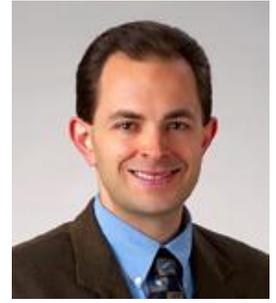


In Good Hands

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.
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“Every man is the architect of his own fortune.” ~ Sallust

If some exercise is good, then more must be better... right? Not so fast...

**Want To Live Longer?
Doing This Amount
of Exercise Will Probably
Prolong Your Life, But
More Doesn't Seem to Help.**



Also this month:

- ✓ **New Study Claims Adolescent Drinking Alters Adult Behavior.** Binge drinking during teen years disturbs brain development with long-lasting effects.
- ✓ **Which Is Worse, Eating Junk Food During Early or Late Pregnancy?** One has a greater chance to cause children to be addicted to high-fat, high-sugar diets.
- ✓ **Watching TV Increases Type 2 Diabetes Risk.** Study shows each hour you spend watching TV increases your chance of developing diabetes by 3.4%.
- ✓ **The Secret to a Happy Life:** How a fisherman from a small Mexican village taught a Harvard-educated investment banker the meaning of life...

Soquel - The idea that exercise can help you live longer isn't a new one. Experts have touted the benefits of exercise for decades. What is new is that researchers may have found the optimal amount of exercise needed to extend your longevity...

In a study published April 6, 2015 in *JAMA Internal Medicine*, researchers analyzed information from more than 660,000 people ages 21 to 98 in the United States and Sweden who answered questions about how much time they spent doing physical activity, including walking, running, swimming, and bicycling.

The most interesting findings were that doing just a little exercise showed quite a bit of benefit and doing a lot more exercise provided only marginal returns.

People who exercised a little, but not enough to meet current physical activity recommendations (150 minutes of moderate activity per week or 75 minutes of vigorous activity per week), were still 20 percent less likely to die during the 14-year study than those who did not perform any physical activity.

People who engaged in the recommended level of physical activity saw even more benefit. According to the data, they were 31 percent less likely to die during the study than those who did not engage in any amount of physical activity.

The maximum benefit was seen by people engaging in three-to-five times the recommended levels. They were 39% less likely to die over the study period than people who did not exercise.

Here is something interesting: Many believe if some exercise is good, then more is better. But there appears to be a ceiling on the amount of exercise that has a beneficial effect on your health.

According to the study, exercising more than three-to-five times the recommended levels did not show any significant additional health benefits. (In fact, previous research indicates that excessive exercise can even be harmful to the heart.)

The authors of the study write, *“In regard to mortality, healthcare professionals should encourage inactive adults to perform leisure time physical activity and do not need to discourage adults who already participate in high-activity levels.”*

Here’s the Biggest Take-Home Message from This Study...

While many people shy away from exercise because they do not feel like they have enough time to exercise enough, this study shows that the people most likely to benefit from increasing the amount of exercise they do are those who do not currently exercise at all.

In other words, if you are not doing any exercise, you can see quite a big potential benefit from just doing a little.

You do not have to go crazy and start running marathons. You just have to get moving and do something.

And the best part is: if you do a little exercise, then you will start to feel better and be able to do more. Who knows, soon you may find yourself exercising the recommended levels and then one day you'll look at your journal and realize you are actually exercising the maximum beneficial amount, as uncovered during this study.

But reaching the maximum level is not the important thing, and if you are not doing any exercise right now, then you should not even think about that much physical activity.

Probably the biggest reason for failure is setting goals too high. (I know goal-setting experts often say to set high goals and REACH FOR THE SKY!)

If that is working for you, awesome. But if you are like most people and do not reach a majority of the goals you set, let’s try something a little different.

Let’s set a very small goal, one that you can reach relatively easily and in a short time. When you do, you will not only feel great, you will gain a little momentum.

Once that first little goal is reached, set another

small goal and so on... For many people, this is the best way to actually reach their big goals.

So, if you are not exercising now, then make a small goal. Write down some small thing you are going to do TODAY just to get started.

Make it easy. Make it quick. Then, just do it. Tomorrow write down another one. One of the best techniques is to write down your exercise goal the night before so when you wake up you know exactly what you are going to do that day.

But let’s make this very clear: make your goal very easy so you can get the ball rolling. Remember, you are going to get quite a bit of benefit from just a small amount of exercise.

While We Are on the Topic of Exercise, Here’s Something You Should Think About...

Do you know how much television you watch every day? According to recent research, the average American watches five hours per day! And get this, the number increases with age. By 65, the average American watches an average of seven hours of television per day.

That kind of blows the whole, “I don’t have enough time to exercise” excuse right out of the water, doesn’t it?

But here is something else you should know: a study published in *Diabetologia* (the Journal of the European Association for the Study of Diabetes) found that each hour spent watching TV daily increases an individual's risk of developing diabetes by 3.4%.

It’s no wonder why the Centers for Disease Control (CDC) reported in 2014 that 29.1 million Americans, or 9.3% of the population of the United States, have diabetes. What’s incredible is 8.9 million of that 29.1 million (27.8%) are undiagnosed. That means almost 9 million people are pretty much ticking time bombs for all kinds of serious health problems and do not even know it.

The good news is that many type 2 diabetics can benefit from diet and exercise. (There is that "exercise" thing again!)

Advice for this month: Take 20 minutes out of the five-to-seven hours you may spend watching television and instead do a little exercise and watch what happens!

Don’t forget, if you ever have any questions or concerns about your health, talk to us. 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.

The Secret to a Happy Life:

How a Fisherman from a Small Mexican Village Taught a Harvard-Educated Investment Banker the Meaning of Life...

Fables are short, fictitious stories that convey a moral intended to teach a lesson to help you live a better life. What you are about to read is an incredible modern fable, especially if you want to live a happy life...

An American investment banker was at the pier of a tiny coastal Mexican village when a small boat with just one fisherman docked. Inside the boat were several large yellowfin tuna.

The investment banker complimented the fisherman on the quality of his fish and asked how long it took to catch them. The man replied, "Only a little while."

The American then asked why he didn't stay out longer and catch more fish. The fisherman said he had enough to support his family's immediate needs. The banker then asked, "But what do you do with the rest of your time?"

The fisherman laughed and replied, "I sleep late, fish a little, play with my children, take siestas with my wife, Maria, stroll into the village each evening where I sip wine and play guitar with my amigos. I have a full and busy life."

The American scoffed, "I am a Harvard MBA and could help you. You should spend more time fishing and with the proceeds, buy a bigger boat. With the proceeds from the bigger boat, you could buy several boats. Eventually you would have a fleet of fishing boats. Instead of selling your catch to a middleman, you would sell directly to the processor, eventually opening your own cannery. You would control the product, processing, and distribution. You would need to leave this small coastal fishing village and move to Mexico City, then LA, and eventually New York City where you will run your expanding enterprise."

The Mexican fisherman asked, "But how long will this all take?" "15 to 20 years."

"But what then?"

The American laughed and said, "That's the best part. When the time is right, you would announce an IPO and sell your company stock to the public and become very rich. You would make millions!"

"Millions? Then what?"

"Then you would retire, move to a small coastal fishing village where you would sleep late, fish a little, play with your kids, take siestas with your wife, stroll to the village in the evenings where you could sip wine, and play your guitar with your amigos."

That's a pretty incredible life lesson, isn't it? Surprisingly, too many people get trapped in a self-made prison because of what they think they want, and what they think they want is simply what they think everyone else wants them to do. Their lives become a blur as they constantly chase a "dream" that is unattainable and will never lead to happiness.

Clearly, small inexpensive (or even free) things can provide a beautiful life. You don't need an impressive title, big car (or boat), or big business to live a beautiful life and be a beautiful person. In fact, in most cases, a smaller home and fewer obligations can make life easier and much more enjoyable.

If you have a nagging feeling that you could do better, make more, and deserve to upgrade, then remember that the secret to having it all is recognizing that you already do. You just have to start recognizing it. Life is what you let slip away while you are endlessly chasing things you wished you had but don't need.

Look around you. See anything that you can feel grateful for? We live in a great country... in a wonderful community... in a gorgeous area. Yes, there are things that we'd love to change – but let's also put time and energy looking at the bright side of things. Besides feeling grateful, another way to feel happy is to help someone in need. 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?...

Which Is Worse, Eating Junk Food During Early or Late Pregnancy?

Does it matter if a mother eats junk food during pregnancy? A recent study claims that eating junk food has different effects on the developing fetus depending on which stage of pregnancy an expectant mother eats junk food.

According to Dr. Jessica Gugusheff, post-doctoral researcher in the School of Agriculture, Food, and Wine at the University of Adelaide, *“Our research suggests that too much junk food consumed late in pregnancy for humans has the potential to be more harmful to the child than excess junk food early in the pregnancy... Importantly, it also indicates that if excess junk food was consumed by the mother in those early stages of pregnancy, there may be a chance to reduce those negative effects on the baby by eating a healthy diet in late pregnancy. The second critical window is adolescence and we’ve found differences between males and females. Our experiments showed that eating a healthy diet during adolescence could reverse the junk food preference in males but not females.”*

Dr. Gugusheff also mentioned that the brain grows the fastest during these critical windows, which is probably why it is so susceptible to the effects of junk food at these times.

Tip Of The Month

New Study Claims Adolescent Drinking Alters Adult Behavior.

Here is the shocking first sentence of a recent study abstract: *“Binge drinking is common during adolescence and can lead to the development of psychiatric disorders.”*

Furthermore, binge drinking during adolescence may alter brain development during this important time, leaving lasting effects on genes and behavior that will continue into adulthood. In a recently published study in the journal *Neurobiology of Disease*, researchers from the University of Illinois at Chicago (UIC) College of Medicine provided alcohol to rat subjects on-and-off in two day increments during their adolescence. Then, they observed them during adulthood. The rats given alcohol displayed much higher levels of anxiety than the control rats who were not given alcohol during development. Also, when given the choice between alcohol and water during adulthood, the rats given alcohol during adolescence drank more alcohol than the rats in the control group.

When researchers looked at the brains of the rats in the study, they found the rats in the alcohol group had higher levels of a protein called HDAC2 in the part of the brain called the amygdala. Previous studies have linked elevated levels of HDAC2 in the amygdala to higher levels of anxiety and alcohol-drinking behavior. This suggests that alcohol exposure during adolescence activates the gene/s responsible for increased HDAC2 expression.

Lead study author Dr. Subhash Pandey, a Professor of Psychiatry and Director of Neuroscience Alcoholism Research at UIC writes, *“This may be the mechanism through which adolescent binge drinking increases the risk for psychiatric disorders, including alcoholism in adulthood... On-and-off exposure to alcohol during adolescence altered the activity of genes needed for normal brain maturation... [The gene alterations] increased anxiety-like behaviors and preference for alcohol in adulthood.”*

**Remember, we’re always here to help you and your friends and family
get pain relief and maintain 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 with 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.