



# Hands of Health Newsletter

January/February 2005

Hello, again:

Another new year again! I swear 2004 just began a couple of weeks ago. But now we move onward. And as always I implore you to make your health a number ONE priority. I've been working with a number of people with various and sundry health challenges and one of the most common excuse is "I don't have the time." Nonsense. Make the time! If you don't make the time for health you'll have to make the time for illness. I can't emphasize enough the importance of DIET, a key factor in poor health and one quite common, EXERCISE, and don't give me that hogwash about the weather because I'm still out 5 days a week **regardless** of the temperature, and regular MASSAGE! Regular means consistent; preferably every week or if not every two weeks. Longer than two weeks and you won't benefit as well and it will take longer to get you to the point of feeling good and away from pain. And this leads to the first article of this edition of my newsletter. So take it from here.

## GAIN WITHOUT PAIN

*Reprinted with permission from www.ChiroWeb.com, To Your Health newsletter, August 10, 2004, from NOW.com*

For years, we've heard the phrase "no pain, no gain" with respect to exercise, but that might not be as accurate as once thought according to a recent study that indicates that your pain threshold during exercise may actually be a warning, rather than a gauge of progress.

A study that appeared in the February 2004 issue of *Preventive Medicine* compared two groups of college students who were subjected to incremental treadmill exercise tests. Investigators measured the transition from aerobic (with oxygen) to anaerobic (without oxygen) activity. Researchers theorized that once a person completes the transition to the anaerobic state, exercise becomes uncomfortable - and even painful. It is this painful or uncomfortable stage of exercise that researchers say should be a hint to "ease up."

The researchers concluded that the perceived transition to anaerobic exercise is a good indicator of nonproductive exercise, and a good monitor for regulation. In other words, when you're exercising and you start to feel uncomfortable, it may be time to stop! Talk to your chiropractor about designing a moderate exercise program suitable to your needs.

For more information on exercise and fitness, visit the website [www.chiroweb.com/find/archives/sorts](http://www.chiroweb.com/find/archives/sorts).

### Reference:

*Ekkekakis P, Hall EE, Petruzzello SJ. Practical markers of the transition from aerobic to anaerobic metabolism during exercise: rationale and a case for affect-based exercise prescription. Preventive Medicine Feb. 2004;38(2), pp149-159.*

## WHY NUCLEAR POWER ISN'T CLEAN AND GREEN

*Reprinted with permission from www.nuclearpolicy.org, Creating Consensus Newsletter Falling for a Nuclear-Free Future, Nov. 2004*

An important topic from our symposium was the cost-efficiency and feasibility of nuclear power. Nuclear industry advocates argue that nuclear power is less harmful to people and the environment when compared to energy alternatives. This is simply not the case - read on to see the real impacts of nuclear power.

1. **Nuclear power production releases CFCs (chlorofluorocarbons) that deplete the ozone in the earth's stratosphere.** CFCs are 10,000 to 20,000 times more harmful to the planet than CO<sub>2</sub>.
2. **Enriching uranium releases large quantities of CO<sub>2</sub>.** CO<sub>2</sub> is the primary agent of global warming.
3. **When uranium is burned in a nuclear power plant, it becomes 1 million times more radioactive than its naturally existing form.**
4. **Nuclear power produces massive amounts of harmful radiation.** Nuclear power plants continuously release unregulated radiation into the surrounding environment.
5. **There are more than 200 new radioactive elements created in nuclear energy production.** Exposure to these elements may result in bone, thyroid, liver, breast or brain cancer, as well as leukemia. By crossing the placenta of a pregnant woman, these elements may cause congenital deformities. By concentrating in the testicles of a healthy man, these radioactive elements increase the incidence of genetic disease.

6. **Nuclear power produces radioactive waste, which is harmful for generations.** Nuclear power plants continuously release unregulated radiation into the surrounding environment.

7. **Nuclear power has produced 77,000 tons of nuclear waste with no place to store it. The proposed storage facility, Yucca Mountain, involves the dangerous transportation of the waste.** Transporting waste to Yucca Mountain is dangerous: accidental spillage of waste could occur or the waste could be targeted for attack by terrorists. An accident could create a situation where a U.S. city could experience a "Mobile Chernobyl."

8. **Nuclear power destroys ecosystems.** One million gallons of water per minute are required to cool a large nuclear plant. This water, contaminated with radioactive elements, is then discharged into waterways where radiation is then reconcentrated thousands of times at each step of the aquatic food chain.

9. **Nuclear power is more dangerous than Hiroshima.** A plant meltdown could release 1,000 times more radiation than that produced by one Hiroshima bomb.

10. **Nuclear power is an unstoppable force - you cannot protect yourself.** There is no way to protect yourself or your family from accidental radiation exposure and there is no home or personal insurance to protect you from nuclear accidents.

## SPROUT SALAD MAY HELP WARD OFF CANCER

*Reprinted with permission from www.NutraIngredients.com, June 22, 2004, from NOW.com*

A salad of sprouted vegetables appears to protect against cancer, according to new research presented at a biotech conference yesterday. Ian Rowland, professor of human nutrition at the University of Ulster's School of Biomedical Sciences, said that his team saw clear protective effects against DNA damage in blood cells from healthy adults who had eaten just over 100 grams of sprouted vegetables every day for a fortnight.

The researchers previously tested a mixture of three-day old seedlings from vegetables including broccoli, radish, alfalfa and clover sprouts on human cells in vitro and found significant results. The human trial, to be published this summer in *Cancer, Epidemiology, Biomarkers and Prevention*, involved 10 healthy participants and 10 control subjects.

"There was no difference when we measured the background level of damage in blood cells but when we treated the cells with hydrogen peroxide to induce DNA damage, we found the cells from the sprout group were protected against damage compared to the controls," Professor Rowland told *NutraIngredients.com*.

DNA damage is commonly used as a biomarker for cancer as it has been found to play an important role in disease progression, he added. Sources of

DNA damage includes diet-related carcinogens, as bodily processes like oxidative stress.

The researcher noted that it is difficult to identify the compounds in the vegetables responsible for the protective effect, however broccoli and sprouts are known to contain glucosinolates, previously demonstrated to have an anti-cancer action. Alfalfa and clover contain isoflavones, also linked to cancer prevention.

"We wanted to use seedlings because they are thought to have higher levels of these compounds than the mature plants - they are at a more sensitive stage and therefore producing more of these protective chemicals," said Professor Rowland.

While the research does not yet confirm this, he added that the Ulster team is keen to follow up the study with further investigation into the chemicals involved. Future findings could be important in the face of increasing government promotion of the benefits of eating enough fruit and vegetables.

The findings were presented at BioIreland 2004 - Stepping Stones To Success, a biotechnology conference being held at the University's of Ulster's Coleraine campus from 20-22 June.

I never make New Year's Resolutions; I set goals. Health is always a goal at the number one spot. I did very well last year; I plan to do even better in 2005. Clear as I pack on the years. I ignore my age because it doesn't mean anything. I encourage you again as I noted above and in every past newsletter to take charge of your health and allow me to assist you with a program of healing, healthy, helpful massage. I am here to be of service to you. Call me with questions and call and set up your massage appointments.

Until next time,

Stay healthy, stay well,



# *I Love Referrals!!!*

*Ask me about earning FREE MASSAGES for referrals.*