

In Good Hands

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

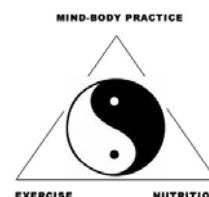
"In every work of genius we recognize our own rejected thoughts; they come back to us with a certain alienated majesty" - Ralph Waldo Emerson

New Research Finds Some Answers...

Who's Healthier: Introverted Or Extroverted Personality Types?

How this mind-body connection controls your chemistry and what you can do about it!

PLUS: Why low-calorie diets can make you live longer, the milk myth and what your body really needs, and how eating while stressed out can lead to weight loss and poor health!!!



Moline, Il. – You're probably one or the other, or, at least, more one than the other. What are we talking about? *Introverted* and *extroverted* personality types.

Some people just love social settings. They are usually the "life of the party" and tend to make whatever they are doing a party of its own.

While these people love and thrive on the energy of most social settings, others do not.

Introverts hide from groups of people and would much rather spend their time in solitude. The same party that charges up the extrovert completely drains the introvert. One can easily say... especially in today's society where everyone is so connected...

It's Tough Being Shy

But, what if *being* shy was actually bad for your health? And, what if new research actually showed it can even double your risk of death within five years? If that just shocked you a little... you will be *very* interested in this...

According to a study in the journal *Brain, Behavior and Immunity*, low levels of the extroversion personality trait may signal that blood levels of a key inflammatory molecule (interleukin 6) have crossed over a threshold linked to a doubling of risk of death within five years.

According to a June 17, 2009 press release by the University of Rochester Medical Center, "Long-term exposure to hormones released by the brain of people under stress, for instance, takes a toll on organs. Like any injury, this brings a reaction from the body's immune system, including the release of immune chemicals that trigger inflammation in an attempt to begin the healing process. The same process goes too far as part of diseases from rheumatoid arthritis to Alzheimer's disease to atherosclerosis, where inflammation contributes to clogged arteries, heart attacks and strokes."

Pretty amazing isn't it?

Medical science is beginning to study the mind-body connection more and more. In doing so, it is discovering just how profound an effect personality and stress can have on one's health and wellbeing.

But the big question is: Now that research is showing the health benefits of having an extroverted personality –

Could An Introvert Become An Extrovert...

...And get the same health benefits?

According to the University of Rochester Medical Center press release: "The findings recall an idea described as early as 1911 by French philosopher Henri Bergson that he called *élan vitale* or "life force," according to the authors. This aspect of adult personality may be linked to childhood temperament as well. Some babies are very relaxed, other babies are active. Activity levels may reflect

a fundamental, biologically-based energy reserve, although no one has explained the biochemistry behind it.”

It seems that people may simply be born introverts or extroverts. But, your increasing your activity levels may be one thing you can change that can be of great benefit to your health. Even though you cannot change your innate personality – physical exercise may be linked to the activity level in extroverts – which may help lower IL-6 levels. But, here’s something interesting the researchers said, “Beyond physical activity, some people seem to have this innate energy separate from exercise that makes them intrinsically involved in life.”

So the question is: Are some people just born with a different “life force” that gives them more energy... or... can you change your habits and state of mind and give yourself more “life force”? Who knows for sure... but one thing is certain: Chiropractors have talked about “life force” since Chiropractic’s inception in 1895, and we’ve laughed at and labeled as “quacks”. Now, researchers talk about “life force” as if there is no doubt it exists, and not only that – they are doing experiments to figure out how to possibly access more of it. One has to wonder if a Chiropractic adjustment that relieves stress on the spine and nerves in some way enhances your life force? Makes sense... doesn’t it?

While we are on the topic of life force and life spans...

Why Low-Calorie Diets Can Make You Live Longer!

Several studies have shown mice and other species... when put on extremely low calorie diets... have extended life spans. But, researchers have been puzzled as to why eating just above the starvation level would make you live longer. Now, researchers at the Salk Institute for Biological Studies have identified two enzymes that work together to determine the benefits of calorie restriction.

Research showed when round worms lack one of the enzymes, the low-calorie diet did not increase their life span.

What’s so important about this?

It’s important because now that the relationship between these two enzymes has been discovered – it can be studied further and possibly reproduced to help us all live longer. An article in Science Daily said, “Identifying the receptor may allow researchers to design drugs that mimic the signal and could lead to new treatments for age-related diseases. This could enable us to reap the health benefits of calorie restriction without adhering to extreme diets in which the satisfying feeling of a full stomach is strictly off limits.”

One must wonder if the artificial drug approach will really fool the body, and what the side effects will be?

The Milk Myth And What Your Body REALLY Needs...

A recent study published in the Journal of Nutrition Education and Behavior by researchers from the University of Minnesota, Minneapolis said young people are not drinking enough milk. But wait... that’s what the press reports said... NOT WHAT THE STUDY SAID!!!

Here’s what the study actually said: During the transition from middle adolescence to young adulthood, females and males reduced daily calcium intake by an average of 153 mg and 194 mg respectively. This is not good because peak bone mass is not reached until 20. It is important to build up bone mass early in life so you have enough when you get older and start depleting it.

CALCIUM is the issue here, not milk consumption. There are plenty of ways to get calcium besides drinking milk. For example, yogurt has more calcium than milk and is easier to digest. Collards and other greens have just as much calcium as milk. Greens also have Vitamin K to help strengthen bones. Milk does not. Tofu and sesame are also very high in calcium.

And here’s something interesting: If you measure milk by the cup, it is high on the calcium list. But if you measure it by calorie, it is at the bottom of the list. For example, 100 calories of turnip greens has over 3 times as much calcium as 100 calories of milk.

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!

**Linda Bottom
Kelly Carter
Kyle Reyes
Sara Wilburn
Timea Holmes**

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

The Jump That Saved His Life

It had been one year to the day.

Both their lives had taken such a dramatic turn... they never expected things would change so fast... *again*.

Lisa was hiking a gorgeous trail in Washington State when she suddenly saw something more beautiful than the breathtaking Pacific Northwest scenery.

She stopped dead in her tracks and just stared.

Dave was also hiking that trail alone. It helped to clear his mind as he decompressed from the 9 to 5 world he detested.

Then, he saw something so beautiful it stopped him dead in his tracks, too.

That's how Lisa and Dave met... and how they both describe the first time their eyes met. And for an entire year, there was not a day their eyes didn't meet and...

See That Same Beauty...

Dave knew instantly what the outcome would be. He was never so sure of anything in his life.

He wanted to do this several months ago... but he waited for this very special day. One year later... same breathtaking spot... he even knew the time... 1:12... when...

He Would Ask Lisa To Marry Him...

And on that perfect day, Dave brought a very special guest: his hiking partner, Charlie. Charlie had done everything with Dave until Lisa came along... and Dave wanted to include him in this special moment.

When the three of them arrived at the edge of the 80 foot cliff Linda and Dave had met at one year earlier, there was a slight drizzle in the air. For some reason, Charlie loved the rain...

Just before popping the question, Dave told Charlie to stay next to Lisa so he could get a picture of them together. He told Lisa this was an important picture, and she had no idea why...

That's when it happened...

Dave was having a hard time getting them both in the picture... so he backed up. Then he backed up some more.

The edge was slippery from the drizzle. Dave lost his footing and suddenly disappeared over the edge of the cliff.

Lisa screamed in horror.

And without hesitation...

Charlie Took Off Like Lighting And Jumped Over The Edge After Dave!

Lisa couldn't believe her eyes. She tried to call for help but her cell phone had no signal. So she ran all the way down the trail and called 911.

When Lisa and the rescue team got to Dave, he was at the edge of the river. Charlie was by his side holding his head up out of the water so he didn't drown.

Rescuers said Dave would have died if Charlie didn't make that heroic jump.

Charlie broke both hips in the fall, but still managed to save Dave's life.

What's even more amazing is that Charlie is a mixed breed collie and with his two broken hips held Dave's head up out of the water with his own face and head, almost drowning himself.

Both Dave and Charlie made a full recovery and Dave asked Lisa to marry him from his hospital bed. Not quite as scenic, but every bit as romantic.

Dave and Lisa were married the next year and Charlie walked down the aisle with the best man to thunderous applause.

With war and unrest in the headlines everyday, it is refreshing to here about Charlie, yet sad that it takes a dog to show us how to act.

Can you imagine what the world would be like if more people were like Charlie?

Would you jump over an 80-foot cliff to help someone you loved?

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 Earth is not exactly round? It is slightly pear-shaped. The North Pole radius is 1.73 inches longer than the South Pole radius. Plates carrying the continents migrate over the Earth's surface a few inches every year, about the same speed that a fingernail grows. That is also about the speed at which the Moon is moving away from Earth... The reason probably being that Earth is rotating ever slower - 1.4 milliseconds per century slower, some sources calculate 3 milliseconds per century- meaning less gravitational pull on the Moon. Earth is also moving away from the Sun at 5.9 inches per year. Speaking of gravity, inspired by Isaac Newton's theory of gravity, Henry Cavendish first discussed the possibility to establish the weight of Earth in a letter to his friend John Mitchell in 1783. Mitchell proposed using a torsion balance to measure the tiny gravitational pull between metal spheres, an experiment also carried out by French physicist, Charles Augustin de Coulomb. In 1797, Cavendish used Mitchell's apparatus to "weigh the Earth," publishing his first results the next year. How much does mother Earth weigh? 6 sextillion, 600 quintillion tons - that is two 6s, followed by twenty zeros: 6,600,000,000,000,000,000 tons! The Earth is getting heavier too, packing an extra 100,000 pounds every year (from dust and meteoric material falling from space). Perhaps it's no wonder Earth is slowing down. ;-)

Tip Of The Month - How Eating When Stressed Out Can Lead To Weight Gain And Poor Health



Be honest. When is the last time you sat down with your family and had a PEACEFUL, ENJOYABLE meal, one that was 100% peaceful and enjoyable with no stress or strain on your mind? If you are like most people, it's been a long, long, long time – if you can even remember one. We all know it's probably not the best idea to eat while angry, aggravated or stressed out... here's a little explanation as to just how bad it can be... When you eat under a state of stress and anxiety, your body is in a physiological stress response (PSR) mode. In this mode, it doesn't matter if you are eating the healthiest food in the world because your body will not digest, assimilate or burn calories efficiently. PSR is your fight or flight response. This means the blood

rushes away from your mid-section and goes to your head and limbs. This is your body using all its resources in an effort to survive, and digestion is halted or minimized until survival has been attained. You may not think the average everyday stress you are under could trigger this response, but it does. Your body reacts this way to any real or perceived threat. And the key here is... **PERCEIVED!!!** Perception is reality and it does not take very much for you to set off the fight or flight response. For example, have you ever thought that you were not good enough for something or someone? Have you ever worried about money, your spouse, your children, or how about the current economy? That's enough to shake anyone up a little bit! Well, any of these things can definitely set off the fight or flight response and put you in PSR mode. Here are some things that take place in your body due to that stress: 1) Decreased nutrient absorption. 2) Decreased oxygenation to your gut. 3) As much as 4 times less blood flow to your digestive system. 4) Decreased enzymatic output in your gut – as much as 20,000 fold!!! But that's not all. Many nutrients are excreted during stress... particularly... 1) Water soluble vitamins. 2) Macro minerals. 3) Micro minerals. Your cholesterol and triglycerides go up and your gut flora population goes down. For all this, you may suffer from increased food sensitivities or gastro esophageal reflux (heartburn). And, if you are concerned about weight loss, get this: Under this stressed state, your body increases production of cortisol and insulin. Increased cortisol can lead to: 1) Inability to lose weight. 2) Inability to lose body fat. 3) Inability to build muscle. 4) Weight gain around the mid-section. This is another great example of the mind-body connection and how studies are showing just how powerful it is. Being stressed out while eating can really put your body and health in a tizzy! It appears that many self-help gurus were right... **Thoughts Are Things!** And, they have a dramatic impact on our health and lives. Your body is the greatest pharmacy in the world. Be happy and create all the substances to help yourself and live longer. Be stressed out and negative and you will produce everything needed to make you sick. Controlling your thoughts and attitude is one of the most important things you can do.

Patient of The Month... This month's patient of the month is Mr. James Davison II ! Congratulations! As usual, the patients of the month will receive a FREE Dry Hydrotherapy Session. Watch for your name here in the 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.