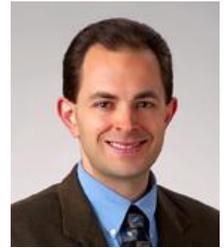


# In Good Hands

A Newsletter for the Friends and Patients of Dr. John Falkenroth, D.C.  
Back Pain And Sciatica Clinic ♦ (831) 475-8600 ♦ www.RepairMyBack.com  
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“Only a life lived for others is a life worthwhile.” ~ *Albert Einstein*

## Eating a Diet Rich in These Types of Foods Could Cut Your Risk for Heart Attack By Nearly a Third!



### Also this month:

- ✓ **Strokes Are Becoming a Concern Among an Unlikely Group** - Find out why and what you can do to help prevent it.
- ✓ **Are Females the Stronger Sex?** Study shows this protects women against the flu!
- ✓ **Two Acts of Kindness That Will Change the Way You Feel About Humanity...**

I'm going to tell you something very important that you should already know. Then, I'm going to tell you something just as important that you probably do not know. The combination of these two things could save you from developing heart disease as well as suffering a stroke!

First, here's what you SHOULD already know...

Eating plenty of fruits and vegetables is a major factor in preventing the #1 cause of death worldwide: heart disease. In fact, eating more fruits and vegetables is #2 on the Mayo Clinic's list of "Heart-Healthy Diet: 8 steps to prevent heart disease."

According to experts from the Harvard University School of Public Health, "A diet rich

*in vegetables and fruits can lower blood pressure, reduce risk of heart disease and stroke, prevent some types of cancer, lower risk of eye and digestive problems, and have a positive effect upon blood sugar which can help keep appetite in check..."*

For 14 years, Harvard researchers followed 110,000 men and women as part of the Nurses' Health Study and Health Professionals Follow-Up Study. They found compelling evidence that a fruit and vegetable-rich diet can lower an individual's risk for heart attack and stroke.

Here's what they wrote: "*The higher the average daily intake of fruits and vegetables, the lower the chances of developing cardiovascular disease. Compared with those in the lowest category of fruit and vegetable intake (less than*

1.5 servings a day), those who averaged 8 or more servings a day were 30 percent less likely to have had a heart attack or stroke."

The research team went on to speculate that even though all fruits and vegetables may offer some heart-healthy benefits, the produce with the most impact may have been "...green leafy vegetables such as lettuce, spinach, Swiss chard, and mustard greens; cruciferous vegetables such as broccoli, cauliflower, cabbage, Brussel sprouts, bok choy, and kale; and citrus fruits such as oranges, lemons, limes, and grapefruit (and their juices)..."

When they reviewed other long-term studies that looked at diet and subsequent cardiovascular disease risk, they observed similar results: "Individuals who ate more than 5 servings of fruits and vegetables per day had roughly a 20 percent lower risk of coronary heart disease and stroke, compared with individuals who ate less than 3 servings per day."

Not only is eating lots of fruits and veggies good for your heart but other research has shown that a produce-rich diet can lower blood pressure, decrease cancer risk, and even lower the chances for developing type 2 diabetes.

Those are all things you should know, but it's always great to read a little reminder about just how great fruits and vegetables are for you. Many times we need these little reminders to get us back on track!

### **Here's Something You May Not Know...**

As mentioned earlier in this article, heart disease is the world's #1 killer. Stroke is also high on the list, but thanks to improvements in medicine and healthier lifestyles, stroke is on the decline among seniors. It recently dropped from the #4 most common cause of death among the elderly to #5. That's the good news. Now for the bad news...

Stroke has quickly become a problem among younger adults in the United States. For

Americans under age 44, the risk of first-time stroke has been on the rise since at least the mid-1990s.

A large-scale study called the Greater Cincinnati/Northern Kentucky Stroke Study has followed an estimated 1.3 million adults for several decades. Among those of European descent aged 20-54, the risk of first-time stroke increased from 26 per 100,000 adults in 1994 to 48 per 100,000 adults in 2005. For those of African descent, the risk jumped from 83 per 100,000 in 1994 to 128 per 100,000 in 2005. Nowadays, nearly one-third of first-time strokes are experienced by middle-aged and younger adults, not the elderly!

For experts like Dr. Brett Kissela of the University of Cincinnati in Ohio, the reasons behind this dramatic increase in stroke among younger adults are pretty clear: Today's Americans are more likely to be overweight/obese, diabetic, and hypertensive at a younger age than their parents' generation.

In fact, when researchers looked at study participants who did have a stroke, they found that those patients were more likely than the general population to be overweight, have diabetes, have high blood pressure, and smoke.

The good news is that this means that most strokes can be prevented by paying early attention to risk factors. Eating a healthy diet (including lots of fruits and vegetables), getting regular exercise, maintaining a healthy body weight, and not smoking are all things you can start doing right now to not only lower your risk for a heart attack but also a stroke and several other preventable causes of death and disability.

**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 providing you natural pain relief.**

## **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 health professionals who referred their patients to our practice. Your referral is the ultimate measure we have of how we are doing in helping you and in meeting your expectations. When we see your name as the person who referred a new patient, we get reassured that you're happy with your experience at our clinic. Thank you for your trust and thank you again for your referrals.*

## **Two Acts of Kindness That Will Change the Way You Feel About Humanity...**

You have probably heard this old saying, “I would give you the shirt off my back.” It simply means you are a very kind and generous person who would give everything to another person. The saying is very common, but have you ever seen it done?

Putulik Qumaq is homeless. Originally from Northern Canada, Putulik has been living on the streets of Montreal for 17 years. He knows hunger, pain, and cold. So, when he saw a teenager in a t-shirt laying on the sidewalk in the freezing weather, he did something no one else would. Qumaq walked up to the boy and gave him the coat off his back. Qumaq simply told the teen, “It’s very cold” and handed him his jacket.

But this story has a twist... You see, the 14-year old boy was not homeless after all. Instead, he was shooting a video and only acting homeless just to see if anyone would help him. He said some people gave a little bit of money, but most just ignored him. It’s amazing that the one person who gave the most had the least to offer.

Qumaq said he had a feeling when he saw the boy. He said, “He’s young and I’ve been through that.”

Apparently, helping people isn’t new for Qumaq. He frequents a Montreal shelter (The Open Door) and is known for his generosity. A volunteer at the shelter, Frank Paris said, “I see them helping individuals all the time. Here, showing love, brotherly love amongst each other.”

David Chapman, the Assistant Director at The Open Door, said those who have been through hardship are often the most generous. He said, “Often, those who live on the street are people with really big hearts, and this is an aspect that’s often not seen... We see a lot of it because we get to know them. We learn to know their names, we learn a little bit about their stories, and in fact, they are some of the most lovely people you’ll ever meet.”

Now, for another amazing example...

At times, New York City (and other major cities) can be a rough place. Riders on the subway tend to mind their own business and rarely make eye contact with one another. But 23-year-old Joey Resto from Brooklyn is different...

Recently, a fellow rider recorded Joey performing a rare act of altruism that has the Internet buzzing. Joey saw an elderly man shirtless and so cold he was shivering. Joey went over, took his shirt off, and gave it to the man. Lazaro Nolasco, the man who recorded the clip, shared it on Facebook and it had been viewed over nine million times as of this writing.

Resto said that after seeing the man on the train and noticing he had abrasions on his head, he realized he couldn’t sit back and do nothing. He told the New York Daily News, “It was a natural reaction to help, to do what I can. I hope they find this guy. It is not hard to spot him. It just came from the heart. I don’t know how anyone could have walked past him and had extra clothing and not given it to him. He was warm for the first time in I don’t know how long. He just curled up in a corner and went to sleep.”

But Resto didn’t stop there. After putting his shirt on the man, he went and got him a black winter hat and put it on his head. He said he wanted to take the man for a hot meal, but he had fallen asleep and was resting so peacefully that Resto did not want to disturb him.

While you go about your daily routine, look around you. Do you see someone who needs an extra hand? Is there something you can do to make someone’s life just a little bit better? Helping someone will also help you feel great about yourself.

***If you know anyone with back pain, neck pain or sciatica, encourage them to call us. We love helping our patients and their friends and family through their tough times and getting them feeling better. Remember that early treatment is key to a full and complete recovery. Don’t wait until you can no longer move!***

## Did You Know?...

### **The Benefits of Vitamin A!**

Did you know that vitamin A (retinol) is a powerful anti-oxidant with many health benefits?

- Vitamin A helps protect the surface of the cornea, and studies have shown that it may also play a role in reducing the risk of macular degeneration. While vitamin A deficiency is rare in the developed world, it's the leading cause of blindness among children in the developing world.
- It also protects the skin from signs of premature aging and can be used as part of a topical treatment for damaged skin.
- The vitamin is consumed as pre-made vitamin A (retinol) through animal sources such as beef, poultry, whole milk, and cheese. Plant-based foods like carrots, sweet potatoes, spinach, and kale are rich in beta-carotene, a substance the human body can convert into vitamin A.
- Though considered rare, consuming too much vitamin A can lead to toxicity issues, so talk with your healthcare provider before adding vitamin A supplements to your diet. Vitamin A can also interact with medications that involve the skin or liver, blood clot prevention, and antibiotics so again, speak with your doctor first.

## Tip Of The Month

### **Are Females the Stronger Sex?**

#### **One Study Shows That Estrogen Protects Against the Flu!**

The debate has raged for centuries. Which is the stronger sex? Now, science has evidence that females are tougher than males, at least when it comes to the flu virus.

When an individual comes into contact with the flu virus, whether or not they experience symptoms depends on how much the virus can replicate in their body before succumbing to the immune system. In other words, the more times it replicates itself, the more damage the virus can do. Accordingly, the less the virus replicates itself, the less damage it will do and the less it will make you sick. Less replication also means less chance of spreading from person to person.

Here's why females seem to have protection against the flu...

A research team gathered nasal cells—the cell type that the flu virus primarily infects—from male and female donors. The researchers then exposed the cells to the virus along with estrogen, the environmental estrogen bisphenol A, or selective estrogen receptor modulators (SERM), which are compounds that act like estrogen that are used for hormone therapy.

The researchers found that estrogen, SERM compound raloxifene, and bisphenol A reduced flu virus replication in the nasal cells taken from women but not in those from men.

Dr. Sabra Klein of Johns Hopkins University writes, *"Other studies have shown that estrogens have antiviral properties against HIV, Ebola, and hepatitis viruses. What makes our study unique is two-fold. First, we conducted our study using primary cells directly isolated from patients, allowing us to directly identify the sex-specific effect of estrogens. Second, this is the first study to identify the estrogen receptor responsible for the antiviral effects of estrogens, bringing us closer to understanding the mechanisms mediating this conserved antiviral effect of estrogens."*

**Remember, we're always here to help you and your friends and family get pain relief and maintain your independence and the active lifestyle that you all deserve. After you're done with this newsletter and the enclosed flyers, please pass them on to someone you know who has back pain, neck pain or sciatica. Thank you.**

*The information contained in this newsletter and in the inserted flyers is solely advisory, and should not be substituted for medical 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.*