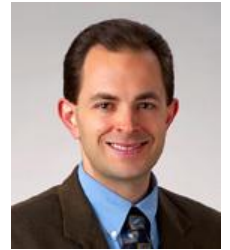


In Good Hands

A Newsletter for the Friends and Patients of Dr. John Falkenroth, D.C.
Back Pain And Sciatica Clinic ♦ (831) 475-8600 ♦ www.RepairMyBack.com
Open Monday, Tuesday, Wednesday and Thursday 9am – 12noon and 2pm – 6pm



**Convenient and affordable relief of back pain, neck pain and sciatica.
No long-term treatment plans. Walk-ins welcome. No appointment needed.**

“Simplicity is the ultimate sophistication.” ~ *Clare Boothe Luce*

*Could it be this easy to decrease your odds of getting prostate,
breast, ovarian, and pancreatic cancer?*

The Simple, Natural Enemy of Cancer

Also this month:

- ✓ **Two Simple Methods to Grow “Cancer Killers” Inside Your House...**
- ✓ ***Every Time You Turn the Lights on in Your House, You Should Think of This Man...***
- ✓ **Famous Actor Says if He Could Only Eat One Food for the Rest of His Life, He'd Choose *This*. Here's Why...**

Are you afraid of cancer? If you are, then you are probably not alone. In surveys, people commonly report dying as their #2 fear. What's the #1 fear? Public speaking. Interestingly, about 74% of people have a fear of public speaking. Perhaps that's why good public speakers get paid so much!

Here are some very interesting statistics on fear and worry...

- Percent of things feared that will never take place: 60%
- Percent of things feared that happened in the past and can't be changed: 30%
- Percent of things feared that are considered to be insignificant issues: 90%
- Percent of things feared in relation to health that will not happen: 88%

Wow! What's worse is that all this utterly useless worrying and stress may even cause a health problem that most likely would never have

occurred. Stress unleashes some very toxic chemicals inside the body and should be avoided whenever possible.

So, the first message here is stop the unnecessary, useless, and actually harmful worrying. I know. I know. Easier said than done. But just being aware of it helps.

Here Is Something Else That Can Help Reduce Worry and Stress...

The best way to reduce worry and stress about ANYTHING is to be properly prepared in the first place. For example, if you have to speak in front of a crowd, you will be much less worried about it if you are completely prepared. Sure, you may still get nervous, but if you have done your research and rehearsed your speech until you can say it in your sleep, then your stress level will be much lower than if you went on stage and tried to wing it.

The same approach holds true with your health...

First, let's look at the statistics. According to *Cancer.org*: "In 2016, there will be an estimated 1,685,210 new cancer cases diagnosed and 595,690 cancer deaths in the [United States]."

Sure, that's a lot, but at the time of this writing, there were almost 323 million people living in the United States and there is a NET gain of one person every 15 seconds. This NET gain comes from one person being born every 8 seconds, one dying every 11 seconds, and one person immigrating to the US every 27 seconds.

Not only that, the really good news is that there appears to be simple things you can do to lower your odds of getting cancer. For example, it has long been claimed that certain foods can fight cancer, especially "greens."

There is finally research backing up some of these claims. According to an article published February 10, 2016 by Oregon State University: "One of the first clinical studies to look at the effect of sulforaphane on breast tissues of women diagnosed with breast cancer showed that this compound was well tolerated and slowed the growth of cancer cells, especially at early stages."

"Sulforaphane is a compound found in broccoli and many other cruciferous vegetables, and it has long shown evidence of value in cancer prevention, researchers say."

"This new research suggests it may ultimately play a role in slowing cancer growth as well—along with other proven approaches such as surgery, radiation, and chemotherapy."

The researchers also report that past studies have shown an association between a high intake of cruciferous vegetables (like broccoli) and a reduced risk of breast cancer. They add, "Research has also shown that sulforaphane, which is found at the highest levels in such foods, can modulate breast cancer risk at several stages of carcinogenesis and through different mechanisms."

More on These "Cruciferous" Vegetables

What are cruciferous vegetables? Here is a list: arugula, bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, collard greens, horseradish,

kale, radishes, rutabaga, turnips, watercress, and wasabi.

Cruciferous vegetables are rich in nutrients, including several carotenoids (beta-carotene, lutein, zeaxanthin), vitamins (C, E, and K), folate, and minerals. They are also a good source of fiber.

According to the National Cancer Institute, "During food preparation, chewing, and digestion, the glucosinolates in cruciferous vegetables are broken down to form biologically active compounds such as indoles, nitriles, thiocyanates, and isothiocyanates. Indole-3-carbinol (an indole) and sulforaphane (an isothiocyanate) have been most frequently examined for their anti-cancer effects."

"Indoles and isothiocyanates have been found to inhibit the development of cancer in several organs in rats and mice, including the bladder, breast, colon, liver, lung, and stomach. Studies in animals and experiments with cells grown in the laboratory have identified several potential ways in which these compounds may help prevent cancer:

1. They help protect cells from DNA damage.
2. They help inactivate carcinogens.
3. They have anti-viral and anti-bacterial effects.
4. They have anti-inflammatory effects.
5. They induce cell death (apoptosis).
6. They inhibit tumor blood vessel formation (angiogenesis) and tumor cell migration (needed for metastasis)."

The article also listed studies that show that cruciferous vegetables might lower the risk of prostate cancer, colon cancer, and lung cancer.

One of the best sources of sulforaphane is broccoli, specifically broccoli sprouts. The good news is that you can quickly and easily grow your own broccoli sprouts at home and reap all their health benefits without spending much money!

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. 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.

Every Time You Turn the Lights on in Your House, You Should Think of This Man...

Winston Churchill is credited for saying, "History is written by the victors." In 1944, George Orwell wrote an essay entitled, "History is Written by the Winners." As you can imagine, the losers of wars don't usually get a say or have their side heard. All that is pretty obvious. Well, here is something a little less obvious...

The history we read is also affected by "winners" of less dramatic things than wars. People who are powerful also get to write history and often give themselves and their friends credit they may not deserve. For example, if you were to ask just about anyone who invented the light bulb, the overwhelming majority would say Thomas Edison. Why? Because that's what everyone learned in school. It's written in the textbooks, so it must be true.

The fact of the matter is, there were a few other inventors who invented versions of the light bulb before Edison that were not as practical or cost-effective. (In fact, both British and American courts eventually ruled Edison's patent invalid.)

Here is something even more interesting... Edison fought for many years with another brilliant inventor named Nikola Tesla. One of their biggest disagreements was over direct current (DC) vs. alternating current (AC) as a means of delivering electricity to the masses. Edison was a proponent of DC and said Tesla's AC was very dangerous, even deadly. Edison spent a lot of time and money trying to discredit Tesla. He would even kill small animals at fairs (and once a full-grown elephant) with AC to show how deadly it was. Tesla responded by demonstrating that AC was perfectly safe by famously shooting current through his own body to power a light bulb in his hand.

Who won the battle? While both AC and DC are utilized in the modern world, the form of electricity that powers the devices in your home is alternating current or AC.

Tesla also had a hand in several other inventions still used in today's world. For example, he developed and used fluorescent bulbs in his lab some 40 years before they'd become a common sight on city streets. At the 1893 World's Fair, Tesla took glass tubes and bent them into famous scientists' names, creating the first neon signs.

In a 2008 article published in the *Journal RSNA Radiographics*, Dr. Maja Hrabak and her colleagues wrote, *"Every radiologist is aware of Nikola Tesla's research in the field of electromagnetism. The International System (SI) unit of magnetic flux density, the Teslacon magnetic resonance imager, and Teslascan manganese contrast agent were all named after him. Without his other inventions like the alternating current supply, Tesla-Knott generator, and fluorescent lights in view boxes, it is impossible to even imagine a workday in a contemporary radiology department. But if the discovery of x-rays is mentioned, only a few radiologists associate it with Tesla's name."*

While Guglielmo Marconi was initially credited with the invention of radio, and most believe him to be radio's inventor to this day, the United States Supreme Court overturned Marconi's patent in 1943 on the grounds Tesla had invented it years before Marconi.

A few other modern luxuries Tesla helped invent include remote control, electric motor, robotics, laser, and wireless communications. One of Tesla's biggest goals was to provide unlimited and FREE electrical power for the entire planet. While Tesla's name has picked up in notoriety in recent years, the reason he isn't even more popular is that he didn't do it for the money or the fame. He did it as a gift to the people. He was a true altruist.

In his own words, *"Money does not represent such a value as men have placed upon it. All my money has been invested into experiments with which I have made new discoveries enabling mankind to have a little easier life."*

Do you know anyone who suffers from low back pain, neck pain or sciatica? We may be able to help them have a little easier life.

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?...

More Benefits from Eating Cruciferous Vegetables!

The health benefits that come with consuming cruciferous vegetables (broccoli, kale, Brussels sprouts, bok choy, cauliflower, cabbage, arugula, and collard greens, to name a few) don't stop at possibly reducing your risk for several cancers. Here are a few other ways that these power-packed foods can improve your life:

- Reduces the risk of vascular complications in diabetics.
- Reduces the risk of diabetes.
- Protects the body against UV damage to the skin and is considered an anti-aging agent.
- Provides defense against cardiovascular disease.
- Reduces the incidents of uterine fibroids.
- Helps to enhance and sustain visual and auditory attention

Researchers continue to investigate the different ways cruciferous vegetables can help protect and improve the body, but with so many reasons on record already, there is more than enough incentive to put a few of these vegetables on your dinner plate.

In a roundtable interview from 2015, an interviewer asked actor Jon Voight, "If you could only eat one food for the rest of your life, what would it be?" His response? Broccoli. While it may not have been the most glamorous response to a question that seemed to be looking for a more indulgent answer, it was one with wider-reaching implications. Broccoli is a food he knows can help keep him healthy so that he can live the life that he wants to live. Fortunately, no one has to survive on broccoli alone, but incorporating it into your diet can keep your body both healthy and efficient.

Tip Of The Month

Two Simple Methods to Grow "Cancer Killers" in Your House

In the main story, we discussed the research showing how the sulforaphane found in cruciferous vegetables can help prevent and fight several types of cancer. One of the best sources of sulforaphane is broccoli sprouts. It would be great to eat them several times a week, if not every day, but it can be a hassle (and expensive) to constantly buy a fresh supply. That's why many people are choosing to grow their own. But, isn't that even more of a hassle? No, not at all. In fact, it is quite simple, and you can grow sprouts in just three to five days. Here are two ways to do it:

WITHOUT SOIL: Put one to two tablespoons of seeds in a wide mouth jar or a large mason jar. Add 1 cup (237 ml) of water, mix up the seeds a little, and cover with a mesh cloth. Let the seeds soak for two to three hours and then drain well. Be sure to not soak the seeds for more than three hours because this can affect germination. Twice a day, fill the jar with cool water, mix a little by moving the jar around, and drain again. The seeds will sprout and be ready in four to five days. The sprouts can be stored in your refrigerator, but make sure to dry them a little first.

WITH SOIL: For this method, the first thing you want to do is soak the seed in water for 24 hours and then use a fine strainers to rinse them with fresh water. Cover the bottom of a shallow tray or container with a thin layer of moist potting soil. Spread the soaked broccoli seeds on top of the soil and then cover the seeds with another thin layer of soil. Cover the tray (or whatever container you are using) with clear plastic wrap. It is advised to poke a few small holes in the plastic wrap to keep excess moisture from building up. Store the container in a place without direct sunlight but between 65-75 degrees Fahrenheit (18-24 degrees Celsius). When leaves appear (or after four days, whichever comes first), move the tray somewhere where the sprouts can get some sunlight, but not direct sunlight. Direct sunlight is too strong and will kill them. Sprouts should be picked within one to two days after leaves appear. Simply pick the sprouts by hand and wash them off in a bowl of fresh water. Swishing them around in the water will cause the hulls to come off and float to the surface. Skim the hulls off and throw them away. You don't want the hulls on your sprouts when storing them because they contain too much moisture. Once again, you can eat the sprouts immediately or store them in the refrigerator for a little while. The sprouts are still alive and will continue to grow and gain nutritional value.

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.