

# 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

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“You can cut all the flowers but you cannot keep Spring from coming.” ~ Pablo Neruda

*Study Offers New Hope for Depression Sufferers...*

## Research Shows Depression Linked to Inflammation!



### Also this month:

- ✓ Six Tips to Improve Your Mental and Emotional Well-Being
- ✓ Two Ways to Reduce Your Risk for Developing Type 2 Diabetes
- ✓ How A Story Can Dramatically Change Your Life!

If you suffer with depression or know someone who does, then what you're about to read may seem like it was written just for you. But first...

Have you heard of Stephen Hawking? He is widely regarded as the top mind in theoretical physics and possibly the best mind in any field. In fact, it's reported that his IQ score is around 160. (Anything over 140 is considered "genius.")

While IQ tests are great for measuring some parts on intelligence – like memory, mathematical ability, verbal reasoning, and logic – an IQ score only describes one part of the big picture. In other words, someone with a high IQ may be smart, but it doesn't necessarily make them wise.

But we're going to go out on a limb and say that not only does Stephen Hawking have a

genius-level IQ, he's also extremely wise because he offers advice like this:

**“However bad life may seem, there is always something you can do, and succeed at.**

**While there's life, there is hope.”**

While there is life, there is hope. These are not hollow words from Hawking. Here is why...

Hawking suffers from a rare early-onset, slow-progressing form of amyotrophic lateral sclerosis (ALS), also known as motor neuron disease or Lou Gehrig's disease.

Hawking was diagnosed with ALS at the age of 21 and was not expected to live beyond age 25. Most people diagnosed with ALS are over 50 years old and die within five years.

Hawking is still alive today at the age of 73. The disease has gradually paralyzed him, and he lost the ability to speak in the 80s. In 1985, he began speaking through a computer

system he could operate with subtle facial movements. Despite his physical limitations, Hawking spent 30 years as the Lucasian Professor of Mathematics at the University of Cambridge (the same position held by Isaac Newton), and he is currently the Director of Research at the school's Center for Theoretical Cosmology.

### **While There Is Life, There Is Hope.**

Here is a great example of why hope should never be lost. According to an article in *FEELGUIDE*, "New research is revealing that many cases of depression are caused by an allergic reaction to inflammation. Tim de Chant of NOVA writes: 'Inflammation is our immune system's natural response to injuries, infections, or foreign compounds. When triggered, the body pumps various cells and proteins to the site through the blood stream, including cytokines, a class of proteins that facilitate intercellular communication. It also happens that people suffering from depression are loaded with cytokines.'

*"Inflammation is caused by obesity, high sugar diets, high quantities of trans fats, unhealthy diets in general, and other causes."*

Caroline Williams of *The Guardian* writes: "The good news is that the few clinical trials done so far have found that adding anti-inflammatory medicines to antidepressants not only improves symptoms, it also increases the proportion of people who respond to treatment, although more trials will be needed to confirm this. There is also some evidence that omega 3 and curcumin, an extract of the spice turmeric, might have similar effects. Both are available over the counter and might be worth a try, although as an add-on to any prescribed

*treatment – there's definitely not enough evidence to use them as a replacement."*

Some people even believe this finding may eventually lead to a possible cure for depression. Maybe, maybe not. But...

### **Is There Anything You Can Do Right Now?**

At the very least, start eliminating as many of the things that cause inflammation in your body as fast as possible like processed foods, sugar, trans fats, etc. Just eliminating processed foods can go a long way in helping you reduce inflammation in the body (not to mention you'll probably also lose weight in the process).

It's amazing that most health problems are self-inflicted. For example, a new study recently published in the journal *The Lancet* showed poor diet and high blood pressure are now the top risk factors for early death.

A huge 25-year international study of global causes of death showed that child and maternal malnutrition, unsafe water, poor sanitation, and lack of hand washing were the leading risks for death in 1990, but these have been replaced by dietary risks and high blood pressure.

Now it turns out inflammation caused by a poor diet may be a major player in depression as well. It's amazing how simply eating a healthy diet has the potential to dramatically improve your wellbeing and quality of life, not to mention the length of your life...

**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.*

# How A Story Can Dramatically Change Your Life

A man who has helped many people recently died. His name was Wayne Dyer. If you don't know who Wayne was, you might want to do a quick YouTube search after you read this. Wayne was a self-help author and motivational speaker. His first book, *Your Erroneous Zones* (1976), is one of the best-selling books of all time with an estimated 35 million copies sold to date. He started out as a high school guidance counselor and later had a private therapy practice.

Many people loved Wayne's content and message but others did not. Just like anything else, beauty is in the eye of the beholder. In fact, Wayne was sued for plagiarism in 2010. That's why the first sentence said, "A person who has helped many people recently died," not "A perfect person who has helped many people..."

One thing is for sure, Wayne was an incredible speaker whose message helped countless people.

A great example is a story Wayne told many times. This story is very emotional, and Wayne once said he had a hard time not tearing up every time he told it. There are several videos on YouTube of Wayne telling this particular story. One of the most impressive things are all the comments underneath those videos saying how hearing Wayne tell this story made them cry and/or changed their life.

It was The Shaya Story... and here is the shortened version...

Shaya was a student at a school for disabled children. Shaya's father was very upset and questioned many things about life after seeing his son not be able to do the common things other children could.

One day, Shaya and his father walked past a park where some boys Shaya knew were playing baseball. Shaya's father asked the boys if his son could play with them. One boy said his team was losing by six runs and it was already the eighth inning. He said he would take Shaya on his team and try to let him bat in the 9th. Shaya's team scored several runs, and in the 9th inning, the bases were loaded with the winning run on base. Surprisingly, they gave Shaya a bat. He did not even know how to hold it.

He stepped up to the plate and the pitcher lobbed one in, obviously trying to be nice. It did not help, Shaya missed badly. One of Shaya's teammates ran in and stepped up to the plate with Shaya. Here is how the story ended:

*"The pitcher again took a few steps forward to toss the ball softly toward Shaya. As the pitch came in, Shaya and his teammate swung the bat and together they hit a slow ground ball to the pitcher. The pitcher picked up the soft grounder and could easily have thrown the ball to the first baseman. Shaya would have been out and that would have ended the game. Instead, the pitcher took the ball and threw it on a high arc to right field, far beyond reach of the first baseman. Everyone started yelling, 'Shaya, run to first. Run to first.' Never in his life had Shaya run so fast. He scampered down the baseline wide-eyed and startled. By the time he reached first base, the right-fielder had the ball. He could have thrown the ball to the second baseman who could tag Shaya out, who was still running.*

*"But the right-fielder understood what the pitcher's intentions were, so he threw the ball high and far over the third baseman's head. Everyone yelled, 'Run to second. Run to second.' Shaya ran towards second base as the runners ahead of him deliriously circled the bases towards home. As Shaya reached second base, the opposing shortstop ran to him, turned him in the direction of third base and shouted, 'Run to third.' As Shaya rounded third, the boys from both teams ran behind him screaming, 'Shaya run home.' Shaya ran home, stepped on home plate and all 18 boys lifted him on their shoulders and made him the hero, as he had just hit a 'grand slam' and won the game for his team."*

Wayne said this story was true. If it is true or not, it does not really matter. What matters is the effect the message has on people – maybe even you.

Doing something nice for another person, is the best way to lift our mood. Want to be happier? Look around you and see if someone needs a little help. Also, 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?...

### **Six Tips to Improve Your Mental and Emotional Well-Being!**

Healthy living involves more than physical health, it also includes emotional or mental health. The following are some ways people can support their mental health and well-being:

- Get enough sleep daily: 12-18 hours from birth to 2 months; 14-15 hours from 3-11 months of age; 12-18 hours for 1-3 years of age; 11-13 hours for 3-5 years of age; 10-11 hours for 5-10 years of age; 8-1/2 -9-1/2 hours for 10-17 years of age; and those 18 and above need 7-9 hours of sleep. Elderly people need about 7-9 hours but do not sleep as deeply and may awaken at night or wake early, so naps may be needed to accumulate the total of 7-9 hours needed.
- Take a walk and reflect on what you see and hear at least several times each week. Try something new and often (eat a new food or try a different route to work).
- Exercise your mind by reading or solving a puzzle. Try to focus intensely on the activity for one to several hours, then take a break and do something relaxing (walk, exercise, or take short nap).
- Try to make some leisure time to do some things that interest you every week.
- Have fun. Go on a trip with someone you love, go shopping, or go fishing. Do not let vacation time slip away.
- Have a network of friends. Those with strong social support systems lead healthier lives.

## Tip Of The Month

### **Half of Adults in the US Have Type 2 Diabetes or Prediabetes. Here's What You Can Do to Help Protect Yourself...**

Diabetes is a big problem. If you have already been diagnosed, then you already know this to be true. The dangerous thing is most people with diabetes or pre-diabetes have no idea they have it, and it is silently killing them. People with type 2 diabetes are twice as likely as those without diabetes to have heart disease, and heart disease is the leading cause of death and complications for people with type 2 diabetes. It appears that diabetes can affect the structure and function of the left ventricle (the heart's main pump) before any heart disease symptoms are obvious. Despite the importance of the heart, there are few treatment options to improve its structure and function.

According to a recent study in the *Journal of the American Medical Association*, in 2011-2012, the estimated prevalence of diabetes among adults in the United States (US) was 12-14%, and the prevalence of pre-diabetes was 37-38%, indicating that about half of the US adult population has either diabetes or pre-diabetes. Type 2 diabetes is out of control, and in most cases, it can be avoided through proper diet and exercise. The first step is eliminating processed foods and sugar. Just doing that can have a dramatic impact on the disease.

Besides that, exercise is a natural enemy of type 2 diabetes. In fact, a new study in *Diabetologia* (the journal of the European Association of the Study of Diabetes) is the first to show that high-intensity intermittent exercise training improves heart structure and benefits diabetes control in patients with type 2 diabetes. The authors write, *"This study demonstrates, for the first time, that exercise can begin to reverse some of the early cardiac changes that are commonly found in people with type 2 diabetes. Interestingly, the data also suggests that this type of high intensity intermittent exercise benefits both the heart and diabetes control, but the benefits appear to be greatest in the heart. The strong positive effect of exercise on the heart is, although completely logical, a message that needs to be communicated to people with type 2 diabetes more clearly."*

They conclude, *"The data reinforces how important a physically active lifestyle is for people with type 2 diabetes. Our findings also suggest that exercise does not have to be 30 minutes of continuous exercise – repeated short bouts of higher intensity exercise gives strong benefits to the heart. Getting more physically active is, quite literally, at the heart of good diabetes control."*

**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.*