

In Good Hands

A Free Monthly Newsletter For The Friends and Patients of Chad M. Abramson, DC
www.NuccaClinic.com or www.facebook.com/dr.abramson

“Discourage litigation. Persuade your neighbors to compromise whenever you can. As a peacemaker, the lawyer has superior opportunity of being a good man. There will still be business enough.” ~Abraham Lincoln

The Lazy Person’s Way To Weight Loss...



Study Says: SLEEP MORE To Drop Pounds!

- ✂ Study shows dieters who slept 3 hours more than others lost 55% more body fat!
Find out how many hours they slept!
- ✂ Another study shows diet is not enough... diet + exercise drops more weight.
- ✂ Do you eat McDonalds? Photos taken every day for SIX MONTHS show Happy Meals don’t decompose! Other photos show 12 year old hamburger still looks the same!
- ✂ Many “All Natural” foods are far from it. Find out what brands don’t live up to their claims!

And You Don’t Want To Miss THIS: Meet the most inspirational fisherman... EVER!
If you read nothing else in this newsletter... read this!

Everett – Are you lazy? Come on – it’s just the two of us. You can admit it and it will be our little secret!

Well, even if you aren’t “lazy,” I’m sure you look for the quickest and easiest way to get things done.

For example, if you had these two weight loss programs – that work equally as well – which one would you pick...

(1) You have to wake up at 5:00 a.m. every day and run 5 miles, then you eat almost nothing for breakfast, then almost nothing for lunch, then you workout like a dog for 2 hours after work, and eat a teeny tiny dinner. Then, you go to bed and do it all over again tomorrow. And you do this every day. Or...

(2) You take a pill, sleep late... and wake up skinny.

Obviously, you’d probably choose #2. Any sane person would – as long as the “pill” was

Do You Or Your Kids Eat McDonalds?

This is a shock – but not surprising. Manhattan artist, Sally Davies, photographed a McDonald’s Happy Meal every day for 6 months. The results? The Happy Meal did not appear to age. There was no mold or evidence of decay. In fact, the pictures at 6 months show it to look as fresh as the day it was bought.

Here’s something even more shocking: Wellness educator and nutrition consultant, Karen Hanrahan, has kept a McDonald’s hamburger since 1996 to illustrate its nonexistent ability to decay. Aside from drying out a bit and having “the oddest smell,” it apparently hasn’t changed much in the past 12 years.

Something to think about before stopping at the drive-thru...

safe.

Anyway, you get the point.

Well, there is no “pill” that works like that. But, a study has just been published that claims sleeping is a very important part of weight loss.

In fact, research from the University of Chicago showed dieters who slept for 8.5 hours lost 55 percent more body fat than dieters who slept only 5.5 hours.

The authors of the study stated, “Lack of sufficient sleep may compromise the efficacy of typical dietary interventions for weight loss and related metabolic risk reduction.”

Researchers think sleep may affect levels of a hormone called ghrelin. Increased levels of this hormone have been shown to increase appetite and increase fat retention. The subjects in this study who slept less claimed to be hungrier than those who slept more. According to the study’s authors: “Together, these results suggest that the loss of sleep at times of limited food

intake amplifies the pattern of ghrelin-associated changes in human hunger, glucose, fat utilization, and energy metabolism.” It should be noted the sample size in this study was small and further research on this subject is needed to make definitive conclusions. While we are on the weight loss topic, here’s another study you might find interesting...

Diet & Exercise?

USA Today reports two-thirds of people in the United States are overweight. “Overweight” is defined as being 30 or more pounds over a healthy weight. This means 66% of Americans, because of their weight, are at higher risk for Type 2 Diabetes, heart disease and even some types of cancer. That’s why it is so important to lose weight if you are overweight. New research published online in the *Journal of the American Medical Association* compared exercise combined with diet versus diet only.

Here’s what researchers found... At six months, people in the diet-and-exercise group lost an average of 24 pounds and had better reduction in belly fat and liver fat than those in the delayed-exercise group, who lost an average of 18 pounds. After a year, people in the diet-and-exercise group lost 27 pounds compared to 22 pounds in the delayed-exercise group. *“This shows that a traditional diet-and-exercise program can work for people who are very obese,”* says lead author, Bret Goodpaster, an Associate Professor of Medicine at the University of Pittsburgh. Most participants in the study lost between 30-40 pounds... but a handful lost nearly 100.

Recently, a study published in the September 2008 *Journal of Obesity* raised a few eyebrows. The study contrasted diet versus exercise for weight loss and concluded that, even though exercise may be good for strengthening bones and muscles, improved mental health and mood, lowering blood pressure, improved cholesterol levels and reduced the risk of cardiovascular disease, diabetes, breast cancer and colon cancer... it may not be the best thing for weight loss. According to one of the study’s authors: *“We would love to say that physical activity has a positive effect on weight control, but that does not appear to be the case.”* This obviously contradicts the previous study mentioned in this newsletter, at least on the surface. This is one of the problems with studies – they are often conflicting, which is why common sense must enter into your decision-making process.

Researchers in the last study mentioned the reason exercise may not have been effective in weight less is because an increase in exercise may cause people to eat more. This clearly does not mean exercise is not effective – it means people were unable to control what they ate.

Just because some people use a little exercise as an excuse to eat whatever they want does not mean exercise is not effective.

“All Natural” Foods That Are Far From All Natural

We all want to eat as healthy as possible, but with time constraints and money issues, eating right can be very difficult. Now there is one more hurdle you must watch out for...

And that hurdle is: Food companies making blatantly false claims about their products. For example, Ben & Jerry’s *seems* to be a great company. They contribute greatly to many causes such as family farmers, climate change, etc. – But, their claim that their ice cream is made from “all natural” ingredients is false.

According to food.change.org; “The Center for Science in the Public Interest (CSPI) recently asked Ben & Jerry’s to remove the ‘all natural’ stamp from its ice cream containers, claiming that ingredients like high fructose corn syrup, alkalized cocoa, and hydrogenated oil are far from natural. These ingredients are, in fact, quite heavily processed.” Ben & Jerry’s heeded CSPI’s demands and agreed to remove the “all natural” label from its ice cream containers.

Ben & Jerry’s may be the one taking heat from CSPI, but the ice cream maker is hardly alone in its misuse of the “all natural” label. Other ice-cream makers like Edy’s/Dreyer’s, Breyer’s, Friendly’s, Turkey Hill, and more do the same exact thing. This problem is not isolated to just ice cream. The real problem is that while the U.S. Department of Agriculture regulates the “all natural” claim, they have no real definition of what an “all natural” food item is.

Ben & Jerry’s voluntarily removed the “all natural” label from its products. Others have not.

Welcome New Patients!

Here are the new patients that became members of my practice family over the past few months! I’d like to welcome you publicly, and wish you all the best!

Karen T of Everett	Marvin & Jill R of Oak Harbor
Susan S of Bothell	Richard G of Edmonds
Shannon C of Mukilteo	Patricia W of Lake Stevens
Cindy F of Shoreline	Ian & Tami M of Snohomish
Rich & Ginell P of Charlotte, NC	Carolyn M of Mukilteo
Craig & Alissa L of Everett	Tim C of Mt Lk Terrace
Rick H of Marysville	Fran M of Seattle
Bill S of Bothell	Ryan D of Bothell
July A of Clearlake	Darren F of Everett
Bruce H of Edmonds	Deb G of Bothell
Stan M of Everett	Autumn H of Woodinville
Melinda B of Seattle	Darrel P of Kirkland
Michelle C of Marysville	Rachel R of Everett
Nathan G of Granite Falls	Ryan D of Everett
Carolyn H of Everett	Glenda K of Mukilteo
Elaine D of Lynnwood	Tim E of Lynnwood
Dennis D of Mukilteo	Madeline S of Seattle

Inspirational Story Of The Month –
(Names And Details Have Been Changed To Protect Privacy)

The Fishing Story That Will Change Your Life

Finally! A Fishing Story That Is Bigger And Better In Real Life

Life is tough.

The economy stinks. Real estate is worthless. Jobs are hard to find. Bills are piling up. It's hard just getting out of bed sometimes.

S-C-R-A-T-C-H!!!!

That's the sound of Clay Dyer entering the room and making the record – playing your pity-party song – skip. Not only did he make your pity-party record skip – he made it end... FOREVER.

Here is why....

It was a lazy Saturday morning. Drinking coffee and watching TV was on the menu since there was nothing else to do. Nothing. Next channel. Nothing. Next channel. Then a fishing show stopped me dead in my tracks.

That's right... a fishing show. How could a fishing show stop me dead in my tracks and keep me interested for more than two seconds? Good question. The answer is: Because it was about the most incredible pro fisherman that has ever lived... Clay Dyer.

The story starts out with a boat in Alabama's lake Guntersville. Someone is casting his bait into the water. The scene changes to a close-up of pro Bass Fisherman, Clay Dyer. He's talking about how everyone thought he was crazy, and how he's living his dream. Clay is 27 years old. He has been on the pro bass fishing circuit for two years and never won an event. He hasn't even made the second day – not even once.

So, what's the big deal about Clay?

The next scene shows Clay "walking" down a dock with his fishing pole. The announcer says, **"So go ahead...take a good long look at him...he's used to it by now."**

The image of Clay is striking. For reasons doctors still do not understand, Clay was born without legs or a left arm. On the right side he has a small appendage maybe one-third the size of a normal arm. Clay "wiggles" down the dock to do what he loves... fish as a professional.

Next, Clay's parents comment on their son's amazing life. Neither can get out a word without breaking down in tears. Nothing held Clay back as a child. He learned to throw a Frisbee... swing a baseball bat...and played basketball with his brother. His brother said, "Clay didn't need any motivation – he always figured out a way to succeed."

Clay is adamant about not using ANY special equipment. He said he never wanted anyone to treat him special. He never treated himself special. He wanted to do everything in life everyone else does... and do it the way they do it. He wanted to do it with no legs and a small piece of an arm the way they do it with two.

Clay uses the exact same fishing rods and reels as everyone else. In fact, he uses a bait caster – which is the most difficult reel to use. Many weekend anglers don't use one because they can't get the hang of it. Watching Clay fish is one of the most amazing things you will ever see. And seeing his story may be the most important ten minutes of your life. That's why you should go to this link and watch it now. <http://www.youtube.com/watch?v=glrU4JKV1SI>

And, if you are a tough guy and don't want anyone to see you cry – you better watch it alone. ☺

I love helping my patients, their friends and relatives through their tough times and getting them feeling better! I am here to help you stay feeling better and looking younger! Don't be a stranger. Call me and I will assist you in putting together a customized maintenance plan. It's not a luxury anymore! It's less expensive to maintain your good health! You really can afford Chiropractic care! Don't wait until you can no longer move!

Did You Know?... Shoppers who do not regularly wash their reusable grocery bags may be placing themselves and their families at heightened risk of food borne illness. It is estimated there are about 76,000,000 cases of food borne illness in the United States every year. Most of these illnesses originate in the home from improper cooking or handling of foods. Reusable bags, if not properly washed between uses, create the potential for cross-contamination of foods. Only 3 percent of shoppers wash their reusable grocery bags out regularly. Most shoppers don't use separate bags for meat and produce, and some shoppers even use their bags for toting objects other than food. Contamination potential exists when raw meat products and foods traditionally eaten uncooked (fruits and vegetables) are carried in the same bags, either together or between uses. This risk can be increased by the growth of bacteria in the bags. Washing the bags by machine or hand reduces bacterial presence to nearly zero.

Tip Of The Month – Tips To Make Things Last Longer And Save Your Hard-Earned Money... Times are



tough. The economy is bad. Use these simple tips to make what you have last longer, save money, and make your life easier and more secure... Very few people have money to burn these days. Most are just trying to make ends meet. Too many are really struggling to keep their home and feed their family. What many people don't understand is just how large of an impact a handful of small changes can make. For example, according to www.simplyinsulate.com, "If your home is as little as 5 to 10 years old, you likely have one of the 46 million under-insulated homes in the U.S., according to the Harvard University School of Public Health. Adding more insulation is easy. Plus, insulation is one of the lowest cost options for improving the energy efficiency of your home. It pays off fast and keeps paying off with better comfort and energy savings for as long as you own your home." **Free Guide To Save You Money** - If you go to www.simplyinsulate.com, you can download a guide from the American Recovery and Reinvestment Act to help you make your home energy efficient and save money for years and years. The site even has an "energy savings calculator" you can use to find out an estimate of how much you will save by making your home energy efficient. Decreasing both heat and air conditioning bills can really add up. **How Your Car Can Save You Money** - Another great way to save money is to keep your car in tip top shape. This will not only seriously decrease your odds of a very expensive breakdown in the middle of nowhere... it will save you money for gas, tires, repair bills and your car will last much longer. Keeping your tires properly inflated is extremely important. Underinflated tires cause you to burn more gas and wear out much faster – not to mention safety issues. Rotating tires every 5,000-8,000 miles can dramatically expand the life of your tires. **Tires And Pressure?** Also, having the right size tires for your car will actually save you money. Smaller tires may be cheaper today, but they will wear much faster and have to be replaced. Keep a tire pressure gauge in your glove compartment and check the pressure at least once a week. Tire pressure gauges are only a few bucks and can be purchased in many stores or gas stations. And make sure you get the oil changed every 3,000 miles and have a mechanic you trust keep you up-to-date on all other scheduled maintenance. Changing the oil routinely is one of the most important things you can do to keep your car running properly for years and years. Keeping up with regular maintenance is always cheaper in the long run than "driving until something breaks." Ironically, the same is true about your body and health ☞ As a general rule – spend a little to maintain now as opposed to a lot later.

Announcements

1) Due to increasing costs of printing and mailing, I will unfortunately need to reduce the number of newsletter issues I mail out. I will, however, be posting the monthly newsletters on my website (www.NuccaClinic.com) and on Facebook (www.facebook.com/dr.abramson). Please take the time to check my site from time to time. If you are unable to retrieve the newsletters online, let me know and I can print you a copy when you come in for an appointment.

2) I hope and pray you have a very Merry Christmas and prosperous New Year. Please take time to reflect on the true meaning of the season☞ For a child will be born to us, a son will be given to us; and the government will rest on His shoulders; and His name will be called Wonderful Counselor, Mighty God, Eternal Father, Prince of Peace. (Isaiah 9:6) All of you are in my prayers and I daily thank God for bringing you into my life. ☞ Blessings to you all! ☞

Remember, I'm always here, using the miracle of Chiropractic to help your body heal and maintain the health you deserve.

This information is solely advisory, and should not be substituted for medical or chiropractic advice. Any and all health care concerns, decisions, and actions must be done through the advice and counsel of a healthcare professional who is familiar with your updated medical history. I cannot be held responsible for actions you may take without a thorough exam or appropriate referral. If you have any further concerns or questions, please call my office at 425-315-6262.