



## Healthy Life Newsletter October 2014

[Home](#)[Dr. Mha Atma's Health Newsletter](#)[Ideas for Good Health](#)[Patient of the week](#)[>About](#)[>Meet The Doctor](#)[>Meet The Team](#)[>Testimonials](#)[>Hall of Fame](#)[>Upcoming Schedules](#)[>Contact Us](#)[>New Patient Forms](#)[>Links To Better Health](#)[>Videos](#)[>What is Chiropractic?](#)[>Why go to Chiropractor](#)

Here is a nice new 2-minute video, an introduction to chiropractic, that we just posted to our website. Amazingly, only about 10% of Americans are chiropractic patients, which means millions are suffering needlessly because they've not tried this extremely safe and effective healthcare approach. Check out this video and share it with folks who need to know!

[http://www.drmaatma.com/NCH2014\\_conservative\\_Care\\_video.html](http://www.drmaatma.com/NCH2014_conservative_Care_video.html)

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

### **Avoid Fizzy**

There are a number of vitamin supplements and over-the-counter drugs (aspirin, Alka Seltzer, etc.) that are available in a "fizzy" form (usually a powder) that makes them easy to drink. The problem is that many of these rely on an elevated amount of sodium (salt) that can increase the risk of high blood pressure, stroke and heart attack.

A recent study examining these risks found that "exposure to sodium-containing formulations of effervescent, dispersible, and soluble medicines was associated with significantly increased odds of adverse cardiovascular events compared with standard formulations of those same drugs." Please check the labels of these products to see how much sodium you are taking along with the primary product.

[Read the Abstract](#)

### **Older Moms Live Longer?**

A new study found that women who are older when they give birth to their last child live much longer. The results showed that women who gave birth to their last child at age 33 or higher were almost twice as likely to reach an age above 95% of other women their age. The authors conclude "this study supports findings from other studies demonstrating a positive association between older maternal age and greater odds for surviving to an unusually old age."

While the study does not demonstrate what causes older mothers to live longer, giving birth appears to provide certain life sustaining benefits for mothers.

[Read the Abstract](#)

## **Vitamin D for Fibromyalgia Pain**

In addition to persistent pain fibromyalgia can cause fatigue, loss of sleep, reduced concentration and depression. Fibromyalgia has a significant impact on a person's quality of life and can even result in loss of employment.

"Patients with fibromyalgia syndrome (FMS) typically have widespread chronic pain and fatigue. For those with low vitamin D levels, vitamin D supplements can reduce pain and may be a cost-effective alternative or adjunct to other treatment, say researchers in the current issue of PAIN."

[Read the Release](#)

## **Athletes Need Their Vitamin D**

A recent study of NCAA athletes found that "more than one third had abnormal (low) vitamin D levels." The authors went on to note that:

- Many studies indicate a significant prevalence of vitamin-D insufficiency across various populations.
- Recent studies have demonstrated a direct relationship between serum (vitamin D) levels and muscle power, force, velocity, and optimal bone mass.
- In fact, studies examining muscle biopsies from patients with low vitamin D levels have demonstrated atrophic (wasting away) changes in type II muscle fibers, which are crucial to most athletes.
- Furthermore, insufficient (vitamin D) levels can result in secondary hyperparathyroidism (thyroid disorder), increased bone turnover, bone loss, and increased risk of low trauma fractures and muscle injuries.

Please insure that all of your athletes have sufficient amounts of vitamin D. See your doctor or chiropractor if you have any concerns.

[Read the Abstract](#)

## **Low Vitamin D Levels Raise Risk of Death from Multiple Causes**

If you want to increase your risk of death in any given year, having a vitamin D deficiency will certainly boost your chances. Conversely, maintaining normal levels of the vitamin will lower your risk of death.

Researchers at the German Cancer Research Center in Heidelberg analyzed data from eight published studies of Vitamin D and mortality which included a total of 16,018 men and women ages 50 to 79, in Europe and the U.S. In those studies, a total of 2,624 people died from cardiovascular diseases and 2,227 died from cancer. They found that people with the lowest levels of vitamin D were 57 percent more likely to die from any cause over 4 to 16 years of followup. People with a history of cancer were 70 percent more likely to die if they had low levels of the vitamin compared with people who had relatively high levels.

*British Medical Journal*, 2014: doi 10.1136/bmj.g3656

<http://www.reuters.com/article/2014/09/15/us-sciatica-backache-chiropractors-idUSKBN0HA27Z20140915>

**Study: Back-related leg pain improved with chiropractic therapy**

A study in the Annals of Internal Medicine found that patients suffering from back-related leg pain experienced more short-term relief when they received chiropractic services in addition to exercise and advice, than with exercise and advice alone. "This combination resulted in advantages in pain reduction, disability, global improvement, satisfaction, medication use and general physical health status after 12 weeks," said study leader Gert Bronfort. Patients who received chiropractic therapy were still doing better than the other group nine months after treatment.

<http://lifecarechiropractic.com/blog/2013/stuck-behind-a-desk-all-day-100-seconds-to-better-health/>

## **Stuck Behind a Desk All Day? 100 Seconds to Better Health**

By James Bogash

While society's collective exercise conscious has deteriorated, I'm pretty sure we haven't reached the stage where "typing" is considered vigorous exercise.

Given that so many of us are stuck behind a desk all day (I refer to "us," but luckily my job is constantly up and down) this creates quite the conundrum. We know we need physical activity and yet the typical desk job that constitutes so much of the workload in a post-industrial economy hardly could be called physical.

Many have resorted to walking around the campus at lunch (many times in groups, collective little ducklings wandering around the decorative lake), but this may not leave time for a healthy, relaxing lunch.

So whatever is one to do?

This particular study begins to find some answers. Researchers looked at a group of 70 adults confined to a deskjob for 9 painful hours (no participants were harmed in the course of this study nor actually chained to the desk by an overly aggressive supervisor). Three different protocols were used by each participant:

- Sitting on your ischial tuberosity for 9 hours straight (sign me up for THIS one!!!).
- Walking for 30 min and then sitting (basically the equivalent of the lunch walk group).
- The other protocol involved walking for 100 seconds every 30 minutes (for the math whizzes, the total exercise would be almost equal in the two groups).

In addition, participants consumed a meal-replacement beverage at the 1, 4 and 7 hour marks.

Given the pretty solid research on short burst aerobic activity (which this was NOT—it was merely walking), the findings should come as no surprise: Glucose, insulin and triglycerides were all improved more by the group that split up the exercise every half hour.

I'm not saying you should keep a jump rope by your desk and hit the play button on the Rocky "Gonna Fly Now" soundtrack right by your desk every 30 minutes, but it has some pretty darn interesting implications. This study did not even look at short burst, it was more the equivalent of walking to the bathroom. If this can make positive changes, think about how much more benefit could be seen with something a little more aggressive.

At any rate, I think it's time to bring it up at your next staff meeting.