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In Good Hands

A Newsletter for the Friends and Patients of Dr. John Falkenroth, D.C.

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“Most men pursue pleasure with such breathless haste that they hurry past it.” ~ Soren Kierkegaard

What we know about...

Easing Back Pain?

**More Exercise Or Less? Weights Or Aerobics?
New Studies Shed Light On These Questions And More...
How top athletes trigger anti-aging effects at the cellular level, and
can the Wii Fit® video game help your family get fit?**



Soquel – Let’s start this newsletter with an amazing display of some incredible psychic powers. *How*, you ask?

I’ll tell you something about yourself, even if we have never met. Are you ready?

Ok, here it goes: *You have suffered from back pain.* And, not only have you suffered from back pain, your back pain has been a problem for quite a while and you are afraid it will stick with you for the rest of your life.

Pretty accurate statement... isn’t it?

Of course it’s accurate – but it has nothing to do with psychic powers. Although “psychics” use this very technique to...

Fool People Every Day!

What you have just read is a truism. A truism is something that is *true* for a majority of people. In this case, statistics show 80% of people in North America will suffer from back pain at some point in their lives.

Not only that, for 85% of these back pain sufferers, the pain will be chronic.

That being said, there are things you can do to ease and possibly relieve back pain so you are not just another statistic.

One thing, of course, is Chiropractic care. Studies have shown Chiropractic care to be effective (and cost effective) in the treatment of many cases of back pain and it is clearly a great option for many back pain sufferers.

It is wise for back pain sufferers to consult a Chiropractor to find out if Chiropractic care can help and to see what their options are.

Besides Chiropractic, recent research reveals some important things about easing back pain you probably do not know. should you use...

Weights Or Aerobics To Ease Back Pain?

“People who use weight training to ease their low back pain are better off than those who choose other forms of exercise such as jogging, according to a University of Alberta study”, as reported in a December 16, 2009 article in Science Daily.

“The study, done in conjunction with the University of Regina, showed a 60 percent improvement in pain and function levels for people with chronic backaches who took part in a 16-week exercise program of resistance training using dumbbells, barbells and other load-bearing exercise equipment.

“In contrast, people who chose aerobic training such as jogging, walking on a treadmill, or using an elliptical machine to ease their back pain only experienced a 12 percent improvement, said Robert Kell, an Assistant Professor of Exercise Physiology at the University of Alberta, Augustana Campus.”

Researchers believe they achieve better pain management results with resistance training because they are using a whole body approach. On the contrary, aerobics training generally works just the lower body.

More Exercise Or Less?

According to a University of Alberta study, if you suffer with low back pain, you should exercise MORE, not less.

In the study, 240 men and women with chronic back pain who exercised four days a week had 28% less pain and 36% less disability, while those who exercised two or three days a week did not see this change.

Amazing what a day or two in the gym can do, isn't it?

The study showed working with WEIGHTS four days a week provided the greatest amount of pain relief and quality of life improvement.

An important note: "Working with weights" is a very relative term. Before you start any exercise program, you should see a qualified doctor for a pre-workout examination. And, all workouts should be designed to suite your individual case and needs. (We are trained to assist you in this.)

Now for some great benefits of exercise, besides your aching back...

How Athletes Stimulate An Anti-Aging Effect on The Cellular Level!

According to the *Journal of the American Heart Association*, new research shows exercise by professional athletes triggers anti-aging in heart muscle cells – which has a protective effect against aging of the cardiovascular system.

In technical terms: Telomeres are DNA that protect the two ends of chromosomes from damage. Imagine the ends of a shoelace. The telomere is like the end of the shoelace that protects the lace from fraying; the end caps. Telomeres have a shortening mechanism that limit the number of divisions a cell can undergo. This basically defines the life of the cell.

Telomeres gradually shorten from cell division and this shortening leads to aging on the cellular level.

The study found physical exercise by professional athletes leads to the activation of the enzyme telomerase.

Telomerase is important because it stabilizes telomere.

Author of the study, Ulrich Laufs, says, "This is direct evidence of an anti-aging effect of physical exercise. Physical exercise could prevent the aging of the cardiovascular system, reflecting this molecular principle."

The study examined 32 professional runners from the German National Track and Field Team. Their average age was 20 and their average running distance was 45 miles per week. The study also examined 51 year olds who had a history of continuous endurance exercise since youth, with an average running distance of 50 miles per week.

Will The Wii Fit® Video Game make your family "fit?"

Wii Fit® may be a lot of fun... but according to a new study – just having "fit" in the title doesn't mean it has anything to do with actual fitness... at least for the entire family. A University of Mississippi study shows the game has little effect on family fitness. The study analyzed 8 families who had a Wii Fit for 3 months. The data showed the children had a significant increase in aerobic fitness, but none of the other fitness factors were increased and fitness was not increased for the family as a whole.

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.


THANK YOU...

Thank you to those of you who referred your family, friends, co-workers and neighbors to our practice.

Thank you also to all the local doctors, physical therapists, massage therapists, personal trainers and acupuncturists who referred their clients to our practice.

Your referral is really the only measure we have of how we are doing in helping you and in meeting your expectations. When I see your name as the person who referred a new patient, my staff and I get reassured that you are happy with your experience at our clinic.

Thanks again for your referrals,

John Falkenroth 

Inspirational Story Of The Month –

“Heroes In Movies Wear Costumes And Capes – Heroes In Real Life Wear Jeans And A T-Shirt.”

We've all seen it since we were little kids.

Comic books, cartoons and movies are filled with heroes who appear out of nowhere... rescue the struggling victim or victims... and save the day. Maybe they even save the planet or the entire universe!!!

These heroes always look *very* different from “us.” They have special powers and can accomplish what no mere mortal could ever even begin to dream about.

But is that really true?

No, according to what the news has reported in just the last year alone. It seems as though there are super-heroes living next door, standing next to us in the supermarket...and...

Gracing Our Presence Every Single Day!

Take Donte Green, for example. He is 6'11" tall and plays in the NBA for the Sacramento Kings.

He was boating on the American River in Sacramento, California on Memorial Day when he heard splashing and screaming.

A woman was thrown overboard while trying to pull a ladder onto her boat.

Dante did not hesitate to act. He dove in and saved the woman, risking his career in the NBA and life for a complete stranger.

What's that?

Dante is a professional athlete and almost 7 feet tall... he is the sort of super hero you would see in the movies, you say?

Well, check out this next story...

Tony Gerdom is an emergency medical worker from Iowa. He was off duty one night when he and his friend, Brian Ford, saw a van driving in front of him swerve off the icy road and into a pond.

Tony tied a rope around himself and Brian held the rope as Tony went into the pond to save the people in the van.

Both men did not want to be called “heroes.” When asked about what he had just done, Tony said, “I'm just the lucky idiot that jumped in first.” Brian added, “No matter how cold the water was, it's an overwhelming feeling that I helped save a life. It's tremendous.”

Tony, Brian and the man they saved all had to be treated for hypothermia.

Then there is Robert Sweeney – a postman from Sacramento, California. Robert was doing his mail route when he heard the cries of help from a woman. When he got to the woman, her 19 month old baby appeared lifeless.

Robert performed CPR on the baby while neighbors called 911. He revived the baby before the paramedics got there... probably saving its life.

Robert Sweeney acted without emotion, until it was all over and he sat in his truck to go home. That's when the significance of the moment hit him and he broke down crying.

But it gets even better...

Jonathan Brito of Michigan saw his house engulfed in flames when an electrical outlet set a curtain on fire.

Jonathan's two sons were trapped inside and Jonathan jumped through flames to bring them to safety.

But, that's not all. Jonathan went back in the smoke and fire-filled house to rescue Punchy... the family dog.

When Jonathan got to Punchy, he was unconscious. Once outside, he performed CPR... Punchy started breathing... coughed up some smoke... and...

Got Up And Started Running Around!!!

Jonathan, who lost all of his clothes and Christmas presents in the fire said, “If I've got to jump through fire to save my kids' lives, that's what I'm going to do.”

It's a pretty safe bet Jonathan would have jumped through flames to save YOUR kids too.

Too often we hear about all the bad things going on in the world when great things happen every day. It's nice to know real heroes exist and they are more common than you may think.

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 when you need us, but don't wait until you can no longer move!

Did You Know?... The health benefits of broccoli and related vegetables may come in part from a chemical known as sulforaphane, which appears to activate a specific heart-protecting protein. In addition to broccoli, cruciferous vegetables include cabbage, cauliflower, rapeseed (canola), radish, turnip, mustard greens and watercress. Sulforaphane was found to increase the activity of the protein Nrf2, which is known to be inactive in areas of the cardiovascular system that are predisposed to plaque build up. In these areas, which include bends and branches in blood vessels, blood flow is slowed or even disrupted entirely. Sulforaphane has shown it can protect those regions by activating Nrf2. These fascinating findings provide a possible mechanism by which eating vegetables protects against heart disease.

Tip Of The Month – The Importance Of Being Shot With Cupid's Arrow... Have you ever been shot by Cupid's arrow? In other words... have you ever been in love? Stupid question? Maybe. But here's something about Cupid's arrow that is far from "stupid." For example, did you know that research has shown being in love has consequences for your health and well-being? REAL consequences – not just superficial feelings. In fact, a study published in the *Neuroendocrinol Lett* 2005; 26(3):264–267: *"Love and pleasure carry the ability to heal or facilitate beneficial motivation and behavior, in addition to ensuring survival of individuals and their species. After all, love is a joyful, yet useful, activity that encompasses wellness and feelings of well-being – a rather holistic and integrative medical procedure! Positive emotions, compassion and happiness, help us to feel better, particularly in stress, and further improve bodily functions: Love, compassion and joy make our immune system function better and help to battle diseases. Furthermore, current research on these topics made the wellness concept evolve from a sometimes esoteric or non-scientific background and become a major focus of progressive medical science."*



How Does All This Happen? There is a hormone in your body called oxytocin. It is produced in your brain and some is released into your bloodstream, but it is believed most stays in the brain. Scientists say oxytocin works through the dopamine reward system and makes us feel good when we are around people we care deeply about or even our pets. Dopamine is a brain chemical important in how we perceive pleasure. If the dopamine system is not functioning correctly, it can lead to depression and even mental illness. Oxytocin is not just about feeling good. It lowers levels of stress hormones in the body, reduces blood pressure, increases tolerance for pain and might even speed up the time it takes wounds to heal. And, get this: It has actually been linked to how much we trust others... playing an important role in all of our relationships. A study at the University of North Carolina at Chapel Hill found couples who have a more positive relationship have higher levels of oxytocin, and couples with more frequent physical contact (like handholding and hugging) have the highest levels of oxytocin. What does all this mean? It seems obvious a shot from Cupid's bow cannot only lead to one of the most wonderful feelings in the entire world – it might also lead to a healthier, longer life. **What Is Love?** *"Love is a temporary madness. It erupts like an earthquake and then subsides. And when it subsides you have to make a decision. You have to work out whether your roots have become so entwined together that it is inconceivable that you should ever part. Because this is what love is. Love is not breathlessness, it is not excitement, it is not the promulgation of promises of eternal passion. That is just being "in love," which any of us can convince ourselves we are. Love itself is what is left over when being in love has burned away, and this is both an art and a fortunate accident. Your mother and I had it, we had roots that grew towards each other underground, and when all the pretty blossoms had fallen from our branches we found that we were one tree and not two."* ~ St. Augustine

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 good and looking younger! Don't be a stranger. Call us when you or your family and friends need our help.

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 [831-475-8600](tel:831-475-8600).