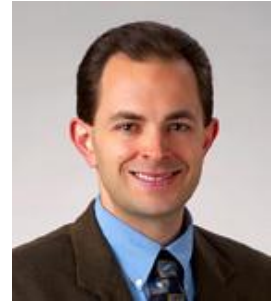


In Good Hands

A Newsletter for the Friends and Patients of Dr. John Falkenroth, D.C.
Back Pain & Sciatica Clinic ♦ Phone: (831) 475-8600 ♦ Website: www.RepairMyBack.com



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

“One must be poor to know the luxury of giving.” ~ *George Eliot*

Is This the Next "Superfood" Everyone Will Be Talking About?



Also this month:

- ✓ **3 Ways to Boost Your Memory** - Simple things you can do to possibly increase brain power as you age.
- ✓ **Do You Want to Be More Productive and Successful?** A new CDC study shows the one thing you do NOT want to do.
- ✓ **Woman with Incurable Disease Blinks over 1 Million Times to Write Her Book!**

In just a moment, you are going to read about a “superfood” you might want to add to your diet. There is some pretty good research supporting this food’s benefits, benefits you probably are NOT getting right now.

But first, do you want to live longer, feel better, be stronger, and eliminate all the pain in your life?

If you do, then you are not alone. Everyone seems to want those things.

That’s one big reason why “superfoods” are all the rage.

You’ve probably heard of various superfoods touted with all kinds of huge promises and claims like they supposedly boost energy, increase libido, and can even cure chronic disease.

What Is a Superfood?

The reality is “superfood” is not a scientific term. It’s a marketing term used to promote foods that have health benefits. That’s it.

Here is something very important to understand: all foods are chemical compounds the body breaks down and uses for whatever it needs.

Some foods have more usable nutrients than others, but your body is the real magician here. For example, if you eat a pre-packaged piece of cake you purchased from a gas station convenience store, your body will break it down and use it for energy or to make hormones or whatever it can... given what nutrients it can extract from the cake.

But if you eat fresh fruits and vegetables, there are a whole lot more readily available nutrients for your body to use.

So, you should eat the foods that give your body the best sources of the nutrients that it needs. Your body will create whatever you need from those building blocks.

Superfoods are just foods that have great nutrients that your body can easily use... eating these will definitely help make you healthier.

Clearly, you are much better off eating fresh fruits, vegetables, lean meats, and healthy fats than processed junk and fast food.

One Food You Should Seriously Consider Adding to Your Diet...

Beets. Yes, research has shown that these little red roots are packed with nutrients that can produce several great health benefits.

According to an article on *Science Daily* posted way back in 2008: *“Researchers at Barts and The London School of Medicine have discovered that drinking just 500 ml of beetroot juice a day can significantly reduce blood pressure. The study could have major implications for the treatment of cardiovascular disease.*

“Led by Professor Amrita Ahluwalia of the William Harvey Research Institute at Barts and The London School of Medicine, and Professor Ben Benjamin of Peninsula Medical School, the research reveals that it is the ingestion of dietary nitrate contained within beetroot juice — and similarly in green, leafy vegetables — which results ultimately in decreased blood pressure. Previously, the protective effects of vegetable-rich diets had been attributed to their antioxidant vitamin content.”

Then in 2010, researchers from Wake Forest showed that drinking beet juice can increase blood flow to the brain in older adults — a finding that could hold great potential for combating the progression of dementia.

Fast forward to 2015... Scientists from Penn State recently published an article titled, “To Beet or Not to Beet?” It talks about how a study found that the arteries of athletes who consumed nitrate-rich beet juice prior to exercise were less stiff under resting conditions, potentially easing the heart's workload.

More Proof...

In a study published in the *American Journal of Physiology-Regulatory, Integrative and Comparative Physiology*, healthy male subjects who drank beet juice for 15 days had lower blood pressure and more dilated blood vessels both at rest and during exercise.

The blood vessels of those who drank beet juice also dilated more easily and the heart consumed less oxygen during exercise.

According to the researchers, the findings suggest that beet juice can be used as a dietary nutraceutical supplement to enhance oxygen delivery to the muscles and reduce the work the heart does during exercise. They add, *“[Exercise can be] performed at a given workload for a longer period of time before the onset of fatigue.”*

In September 2015, researchers at Washington University School of Medicine in St. Louis found that drinking concentrated beet juice increased muscle power in patients with heart failure. This study also showed that spinach makes you stronger, but it is the nitrates in spinach that are responsible, not the iron as previously thought.

Nitrates Seem to Be Key

Here's how it works, when you eat beets, the bacteria in your tongue converts those nitrates into nitrites, and once in your gut, those nitrites are converted into nitric oxide. Nitric oxide is a molecule deeply tied to cardiovascular health, a molecule that expands and dilates your arteries, and increases the flow of blood all around the body.

So, are beets considered “superfood?” Maybe – it depends what you consider a superfood. What is clear is that beets are a great natural source of nitrates that your body can use for energy, strength, and all kinds of other potential health benefits. Eating, juicing, or blending raw beets looks like it can be very beneficial to many people.

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.

Woman with Incurable Disease Blinks Over 1 Million Times to Write Her Book!

It's everywhere you look. "Life is hard." "Life is a grind." "Life is a struggle." "Mondays are brutal." "I barely made it through the day." And on... and on... and on.

Here's something you need to know: No, it's not. Life is not a never-ending, difficult struggle unless you think of it that way. On the contrary, life can be a never-ending source of happiness and fulfillment — if you make the choice to see it through a different lens.

Here's a great example...

According to an article published by *Central European News Agency* (CEN), Mrs. Gong Xunhui, of Chengdu, China, was diagnosed with ALS in 2003 and has needed the aid of a wheelchair since 2006. With the help of her husband, Xunhui completed her 150,000-word book by blinking more than one million times to spell out phonetic sounds to form Chinese characters.

She writes, *"I want to use my personal experience to tell other ALS patients that, although we suffer from this incurable disease, there is still much we can do to enrich our lives."*

Much of Xunhui's book is about her struggles as a child dealing with her debilitating disease. She published 5,000 copies of the book, and the Chinese government published another 1,800. Xunhui's goal is to make enough to buy six breathing machines to help other ALS sufferers.

It's amazing how many people break down at the thought of another Monday while Xunhui was blinking her way to finishing her book and becoming a published author.

But she is not the only ALS success story. Last month, we briefly discussed the story of Stephen Hawking. He is thought by many to be the best mind in physics who has ever lived, and all of Hawking's most famous work came after he was diagnosed with ALS and confined to a wheelchair without the ability to speak.

In fact, when doctors diagnosed Hawking with ALS, he was just 21 and had started work on his PhD in physics. Even though he was given just two years to live, he didn't call it a life and roll over and quit. Instead, when his doctor told him his disease would take away muscle control, he asked, "What about my brain?"

The doctor told him his brain would be fine but he would not have any way to communicate what he was thinking.

Hawking began working feverishly to get as much work done on his theories as possible. He completed his PhD and wrote several books — [A Brief History of Time](#) being his most popular.

Hawking is now 73 years old and has been typing with the movement of a cheek muscle for quite some time. (It looks like he beat the prognosis of two years.)

He once wrote the perfect advice for anyone who thinks they have it tough and thinks they are struggling... "However bad life may seem, there is always something you can do, and succeed at. While there's life, there is hope."

Both Mrs. Gong Xunhui and Stephen Hawking inspire us to do our best to make the most out of our lives... and to help others. If you know of a friend, a neighbor or a co-worker suffering with back pain, neck pain, or sciatica, tell them to call us at (831) 475-8600. We may be able to help them feel better.

***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?...

Three Ways to Boost Your Memory

Did you know that parts of your brain actually shrink as you grow older? It's true. But it's not as bad as it seems. There are ways you can slow down this process and possibly even improve your brain power as you age. It is commonly known that puzzles and crossword puzzles help retain memory power, but here are three other things you can do that you may like better.

The first thing you can do is go for a walk. Research shows that going for a 40-minute walk three times a week helps to increase the size of the hippocampus, the part of your brain responsible for memory formation.

Laugh! Studies show that laughing for approximately 20 minutes will boost your short-term memory. Spend more time with the people who make you happy doing the things you love. That's what life is really about, anyway.

Listen to music! But wait, not just any music. Researchers found that listening to classical music increased the brain wave activity linked to memory retention and enhances your ability to concentrate and perform cognitive tasks.

When in doubt, stay active and remain positive. There is little doubt that stress harms your body and brain in countless ways, and there is some truth to the old saying, "laughter is the best medicine." There are many things in life we cannot control. Stop worrying about them and concentrate on the things you can control. Being happy—in most cases—is a choice.

Tip Of The Month

Do You Want to Be More Productive and Successful?

A new study conducted by researchers from the Centers for Disease Control and Prevention (CDC) shows the ONE THING you do NOT want to do if you want to be as productive and successful as possible. The study reports that employers in the United States (US) lost \$77 billion in 2010 thanks to workers' impaired productivity due to excessive alcohol abuse – a number that jumps to almost \$90 billion once other drinking-induced factors such as absenteeism are added to the mix.

According to an article published by *Bloomberg*, "*The study came up with an even more dire number for alcohol abuse's effect on the US economy overall that same year: \$249 billion, a number that includes not only the lost-productivity toll, but also spending on healthcare, crime, car crashes, and alcohol-caused deaths. That headache seems to be getting worse. Back in 2006, the same cost to the U.S. economy was \$224 billion, outpacing inflation...*"

Study author Dr. Robert Brewer adds, "*The increase in the costs of excessive drinking from 2006 to 2010 is concerning, particularly given the severe economic recession that occurred during these years.*"

Clearly, excessive alcohol consumption is one of the best ways to destroy your career and health. Even if your career is not negatively impacted to the point that you lose your job, you may never be as successful as you could be. The same is true when it comes to your health. The damage from excessive drinking often takes YEARS to rear its ugly head and show symptoms.

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.