

In Good Hands

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

“New Studies May Unravel Some Of The Chronic Fatigue Syndrome Mystery...”

Soquel – If you or someone you love suffers with Chronic Fatigue Syndrome (CFS)... you are probably going to find what you are about to read extremely useful. It may make your life... and the lives of countless others... immeasurably better.

Here is why.

According to two articles in the November issue of Archives of General Psychiatry, CFS affects between 400,000 and 900,000 U.S. adults.

The condition is defined as unexplained fatigue that lasts for at least six months, does not get better with rest, and interferes with daily activities. For a formal diagnosis of CFS, fatigue must be accompanied by at least four of eight additional symptoms, including extreme fatigue after exertion, difficulties with memory and concentration, unrefreshing sleep, headaches, muscle pain, joint pain, sore throat and tender lymph nodes.

The authors of one of the articles stated, "Chronic fatigue syndrome (CFS) is an important public health problem. The causes of CFS are unknown and effective prevention strategies remain elusive... Despite the substantial public burden of CFS, the causes and pathophysiology (underlying changes) of CFS remain unknown, and effective prevention is elusive."

Unraveling The Mystery

Researchers compared 43 individuals with CFS to 60 non-CFS. The 60-person non-CFS group was the “control.” Both study groups were chosen from a general population sample of 56,146 adult residents in Wichita, Kansas.

All 103 participants in the study underwent a medical examination and interview to detect any psychiatric illness. Questionnaires assessed five types

of childhood trauma: emotional, physical and sexual abuse, and emotional and physical neglect. Responses to each item were numbered and added together to produce a score for each type of trauma and one overall trauma score.



Results...

Here are the results in the words of Christine Heim, Ph.D., Centers for Disease Control and Prevention and Emory University, Atlanta, and colleagues...

“The CFS cases reported significantly higher levels of childhood trauma and psychopathology compared with the controls. Exposure to childhood trauma was associated with a 3- to 8-fold increased risk for CFS across different trauma types. There was a graded relationship between the degree of trauma exposure and CFS risk. Childhood trauma was associated with greater CFS symptom severity and with symptoms of depression, anxiety, and posttraumatic stress disorder. The risk for CFS conveyed by childhood trauma increased with the presence of concurrent psychopathology.”

And different childhood traumas had different effects of the severity of the resultant CFS. For example, emotional neglect and sexual abuse during childhood were most strongly associated with CFS.

And, as you might expect, the more childhood traumas – the greater the CFS risk. According to the study, for each additional type of childhood trauma experienced, the risk of having CFS increased by a whopping 77 percent.

An important note is that not all patients with CFS had experienced childhood trauma; but those who DID have childhood trauma tended to have worse symptoms.

Researchers' Conclusion...

"In sum, it appears that CFS is part of a spectrum of disorders that are associated with childhood adversity. In adulthood, these disorders frequently manifest or worsen in relation to an acute stress or challenge. High emotional reactivity is a risk factor for all of these disorders. Thus, enhanced stress and mood reactivity can be assumed to be a central feature common to this spectrum of disorders.

In fact, these disorders might reflect the brain's inability to adapt or compensate in response to challenge, leading toward maladaptive responses and ultimately disease."

In another study, Kenji Kato, Ph.D., of the Karolinska Institute, Stockholm, Sweden, and colleagues studied 19,192 twins born between 1935 – 1958. Of the 19,192... 1,570... or 8.18% had CFS.

Participants answered questionnaires about their personality in 1972 and 1973. One of those questions was, "Do you experience your daily existence as being very 'stress filled'?"

In the age- and sex-matched comparison, individuals who reported their life was stressful were 64 to 65% more likely to develop CFS; in the analysis comparing twins, the risk increased to 500%. "This suggests that some genes may serve as a buffering effect whereas other sensitive individuals are more susceptible to the impact of stress," the authors write.

One of the most fascinating parts of this study was that when only identical twins were compared... emotional instability was not related to CFS risk. This meant that similar genetic factors might be a cause.

The authors concluded, unlike stress, the association between emotional instability and fatigue is more likely to be internal – without external cause.

"Because we found considerable influences attributable to genetic and early environmental factors, our results suggest biological mechanisms

Welcome New Patients!

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

that mediate the relationship between emotional been implicated in depression and emotional instability."

What Are The REAL Answers?

I don't know about you – but I'm often frustrated when I read about studies like these. (And most studies for that matter.)

Why?

Because most do a great job of defining a problem... but... rarely... offer any useful solutions.

No one should be shocked at the conclusion – which is – stress kills.

More importantly, your emotional state can, and does, affect and create illness. There is no doubt genetics play a role in disease. But stress and emotions are often ignored because they are difficult to measure.

Complete health is both mental and physical. Ignore one and the other will soon deteriorate. And from these two new studies – what happens to us – emotionally as children – can manifest itself as physical illness as an adult.

All of which puts even more emphasis on acquiring techniques to eliminate and reduce stress in you and your family's life. If you have any questions about possible ways to deal with stress – feel free to ask us!

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 life long good health.

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 a new patient. If you have a friend in need, just call us. We will send them a **FREE First Visit Certificate** or have them visit www.FiveStarChiro.com.

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

“Inspiration Can Come In The Strangest Of Places...”

It’s incredible.

Two people can look at the exact same thing... One will see nothing but pain, suffering and misery. The other will see kindness, love and opportunity.

The same two people can share the exact same experience. The former will complain and moan about how it was nothing but a waste of time... and burden. The latter credits it for being the breakthrough that changed his or her life... forever.

One of the greatest lessons I’ve ever learned was that – just about all the time – it’s NOT what you are looking at – it’s NOT what happens – it’s NOT the circumstance – it’s YOU. How you look at and react to whatever you encounter that changes, alters and shapes your life.

For example, last year I watched a funny movie. A comedy. During the movie... besides laughing for a couple of hours (loudly I might add), I gleaned one of the most motivational examples I have even seen.

I’m going to tell what that movie was... and... what I found so motivational. But first, let me tell you what triggered me to think of it again – after over a year...

Can You Ride A Bike?

Really... can you ride a bike? This may seem like an odd question. Everyone can ride a bike... right? Well, I just read a news article about Susan McLucas. So what? Well, Miss McLucas teaches adults to ride bikes. And over the past 20 years, she has taught nearly 2,000. But that’s not the good part....

The good part is – when the news reporter interviewed some of Miss McLucas’s adult students – there was a common reason for traveling for bike riding lessons...

Secret Shame...

One woman told how – for years -- when vacationing on Cape Cod, her friends would always ask her to go for a bike ride. She always had to come up with a new reason: A lie to cover up the embarrassment of not being able to ride a bike.

Another said she heard about Lance Armstrong. How he overcame cancer to become a world champion. And even though the fear of falling and being embarrassed was great – when he thought of what Lance had done... and what it would feel like to finally ride a bike... pushed her forward.

Movie Link...

Which bring us to the movie link: This is going to sound a little strange at first – but stick with me – we’re almost to the good part...The movie was “Dodgeball.” And, even though it was a comedy – one part was extremely motivating. And that part is our common link here, because it involved Lance Armstrong...

You see... the hero of the movie (played by Vince Vaughn) has led his team to the finals of the world championship of dodge ball. But, due to some stupid personal problems – he’s going to skip out on his team and not show up for the final game. This is where it gets good...

He is just about to leave and he is drinking at the airport bar. Lance Armstrong walks up to him and says he has been watching the dodge ball tournament and he is a big fan. Vince’s character tells Lance he is not going to play in the final...

Lance says...**“I thought about quitting when I was diagnosed with testicular, prostate and brain cancer all at the same time. But with the love and support of my family, I got back on my bike and won the Tour De France five times. But I guess you have a good reason to quit. I guess if people didn’t quit when the going got tough, they wouldn’t have anything to regret for the rest of their lives...”**

Heavy line for a comedy, right? I wrote it down right after I heard it – and read it whenever I feel like quitting. I don’t know about you – but it puts things in perspective and snaps me right out of any bad thoughts I may be having.

And whatever happened in Dodgeball?

Vince made it back for the game and his team won the championship. Of course...

If only life were that easy... ☺

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?...

Can you stomach this? The sight or smell of food is enough to make our stomachs growl. But what is it that the gut wants, and what will it do with dinner when it gets it? In humans, the stomach serves as the central place where food is mixed, broken down, and reaches a state where it can be passed onto the intestines for further breakdown and absorption of the nutrients. Almost all vertebrates and some invertebrates have a stomach in one form or another. The goldfish has no stomach, while the cow has four. The fact that humans chew their food, dictates the way in which their stomach functions. Since it's already had a major mastication, the stomach does not need to go through a physical process of grinding what's put into it. On the other hand, birds have only beaks, and to compensate for the lack of teeth, their digestive system includes a primary "stomach", or gizzard, which does the crushing for them. The lucky cow has no less than four stomachs, each having a specific role, such as the rumen, where complex plant materials like cellulose are broken down. Considering all the mashing and mixing that goes on, the stomach must have a fairly solid structure. In man, that means four tough layers, from the serosa, or outer fibrous membrane; to a three ply layer of muscle; then a submucous layer; and finally, the inner lining or mucous layer, which is a whole complex of its own. The sight, smell and presence of food trigger the stomach to produce chemicals, acids, and other fluids to aid in digestion. More than 35,000 gastric glands in the stomach lining, are part of a system by which the stomach "destroys" food, while protecting itself from the harmful acids it produces. In order to do this, the lining cells shed and are replaced every 36-48 hours.

Tip of The Month - "Ten Factors That Can Make You FAT!"



You have to admit. For almost all of us – the biggest holiday gift we could ever get would be to drop a few “LB’s.” Imagine this: You have a great holiday dinner. Stuff your face with all the things you love to eat. Then you eat some more... You barely waddle away from the table and make it to the couch... or... favorite recliner. Drift off into a sweet little nap. That’s followed by a little TV... and then... you waddle into bed. For a nice, long, winter slumber. And, when you wake up the next morning – completely rested... **You Also Lost 10 Pounds!!!** Sounds great – doesn’t it? Well, the bad news is – it ain’t happenin’ that way!!! Not even close...

All cruel holiday jokes aside – researchers in a new study say the prevalence of obesity has increased substantially since 1970. According to this study published in the *International Journal of Obesity*, “*Although the causes are uncertain, many contend that environmental changes are almost certainly responsible and focus overwhelmingly on food marketing practices and technology and on institution-driven reductions in physical activity (the 'Big Two'), eschewing the importance of other influences. This has created a hegemony whereby the importance of the Big Two is accepted as established and other factors are not seriously explored. The result may be well-intentioned, but ill-founded proposals for reducing obesity rates.*”

The researchers went on to say that too much emphasis has been placed on these “Big Two” for the obesity epidemic. And that the evidence that has been used to support the “Big Two” has been largely circumstantial. So... they came up with 10 factors that contribute to the epidemic. And admit – that these 10 “causes” are also supported by circumstantial evidence, “*but in many cases, at least equally compelling.*” So much for the notion that science is “exact”... Anyway... here are the 10 factors they implicated in the crime of obesity – only convictable in a civil case because all the evidence is circumstantial...

1. **Sleep Debt** – according to the study, the average hours of sleep has decreased from over 9 to just over 7 among adults.
2. **Endocrine Disruptors** – Endocrine disruptors are industrially produced substances that can affect endocrine function. According to the study, endocrine disruptors have increased in the food chain. This one was pretty complicated and we’ll leave it at that!
3. **Reduction In Variability In Ambient Temperature** – There is a temperature range in which energy does not have to be expended for your body to maintain homeostasis. Both the increase in homes with air conditioning and heat has decreased this energy expenditure. I guess no one sweats or shivers anymore!
4. **Smoking** – Smokers tend to weigh less than non-smokers and weight gain follows smoking cessation. And the rate of cigarette smoking among U.S. adults steadily declined during the past several decades.
5. **Pharmaceutical Iatrogenesis** – Many prescription drugs cause weight gain.
6. **Changes In Distribution Of Ethnicity And Age** – Shift in population to ethnic groups that have a higher percentage of obesity and living longer.
7. **Increasing Gravida Age** – The average age of birth mothers has increased. Having an elderly mother has been found to be a risk factor in obesity.
8. **Intrauterine And Intergenerational Effects** – Complicated... basically environmental changes that effect prior genes.
9. **Greater BMI Is Associated With Greater Reproductive Fitness Yielding Selection For Obesity-Predisposing Genotypes** – Again, complicated. Basically, obesity can be passed on genetically and being overweight has been correlated with having more children.
10. **Assortative Mating And Floor Effects** – We’re not even going to try to explain this one. If this interests you – go to <http://cancerres.aacrjournals.org/cgi/content/abstract/66/21/10357> for the details.

We listed them all here – but the ones of great interest were 1, 4 and 5. **Because they are under our control.** I don’t know... diet and exercise still sounds pretty good to me... but that’s just me...

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

Ever have one of those days when everything seems to be go wrong?

Visit www.FiveStarChiro.com for a suggestion on how to survive these gloomy days when they come your way. This piece was written by Dr. Estrella Falkenroth and accompanied by drawings from her kids that will surely put a smile on your face. **Happy Holidays and have a terrific year 2007!!!**