

In Good Hands

A Free Monthly Newsletter For The Friends and Patients of: Drs. John & Estrella Falkenroth

“If I'd known I was gonna' live this long. I'd have taken better care of myself.”

Eubie Blake At Age 100

“Heart Disease And Cancer... Causes And Preventions You May Not Know About!...”

Soquel – Heart disease is the number one killer in the United States. In fact, let's take a look at the top ten causes of death in the United States in 2002 according to the National Center for Health Statistics (www.cdc.gov/nchs/fastats/lcod.htm):

1. Heart Disease: 696,947
2. Cancer: 557,271
3. Stroke: 162, 672
4. Chronic lower respiratory diseases: 124,816
5. Accidents: 106,742
6. Diabetes: 73,249
7. Influenza/pneumonia: 65,681
8. Alzheimer's disease: 58,866
9. Nephritis, nephrotic syndrome, and nephrosis: 40,974
10. Septicemia: 33,865

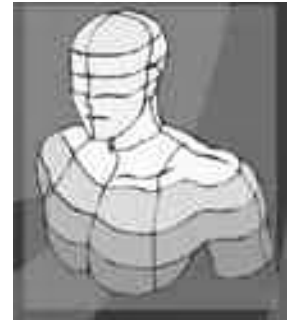
And if you look closely at the numbers above – it's obvious that #1 and #2 (heart disease and cancer) are way ahead of the other eight on the list.

And as far as heart disease goes – I'm sure you've already heard the best prevention is to lower your cholesterol by eating right and moderate exercise. Since everyone has already heard that – I thought I'd show you some other ways to reduce your risk of heart disease most people will never discover...

For example – did you know that gum disease... or... periodontitis... is the leading cause of tooth loss in adults?

You may not have known that – but the connection makes complete sense, right?

So what does tooth loss and gum disease have to do with your heart?



Here's what: A new study published in the Journal of Dental Research confirms previous research that demonstrates a clear **link between periodontitis and heart disease.**

In this new study, aggressive treatment for advanced gum disease in nearly 70 adults resulted in significant drops in C-reactive protein (CRP) levels and other important heart disease markers.

So, if you want to avoid the #1 cause of death in the U.S. – it would make sense to also avoid gum disease – wouldn't it?

As we have already discussed in previous newsletters – exercise is one way to do that. But now there is another study that shows that vitamin C may help prevent gum disease... AND... help improve the symptoms if you already have it.

According to researchers at Germany's Friedrich Schiller University (FSU), adding just two grapefruits a day to the average person's diet would help not only gum disease, but also your overall health.

Why? Because even though the average grapefruit only has about 100mg of vitamin C, that's still more than most people get from their diets everyday.

Researchers compared the vitamin C plasma levels in nearly 60 subjects with chronic periodontitis and 22 healthy subjects. Levels were measured before the test period, and again after a two-week intervention in

which each of the periodontitis patients ate two grapefruits daily.

Results showed, first of all, that the periodontitis subjects had "significantly reduced plasma vitamin C levels" compared to the healthy subjects before the test period. And predictably, C levels were higher among the diseased subjects after the test period. These subjects also had considerably less bleeding from the gums.

In a statement about this study, Dr. Gordon Watson of the British Dental Association made this additional point for BBC News: "It reinforces the message that if you have enough vitamin C in your diet then it tends to promote healing."

Yet Another Reason To Quit Smoking:

We all know about the deadly link between smoking and lung cancer. But, the study mentioned above also found a link between smoking and gum disease.

Researchers found that among the smokers who had periodontitis, vitamin C levels were about 30 percent lower compared to non-smokers with the disease. Smokers increased their C levels on the two-week grapefruit diet, but the levels were still much lower compared to non-smokers.

Scientists don't know why smoking is linked to low levels of vitamin C. The explanation may be biological; smoking could impair C metabolism. Another theory is that smokers as a group may tend to have unhealthy diets.

No matter how you look at it – the evidence that smoking is deadly just keeps piling up.

Enough About Heart Disease... What About #2 Cancer?

So you want to know a little something to help you not get the number two killer in America – do you?

Something that almost no one else knows about?
At least not yet?

Well guess what? If that's what you are looking for – I've got a goodie!

In late January, an independent scientific review panel advising the EPA took it a step further, ruling

that Teflon and other non-stick and stain-resistant chemicals are "likely" carcinogens.

In case you don't know, "Teflon" is the coating used on most frying pans and cookware.

The EPA urged companies to ban their use of perfluorooctanoic acid (PFOA) -- a chemical used in making Teflon. Unfortunately this "urge" was not mandatory – only voluntary.

But the scientific review panel's finding was a little clearer and wanted more reporting and better information:

- Future risk assessments involving PFOA should include its contribution to **various cancers** (liver, pancreatic, testicular and breast).
- PFOA's effect on **hormones** as well as the **immune and nervous systems** must also be included in any risk assessment down the road and shouldn't be limited by **age, species or gender**.

While the scientists are gathering more data – I'll take the statement from the EPA that Teflon is a "likely" carcinogen to the heart. I don't know about you... but... I'd rather err on the safe side.

...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!

We'd like to welcome all the new patients who became members of our practice family this last month! We'd like to welcome you publicly, and wish you all the best!

New Patients Welcome *Our doors are always open*

We pride ourselves on the high quality of service and care we provide. There's no better sign that we are serving you well than the number of new referred patients who walk through our door. Referrals and word of mouth are our number one source of new patients. When you give us a good reference, we won't let you down! A vibrant patient base helps our practice grow and expand so that we can continue to offer the very best in chiropractic treatment. **So, if you're wondering if we accept new patients – the answer is YES. Not only do we accept them, we encourage them.** There's no higher compliment for us than to be given the privilege of meeting and serving the needs of our patient's family and friends. **If you know someone in pain tell them about our "Jacob's Heart Donation Special" for new patients: For a \$10 donation to Jacob's Heart, they can get their first exam, first gentle treatment and first hydromassage session.**

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

“How To Tell If You Have A True Friend Before It’s Too Late...”

Friends. They’re common. We all seem to have so many. But, if you ask me... most people use the term w-a-y-too loosely...

That’s why I love this little story so much. I heard it not too long ago and the person that told me said it was true. But whether or not this is a true story doesn’t matter. What matters is the invaluable life lesson.

Here’s the story: Bruce was a man from humble beginnings. He was born and raised in a small, Midwestern town. His father was a plumber... and... that’s how Bruce learned his trade.

Over the years, Bruce built up a pretty good business. Nothing stellar... but it was enough to pay the bills and support his wife and two kids. Most of the time it was just enough.

But there was one thing about Bruce. He had a lot of friends. If he wanted, he could have had his own TV show...

Everyone Loves Bruce!

Why so many friends? Because Bruce was a great guy. He was always there for everyone. If you needed something – all you had to do was call Bruce – and he’d give you the shirt off his back. And he never asked for ANYTHING in return.

One day, Bruce was coming home from work and he stopped at the store to pick up some groceries. And on his way out, he decided to buy a lottery ticket. He played his favorite numbers, his anniversary, wife and kids’ birthdays etc.

He never played the lottery, but this was a big one. \$12 million. So... as they say... all Bruce needed was a dollar and a...

Dream!

That much Bruce had. But since money was a little tight, Bruce didn’t tell his wife he bought the ticket when he got home. He just ate dinner and spent some time with his wife and kids.

When his wife went to bed, he stayed up to watch the news and check on his dream...

With everyone in his family fast asleep, Bruce discovered... all by himself... **THAT HE HIT THE LOTTERY!!!!**

In the blink of an eye – he was \$12 million richer. And his first reaction was to wake up his wife and kids. But, as he took his first few steps down the hall... he had a change of heart

He stopped dead in his tracks and pondered the situation for a moment. And then he did something that was completely out of character for anyone that knew Bruce...

Here’s what he did: Bruce went back in his living room and pulled out his little black book that contained the numbers of all his friends. He sat down and made a list...

That list ended up being 20 of his best friends. All of whom Bruce had helped out in the past. Most he had lent money to – even when he barely had enough for his own family.

Then Bruce picked up the phone and called each and every one of them. But not to tell them he had just won the lottery... Instead, Bruce told them all he had just lost his job and he was in trouble. He needed \$1,000 in the next few days or he was going to lose his house and his family was going to be out in the street.

He told them he was embarrassed and ashamed... but... he didn’t know where else to turn. And he asked them all for the money... After calling his 20 “best” friends – friends he had all helped in the past...

19 Said NO!!!

One showed up on his doorstep 10 minutes later with a \$2,000 check.

The next day, all 20 of Bruce’s friends saw him on the news holding a \$12 million dollar check.

Bruce only got one phone call that day from all his so-called friends. It was from the one who showed up to help him the night before. Rumor has it Bruce cut him a huge check so he would be set for life. You gotta wonder how many calls Bruce would have gotten if he hadn’t found out who his true friend was before appearing on the news?

If you asked me – Bruce is brilliant!

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?...

1. When mothers are depressed, their kids have a harder time making friends? Yes, say doctors at Pennsylvania State University. Depressed mothers are less open with their children, limiting the kids' ability to connect with others.
2. A 20-year research program by Iowa State University shows that children whose parents are warm and supportive do well in personal and romantic relationships as young adults. Whether or not parents divorced was not the key factor in their ability to have successful relationships. Warmth and support by one or both parents was more important.
3. One marriage counselor recommends the AAA approach to improving your marriage: Apologize, Appreciate, Anticipate. Apologizing for something in the past helps clean things up. Apologizing for things as they occur helps to keep the slate clean, says Dr. Jeff Herring. Show appreciation, even for things that you take for granted. Make a list of all the things you appreciate about your partner. Then share the list. Anticipate something in the future so you have something to look forward to. On the calendar, map out a few fun events for the near future.
4. Be careful before you take Viagra! Viagra can be dangerous when taken in combination with other medications, particularly nitroglycerin related drugs. It can also be hazardous for people with coronary artery disease. Please make sure you consult with your doctor or pharmacist before taking Viagra. And please do not buy it over the Internet or from a mail order house without getting expert advice first!
5. There are some ways your hair loss can be stopped, or even reversed! For example: A. Too little protein in your diet can cause hair loss that's reversible simply by eating more protein! B. Thyroid Disorder – By adjusting an under or over active thyroid, hair loss can be reversed! C. Certain prescription drugs have side effects that cause accelerated hair loss. If you're taking chemotherapy, heart pills, pain killers, antidepressants and others, please check to see if hair loss is listed as a side effect! Of course, you should never make any health care decisions without consulting with your health care providers!

Tip of The Month...“Six Tricks You Can Use To Feel Better, Relieve Pain And Gain More Energy!”



I love those little lists of tricks and tips for feeling better, relieving pain and gaining more energy – don't you? Well, I came across one in Men's Health that was pretty good. And I thought I'd share some of them with you.

The Men's Health list has 18 tricks you can teach your body in all – and I'm just giving you six – so if you'd like the rest just go to

<http://health.msn.com/menshealth/articlepage.aspx?cp-documentid=100119940>

1. If your throat tickles, scratch your ear... When you were 9, playing your armpit was a cool trick. Now, as an adult, you can still appreciate a good body-based feat, but you're more discriminating. Take that tickle in your throat; it's not worth gagging over. Here's a better way to scratch your itch: "When the nerves in the ear are stimulated, it creates a reflex in the throat that can cause a muscle spasm," says Scott Schaffer, M.D., president of an ear, nose and throat specialty center in Gibbsboro, New Jersey. "This spasm relieves the tickle."**2. Experience supersonic hearing!** If you're stuck chatting up a mumblor at a cocktail party, lean in with your right ear. It's better than your left at following the rapid rhythms of speech, according to researchers at the UCLA David Geffen School of Medicine. If, on the other hand, you're trying to identify that song playing softly in the elevator, turn your left ear toward the sound. The left ear is better at picking up music tones. **3. Feel no pain!** German researchers have discovered that coughing during an injection can lessen the pain of the needle stick. According to Taras Usichenko, author of a study on the phenomenon, the trick causes a sudden, temporary rise in pressure in the chest and spinal canal, inhibiting the pain-conducting structures of the spinal cord. **4. Clear your stuffed nose!** Forget Sudafed. An easier, quicker, and cheaper way to relieve sinus pressure is by alternately thrusting your tongue against the roof of your mouth, then pressing between your eyebrows with one finger. This causes the vomer bone, which runs through the nasal passages to the mouth, to rock back and forth, says Lisa DeStefano, D.O., an Assistant Professor at the Michigan State University College of Osteopathic Medicine. The motion loosens congestion; after 20 seconds, you'll feel your sinuses start to drain. **5. Fight fire without water!** Worried about heartburn tonight? "Sleep on your left side," says Anthony A. Starpoli, M.D., a New York City gastroenterologist and Assistant Professor of Medicine at New York Medical College. Studies have shown that patients who sleep on their left sides are less likely to suffer from acid reflux. The esophagus and stomach connect at an angle. When you sleep on your right, the stomach is higher than the esophagus, allowing food and stomach acid to slide up your throat. When you're on your left, the stomach is lower than the esophagus, so gravity's in your favor. **6. Cure your toothache without opening your mouth!** Just rub ice on the back of your hand, on the V-shaped webbed area between your thumb and index finger. A Canadian study found that this technique reduces toothache pain by as much as 50 percent compared with using no ice. The nerve pathways at the base of that V stimulate an area of the brain that blocks pain signals from the face and hands.

Remember, we're always here, using the miracle of Chiropractic to help your body heal and maintain the health you deserve.

Jacob's Heart... One of our resolutions this year is to help others, so we looked for a non-profit organization in our area and we found Jacob's Heart – an organization that helps children with cancer and their families cope with the challenges of having a sick child. We have three young children of our own and we can't even imagine what it would feel like to have any of them diagnosed with cancer. If you know someone in pain tell them about our "Jacob's Heart Donation Special" for new patients: For a \$10 donation to Jacob's Heart, they will receive their first exam, first gentle treatment and first hydromassage.