopausal women, as there isn't enough evidence to know whether this applies to younger women."

Figures quoted in the article from the International Agency for Research on Cancer estimate that 25 to 30% of breast cancer cases could be avoided if women were thinner and exercised more.

Tips To Help Prevent Back Pain

Back pain is extremely common. Fact is: you have an 80% chance of suffering from back pain in your life. Sometimes, it can be nothing more than a nuisance... other times, it can be debilitating. No matter what, the best thing to do is to try to avoid it altogether. Here are some tips that may help:

- ✓ Always keep good posture – never slouch or slump.
- ✓ Lift with your legs, not your back.
- ✓ Do not smoke.
- ✓ Wear comfortable low-heel shoes.
- ✓ Sleep on your side on a bed that is good for your spine.
- ✓ Moderate exercise for flexibility and stability of the spine and supporting structures.
- ✓ See your Chiropractor if you have any questions or as soon as a problem occurs.

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!

Christine Bird
Donna Fuller
Rita Hafner
Scott Heth
Donna Krulic
Michael Krulic
Terri McCombs
Gary Neltner

Loree Phlypo
Norma Pieper
Paula Pratt
Michael Frank, Sr.
Angel Horton
Dawn Mlekush
Sarah Trokey

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

For A Complete Stranger?

How A 24 Year Old Nursing Student Entered A Fire-Blazing Crash And Became A Real American Hero

On a cold November day in New Jersey, 24 year old Angelica Mercado was driving down the road simply minding her own business on her way to nursing school. Before she knew it, she had stumbled upon a horrific car accident.

“I looked up again and within seconds there were flames...like huge flames...”

An 18-wheel tanker truck filled with gas had tipped over and burst into flames.

While everyone fled the extremely dangerous scene, Angelica headed right for the flames to rescue the driver.

**“I saw flames on his head... on his shoulders... on his clothes...
and his clothes were just falling to the ground as I was running up to him...”**

Angelica took off her coat and wrapped it around the man. She forced him to the ground and smothered out all the flames. Her jacket actually melted onto the man – and so did his boots.

Fearing the tanker was going to explode, Angelica picked up the driver and carried him to her car. She drove him to the nearest emergency medical center.

**“I was scared. I knew I had to get him to a hospital right away. He was hunched over...
moaning in pain. His body was so hot that the heat was fogging up the windows of the car.**

It was just a scary situation...”

Because of Angelica’s actions, 32 year old Raaj Sing lived. He is a family man and had only been driving the truck for 4 months. He had severe burns on his back and legs.

Angelica doesn’t consider herself a hero.

“I just did what I feel anyone else would have done in this situation.”

She may feel that way, but many others ran away from that same burning tanker as she ran to help.

According to Raaj, “Of course she is a hero.”

Simple but very true words.

Angelica said she decided to go into nursing because she wanted to make a difference in people’s lives. She is still in school and she has saved one already.

Angelica and Raaj still keep in touch. Angelica calls him for updates and to see how he is doing.

Raaj is going through physical therapy and plastic surgery.

When interviewed, Angelica said how scared she was when she first saw the crash and the flames. Everyone was running away. She wanted to run away, too, but something inside her wouldn’t let her. Something inside her grabbed her and made her risk her life to help a complete stranger.

Whatever that “something inside her” was – it’s the special stuff so many common folk think they do not have. It is the special stuff heroes are made of.

Angelica doesn’t live in a bat cave or wear a cape and a mask. She’s just a good person with a great big heart.

This is a special thanks to Angelica Mercado for her actions that show all of us what we can do and should do more often.

Trying to help a complete stranger shouldn’t only be attempted when they are on fire.

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?... What's in fruit, veggies, and whole grains that keeps your GI system on track? Fiber, for one thing. But here's another: prebiotics. Certain produce and grains are chock-full of the stuff. (That's a good thing, because prebiotics prompt the growth of healthy, keep-you-regular probiotic bacteria.) Bananas, berries, asparagus, garlic, wheat, oatmeal, barley, flaxseed, tomatoes, Jerusalem artichokes, onions, chicory, greens, and legumes (just to name a few!) all contain prebiotic carbohydrates – non-digestible fiber that sets the stage for beneficial probiotic bacteria. Probiotics do everything from protecting your bowels from toxins and infections to helping things move on through. Digestive “Do's” - Other things to help you stay regular: Fill up on fiber -- at least 25 grams a day; Stay hydrated; and Exercise! When your body moves, other things get moving, too. Eating 25 grams (38 grams if you are a man under 50) of fiber per day makes your real age 2.5 years younger than eating 12 grams of fiber per day.

Tip Of The Month – How To Be More Like A Genius...Discover What Einstein, Picasso And Edison Had In Common That You Can Do Too! Wouldn't it be nice to be a genius? You'd be super smart and everything would



come easy to you. You'd hardly have to work at all. Life would be a piece of cake. Or at least that's what you'd think. But, reality is often very different. Let's take 3 geniuses as an example: Einstein, Picasso and Edison. When most people think of these three geniuses, they think of their God-given gifts. Things like very high IQs... artistic ability... etc. Did you know all three of these geniuses had something in common besides their intelligence that may be even more important? What is this incredible commonality?

Incredible WORK ETHIC! That's right. All three men (who supposedly had it so easy) WORKED, ON AVERAGE, MORE THAN DOUBLE WHAT THE AVERAGE AMERICAN WORKS TODAY. In fact, all three averaged 18 hour workdays... 7 days a week! Edison still worked 16 hours a day at the age of 75. On average, Edison only slept 3-4 hours a day... usually naps in his lab. Picasso painted 18 hours a day until he was in his 80s. In his 90s, he was still producing works of art. Picasso said he never got tired, and when asked about his work in his 90s, he said, “I am overburdened with work. I don't have a single second to spare, and can't think of anything else.” Einstein was also an obsessed worker and over-achiever. He said there was never enough time for work. It is reported he did not like socks because they were unnecessary complications of life that diverted one's energies from what was important. WOW! So, what's the bottom line in all this and why is it important to you? The first thing to understand is, while the size of their IQs definitely helped, it was not even close to being the most important thing in their achievements and successes. What's more important was their desire and willingness to WORK. Even after monumental achievements... and at an old age... they continued to push forward and get more and more done. Each only slept about 3-4 hours a night. How else could they work 18 hours a day? But, let's get this point straight: No one is saying you should only sleep 3-4 hours a night. On the contrary, recent research suggests it is not a healthy thing to do. But, if you want to be successful in anything, spending more time doing it will make your success quicker and better. That's why getting up earlier every day is extremely important to anyone who wants to be successful. Being an “early riser” is another commonality of ultra-successful people. Just imagine if you could wake up an hour earlier every day. At the end of a year, you would have had an extra 365 hours... or almost 46 full 8-hour workdays to work towards your goals. Here are some tips to help you become an early riser – with the least amount of pain! Make a goal list – and write it down – before you go to sleep. This gives you a good reason to get up. Go to bed and wake up at the same time EVERY DAY – including weekends. This puts you in a natural rhythm and is healthier. Use an alarm you like – so you do not wake up angry. Do something physical as soon as you wake up. It can be sit-ups, push-ups or a morning walk. This gets the blood flowing and wakes you up quicker so you will be more productive. Do it for 21 days because it generally takes 21 days to change a behavior and make it a habit. After 3 weeks, it will become much easier. WARNING: Waking up earlier and working harder will not make you a genius, but it will make you more “genius-like” and it will most likely bring many good things into your life ☺

Patient of The Month...This month's patient of the month is Michael Krulic ! Congratulations! As usual, the patients of the month will receive a FREE Aqua med Hydrotherapy table. 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.