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# In Good Hands

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

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“I am convinced that life in a physical body is meant to be an ecstatic experience.” – *Shakti Gawain*

Eye-opening information that can change your child’s life...

## Shocking Statistics About Children Every Parent Needs To Know...

**Plus: Is THIS diet pill (endorsed by an extremely popular celebrity) dangerous? And... 7 Steps for a healthy heart...**



**S**oquel – Being a parent is difficult. It is probably the biggest and most important responsibility anyone will ever face.

You would think kids would come with some sort of instruction manual. Sadly, they don’t... and raising kids today is more complex than at any time in history. That’s why it’s so important to learn all you can – whenever the opportunity presents itself.

### Now Is One Of Those Times

For example, there are a couple of alarming statistics and trends every parent should know. They have the potential to shape your children’s future in positive... or negative ways.

Here’s the first statistic every parent should know: According to a new study by the Kaiser Family Foundation, “The average young American now spends practically every waking minute, except for time spent in school, using a smart phone, computer, television or other electronic device.

“Those ages 8 to 18 spend more than 7½ hours a day with such devices, compared with less than 6½ hours 5 years ago.” That does not include time spent simply texting or talking on the phone.

It also found: **“that heavy media use is associated with several negatives, including behavior problems and lower grades.”**

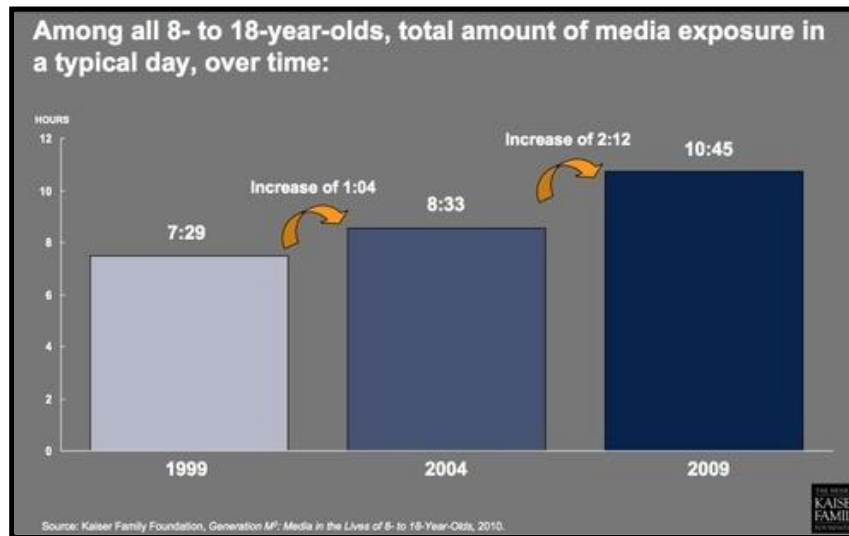
Here’s the second statistic, as reported on January 20, 2010 in the New York Times: “Between 1977 and 2002, the

percent of the American population eating 3 or more snacks a day increased to 42 percent from 11 percent, according to a large study of American nutritional habits conducted by the Agriculture Department with the Department of Health and Human Services.

Further, researchers found the percent of children surveyed who said they had eaten 3 meals on the previous day went down, while those who had a snack went up more than 40 percent.”

Even though these statistics are from several years ago, researchers in the article say the trends have not changed. It is very possible the situation is even worse today.

Think about it. Food is everywhere. Have you been to an event for your children lately that did not have some snack for sale? As the New York Times’ article pointed out, these snacks are usually “junk food.” Here’s something very interesting from a parent interviewed for the article: Once a week, Vivian Zachary’s 6-year-old son, Joel, goes dashing for the vending machine at the gym after his gymnastics’ class ends at 5 p.m. “Last week it was a Fruit Roll-Up and a can of 7-Up,” Ms. Zachary wrote in an e-mail message. “I’m not sure why I let this go on, and I often think that if I were a better parent, or at least more able to tolerate incessant complaining, I would let him buy the snacks but not actually consume them until after dinner. But I have already established the pattern [the ‘rule’ in Joel’s mind], so there’s no going back now.”



Like the first sentence of this newsletter stated, "Being a parent is difficult." It also pointed out how important this responsibility is. So, you have to ask yourself at some point...

### Who Is Raising Who?

Who's making the important decisions? Who is the parent and who is the child? And clearly... it is NEVER too late to start doing the right thing – no matter how difficult it may seem. When looking back on our lives, it is easy to see our "mistakes." It is also easy to say we made those mistakes because we just didn't know what to do at that time. We didn't have the facts. We didn't know the right answer.

But, that's not true, because most of the time we DO KNOW THE RIGHT ANSWER. We do know what we should do. We just don't choose to do it because it seems too darn hard. We take what seems to be the easy way out – and then deal with the terrible repercussions later.

### A Great Story About This Instantly Comes To Mind...

Several children were asked to come into a room with an interviewer one-by-one. When the child sat down with the interviewer, one marshmallow was placed in the center of the table.

As soon as the "interview" was to begin, someone would enter the room and announce they needed the interviewer.

The interviewer would tell the child he had to leave... and the child had two choices...

The child could eat the marshmallow while he was gone or wait until he got back. If the child ate the marshmallow while he was gone, that's all he would get.

If the child waited until the interviewer got back, the child would get an entire bag of marshmallows.

As the story goes, these children were followed up later in life. The children who immediately ate the marshmallow had a tendency to lead difficult lives. They had a hard time keeping jobs and relationships. They usually did not amount to very much.

The kids who waited were very different. They tended to be very successful in most aspects of their lives. They had good jobs and healthy long-term relationships.

This story exemplifies the value of...

### Delayed Gratification

In other words, the ability to put off a small reward, pleasure of satisfaction now, for a larger one in the future. Should you purchase those new shoes or big screen TV on your credit card today – or should you save your money and buy it with cash later? Should you eat that piece of chocolate – or go to the gym and exercise?

Should the parent in the quote above deal with her child complaining about getting a snack now or give in and have a larger problem in the future? We all know the right answer is NOT eating the marshmallow right now and getting a whole bag later. It is standing up to a 6 year old and making the

right choice for them because it will lead to a better life for everyone.

Dealing with problems head-on, no matter how difficult they may seem at the time, is almost always the best choice.

### Diet Product Danger

Recently, TV celebrity Kim Kardashian endorsed the diet regimen QuickTrim. She said in an interview in OK! Magazine that she used it to quickly shed 15 pounds in just a few weeks.

But, is Quicktrim safe? Maybe not – at least according to a posting on Dr. Joseph Mercola's health website: *The morning and afternoon supplements contain a "thermogenic complex," two doses of which provide a total of 400 milligrams of caffeine -- the equivalent of four cups of coffee. The supplements also contain piperine (black pepper) and white willow bark extract, both of which increase the potency of caffeine. If the person who takes it drinks coffee as well, they could get caffeine poisoning, which can cause heart arrhythmias. The evening supplements contain a combination of stimulant laxatives and bulk laxatives. This could lead to diarrhea, which can cause dehydration and a loss of vital nutrients. Stimulant laxatives can also cause your intestines to become dependent on them for stimulation, causing constipation if you stop. It also comes with a variety of diuretics, and several of these -- including juniper berry, uva ursi, and horsetail extract -- shouldn't be taken over long periods of time because they can be toxic. There are also possible health risks involved with severe water loss, such as fainting from the loss of electrolytes, kidney stones, even full-blown kidney malfunction.*

*In a nutshell, QuickTrim elixirs have some pretty powerful stimulants, laxatives, and diuretics. The package material advises checking with a doctor before using the products, but most people probably don't.*

**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.**


## 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 medical definition of Seasonal Affective Disorder (SAD) is: symptoms of depression coinciding with seasons of shorter days and less sunlight. This is blamed on our (so-called) biological internal clocks, or circadian rhythm, and it is said that SAD sufferers are more likely to be women and younger persons. Other symptoms include a craving for sugary foods, such as sweets, candies, and refined carbohydrates. The true cause of SAD is the lack of exposure to natural sunlight. If you lack sufficient sunlight on your skin, you can suffer from health effects like depression. That's because the human body is designed for frequent sunlight exposure. Sunlight provides an essential element to the human body... something that you need on a frequent basis in order to achieve optimum health... Vitamin D. In order to reverse seasonal affective disorder, or sunlight deficiency, the only treatment necessary is, of course, to get more natural sunlight on your skin. Sunlight is the answer, and all people need to do is step outside and expose their skin to natural sunlight for a few minutes each day, and their body and nature will take care of the rest. A person who makes a point to get natural sunlight on their skin on a frequent basis - daily, if possible--will experience a wide range of benefits, including improvement in mood, an ending of any state of depression they may have experienced, and enhanced brain function. Depending on where you live, of course, it may be difficult for you to get natural sunlight on a regular basis, and so the next best thing is to get high-intensity, full-spectrum lighting. These are essentially very bright lights that radiate some of the same frequencies as the natural sun. However, this is only the second best thing. Nothing replaces natural sunlight in terms of intensity and frequency. The bottom line to all of this is that seasonal affective disorder is treated by relying on nature -- sunlight, plants, fresh air, regular physical exercise, and living foods.

**Tip Of The Month – 7 Steps To A Healthy Heart - American Heart Association Identifies Important Factors Leading To A Healthy Heart ...**



Heart disease is the number one killer in America. The American Heart Association (AHA) says they have identified 7 steps to achieving a healthy heart. And, just like so many other important things in life – these “steps” may be “simple”... but they will not always be easy. Published in *Circulation: Journal of the American Heart Association*, the AHA says ideal cardiovascular health for adults is defined by these health measures: 1) never smoked or quit more than a year ago; 2) a healthy body mass index (BMI), an estimate of body fat determined by a formula using weight and height; 3) physical activity, and more is better. (The new measure says at least 150 minutes per week of moderate-intensity exercise is necessary for ideal health, or 75 minutes weekly of vigorous physical activity); 4) blood pressure below 120/80; 5) fasting blood glucose less than 100 milligrams/deciliter, a fasting measure of blood sugar level; 6) total cholesterol of less than 200 milligrams/deciliter; and 7) eating a healthy diet. Healthy factors in a 2,000-calorie diet include: at least 4.5 cups of fruits and vegetables per day; at least two 3.5 oz. servings of fish per week, preferably oily fish; at least three 1-ounce servings of fiber-rich whole grains per day; limiting sodium to less than 1,500 milligrams a day; and drinking no more than 36 ounces of sugar-sweetened beverages weekly. The American Heart Association hopes a couple of great things happen if people follow these 7 steps: By 2020, Americans could have improved their cardiovascular health by 20%, and also reduce deaths from cardiovascular-related diseases and strokes by 20%. This would not only add many years to countless lives, it would dramatically alter the QUALITY of life. Here's the amazing thing about the AHA's “new” finding... It IS NOTHING NEW! I'm sure this is not the first time you been advised to eat a healthy diet, exercise, don't smoke, don't eat too much salt, and stay away from sugar. Barring abnormal genetics, it's incredible how simple living a healthy life can be, which is what Chiropractors have been saying for over 100 years. The key is living up to your genetic potential. And living up to your genetic potential is NOT about fancy technology, wonder drugs or surgeries. All of these advancements may save lives ONCE YOU ARE SICK, but they have nothing to do with staying healthy. The key to living up to your genetic potential is doing all of these simple things consistently for the rest of your life. That's where it gets a little tricky. It is easy to eat right, exercise, etc. for a few weeks or months. What is difficult is doing all the right things for years and years and years. But, it all starts with a decision. The decision to take charge of your health and life. And when you do that – anything is possible. Make your decision and take your first steps to true health today.

**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 831-475-8600.*

