



Hands of Health Newsletter

March/April 2006

Hello, again:

Good news!!! I'm NOT moving!!! The stars aligned, events transpired and I'm staying right where I am. And I have a new officemate. Psychologist Dr. Jeanine Copperstone has joined me and I'm very happy to be sharing space with her. OK. 2006 is moving right along. And as always, health maintenance is always a number one priority in your life. You can't eat junk food and exercise and expect your body to function properly. Compound that with not getting your massage and well, that's total chaos! Not really but it's not good. So be sure and make massage a priority in your life. Your body, mind, and spirit will thank you. As usual my research has discovered some great information. I hope you too, will enjoy and gain something beneficial.

ARE YOU SUPERSIZING YOURSELF WITH FAST FOOD

by Karen Collins, M.S., R.D., C.D.N.

The odds that frequently eating fast food meals can "supersize" you are real. But to prevent unwanted and unhealthy weight gain, is it enough to change your choice of food, drink, or portion sizes at fast food restaurants? Or do you need to change your attitudes about eating and the places where you eat?

According to a recent, large nutrition survey, American adults and children who eat fast food meals more frequently tend to consume more calories, fat and sodium. They receive less of several vitamins and minerals. In fact, on a typical day, almost a third of children and teens eat at a fast food restaurant. These individuals consume almost 200 extra calories, including nine more grams of fat and more than two extra tablespoons of sugar than those who don't eat at fast food restaurants.

People who eat more often at fast food restaurants are more likely to be overweight. A study that followed adults for 15 years found that changes in their fast food habits were directly related to changes in their weight. Those who ate fast food more than twice a week throughout the study gained an extra 10 pounds. They were twice as likely to develop health problems related to insulin resistance than those buying fast food less than once a week.

The difference in weight gain is more than a reflection of where people choose to eat. What people eat makes the difference. Studies show that the same people tend to consume more calories, fat and sodium, and fewer vitamins on the days when they go to fast food restaurants than on the days they don't. Not counting french fries, people eat fewer vegetables with fast food, which results in a lower intake of nutrients. By not filling up on fiber-rich vegetables, people also consume more high-fat foods.

Studies tend to show that menu items identified as healthy or low-fat are correctly labeled. If we don't choose them, however, calories can add up quickly.

TIME FOR A CHANGE

Think your fitness level doesn't affect your job performance? Think again! A recent study suggests that physically fit employees are more productive, have fewer absences and are more satisfied with the quality of their work than their less physically active counterparts.

Researchers surveyed 683 men and women to assess whether lifestyle-related health risks, including a lack of physical activity, poor cardiorespiratory fitness, and obesity, are linked to aspects of job performance, such as absenteeism, work performance and relationships with co-workers.

Physically active employees reported better work quality and overall job performance, and those with higher levels of physical fitness reported positively on the quantity of work performed, as well as a reduction in the amount of effort needed to complete the work. Researchers also found that work quantity increased as employee fitness levels increased.

A SPOONFUL OF CINNAMON HELPS THE BLOOD CHOLESTEROL GO DOWN

According to Mary Poppins, "A spoonful of sugar helps the medicine go down in a most delightful way." A new report suggests that the equivalent of a spoonful of cinnamon a day can significantly lower blood sugar, cholesterol and lipid levels, which is most delightful news for people with - or at risk of developing - diabetes.

Sixty people with type 2 diabetes were divided into six groups received daily doses of cinnamon (1, 3 or 6 grams, respectively) while the other groups received placebo capsules containing wheat flour. The cinnamon was consumed for 40 days, followed by a 20-day washout period. Blood glucose, triglyceride, LDL cholesterol and total cholesterol levels were all significantly lower in patients receiving

The reason we can easily consume more calories than we need may be twofold. First is the tendency one report calls "passive over-consumption." Our bodies don't automatically sense that we need smaller portions when food is high in calories. Second is our lack of a strong ability to compensate later in the day by eating less. This report highlights fast food as a particular problem, since these meals tend to be 65 to 100 percent more concentrated in calories than other meals.

Since adolescents tend to eat at fast food restaurants so often, you might think they should all be overweight. One study concluded, however, that leaner teens seem to eat less during the rest of the day than overweight teens, if they eat fast food. The data also shows that overweight teens overeat fast food more dramatically than the leaner teens. It's possible that our ability to compensate for extra calories may depend on how much extra we eat.

Fast food meals are concentrated in calories because they are high in fat and low in non-starchy vegetables. Soft drinks, however, are a major part of the calorie load. At least 100 calories of the increased load in a fast food meal tend to come from soft drinks. A large drink often provides about 300 calories, which is close to a meal's worth for some individuals.

Furthermore, a problem with fast food could stem from our attitudes, as well as the food and drink purchase. In one study, people who frequented fast food restaurants most often had little belief that what you eat affects your cancer risk.

Do you get fast food because you doubt vegetables, fruits, whole grains and beans are important for good health? If you do, your health would benefit from a change in your attitude. By eating a variety of plant foods everyday, you can take advantage of all nutrients and health-protective benefits that these foods offer.

Provided by the American Institute for Cancer Research in Washington, D.C.

Twenty-two percent of study participants were classified as obese, with 4.5 percent labeled "severely" obese. Obese employees reportedly had more difficulty getting along with co-workers, while severely obese employees reported a higher number of absences related to health. The study concluded that poor health related to lifestyle choices negatively impacts work performance.

If you suspect that your work performance is suffering because of an unhealthy lifestyle, talk to a doctor of chiropractic about getting back on track with some healthier choices. It could save your life and your job!

Pronk NP, Martinson B, Kessler RC, Beck, Simon GE, Wan P. The association between work performance and physical activity, cardiorespiratory fitness, and obesity. Journal of Occupational and Environmental Medicine January 2004;46(1), pp19-25

cinnamon compared to those given a placebo.

While adding cinnamon to the diet won't cure a person with diabetes, it may help protect diabetic patients from some of the worst complications that arise from the condition, such as blurred vision, heart disease and kidney failure. There are a variety of ways cinnamon can be incorporated into a person's diet, such as adding it to coffee or cereal, or making a tea out of boiling water and cinnamon stick.

Kan A, Safdar M, Muzaffar Ali Khan M, et al. Cinnamon improves glucose and lipids of people with type 2 diabetes. Diabetes Care December 2003;26, pp3215-3218.

I CANNOT reiterate enough the importance of diet and exercise and NOT putting poisons in your body such as fast food. So again, and again, and again eat well, no junk or fast food, exercise, and regular massage = better health. AND my new office phone number is 480-423-0578.

Until next time,

Stay healthy, stay well,



*With proper care the human
body will last a lifetime.*



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