



Hands of Health Newsletter

November/December 2003

Hello, again!!!

Where did this year go? I blinked and poof, gone!!! You'd hardly believe it's Fall when it's 103° late into October. However, I'm sticking to my running, marathon training, and getting as many massages as possible. From time to time I have to miss due to scheduling conflicts so I can understand when someone has to reschedule. But be sure and get back in ASAP so you can get back on your regular massage regimen and keep all the benefits you've been reaping all along.

I found some interesting articles for your usual reading pleasure, covering a cross section of topics. Have fun.

DIFFERENCE BETWEEN ORGANIC AND CONVENTIONAL VEGETABLES PROVED

For the first time ever, scientists have been able to substantiate a difference between organic and conventional vegetables. According to a Danish study, organic vegetables have a higher concentration of flavonoids, natural antioxidants. The scientists behind the study do not exactly know why this difference appears. One theory is that organic producers use plant varieties which are more resistant to insects and diseases, another possible explanation is that organic vegetables are not sprayed.

Until now, flavonoid studies have mainly concentrated on the effect of single flavonoids given in large doses. However, this particular study focuses on the excretion of a number of flavonoids at a realistic dietary intake and derived from a variety of flavonoid sources. The study was a double-blinded randomized, crossover design with two intervention periods with a strict control of dietary intake. Test-persons were given organic food and conventional food in turn for periods of 3 weeks. During the test periods blood and urine samples were collected and tested.

"The results are a fixed point for theories about vegetables in the human body having a biological impact, which supports our ability to fight other more serious chemical strains," says Lars O. Dragsted, one of the scientists behind the study. However, he emphasizes that is much too soon to conclude that organic vegetables are more healthy than conventional ones. It will require a significant amount of research to document.

The study has been conducted in cooperation between The Institute of Food Safety and Nutrition under The Danish Veterinary and Food Administration; The Department of Human Nutrition and Centre for Advanced Food Studies under the Royal Veterinary and Agricultural University; and Risø National Laboratory. The whole study is published in the Journal of Agricultural and Food Chemistry, volume 51, number 19, 2003.

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OBESITY MAY CONTRIBUTE TO CERVICAL CANCER

Obesity has been linked to a multitude of health problems, from increased blood pressure and heart disease to sleep apnea, breathing problems and gallstones. In women, excessive fat has been shown to increase levels of estrogen, which can lead to the development of endometrial cancer, a condition that affects the lining of the uterus.

In addition to obesity, height and weight can contribute to endometrial cancer, and they are risk factors for cervical cancer, whereas the role obesity plays in cervical cancer remains uncertain. To test whether obesity may lead to an increased risk of developing cervical cancer, investigators evaluated at a variety of potential risk factors in 560 women: 124 diagnosed with adenocarcinoma (a type of cervical cancer linked specifically to high estrogen levels); 139 with squamous-cell cervical cancer; and 307 women who did not have cancer. Among their findings:

- Women who were heavier, had a high body mass index (BMI) or had fat that was concentrated in the midsection were far more likely to have adenocarcinoma.

- Women with BMI greater than 30 (considered clinically obese) and "apple-shaped" women (those with high waist-to-hip ratios) were both twice as likely to develop adenocarcinoma.

- Women with high BMIs had more advanced stages of adenocarcinoma when they were diagnosed with cancer, even if they received regular Pap smears.

Although larger studies are needed, these results support the theory that obesity, like height and weight, may lead to the onset of some types of cervical cancer. Women who are obese should speak with their physician about ways to lose weight and the benefits of a healthy, low-fat diet, and receive more frequent Pap smears to detect the early signs of adenocarcinoma.

Lacey JV, Swanson CA, Briton LA, et al. Obesity as a potential risk factor for adenocarcinomas and squamous cell carcinomas of the uterine cervix. Cancer Aug. 15, 2003: Volume 98, Number 4, pp. 814-821.

SOMETHING FISHY ABOUT PROTECTING THE HEART

For years, scientists have examined the link between fatty fish and reduced risk of death from heart attack. Most research has pointed to the high levels of fatty acids in certain fish as one of the secrets to maintaining a healthy heart, but no one has been able to figure out exactly how these acids work.

New research from France has shed more light on the relationship between fatty fish and heart health. In this study published in *Circulation* (a Journal of the American Heart Association), researchers tracked 9,700 men ages of 50-59 who had no signs of heart disease, for two years. Among the factors the researchers documented were heart rate; blood pressure; cholesterol levels; and diet - including how often the men ate fish. A subgroup of 407 men also underwent a series of tests to determine levels of fatty acids in their blood.

Men who ate fish more than twice a week had an average heartbeat of 65.5 beats per minute, compared to 67.5 beats per minute for men who ate fish less than once a week. While it may not seem like a big difference, consider

that in the course of a year, based on the above figures, the heart of a person who regularly ate fish would beat 1,051,200 times less than the heart of a person who didn't eat fish regularly.

Eating fish had other benefits as well. Regular fish-eaters had higher levels of fatty acids in the blood, which help protect the heart. They also had lower triglyceride levels and lower blood pressure, and their HDL, or "good," cholesterol levels were higher than men who ate less fish.

If fish isn't already a regular part of your diet, now may be a good time to start including it. Fatty fish, such as salmon, mackerel and herring, contain high levels of omega-3 fatty acids, so they may offer the best protection against heart problems. Your doctor of chiropractic can help you draw up a diet that includes more servings of fish, and can discuss other ways of keeping your heart strong year after year.

Dallongeville J, Yarnell J, Ducimetiere P, et al. Fish consumption is associated with lower heart rates. Circulation Aug. 19, 2003; Volume 108, pp. 820-

KICK KIDNEY STONES

Kicking a cola habit might help keep recurring kidney stones in check.

Studies suggest that certain beverages may be associated with an increased risk of developing kidney stones. In one study, kidney stone sufferers who customarily consumed a great deal of cola were much less likely to experience a

recurrence when they cut their cola consumption in half.

RealAge Benefit: Actively patrolling your health can make your RealAge as much as 12 years younger.

Hope you found that interesting. I do my best to cover a cross section of topics but moreso to pass on information for your better health emphasizing diet, exercise, and massage. With the holiday season on the doorstep it's still important to keep your health in the front of your mind all season. And remember gift certificates for Thanksgiving as well as Christmas and Chanukah, Ramadan or whatever else you're celebrating this season. It's a great way to show your loved ones that you love them and it's healthy, natural and drug and alcohol free.

Stay healthy, stay well,



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