

## What's Happening at Baze Chiropractic:

**Attend one of our *Health Talks* or *Refer a Friend*, to be entered into a drawing for one of two Mariner's Gift Baskets. Tickets included!**

### A GREAT RECIPE...

1. Take a 10-30 minute walk every day. And while you walk, smile. It is the ultimate anti-depressant.
2. Sit in silence for at least 10 minutes each day. Buy a lock if you have to.
3. When you wake up in the morning complete the following statement, 'My purpose is to\_\_\_\_\_ today. I am thankful for\_\_\_\_\_'
4. Eat more foods that grow on trees and plants and eat less food that is manufactured in plants.
5. Drink green tea and plenty of water. Eat blueberries, wild Alaskan salmon, broccoli, almonds & walnuts.
6. Try to make at least three people smile each day.
7. Don't waste your precious energy on gossip, energy vampires, issues of the past, negative thoughts or things you cannot control. Instead invest your energy in the positive present moment.
8. Eat breakfast like a king, lunch like a prince and dinner like a college kid with a maxed out charge card.
9. Life isn't fair, but it's still good.
10. Life is too short to waste time hating anyone.
11. Don't take yourself so seriously. No one else does.
12. You are not so important that you have to win every argument. Agree to disagree.
13. Make peace with your past so it won't spoil the present.
14. Don't compare your life to others. You have no idea what their journey is all about.
15. No one is in charge of your happiness except you.
16. Frame every so-called disaster with these words: 'In five years, will this matter?'
17. Forgive everyone for everything.
18. What other people think of you is none of your business.
19. However good or bad a situation is, it will change.
20. Your job won't take care of you when you are sick. Your friends will. Stay in touch!!!
21. Envy is a waste of time. You already have all you need.
22. Each night before you go to bed complete the following statements: I am thankful for\_\_\_\_\_. Today I accomplished\_\_\_\_\_.
23. Remember that you are too blessed to be stressed.
24. When you are feeling down, start listing your many blessings. You'll be smiling before you know it.

~Author unknown

### New Research Links Nutrasweet to Leukemia and Lymphoma

The European Food Safety Authority (EFSA) announced in April that, "there is no indication of any genotoxic or carcinogenic potential of aspartame." But in fact, aspartame is an addictive, excitoneurotoxic, genetically engineered carcinogen.

In 2005, a rigorous three year study on 1,800 rats concluded that aspartame causes significant increases in lymphoma and leukemia and is a multi-potential carcinogen. EFSA invented "deficiencies" in the study. But a second study entirely verified the first one. Dr. Morando Soffritti, who led both projects, noted that so much formaldehyde developed in aspartame-exposed rats that their skin turned yellow.

The U.S. FDA approved aspartame as a synthetic sweetener in 1981. However, studies given to the FDA by the manufacturer hid the fact the poison caused tumors in lab rats.

~DORway.com May 27, 2009

### Health Tip of the Week:

## 12 Food Additives to Remove From Your Diet

Many food additives have been studied and linked to various diseases. Becoming informed about the additives in everyday food items can make for an easier shopping experience and healthier food for everyone.

Here's a list of some of the most medically questionable and harmful additives in everyday foods:

<b>Sodium nitrite</b>	<b>BHA &amp; BHT</b>
<b>Propyl gallate</b>	<b>Monosodium glutamate</b>
<b>Trans fats</b>	<b>Aspartame</b>
<b>Acesulfame-K</b>	<b>Food colorings (Blue, Red, Green, Yellow)</b>
<b>Olestra</b>	<b>Potassium bromate</b>
<b>White sugar</b>	<b>Sodium chloride (salt)</b>

Since some of these may not be familiar to you, sodium nitrite is a preservative added most commonly to bacon, ham, hot dogs, sandwich meats, and smoked fish. BHA (butylated hydroxyanisole) and BHT (butylated hydroxytoluene) are other preservatives added to foods like cereal, gum, potato chips, and vegetable oils. Propyl gallate is found in meats, chicken soup base, and gum. All of these preservatives have been linked to cancer.

Monosodium glutamate (MSG) can cause migraines and other adverse effects. Trans fats are being eliminated from most foods, as the studies linking them to heart disease, strokes, and kidney problems are widely accepted.

Aspartame is an artificial sweetener found in products like NutraSweet and Equal as well as diet foods and soft drinks. And acesulfame-K is a newer sweetener used in soft drinks and some baked goods.

Many food colorings have been banned by the FDA, but some can still be found in foods that require a particular color. Olestra was common for a time in potato chips as an additive that prevented fat from being absorbed in your digestive system. Food colorings have been tied to cancer and Olestra also blocks vitamins from being processed.

Potassium bromate is sometimes added to white flour, breads, and rolls to increase the volume of the products, but it has cancer-causing properties that have prompted some states in America to actually require a label to that effect. Finally, white sugar and sodium chloride (salt) can be dangerous if not kept to a minimum.

~Health News June 29, 2009



## Grilled Rib-eye with Tomato Salad and Chimichurri Sauce

### Salad:

- 4 medium tomatoes, cut into wedges
- 1/2 cup thinly sliced sweet onion
- 2 teaspoons extra-virgin olive oil
- 1 tablespoon distilled white vinegar
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground pepper

### Steak:

- 1 pound boneless rib-eye steak, about 1 inch thick, trimmed of fat and cut into 4 portions [organic/grass fed]
- 1/2 teaspoon extra-virgin olive oil
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground pepper

### Directions

1. Preheat grill to high.
2. To prepare **salad**: Combine tomatoes, onion, oil and vinegar in a medium bowl. Season with salt and pepper.
3. To prepare **steak**: Rub steak with oil. Season on both sides with salt and pepper. Grill the steak 3 to 4 minutes per side for medium-rare. Allow the steak to rest 5 minutes; serve with the salad on the side and a dollop of **chimichurri sauce** (see attached) on top.

**Meat-Buying Tips:** Make sure that packaged meat isn't past its sell-by date and that there's not much moisture in the packaging. Touch it if possible – it should be firm and not soft. Look for bright red (not gray) meat. Vacuum-packed meat will be darker looking and should turn red as soon as it's exposed to air. [As explained in previous newsletters, don't forget to buy organic grass fed beef!]

## Chimichurri Sauce

Chimichurri sauce is a tangy herbal accompaniment that can liven up any meat or poultry dish.

- Makes 1/2 cup TOTAL TIME: 10 minutes
- 1 cup packed flat-leaf parsley leaves (1/2-1 bunch)
  - 1 small clove garlic, chopped
  - 3 tablespoons distilled white vinegar
  - 4 teaspoons extra-virgin olive oil
  - 1/2 teaspoon kosher salt
  - 1/4 teaspoon ground chipotle pepper or cayenne pepper

Chop parsley and garlic together on a cutting board until the parsley is finely minced. Transfer to a medium bowl, add vinegar, oil, salt and chipotle (or cayenne) pepper; stir to combine.

**NUTRITION INFORMATION:** Per 2 tablespoons: 49 calories; 5 g fat (1 g sat, 4 g mono); 0 mg cholesterol; 1 g carbohydrate; 1 g protein; 1 g fiber; 149 mg sodium; 88 mg potassium.

**Nutrition bonus:** Vitamin C (35% daily value), Vitamin A (25% dv).

~EatingWell

## Exercise of the Week:

# Try these yoga quick fixes for common lower-back pain

Even though lower-back pain may be a catch-all complaint, it's often the result of instability around the sacrum, the large, triangular bone made of five fused vertebrae at the base of the spine. The sacrum is wedged between the two hipbones and held together by two joints. Problems there are typically caused by stress, too much sitting, and over-arching of the lower back, says Gary Kraftsow, founder of the American Viniyoga Institute. The following exercises help stabilize the sacrum. As you practice the poses, engage your abdomen on the exhale in order to continuously tone your abs—and ultimately support your back.

### Cat-cow sequence, variation

Begin on your hands and knees; shoulders should be directly over your wrists and hips directly over your knees. Inhale and slowly arch your back into **cat pose (marjaryasana)**, lifting the chest up and away from the belly and extending your tailbone toward the ceiling. On the exhale round the back into **cow pose (bitilasana)**, gently contracting the belly, then bring the chest down to rest on the thighs in **child's pose (balasana)**. Repeat six times, increasing your range of motion.



### Locust pose (salabhasana), variation

Lie on your belly with head turned to either side, resting comfortably. Place your palms on the mat alongside your chest with elbows bent, legs together. On the inhale simultaneously lift your head, chest, and legs up off the mat. Turn your head to center. Keeping your legs straight, open them several inches apart. Exhale, keeping your chest and legs up, and squeeze your legs back together engaging the inner-thigh muscles. Pause and hold for a moment, then return to the starting position. Repeat six times, widening the legs a little more each time.



Advanced. Keep palms on mat alongside your chest with elbows bent for intermediate pose.

Repeat the **cat-cow sequence**.

~ Nora Isaacs, Women'sHealth

## Dr. Baze's Health Talk Series



Understand Your Body  
In a New Way



Wednesdays, 6 pm at Baze Chiropractic

- The 7 Keys to Optimum Health:** July 22,
- Exercises for Optimum Health:** August 26<sup>th</sup>
- Stress Management for Optimum Health:** July 15<sup>th</sup>
- Nutrition for Optimum Health:** August 12<sup>th</sup>

## 47.5 Million U.S. Adults Report a Disability; Arthritis Remains Most Common Cause

Increasing physical activity and reducing or preventing obesity and tobacco use can eliminate some of the underlying causes of disability and prevent secondary conditions in those already affected.

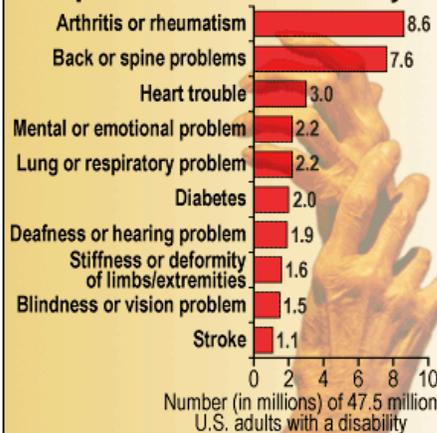
A new CDC study shows that 47.5 million US adults (21.8%) reported a disability [1] in 2005\*, an increase of 3.4 million from 1999. Arthritis or rheumatism continues to be the most common cause of disability, while back or spine problems and heart trouble round out the top three causes.

Among adults reporting a disability, the most commonly identified limitations were difficulty climbing a flight of stairs (21.7 million, 10.0%) and walking 3 city blocks (22.5 million, 10.3%). That means that 1 in 10 adults have trouble walking a distance equal to walking from the parking lot to the back of a large store or through a mall.

The number of people reporting a disability increases with age, and women have a higher prevalence of disability than men at all ages. There are approximately as many "baby boomers" (ages 45-64; 17.3 million) affected now as older adults (age 65+, 18.1 million). Given the size of the baby-boom generation, the number of adults with a disability is likely to increase dramatically as the baby boomers enter into higher risk age groups over the next 20 years.

Increasing physical activity and reducing or preventing obesity and tobacco use can eliminate some of the underlying causes of disability for some people and prevent secondary conditions in those already affected.

### Top 10 Causes of Disability



~ Reference: [1] Brault, M. Americans with disabilities: 2005, current population reports, P70-117, Washington, DC: US Census Bureau; 2008.

~ CDC. Prevalence and Most Common Causes of Disability Among Adults --- United States, 2005. MMWR 58(16); 421-426.

\* Data were collected in June-September 2005 by U.S. Census Bureau using the Survey of Income and Program Participation (SIPP); CDC and the U.S. Census Bureau analyzed the most recent data and released their findings in May 2009.

## Banana Deep Conditioner Hair Mask

This tropical treatment conditions your hair and scalp.

- 1 ripe banana
- 1 egg yolk
- 1 Tbsp honey

Mash everything together in a bowl until smooth. You can use a blender to do this if you'd like. Follow the directions for applying a hair mask. Always keep raw eggs away from cuts and scrapes.

### Applying a Hair Mask:

- Always apply your hair mask to wet hair before shampooing.
- Work the mask over your scalp and down to the ends of your hair.
- Cover your hair with a shower cap and let the mask work for 10-15 minutes.
- To intensify the treatment, wrap a warm, just-out-of-the-dryer towel around your head tuban-style. A warm, damp dowel also works.
- Rinse your hair in WARM water, then shampoo it thoroughly.

~Anne Akers Johnson