

# In Good Hands

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

“Each person has an ideal, a hope, a dream which represents the soul. We must give to it the warmth of love, the light of understanding and the essence of encouragement” - Colby Dorr Dam

New science discovers how your genetic blueprint was permanently changed...

## You Are What Your Mother Ate!

**ALSO IN THIS ISSUE: More important news about SLEEP!**

*How it affects you and why you shouldn't get too much or too little.*

*And CHRONIC FATIGUE SYNDROME?... a pilot study says probiotic supplements may ease YOUR symptoms of anxiety...*

**M**oline, II. – What's more important: nature or nurture? The argument has been raging on for decades. In other words, are you strictly the end result of your upbringing and actions? Or are you simply a product of your genes?

A safe bet is that we are a combination of both. Our genes give us a blueprint with both positives and negatives and our actions either maximize or minimize the hand we've been dealt.

But, a new science has...

### Thickened The Plot!

How? The new science is called “Epigenetics” and it attempts to explain how the environment can modify your genes. That's a unique *twist* to this debate – wouldn't you say?

So, what does all this have to do with you?

**Here's what:** On April 14<sup>th</sup>, 2009 Science Daily reported on an epigenetic report published in the FASEB Journal that found: “You are what your mother ate during pregnancy.”

In the report, scientists from the University of Utah showed rats that received poor nutrition in the womb genetically altered themselves to be born into a nutritionally deficient environment.

What's that mean? The rat fetuses' genes actually changed to prepare them for the environment they were going to be born into. Since there was poor nutrition in the womb, the rats were likely to grow to smaller sizes when compared to others born to “normal” nutrition levels.

Being smaller was not the only negative. The rats also had a higher risk for many health problems

throughout their lives such as: diabetes, growth retardation, cardiovascular disease, obesity and neuro developmental delays... just to name a few.

### But These Are Rats!

#### How Are Humans Affected?

According to Science Daily, “Although the study involved rats, the genes and cellular mechanisms involved are the same as those in humans.”

Also according to Science Daily: “The new 'epigenetics' has taught us how nature is changed by nurture,” said Gerald Weissmann, M.D., Editor-in-Chief of The FASEB Journal. “The jury's in and, yes, expectant moms really are eating for two. This study shows not only that we need to address problems such as preeclampsia during pregnancy, but also that prenatal care is far more important than anyone could have imagined a decade ago.”

After reading this interesting new information... a few questions come to mind: If a fetus can alter its genes to adapt to the environment they are being born into – can a person alter their genes to adapt to their environment AFTER they are born?

And what effect does Chiropractic treatment during pregnancy have on the potential of a child? If the environment is altered for the better – it makes sense the fetus would adapt genetically in a positive way.



But, until proper research is done, who knows for sure? But one thing makes sense: During pregnancy, everything should be done to ensure the developing fetus has the best possible environment.

**Now For Another “Nurture” Factor Affecting Your Metabolism And Health...**

Researchers at UC Irvine have discovered your body’s internal clock (or circadian rhythm) controls energy levels in your cells. This is important news because it can lead to a new understanding of the amount of sleep we get, when we get it, and how routine we are with that pattern... and... metabolism and many diseases such as cancer, diabetes, obesity and more.

The study appeared online in Science Express on March 12<sup>th</sup>, 2009 and researchers found the proteins involved with circadian rhythm and metabolism are linked and dependent on each other.

Circadian rhythms are 24-hour sleep/wake patterns. They help us adapt to environmental changes and the time of day. Breaking these patterns can have detrimental effects on health.

According to researcher Paolo Sassone-Corsi, “Our circadian rhythms and metabolism are closely partnered to ensure that cells function properly and remain healthy. This discovery opens a new window for us to understand how these two fundamental processes work together, and it can have a great impact on new treatments for diseases caused by cell energy deficiencies.”

Sassone-Corsi went on to say, “When the balance between these two vital processes is upset, normal cellular function can be disrupted and this can lead to illness and disease.”

These findings help explain why lack of proper sleep – both the amount and patterns – can lead to a plethora of health problems and increased aging.

The study suggests proper sleep and diet can help normalize the circadian rhythm balance.

For many years, countless health experts have advised going to bed at the same time and waking up at the same time every single day. Even during

weekends. With this new information – this seems to be great advice.

**If You Have Chronic Fatigue, Probiotics May Ease Your Anxiety**

If you have Chronic Fatigue... this may be great news.

Here’s why: A recent study showed two- month supplementation with probiotics might ease the symptoms of anxiety associated with chronic fatigue.

“These results lend further support to the presence of a gut-brain interface, one that may be mediated by microbes that reside or pass through the intestinal tract,” wrote the authors, led by Venket Rao from the University of Toronto.

In the study, 39 chronic fatigue syndrome patients were randomly assigned to receive probiotic

*Lactobacillus casei* strain shirota or a placebo for two months.

At the end of the study, one of the findings was a significant reduction of anxiety symptoms in the *Lactobacillus* group.

Researchers mention that this is a pilot study and more research must be done, but it is great news and can have many implications and health value.

**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.**

**New Study: B Vitamins May Relieve Migraines**  
A new study from Genometric Research Centre at Griffith University in Brisbane (Australia) reports Vitamins B6, B12 and folic acid may provide a 2-fold reduction the frequency, severity and disability of migraines.

*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!**

Lori Allison	Opal Miller
Steven Clark	Allison Moorehead
Brandy Elliott	Thelma Morris
Corey Gasper	Salvador Orozco
Gary Hoffmann	James Schmedding
Joi Hubbs	Lisa Slaight
Marcus King	Damir Krdzalic
Jerry McKinney	Jill Nelson

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

**They All Giggled At Her, Made Fun Of Her, & Predicted She Would Fail...  
Until She Opened Her Mouth!**

Just a couple months ago, Susan Boyle was a lonely woman. She was unemployed and, at 47, had “never been kissed.” Life is way too short for all of us. But for Susan – it seemed to have already passed her by. And when she walked out on the stage to audition for the show “Britain’s Got Talent” ... they all laughed and giggled at her.

They knew she was about to make a fool out of herself and it was no surprise why they thought that way....

**Just Look At The Picture To The Right And  
What Instantly Comes To Mind?**

You see, Hollywood has taught us that only people who are stereotypically “beautiful” belong in the public eye. Pretty people are heroes, beloved and cheered... while people who look and dress like Susan are the object of our scorn.

Susan mustered up the guts to audition for the British version of American Idol because she wanted to live out her dream... to be a professional singer. She said she’s always wanted to perform in front of a large audience and she said she was going to make that audience rock.

Then she got in front of Mr. Meany himself, Simon Cowell. He asked her whom she would like to be as successful as and when she said, “Elaine Paige”... the audience howled.

After all, how could someone who looked like Susan be as successful as the woman who is considered the First Lady Of British Theatre and has starred in Evita, Cats, and Sunset Boulevard, just to name a few?

**But What Happened Next Cannot Be Described With Words...**

From the very second she opened her mouth and began to sing – only someone without a central nervous system would fail to have a chill down his or her spine.

The laughter turned to surprise. Their howls turned to adoration.

By the time Susan was done singing “I Dream The Dream” from Les Miserables, there were only a few dry eyes in the house. If you have not heard Susan Boyle’s audition shocker – go to Youtube and just search her name. You will be in for one of the most wonderful experiences of your life.

**At the time of writing this, over 27 million people had logged onto youtube and watched her sing.** That’s not including those who saw her on the television show.

Youtube had over 140,000 comments about Susan – all ranting and raving about her performance.

**Quite A Change From The 47-Year Old Who Lives Alone  
And Had “Never Been Kissed”... Wouldn’t You Say?**

After her performance, Susan was unanimously voted to be part of the show. Back stage, she cried tears of joy.

Susan is easily a Cinderella but instead of a glass slipper, she has an incredible voice.

But with all the joy and cheering for Susan, most people have completely missed the point. Why was it okay to laugh at Susan and count her out simply because she didn’t look like a pin-up beauty? And what would have happened if Susan didn’t have the gifted voice she possesses? Without her talented voice, would she be condemned to live a lonely life of ridicule?

People disliked Susan for all the wrong reasons and now they like her for an irrelevant one... simply because she can sing.

This does not mean Susan is not a wonderful person. But the fact is: how can you tell from just one song?

It is a great thing Susan finally her chance and is going to live out her dream. Whether she wins the show or not – it’s hard to believe she will not be a professional singer.

And maybe we all can learn a great lesson from Susan Boyle – don’t judge the book by its cover – especially when a human life and feelings are on the inside of that book.

**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?... Healthy skin reflects outer beauty and inner health.** Treat your skin both inside and out to create a radiant glowing complexion. Internally, you can feed your skin through good nutrition and positive lifestyle changes. Taking healthy nutrients into the body is the best way to keep skin healthy. Vitamins A, E, and C improve the synthesis of collagen. Vitamin CoQ10 also promotes collagen production. Anti-oxidants remove free radicals that damage skin cells. Some of the foods with the highest anti-oxidant levels are chocolate (if you get healthy chocolate without additives and sugar), acai berries and blueberries. External treatments protect your skin from damage and replenish both moisture and nutrients. Skin is made of collagen and elastin, elastic fibers that relax as we age, causing wrinkles. To rebuild collagen, eat foods high in vitamins and anti-oxidants. Since moisture is also important, drink plenty of water daily and protect your skin with skin lotions to create a barrier from environmental factors. Many skin creams contain moisture-retaining ingredients. Many creams contain valuable natural ingredients, or you can use them as individual additions to your daily skin care regime: Buttermilk contains natural alpha-hydroxyacid, used in chemical peels. Coconut oil provides a natural moisture barrier. Almond oil contains Omega 3 fatty acids and has been used since Biblical times. Lavender tightens the skin with natural tannins. Grape seed extract is a strong anti-oxidant that protects the collagen and forms more elastic skin cells.

**Tip Of The Month – How To Accomplish More And Feel Better About Yourself Without Lying!**



There are two things everyone loves: Feeling better about himself or herself and accomplishing more. But, many times, people fall short on both because they fail to recognize how interrelated the two really are. For example, have you ever had one of those days when EVERYTHING went your way as soon as you awoke? You know what I'm talking about – from the moment you opened your eyes – until you laid your head on the pillow – everything just fell into place. When you look back on it now... you clearly should've played the lottery that day! But the point is: how did you feel about yourself that day? And, what happened as soon as that first thing went right? You felt great and wanted to do more. Momentum built and everything got easier and easier. This is often how sports teams and athletes get "on a roll." A little success psychologically prepares them for more success. They believe they can keep attaining success because they have already tasted it ... like it... and know for sure they can do it again. **Clearly – the best way to feel better about you and achieve more is by taking action and tasting success.** But this is NOT what many self-help "coaches" teach. Instead, they teach you to "fake it until you make it." In other words – lie to yourself and act happy and successful when you are not. They believe if you just lie to yourself long enough... it will eventually become your reality. It's too bad this does not work for most people simply because any rational human being does not look at poverty and see riches or experience failure and feel the pleasure of success. To put it bluntly: It is very easy to lie to others, but impossible to fool yourself. That's why we mentioned *that* day when everything worked out for you. There are ways you can start having more of those days. And it all starts with accomplishing more. How? The easiest way to accomplish more is to spend more time on your goals or the things you like. It sounds all well and good – but you don't have a minute to spare now – how in the heck are you going to do more? Easy! Most people only *think* they are busy. That's because most of their day is spent doing unproductive things. And, if you write down everything you do for the next few days, with the time spent on each, I'll bet you a lobster dinner you're going to be shocked (and a little embarrassed) at what you discover. Everything you do either takes you towards your dreams, goals and desires... or away from them. Quite a bit of your time is spent heading you in the wrong direction. Find those wasteful things and substitute them with things that will move you towards what you really want. And, it doesn't take much. Check this out: if you only discover 30 minutes a day you can put towards achieving success... that comes out to 182.5 hours in a year! That's 7.6 complete 24-hour days! 22.8 eight hour work days! It's amazing how a little waste can be turned into such a huge gain! And if you honestly can't find 30 minutes a day anywhere in your schedule... you can always wake up 30 minutes earlier. And if you start to do this – here's something important you will find: As soon as you get a little success... everything will come easier and you will get on your little roll. Success breeds success and you will feel better about yourself instantly and without lying to yourself. The key is not talking or reading – it's doing!

**Patient of The Month...** This month's patient of the month is Joe Barroso! Congratulations! As usual, the patients of the month will receive a FREE Hydromassage 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.*