HEALTH NEWS

THOUGHT FOR THE DAY:
Valentines Day has come,
and gone,
but you can be nice
all year long.

February 2005, Vol. 5, OAKWOOD CHIROPRACTIC, Dr. R. L. DaSo

IN THIS ISSUE:

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Did You Know?

50,000 of the cells in your body will die and be replaced with new cells, all while you have been reading this sentence!

In one hour, your heart works hard enough to produce the equivalent energy to raise almost 1 ton of weight 1 yard off the ground.

Scientists have counted over 500 different liver functions.

In one square inch of skin there lie 4 yards of nerve fibers, 1300 nerve cells, 100 sweat glands, 3 million cells, and 3 yards of blood vessels.

The structural plan of a whale's, a dog's, a bird's and a man's 'arm' is exactly the same.

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Rheumatoid Arthritis Patients May Benefit From High-Intensity Exercise:

Rheumatoid arthritis (RA) is a painful joint disease characterized by inflammation and swelling of the lining of the joints, and can affect anyone at any age, including

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children. Though a person living with RA may not feel inclined to exercise, a recent study has found that high-intensity exercise does not increase joint damage in RA patients, and may even be beneficial.

Researchers in the Netherlands compared 145 usual care (UC) physical therapy patients with 136 patients engaged in high-intensity weight-bearing exercises over a two-year period. Study participants were evaluated for the rate of radiologic joint damage of the hands and feet. Disease activity, use of drugs, changes in physical capacity and bone mineral density (BMD), and participant attendance at exercise sessions were factors that had been determined could possibly affect the study outcome.

Results: "Participation in a long-term, high intensity weight bearing exercise programme comprising improvement in aerobic fitness and impact generating activities does not increase the rate of radiologic joint damage of the hands and feet in patients with RA," the researchers noted. "On the contrary, it seems that these exercises have a protective effect for the joints of the feet."

If you suffer from RA, consult your physician before starting any fitness program and remember, routine chiropractic care can also help ease your pain. For more information on the benefits of chiropractic, visit www.chiroweb.com/find.

Reference: Jong de Z, Munneke M, Zwinderman AH, et al. Long term high intensity exercise and damage *of* small joints in

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rheumatoid arthritis. *Annals of the Rheumatic Diseases* 2004; 63:1399-1405.

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Broccoli Compound May Suppress Growth of Breast Cancer Cells:

Sulforaphane is a chemical compound found in green vegetables such as broccoli and brussel sprouts. Previous research has shown that sulforaphane can inhibit the growth of cancerous tumors in animals and can induce apoptosis, or programmed cell death, in colon cancer cells. Now, a new study suggests that sulforaphane may also slow the spread of breast cancer cells.

Researchers treated samples of a malignant tumor in a lab with various concentrations of a sulforaphane solution (SUL). The cells were observed every few hours to determine rates of cellular division. The scientists found that within 48 hours, sulforaphane "inhibited cell proliferation" and "induced significant inhibiation of DNA synthesis" in the tumor cells. It appeared to do so by disrupting the action of certain protein microtubules in the cells, which are vital for successful cell division.

The scientists concluded that their study "is the first to report the effectiveness of SUL as an inhibitor of human mammary carcinoma proliferation and to provide confirmatory evidence of a recently identified novel mechanism of SUL action." They further recommended that future studies be conducted to "ascertain further implications of SUL intake."

For more information on general health and wellness, visit www.chiroweb.com/find/archives/general.

Reference: Journal of Nutrition September 2004; 134:2229-2236.

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MARY'S DESK:
CAN WE SURVIVE IN A TOXIC WORLD?

Part I — Environmental Exposure

It's no secret that pollution and its effects can be found in virtually every place on earth. In recent years there has been attention given to passing legislation to reduce or sometimes even ban the use of dangerous chemicals to good effect. What might surprise you, though, is the amount of exposure to toxins you and your families are experiencing. Even chemicals that have been banned decades ago are affecting your health.

The sad truth is that we are swimming in a toxic chemical soup. If you examine the EPA records you may be shocked by the amount of carcinogenic toxins released every year.

Total for ALL Carcinogens = 179,858,444 lbs.

Air pollution is a stain covering our major cities and acid rain is only one of the more visible effects. Water pollution fouls our beaches, rivers, and streams and even drinking water frequently has alarming amounts of toxic chemicals from pesticides, herbicides, fungicides, and fertilizer exposure and leaching landfills.

In the average home, three to eight gallons of toxic chemicals including solvents, cleaners, propellants, and paints add their fumes to those given off by carpets, wallpapers, and insulation. Our clothes return from the dry-cleaners laden with toxic fumes to mix with the carpet cleaner we spray on our rugs. Our yards and streets have been sprayed with insecticide and our children and pets often experience the highest exposure due to their proximity with the ground.

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Our foods are loaded with coloring agents, preservatives, and pesticides. Not surprisingly, many of the foods have the highest incidence of allergic reactions in people have the highest pesticide content. In descending order, strawberries, bell peppers, spinach, cherries, peaches, cantaloupe, celery, apples, apricots, green beans, grapes, and cucumbers have the highest concentration of toxic pesticides. In a future article, we will discuss the additional toxicity in our foods from antibiotics, packaging, preservation methods, and improper handling. Obviously lifestyle choices, like cigarette smoking, excessive alcohol, and junk food diets add their weight to the toxic burden we already carry.

Pollutants and their effects have been linked to various medical problems, ranging from increased respiratory problems like asthma, and to increased risk to a variety of cancers. The symptoms of fatigue, frequent headaches, and lack of mental clarity can easily be contributed to the overexposure to these toxic substances.

The good news is that our bodies have mechanisms to deal with the exposure of these chemicals using specific organ systems. In our following issues we will look closely at how the body is impacted by this exposure and ways we can support the body's natural methods to cleanse itself of these toxins.

To Your Good Health,
Mary Stock R. Ph., CCN

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Fruit May Boost Bone Health In Young Girls:

Osteoporosis is a major health problem that is growing in importance as the population ages.

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It is thought that augmenting bone mass during adolescence is useful in preventing osteoporosis since this stage may be the last chance to substantially increase bone mass before skeletal consolidation. Although bone Mineral Density (BMD) is affected by many factors, nutrition is considered especially important because it can be modified.

Researchers in Northern Ireland recently conducted a study to determine whether usual fruit and vegetable intakes reported by adolescents have any influence on BMD. In the study, a random sample of 12-year-old boys and girls, and 15-year-old boys and girls were evaluated for BMD in the heel and forearm, and fruit and vegetable intake.

Researchers found that 12-year-old girls who consumed high amounts of fruit had considerably higher heel BMD than moderate fruit consumers did. No other associations were observed between fruit intake and forearm BMD, or between vegetable intake and either forearm or heel BMD. High fruit intake may be important for bone health in girls; however, additional studies are required to confirm the findings of this observational study.

Reference: American Journal of Clinical Nutrition, 2004; 80(4): 1019-1023.

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