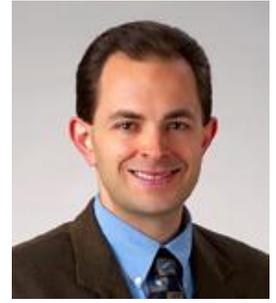


In Good Hands

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.**

“A moment’s insight is sometimes worth a lifetime’s experience.” ~ *Oliver Wendell Holmes Jr.*

Want a Quick, Easy, and Cheap Way to Decrease Your Risk for Heart Attack and Stroke?

Research Shows Consuming This Oil May Help You Live a Healthier, Longer Life...



Also this month:

- ✓ **The “Heart Healthy” Diet** – What is it and what does the research have to say about it?
- ✓ **Are You Keeping Chiropractic a Secret?** – Many patients don’t tell their medical doctors they are seeing a doctor of chiropractic. Find out why you should...
- ✓ **The Rude Comment That Led to a Life-Changing Event!**

Do you want the healthiest heart possible? You probably do. Unfortunately, most people do very little to improve their heart health until it is already too late.

That is mainly because, even though heart disease is the #1 killer in the United States, the first OBVIOUS symptom of heart disease for most people is usually a heart attack!

Well, if there was something very simple, easy, and inexpensive you could do that could probably decrease your risk for having a heart attack, would you want to know about it?

And if it was really so easy, would you start doing it immediately? If so, then you are going to love this. Here is why...

The “Heart Healthy” Diet

Healthcare professionals who are up on the current research know that the Mediterranean diet is “heart healthy” and has been shown to reduce an individual’s risk for heart attack and stroke.

According to The Mayo Clinic, “*Research has shown that the traditional Mediterranean diet reduces the risk of heart disease. In fact, an analysis of more than 1.5 million healthy adults after following a Mediterranean diet were associated with a reduced risk of death from heart disease and cancer, as well as a reduced incidence of Parkinson’s and Alzheimer’s diseases.*”

Here are the basics of the Mediterranean diet:

- ✓ Eat primarily plant-based foods, such as fruits and vegetables, whole grains, legumes, and nuts.
- ✓ Replace butter with healthy fats, such as olive oil.
- ✓ Use herbs and spices instead of salt to flavor foods.
- ✓ Limit eating red meat to no more than a few times a month.
- ✓ Eat fish and poultry at least twice a week.
- ✓ Drink red wine in moderation (optional).

A major component of the Mediterranean diet is polyphenol-rich olive oil, but you have to be careful when you go to the store. This is NOT the olive oil you are probably buying from your local supermarket – the type of olive oil with a light taste found in many American kitchens. The type of olive oil you want is the green kind that has a lot of flavor. This “good” olive oil is artisanal, fresh pressed extra virgin from orchards in Greece, Spain, Italy, Southern France, and Portugal.

You see, the type of fats found in this type of olive oil are mono-unsaturated, and it is believed that mono-unsaturated fats are the source of olive oil’s heart-healthy benefits.

In a study published in the *Journal of Nutrition*, 25 healthy (not at risk for cardiovascular disease) European men aged 20-39 consumed doses of olive oil that were either low or high in polyphenols.

In other words, the doses were either the green, strong tasting, unrefined type (high in polyphenols) of olive oil or highly refined (low in polyphenols) kind. The researchers then checked the participants’ low-density lipoprotein (LDL or the “bad” cholesterol) levels for markers of atherogenicity. Atherogenicity is used to determine how likely your LDL is to cause cardiovascular disease.

Results

Those who consumed olive oil high in polyphenol experienced a 12% reduction in LDL concentrations. Those who took the low polyphenol olive oil had a 5% decrease in LDL concentrations. That is a pretty big difference, but it gets even better...

When researchers looked at a specific marker for atherogenicity called apolipoprotein b (apo b), they found there was a greater reduction in apolipoprotein b in the group that consumed the high polyphenol olive oil.

They also measured Lipoprotein lipase (LPL) gene expression. Lipoprotein lipase is an enzyme that breaks down cholesterol and fat cells and reduces cardiovascular risk. LPL gene expression did NOT change in the group consuming the low polyphenol olive oil; however, the researchers found that the LPL gene expression increased 27% in the high polyphenol olive oil group!

Conclusion

Consumption of high polyphenol olive oil decreases LDL concentrations and also reduced the atherogenicity of the LDL in healthy, young men. This may be a big part of why the Mediterranean diet is so healthy.

One of the biggest take-home messages here is to be careful when selecting olive oil. Make sure you are buying and consuming olive oil that is artisanal, fresh pressed, and extra virgin so it is high in polyphenols. This olive oil will also be more green and flavorful and often has a little sediment at the bottom.

You may be used to the much less flavorful olive oil and high polyphenol olive oil may take a little getting used to, but the health benefits seem to be potentially quite large.

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.

The Rude Comment that Led to a Life-Changing Event!

The world has changed. Things aren't what they used to be. No one respects or gives a darn about anyone besides themselves. These words are commonly spoken today, especially by those missing and reminiscing about the "good ol' days."

In the opinion of many, society has basically gone down the drain.

There are many reasons for having this attitude. One does not have to watch more than five minutes of the nightly news to feel this way. Clearly, the dark part of society... and all its horrific acts... sells more on TV than feel-good news. But there are exceptions to all this that tell a different story. These exceptions might be more common than you think.

The story you are about to read is one such exception that might have you praising the good "current" days. Here's the story...

Leonard Bullock was a forklift driver. He always put in an honest day's work. He never got rich, but that was never his goal. He just wanted a happy life. Bullock retired in 1995 and married Dorothy in 2000. The two had met at a church in Walla Walla, Washington.

Bullock has a small monthly retirement that just pays the bills and does not allow him and his wife to do any work on their house. Over the years, the lack of repairs finally caught up with them.

That's when Josh Cyganik heard a brutal comment.

You see, Bullock had been sitting on his porch every day for years, and Josh had been waving to him every day for quite a while. One day, Josh heard two passing teenagers passing say the house was in such bad shape that it should be burned down.

Josh said the look on Bullock's face was terrible. He could see the pain the older man felt and didn't think the elderly should ever be talked to that way and feel that embarrassment.

So instead of just ignoring it, Josh took action. A couple of days later, Josh told some of his friends (one owned a lumber store) the story and asked them for help. The owner of the lumber store donated paint and several friends said they would help.

But here's where it gets really good... Josh posted on Facebook asking for help. His plea instantly went viral and was shared over 6,000 times. He said that even though his Facebook is private, "the post blew up like wildfire." When Josh told Bullock what was going on and asked if they could paint his house, Bullock was ecstatic. Neither of them expected what would happen that day...

Josh arrived at 8:00 am, and 20 volunteers had already shown up. Throughout the day, more and more kept coming to help. It was estimated that more than 100 complete strangers showed up to help paint Leonard Bullock's house. "It was just a good vibe! Everybody was happy and excited," Josh said. "We received a lot of additional donations from people who didn't come but wanted to help. People were dropping off food and drinks all day long. Starbucks even donated six gallons of water and iced tea."

Now, Bullock's home looks awesome and he and his wife sit on the porch and smile every day. Maybe the good ol' days are still here...

Do you know someone like Leonard Bullocks who needs help? We can't help them with their home improvement, but we may be able to help them with their back problem. Many people with back pain go through their days in pain. Plus, they may not feel good about themselves, because they can't be as helpful to their family and some have to give up their favorite hobbies such as gardening, playing golf, etc. Worse, some can't take care of themselves... and they lose their independence.

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?...

These Five Types of Food Are Good for Your Eyes!

Two of the most important and delicate organs in the body are the eyes. Because a lot of the natural degenerative processes in relation to the eyes are irreversible, it's better to take steps now to prevent eye-related problems from happening in the first place. And one of the best places to start is by eating more of these kinds of foods...

- **Fish** –Cold-water fish such as tuna, salmon, sardines, and mackerel are rich in omega-3 fatty acids. These can help protect against dry eyes, cataracts, and macular degeneration.
- **Leafy greens** – Spinach, collard greens, broccoli, kale, and other leafy greens are packed with zeaxanthin and lutein that can help stem the development of macular degeneration. For best results and preservation of nutrients, try eating these greens raw (like in a salad, for example).
- **Whole grains** - The vitamin E, zinc, and niacin found in whole grains like quinoa, brown rice, whole oats, and whole wheat bread promote overall eye health.
- **Citrus Fruits and Berries** – Fresh fruits such as oranges, lemons, grapefruits, and berries are great sources of vitamin C, which can reduce the risk for cataracts and macular degeneration.
- **Apricots and Blueberries** – The eye requires vitamin A to repair damaged tissues and cells. Apricots and blueberries are rich in the lycopene and beta-carotene that the body uses to create vitamin A.
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Tip Of The Month

Are You Keeping Your Chiropractic Care a Secret?

These days, because of the abundance of quality scientific research, modern chiropractors and medical doctors understand the tremendous value working together can bring to their patients. But new research shows that chiropractors and medical doctors may not be working together as much as possible.

In a new study, researchers surveyed more than 6,000 patients in Oregon and Washington who were Kaiser Permanente members from 2009 - 2011 and had three or more outpatient visits for chronic pain. They found that 58% of these patients had used chiropractic care or acupuncture or both. The majority of patients shared information about these alternative therapies with their primary care provider. However, a good portion (35 percent of those who utilized acupuncture only and 42 percent of those who were only treated by a chiropractor) didn't talk to their providers about what complementary treatments they received. Almost all of these patients said they would be happy to share this information if their provider had only asked.

Dr. Charles Elder, an investigator for the Kaiser Permanente Center for Health Research notes, "Our study confirms that most of our patients with chronic pain are seeking complementary treatments to supplement the care we provide in the primary care setting. The problem is that too often, doctors don't ask about this treatment, and patients don't volunteer the information."

Times have changed. Your doctor should be aware of other treatments you receive to help maximize results.

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.