



Healthy Life Newsletter January 2015

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The following research reports are taken from *The Wellness Report* By Donald M. Petersen, Jr. at <http://blog.toyourhealth.com/wrblog/>

Vitamin D for Infant Food Allergies

A new study examined the relationship between food sensitivity and levels of vitamin D in infants. The study found that "significant differences in (Vitamin D) levels were found between groups on number and degree of food sensitization. Vitamin D deficiency increased the risk of sensitization to food allergens, especially to milk and wheat." The study also found a relationship between a lack of vitamin D and dermatitis (eczema) in infants.

The study findings "suggest that vitamin D deficiency increases the risk of sensitization to food allergens and that atopic dermatitis may be more severe in infants with vitamin D deficiency."

Not sure if your baby is getting the proper amount of vitamin D? Talk to your doctor of chiropractic.

[Read the abstract](#)

Save Money on Health Care

A recent study compared the cost of health care for those suffering from metabolic syndrome (MetS) and those who weren't. Metabolic syndrome is a combination of high blood pressure, high blood sugar and excess body fat, particularly around the middle. It increases your chances of stroke, heart disease and diabetes.

In addition, it costs you money.

The study found that "health care costs for employees with MetS who reported sufficient exercise (150 or more minutes/week) totaled \$2770 compared with \$3855 for nonsufficient exercisers. The percentage of employees with MetS who had absenteeism and presenteeism was also significantly lower for employees achieving sufficient physical activity."

The solution to metabolic syndrome isn't a new drug or surgery. It is good old fashioned aerobic exercise, 150 or more minutes/week. That works out to half an hour every weekday taking the weekends off.

It's your body, your money, your life, and your decision. But the evidence is almost overwhelming... regular exercise keeps you healthy.

[Read the abstract](#)

The Dangers of Antacids

Researchers are aware that “the use of acid suppression has been associated with an increased risk of upper and lower respiratory tract infections in the outpatient setting.” This inspired a study to better understand how acid suppression drugs negatively impact the lungs.

Their study found that “forty-six percent of patients taking acid-suppression medication had gastric bacterial growth compared with 18% of untreated patients.” This “bacterial growth” included “Staphylococcus” (staph infection), “Streptococcus” (strept infection) and other unfriendly bacteria.

They concluded that “Acid-suppression use results in gastric bacterial overgrowth of genera (multiple classifications) including Staphylococcus and Streptococcus. Full-column nonacid reflux is associated with greater concentrations of bacteria in the lung.”

Every drug, even over-the-counter, seemingly harmless antacids, have negative side effects. These could obviously be very serious, especially for elderly and those with respiratory issues.

[Read the abstract](#)

Sports Help Bones 30 Years Later

A study followed “397 retired male elite soccer players” for 30 year after they quit playing soccer. The researchers measured and evaluated their bone traits finding that “exercise-associated bone trait benefits are found long term after retirement from sports together with a lower fracture risk. This indicates that physical activity in youth could reduce the burden of fragility fractures.”

[Read the abstract](#)

Vitamin D reduces Dementia & Alzheimer Disease

A recent study compared the risk of dementia and Alzheimer disease among elderly with low vitamin D concentrations and elderly with sufficient vitamin D. What they found is that those who were deficient in vitamin D were 53% more likely to experience “all-cause dementia” and 69% more likely to experience Alzheimer disease. Those elderly that were severely vitamin D deficient were 125% more likely to have all-cause dementia and 122% more likely to have Alzheimer disease.

The authors noted that “our results confirm that vitamin D deficiency is associated with a substantially increased risk of all-cause dementia and Alzheimer disease.” Just another important reason to check your vitamin D.

[Read the abstract](#)

Humor = Less Stress, More Memory

Researchers note that "for older adults, the damaging effects of aging and stress can impair the ability to learn and sustain memory. Humor, with its associated mirthful laughter, can reduce stress and cortisol, a stress hormone. Chronic release of cortisol can damage hippocampus neurons, leading to impairment of learning and memory."

They conducted a study comparing the learning abilities of those who spent 20 minutes watching humorous videos vs. those who sat quietly for 20 minutes. The results showed that those who watched the humorous videos had a higher improved learning ability (38.5% vs. 24%), more than twice the delayed recall improvement (43.6% vs. 20.3%) and "significant decreases in salivary cortisol."

They concluded that "the study's findings suggest that humor can have clinical benefits and rehabilitative implications and can be implemented in programs that support whole-person wellness for older adults. Learning ability and delayed recall are important to these individuals for a better quality of life—considering mind, body, spirit, social, and economic aspects."

So when someone questions why you are watching that silly rom-com (romantic comedy), remind them that laughter is important for health.

[Read the abstract](#)

Positive Findings in Military Low Back Pain Study

Where chiropractic care has been used in the military health services, it has been deemed very successful. A recent study led by Christine Goertz, DC, PhD, found that 73 percent of patients who received standard medical care and chiropractic care rated their pain "completely gone," "much better" or "moderately better." In comparison, only 17 percent of participants who received standard medical care only comparably rated their improvement as high.²¹

The Goertz study followed the DoD's Chiropractic Care Study, released in 2009 when chiropractic care was selectively introduced at a few TRICARE facilities with chiropractors as the primary spine providers (as researchers now suggest).²² The results were impressive²³ across all branches of the military, with chiropractors scoring enormously high patient satisfaction rates:

- 94 percent satisfaction in the Army
- Twelve of 19 Air Force bases had 100 percent satisfaction rates
- Navy also reported satisfaction ratings at 90 percent or higher
- TRICARE outpatient satisfaction surveys rated chiropractors at 88 percent, which was 10 percent "higher than the overall satisfaction with all providers" (78 percent)

The Chiropractic Care Study also revealed praise from Unit Commanders, ADSM, and military treatment facilities (MTF) personnel concerning chiropractic care. Overall, the Chiropractic Care Study showed that MTFs consider chiropractic care a "valuable adjunct" to the care offered in the MTFs:

"Chiropractors returned ADSMs to duty faster, and they would select a chiropractor as much or more than a Doctor of Osteopathy or physical therapist."²⁴

Despite these favorable results, the military health services have not fully implemented chiropractors on all bases and at all VA hospitals, as called for by federal law. Ironically, the military medical corps has no problem plying ADSM or vets with narcotics while deterring full access to more effective and drugless chiropractic care.

The above excerpt is from a 2-part article about overuse of pain-killing drugs by doctors in the military and VA health care systems and the great potential of chiropractic care to help address this problem. To read the whole fascinating article click on [Part One](#) and [Part Two](#).

Exercise, Memory, Depression and Your Brain; Great News!

by Dr. James Bogash

The list of things you can do to protect your brain and improve brain function is quite long, but there is one thing that is always at the top.

Exercise.

There is absolutely, positively no doubt that exercise is incredibly important for your brain. And this is regardless of what you are worried about or what you are dealing with. Parkinson's, Alzheimer's, depression, anxiety, chronic migraine headaches, seizures, multiple sclerosis...

Sadly, this tool is brought into play far too seldom. The second you walk into your neurologist's door, the first question he or she should be asking is how is your exercise routine going. All too frequently medications are the only item of discussion.

How exactly exercise helps the brain is yet to be figured out, but it's likely working by several mechanisms:

- Improved blood flow to the brain. More blood flow means more nutrients and healthier brain cells.
- Release of the hormone irisin through exercise.
- Muscles use glucose. More muscle means better glycemic control and lowered risk of diabetes. Prediabetes and diabetes destroy the brain.

And probably several more ways that I can't think of right now. This particular article adds to the list. In it, researchers looked at the effect of the hormone adiponectin on the brains of mice.

Adiponectin is a hormone produced by the fat cells in the abdomen. This hormone is essentially an anti-diabetes hormone. As I mentioned, since diabetes is so bad for the brain, it might make sense that adiponectin would have positive effects on the cells of the brain.

But the specifics are what were so surprising:

- Adiponectin can cross the blood-brain barrier. Higher levels in the brain increased the number of brain cells and decreased depression-like behaviors.
- A deficiency of adiponectin, however, cut short the beneficial effects of exercise in increasing the number of brain cells in the hippocampus (the region affected by Alzheimer's dementia).

Because researchers were using mice, they were able to modify the hormone levels. But, in your own brain, these same effects can be achieved through a combination of living an anti-diabetic lifestyle and exercise.

The anti-diabetic lifestyle will increase the levels of adiponectin being released by your fat cells. The higher levels of adiponectin will give you the best possible effects of exercise on your brain. Specifically, according to this study, the hippocampal region of your brain will benefit. This is the region that is heavily involved with memory.

So, if you are a migraine sufferer, it is not exercise alone that is going to protect your brain and your memory. Exercise needs to be coupled with an anti-diabetic diet to have the full effect on protecting your brain.

Want to avoid Alzheimer's dementia? Same story.

Depression? Anxiety? Same story.

Get the point? You cannot change or improve one aspect of your lifestyle without making changes in

The following is the first part of a fascinating and important article from the October 2014 issue of Men's Journal. You can read the whole article at <http://www.mensjournal.com/magazine/when-to-say-no-to-your-doctor-20140919>

When to Say No to Your Doctor

By Joseph Hooper

Every time you walk into a physician's office, you run the risk of overtreatment: Tests you don't need, medications that are ineffective (or dangerous), procedures that cause more problems than they solve. In many cases the best thing for your health is to do nothing.

It's been a couple of years, so you decide to see your primary-care physician for a physical.

You feel fine, but it's the responsible thing to do. You get your blood pressure measured and your blood drawn. Within a few days you'll get the lab report that will give you the readout on the amount of cholesterol and sugar in your blood. (This drill is so routine that you and your doctor don't even discuss the implications of a possible bad test result.) If you've entered your middle years, he'll probably ask if you want the lab to test your blood for PSA, a screening test that can tell you if you're at an elevated risk for prostate cancer.

You figure it's probably good to get out in front of these things, so you nod yes. Insurance covers it anyway.

Congratulations – you've just stepped onto a conveyor belt pulling you into a broken system that delivers disappointing results at ever-increasing cost. To wit: The United States spends roughly twice as much per capita as most of the nations of Western Europe, whose citizens on average outlive us by a couple of years. Our own national Institute of Medicine says we waste \$210 billion annually on treatments of no or marginal benefit. In a study last year, researchers from the Mayo Clinic went through 10 years of the *New England Journal of Medicine*, from 2001 through 2010. Of the established tests and procedures reevaluated in studies in the journal, 40 percent were found to be worthless.

You may not care that Spain is kicking our national butts in the longevity sweepstakes, or that our wasteful health care system is driving up insurance premiums. But understand that a medical system that routinely uses drugs and procedures to treat the possibility of future disease poses a potential threat to your health. "As doctors, we have focused on the few we might be able to help," says Dr. Gilbert Welch, a professor at Dartmouth's Institute for Health Policy and Clinical Practice. "The time has come for us to give equal attention to the many who are dragged through the process unnecessarily."

Let's go back to that seemingly benign checkup. "The problem with getting a physical is that doctors are looking for an action plan for whatever turns up," says Dr. David Newman, director of clinical research at Mount Sinai School of Medicine. And so, for instance, borderline high blood pressure, or, as it's sometimes known, prehypertension, can invite a prescription for antihypertensive drugs – with accompanying side effects and no good evidence of benefit. Ditto for the meds to push down high blood sugar for type 2 diabetes. And then there are the statin drugs prescribed to bring down high LDL cholesterol – about one-fourth of American adults take them, risking significant side effects on drugs that have shown little or no ability to decrease heart attack risk in people who haven't already had one. And the PSA screening test for prostate cancer? Two years ago, the U.S. Preventive Service Task Force recommended no one be screened, citing "very small potential benefit and significant potential harms." And yet over the past 20 years, a high PSA reading has sent more than 1 million American men down a one-way street to radiation therapy or surgical removal of the gland, with notorious side effects. "Impotence and incontinence are the hallmarks of having gone to the doctor over the age of 50," says Newman.

A handful of well-respected, influential physicians have recently gone public with their dissatisfaction, not to say outrage, over the state of the medical status quo: Welch in his book *Overdiagnosed: Making People Sick in the Pursuit of Health*; Newman in *Hippocrates' Shadow: Secrets from the House of Medicine*; Dr. Otis Brawley, the chief medical officer at the American Cancer Society, in *How We Do Harm: A Doctor Breaks Ranks About Being Sick in America*; and University of North Carolina professor of medicine Dr. Nortin Hadler, most recently in *The Citizen Patient: Reforming Health Care for the Sake of the Patient, Not the System*.

They all decry a system that has oversold the American public not only on the \$300 billion worth of pharmaceuticals people snap up every year, but also on the profoundly false idea that high-tech medicine is more potent than behavior – diet, exercise, stress management – when it comes to warding off the most common "diseases of aging." In fact, when the doctor-authors crunch the numbers, the signature medical advances of the past several decades – from statins and cardiac stents to diagnostic-imaging technologies such as MRI and the CT scan – turn out to have had an enormous impact on medicine's financial bottom line but precious little effect on public health.

"In the U.S., we don't stress preventing disease," Brawley says. "We stress finding disease early and treating it, which is a shame."