



HEALTH NEWS

THOUGHT FOR THE DAY:
Having to face the natural consequences of ones actions can teach more than scolding ever can. C.M.R.

February 2006, Vol. 6, OAKWOOD CHIROPRACTIC, Dr. R. L. DaSo

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Did You Know?

Research shows that heart disease patients given 1,000 mcg of folic acid, 400 mcg of vitamin B12 and 10 mg of vitamin B6 for one year had a 32% decrease in rate of death, heart attacks and coronary artery revascularization.

From Dr. DaSo: Did You Sign Up?

We have begun our “Healthy Learning Series” at Oakwood Chiropractic. Last month Mary Stock, R.Ph., CCN presented “Women’s Health Concerns”, in which she discussed the main health issues facing women today and the diet and nutritional changes necessary to achieve and maintain a healthy and vibrant life. If you missed it (continued next column)

Contact Us:

Phone: (727) 595-2273

Address:

12712 Indian Rocks Road
Largo, FL 34644

Visit us on the World Wide Web at: <http://drdaso.com>

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don’t worry, Mary will be presenting this program again in the near future.

Our next “Healthy Learning Series” program will be Wednesday March 15, at 6:30 PM. Mary Stock, R.Ph., CCN., will discuss “Dealing With Stress”. Mary will cover how stress accelerates the aging process, the role of hormones with stress and what can be done to minimize or eliminate the effects of chronic stress. Also, Mary will cover specific testing available to determine your stress factor. Seating is limited.

Call Beth at the office to reserve your space now. 595-2273

Food for Thought:

Researchers from Rush University Medical Center in Chicago report the brain benefits greatly from occasional meals of fish. In this study, more than 3,700 people 65 years and older performed multiple cognitive tests over six years, correlating the scores with diet. Researchers found that subjects who had at least one meal of fish each week showed a 10 percent slowing of the mental decline seen in the rest of the group. Those who had two meals or more benefited by 13 percent. The researchers tried, but failed, to correlate the benefit to the amount of omega-3 fatty acids consumed, previously thought responsible for many of the health benefits of seafood. Presumably something else produced the benefit; although some say the study may not have been very conducive to measuring the omega-3 content of the diets accurately. The fish was consumed in a wide variety of forms, including tuna, fish (continued next column)

sticks, shrimp, crab, lobster, and various fresh fish entrees. 1. Archives of Neurology, December 2005.

MARY’S DESK:

Women’s Health Concerns:

The main health issues confronting women today deal with menopause, perimenopause, osteoporosis, heart disease, and breast cancer. Ironically, women seem to be most scared of breast cancer when actually more women die of heart disease. The good news is that all of these issues can be prevented just by developing a healthy eating program accompanied by a moderate amount of exercise. What women need is healthy hormonal balance. This is accomplished with a good sound nutritional protocol. Examples of this would be lots of cruciferous vegetables like broccoli, brussel sprouts and kale, which help in the detoxification process of our hormones and other toxins that enter our bodies. Good quality protein like hormone free, grass fed meat, chicken and eggs is a good place to start. Also, fruit, nuts, whole grains, and beans help to balance out the hormones. Beware of mercury in fish. There are a few fish that are considered less toxic than others such as wild salmon, sardines, herring, cod and scallops. Don’t forget to drink your share of clean, purified water. This is a great detoxifier. You will do a lot of good for your health just by switching from soda’s to fresh water. You won’t believe the extra energy you will feel. Food and drinks to decrease or eliminate include caffeine, alcohol, sugar and processed foods which are loaded with bad fats. These can (continued next page)

all be very detrimental to your health especially if consumed on a daily basis. Replace the bad fats with good quality extra virgin olive oil, macadamia nut oil and coconut oil. The latter 2 are great for cooking as they have high smoke points. Supplementation is a good thing however, if it is used in conjunction with a good diet and not to replace it. A good multiple vitamin, good bacterial flora (probiotic), antioxidants and fish oils are a good place to start. There are even herbs that can help with the menopausal symptoms. Remember, menopause is not a disease so drugs are not required. The nice thing to know is that if all else fails, bioidentical hormones is certainly an acceptable option.

To your good health,
Mary Stock R.Ph., CCN
Pharmacist and Nutritionist
PS Don't forget, I am available at Oakwood Chiropractic for Nutritional Consults. I have many ways to help you become a healthier person. We do advanced functional testing, blood work, hormonal testing. To get started, please call and ask Beth for a copy of the symptom history questionnaire.

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➤ **Move It Or Lose It:**

In a report that should not surprise anyone who has studied physiology, the International Osteoporosis Foundation (IOF) says, in a work titled "Move It or Lose It," that regular exercise is one of the best things you can do to prevent or slow bone loss. One of the findings of their research was *that* a woman who sits for nine hours each day has a 50 percent chance of having a hip fracture than a woman who sits for less than six hours. The report also correlates weight-bearing exercise with fewer vertebral fractures.²

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2. Reuters, Oct. 20, 2005.

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➤ **Exercise for Pain:**

Research from Stanford University in Palo Alto, Calif., suggests vigorous exercise may help prevent future joint and muscle pain. The study examined adults ages 50 and older, and found that those who exercised regularly had pain-rating scores 25 percent lower than their sedentary peers, as well as a lower incidence of arthritis. About half of the subjects participating in the study were members of a runners club averaging, about five hours of exercise each week.³

3. Reuters, Sept. 28, 2005, reporting on a paper published in *Arthritis Research & Therapy*, Sept. 19, 2005

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➤ **Dementia Treatment Deaths:**

An analysis of 15 studies⁴ involving 5,000 elderly patients suggests some of the common treatments for dementia-related symptoms are killing patients. Researchers from the University of Southern California found that the risk of a patient dying within the first 12 weeks of treatment increased by 54 percent with a class of drugs called atypical antipsychotics, compared to placebos. The drugs are not explicitly approved for use in dementia patients, but are commonly prescribed by doctors because these patients often display symptoms similar to schizophrenia and bipolar disease, for which these drugs are intended. These drugs are sold under the brand names of Zyprexa, Risperdal, Seroquel and Abilify.⁵

4. *JAMA*, Oct. 19, 2005.

5. Reuters, Oct. 18, 2005.

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➤ **Eat Your Veggies:**

A report published in the (continued next column)

American Journal of Clinical who eat a lot of fruits and vegetables have higher mineral concentrations in their bones, and thus denser, stronger bone structures. Exercise was also a major factor in bone development. The study followed 152 boys and girls for seven years; researchers noted children's diet and exercise habits and measuring bone density with X-ray absorptiometry. This study found no correlation of diet to bone density in girls, although other studies have.

6. *AJCN*, September 2005

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➤ **Pomegranates for the Prostate:**

A study published in the *Proceedings of the National Academy of Sciences* concludes that pomegranate juice inhibits prostate tumor growth. The tumors, cultivated in mice from human prostate tissue, shrank as a result of administering the fruit juice, which researchers noted as having "remarkable antitumor promoting effects."⁷ Human research trials undoubtedly will follow soon.

7. *PNAS* 2005; 102: 14813-14818.

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➤ **Loss of Face:**

A presentation to a recent meeting of the American Society of Plastic Surgeons in Chicago contends that a surprising amount of the aging we see in older faces is actually due to bone shrinkage. The study used CAT scans to detect differences in bone volume at varying age groups. The presenter⁸ credits the loss of bone for much of the sagging and looseness of the skin on the face.

8. Dr. David Kahn, of Palo Alto, California, as reported by Reuters on Sept. 27, 2005.

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