

In Good Hands

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

Dedicate some of your life to others. Your dedication will not be a sacrifice. It will be an exhilarating experience because it is an intense effort applied toward a meaningful end. – Dr. Thomas Dooley

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

Researchers Create Monkeys With “Glowing” Hands! Will This Cure Inherited Diseases Like Parkinson’s, MS And More?

ALSO IN THIS ISSUE: Is Vitamin D a wonder supplement? Its role in increased athletic performance, cancer, lung function and mental agility...

MOline, Il. – The question is a difficult one. Maybe the most difficult question of all. There are many differing opinions and opposing viewpoints... but who has the right answer? Is there even a right answer?

What is the question? Allow me to explain...

Steve Connor, a science editor for *The Independent*, recently penned an article about how scientists have developed a technique to genetically modify monkeys so that future monkeys would retain the same genetic modification.

The premise being: if they can cure certain genetic diseases in monkeys, then scientists will be able to use the same or similar treatments to cure the same diseases in humans.

If this is possible, the scientists mentioned in the article believe they may be able to cure inherited (genetic) diseases such as Parkinson’s, Huntington’s disease, cystic fibrosis, MS and more.

In a study published in the journal *Nature*, a team of scientists led by Erika Sasaki of the Central Institute of Experimental Animals in Kawasaki used Marmoset monkeys to perform their tests, mainly because humans and other primates are genetically similar.

The researchers introduced a jellyfish gene into the monkey’s embryos. Why a jellyfish gene?

The purpose of the experiment was not to “cure” anything. It was simply to see if they could pass on new genes to the monkey’s offspring. In other words,

they wanted to see if they could change the genetic code for not only that monkey – but for all of that monkey’s descendants.

The jellyfish gene was used because it makes the...

Monkey’s Hands Glow Green Under Fluorescent Light!

This made it easy for the scientists to know if they succeeded since all they had to do was shine a fluorescent light on the monkey’s hands.

Previously, scientists performed similar work and created a “transgenic” monkey with jellyfish genes in 2001. The monkey’s name was Andi. They encountered a problem: even though Andi’s hands glowed green under fluorescent light, her offspring’s hands did not.

This meant that any genetic diseases the scientists were trying to alter with this technique would not be changed for future generations.

But *this* experiment proved different. Not only did the monkey’s hands glow... so did its offspring’s. The genetic trait scientists had inserted into one monkey was passed on to future generations.

Why is this so important? It’s important to the scientists because they can encode monkeys with human genes that cause diseases (such as Parkinson’s) that can be used for testing in hopes of finding a cure for humans with the same diseases.



On one hand, isn't modern science amazing? Who would have thought 25 years ago that scientists would be creating genetically altered monkeys with the hopes of curing "incurable" diseases?

On The Other Hand, Is The Big Question:

What are the repercussions of all of this? Is it ethical or cruel to create colonies of genetically altered monkeys with terrible diseases strictly for testing experimental treatments?

What are the long-term effects of permanently altering genes that are passed down from generation to generation to generation? Could the "cure" end up worse than the disease? This type of genetic tampering could easily positively or negatively affect the entire human race.

At this point, these are questions no one has answers to. It is very clear from the comments left on the Internet after Steve Connor wrote the article that there are strong opinions on both sides of this issue. One hopes we as a species choose the right path.

Now, let's talk about something a little simpler...

The Power of Vitamin D

Over the years, research in support of Vitamin D and all the wonderful things it can do for your health has been piling up. Nowadays, it seems like new evidence is published every month.

For example, on May 26th, Science Daily reported researchers from the Moore's Cancer Center at the University of California, San Diego have proposed a new model for cancer development. This model differs from the current one that states genetic mutations are the earliest cause of cancer development.

Instead, this theory believes that cells need to communicate with each other for healthy cell turnover.

As stated by epidemiologist Cedric Garland, PhD, Professor of Family and Preventive Medicine at the UC San Diego School of Medicine, who led the work, "The first event in cancer is loss of communication among cells due to, among other things, low Vitamin D and calcium levels. In this new model, we propose that this loss may play a key role in cancer by disrupting the communication between cells that is essential to healthy cell turnover allowing more aggressive cancer cells to take over."

According to Science Daily, "Reporting online May 22, 2009 in the *Annals of Epidemiology*, Garland suggests that such cellular disruption could account for the earliest stages of many cancers. He said that previous theories linking Vitamin D to certain cancers have been tested and confirmed in more than 200 epidemiological studies, and understanding of its physiological basis stems from more than 2,500 laboratory studies."

But That's Not The Only Good News...

A press release on May 20, 2009 states that according to research at the University of Pennsylvania, "Vitamin D may halt lung function decline in asthma and COPD."

Also on May 20, Reuters reported that, "Vitamin D may reduce decline in mental agility."

And get this: In the May issue of *Medicine & Science in Sports & Exercise*, a study co-authored by Dr. John Cannell offers compelling arguments for the benefits of Vitamin D on athletic performance.

Dr. Cannell's research shows that Vitamin D increases the size and number of Type II (fast twitch) muscle fibers. And most cross-sectional studies show Vitamin D levels are directly associated with musculoskeletal performance in older individuals.

According to Dr. Cannell, if you are deficient in Vitamin D, medical literature indicates the appropriate amount will make you faster, stronger and improve your balance.

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!

Bart Bassier	Cesar Casco	Victoria Deren
Addyson Hanson	Trista Menzer	Isai Sanchez
Ismael Quintana	John Carver	Mike Frazee
Timea Holmes	Steve Liedtke	Russ Miller
Pamela Laermans	Chelsea Soto	Callie Woodard
Billey Yeager		

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

How Star Wars Saved The Life Of A Police Officer

“May the force be with you.”

We’ve all heard that famous line from the blockbuster movie *Star Wars*, but who knew they would end up saving the life of a police officer decades after the words they were first uttered?

Jeff Romanoff is a 41-year old police officer in Lower Marion Township, just outside of Philadelphia. But unlike most 41-year olds, Jeff was very sick. He has a rare genetic condition called Von Hippel-Lindau disease that causes abnormal blood vessel growth and can lead to kidney cancer.

Jeff had already lost his right kidney from tumor growth... and now his left kidney was failing.

He Needed A Kidney Transplant Or He Would Most Likely Die

But Jeff is not just a police officer. He is also a BIG Star Wars’ fan. Back in 1999, he was such a big fan that he joined a group called “The 501st Legion.” The 501st Legion is a group of Star Wars fans who commemorate the movies and give back to the community.

According to the Northeast OH Healthy Living and Medical Consumer News, “The first time he put on the Storm Trooper armor, he was hooked. ‘Since that time, I’ve balanced police officer, father, husband, and Storm Trooper.’” Eric Seeman joined the group in 2007 after seeing them in New York raising money for the daughter of the founder of the group who needed chemotherapy.

And It’s A Good Thing He Did...

When the group found out Jeff needed a kidney transplant, many stepped up and were tested to see if they could be donors. A member named Eric was the only one that was a match. Eric didn’t hesitate to offer his kidney to someone in his Star Wars group he only knew for two years.

And it’s no wonder why...

Ten years ago, Eric’s brother donated his kidney to a family member, and two years ago his mother was diagnosed with leukemia. All of this made him self-motivated to sacrifice his kidney to save the life of a friend.

It Looks Like Heroes Run In Families

The surgery was performed on April 3rd at the Cleveland Clinic and took over 8 hours and so far, appears to be an overwhelming success.

It looks like both storm troopers are going to be fine and Jeff should be able to return to work very soon.

"The greatest thing was when the doctor came in and said that they had removed all of the visible cancer from him -- I knew that I had made a difference that day," said Eric.

The 501st Legion raised the money to pay for Eric’s travel to Cleveland for the surgery.

"He saved my life," Jeff said of Eric. "I'm completely cancer-free and I have a brand new kidney. There aren't many words that can describe what he's done for me."

And when Jeff was at a loss about how to thank him... Eric said there was no need for thanks. Just pass it along and do a good thing.

And as soon as Eric heals, he plans on going back to his charity work with his fellow storm troopers.

It’s amazing to read this story – especially when the newspapers are usually filled with gloom and doom.

There’s an old adage that says “bad news sells much more than good news.” After the steady diet everyone’s been force-fed lately, this story is a beacon of hope.

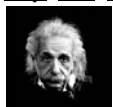
The entire world is not selfish and hell-bent on destroying others. And, people like Eric should be on the front page everyday as a prime example of how to live your life.

So, when you read the news tomorrow... and it’s about the economic crash... or some country testing nuclear bombs... think about the Eric’s of the world, and try to be more like them.

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?... Each year, nearly 350 children under the age of 5 drown in swimming pools. Another 2,600 are treated in emergency rooms for near-drowning incidents. So how do you protect your children around water? Consider these suggestions to help ensure safe summertime fun. Your little "fish" should never be left unattended around water. Whether you're at the lake, in your backyard pool, or at the neighborhood pool, young children need constant supervision. Don't rely on the watchful eye of the lifeguard, either. In a crowded pool of splashing, boisterous children, it's difficult for a lifeguard to monitor each child. Children can drown in a matter of minutes. Also, enforce rules about horseplay and never use floatation devices as a substitute for supervision. Almost 80 percent of drowning and near-drowning incidents occur at home. If you own a pool, there are safety devices you can use to help protect your family. A fence should be your first line of defense. Most children who drown in pools wander out of the house and fall into the pool. When choosing a fence, make sure it's at least five feet high with a self-closing, self-latching gate. A motorized pool cover may also be used, but should not replace a fence. The cover should withstand the weight of two adults and a child in case someone falls onto the cover and needs to be rescued. Because a child can drown in only a few inches of water, make sure that the cover is tight enough to prevent standing water. Pool owners may also consider alarms to alert them when a child has entered the pool area or fallen in the water. Door alarms can warn when a door leading to the pool is unexpectedly opened. Water disturbance alarms can detect when a child has fallen into the pool. Remember, alarms are no substitute for proper supervision. High-tech gizmos may help safeguard your children around water, but don't forget about old-fashioned common sense.

Tip Of The Month - What Albert Einstein Knew About YOUR Success And YOUR Health



Albert Einstein once said, "Any intelligent fool can make things bigger, more complex, and more violent. To move in the opposite direction, it takes a touch of genius and a lot of courage." Obviously, this can be applied to many, many things. But there is one thing it applies to that most people never see the connection. And this one missed connection is could be the most important thing in your life. To explain further, here is a quick story often told by the late writer, Gary Halbert. This story will most likely change the way you look at just about everything in your life...Here's the story...During the race for space exploration between the United States and the former Soviet Union, there was a problem. Both the United States Astronauts and Soviets Cosmonauts had trouble writing during space travel. Have you ever tried to write with a pen while lying on your back... or writing on the ceiling? The ink flows away from the tip of the pen and it just doesn't work. So, the United States set out to solve this problem with the brightest scientific minds on the planet. After years of testing, and who knows how much money spent, they finally did it. They came up with a...Pen That Could Write Upside Down!!! And it could write side-ways and every other position. Aren't our scientists so smart? Maybe... maybe not...Want to know what the Russians did? They Used A PENCIL!!! In his writings, Gary Halbert called this an "elegant solution." And this is what Einstein was referring to in the quote above. When things go wrong in our lives, we often look for some big, miraculous, over-blown solution. In other words, we think because our problem seems big and complex to us... it must take a big and complex solution. When, in most cases, the solution is quite simple and small. In fact, there is an "elegant solution" that no one discovers because they do not think or move in Einstein's "opposite direction." Health Problems Are The Biggest Example Of This...When people get sick, they most often think it is an extremely complex issue that needs an extremely complex solution. The more technologically advanced, new and sophisticated... the better. But, they usually never look for the reasons they got sick in the first place... which often holds the key to finding their elegant solution. What most people don't understand is that a large percentage of health problems are NOT caused by sudden, unpreventable conditions or events. You do not walk down the street one day and cancer, heart disease, diabetes, etc. jumps out of a bush... into your body... and bam!... you're sick. On the contrary, a good percentage of these conditions come from doing a few very simple things wrong for decades. Big health problems come from doing "small" wrong things for a long time. We all know about smoking, and eating junk food. The problem with eating junk food is that most people don't know it's junk. That's why you should ask your Chiropractor about nutrition. Just cutting out processed foods and sugar, eating more fruits and vegetables, and drinking plenty of water can have a dramatic long-term impact on your overall health. Adding a little exercise to the mix can do wonders. When the world is looking for advances in medical science to save the day after years and years of eating a poor diet, no exercise and abusing yourself... it takes courage to look in the opposite direction and do the right thing by taking care of you right now. If you don't you know where to start to find your elegant solution. Start by giving your Chiropractor a call.

Patient of The Month...This month's patient of the month is Juana Casco! Congratulations! As usual, the patients of the month will receive a FREE AQUA MED TREATMENT. 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