



# e-Wellnews

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*Our goal is to deliver high quality healthcare with extra attention paid to each patients' individual needs.*

## **It Has Arrived... Our New Baby!**

We have been collecting e-mail addresses for a long time now and I have finally gotten around to assembling some thoughts that I thought you all might find interesting, stimulating and/or otherwise time consuming to read. We hope to bring you these newsletters on a regular basis and look forward to your feedback and questions. If you have question as a result of reading this feel free to contact any of us via e-mail and we will try to get back to you as soon as possible.

## **Some Hot Topics In The News**

### **Soda Ingredient May Cause Cell Damage: Report**

The British newspaper the Independent reports on a study that found drinking soda containing sodium benzoate, which has been used for years to prevent mold from developing in soft drinks, can lead to cirrhosis of the liver, and degenerative diseases such as Parkinson's. The preservative is found in many common soda brands including Coke, Sprite, Dr. Pepper, Fanta and Diet Pepsi.

As Reported by Fox News

### **CDC Warns About Contact Lens Solution**

The Centers for Disease Control and Prevention has issued a warning for those using the contact lens cleaning solution AMO Complete Moisture Plus Multi-Purpose Solution; the product has been linked to a number of cases of the rare, but painful eye disease, Acanthamoeba keratitis, which can lead to permanent vision loss or blindness. The CDC advised users to throw away the solution, their lenses, and lens cases.

As Reported by NBC News

### **Apple Juice May Prevent Asthma**

Children who drink a lot of apple juice may be less likely to develop asthma symptoms, according to research in the European Respiratory Journal. Children who drank apple juice at least once a day were half as likely to suffer from symptoms associated with asthma than those who drank it only once a month. Scientists speculate the flavanoids and phenolic acids found in apples helped to calm inflammation of the airways, a key feature of both wheezing and asthma.

As Reported by BBC News

### **Rare TB Case Prompts Warning**

A man with a rare and dangerous form of tuberculosis was placed in quarantine after possibly exposing passengers and crew to the disease on two trans-Atlantic flights. The infected man flew from Atlanta to Paris on May 12 aboard Air France Flight 385. He returned to North America on May 24 aboard Czech Air Flight 104 from Prague to Montreal. The Centers for Disease Control and Prevention is urging passengers who were on these flights to get checked for TB. The man was reportedly infected with "extensively drug - resistant" TB, also called XDR-TB.



### **Herb Users Often Don't Follow Indications**

Results from a survey published in the Mayo Clinic Proceedings finds that approximately half of adults who use herbs and supplements do not use them in accordance with "evidence-based" indications. The 6 herbs/supplements and indications studied were: Echinacea, for upper-respiratory tract infection; garlic, for high cholesterol; ginseng, for mental performance/diabetes; kava-kava, for anxiety; St. John's wort, for depression; and soy, for high cholesterol/hot flashes associated with menopause. Overall, 55 percent of subjects used herbs/supplements for their appropriate evidence-based indications. However, for most, evidence-based usage rates hovered around 32 percent.

As Reported by CNN

### **Sipping Tea May Lower Skin Cancer Risk**

A study of nearly 2,200 adults found that tea drinkers had a lower risk of developing basal- or squamous-cell carcinoma. Even among participants who had never been regular tea drinkers, having 1 or more cups a day resulted in a 20%-to-30% lower risk of developing skin cancer than those who didn't drink tea. The study did not look at the relationship between tea drinking and malignant melanoma, however.

As Reported by Reuters / NBC News

### **Vitamin D Cuts Cancer Risk in Women: Study**

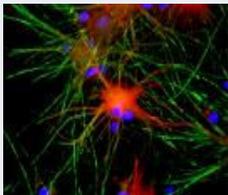
New research finds that vitamin D may be a powerful cancer-fighting agent, and suggests most people should get more of it. A small study found that vitamin D cut the risk of several types of cancer by as much as 60% for older women. However, experts remain split on how much of the supplement to recommend.

As Reported by NBC News / Associated Press

### **Team Mimic Stem Cells Using Skin Cells**

Scientists say they have produced the equivalent of embryonic stem cells using ordinary skin cells of mice. If the procedure can be duplicated in humans, it could lead to the production of stem cells to aid in medical treatments without the contentious issue surrounding the use of embryos, researchers from the Harvard Stem Cell Institute said.

As Reported by MSNBC



### **Good News for Discouraged Dieters: CDC**

Using new statistics from Centers of Disease Control and Prevention, researchers said in the American Journal of Preventive Medicine that maintaining weight loss following a diet is not as uncommon as previously thought. Researchers found that nearly 6 out of 10 people who reported losing substantial amounts of weight were able to successfully keep the weight off over a period of 12 months.

As Reported by CBS News

## Dr. Dalan's Corner

### **Why Do You See Me?**

People see me for all kinds of different reasons but one of the most intriguing to me is when I see people at the request of others. I used to think that this would be an odd occurrence. A patient comes to see me because they are self motivated to seek care... usually due to pain or the inability to perform a task of daily living that has now lingered too long. People seek me out because they can't garden without pain or they have difficulty picking up their kids or grandkids. They see me because they have pain from sports or car accidents. They wander in because they just don't feel right or they come to us by way of referral from a neurosurgeon, orthopedic doctor or physical therapist. But the strangest to me is the patient who comes to see me because someone else said they had to. They might have friends who insist they see someone for the pain they have been complaining about or they might be dragged in by a parent or spouse. The thing that is equally impressive is that they are often easily fixed. I find that with very few exceptions the reluctant patient is the one who heals most quickly and then becomes one of our most active referral sources. I am not sure why this is but, the next time you find yourselves trying to convince someone to come see me, know that you are not alone. Keep up the good work and thank you for your help.

### **Movie Critic**

I went to see a scary movie this week because my kids are out in Seattle and Kelly and I can do "adult" things. We saw Mr. Brooks (watch the trailer here at [www.imdb.com](http://www.imdb.com) <http://imdb.com/rq/nowplaying/trailers/title/tt0780571/trailers-screenplay-E31642-10-2> ) which starred a favorite pair of mine, Kevin Costner, and his evil alter ego William Hurt. In brief, The story follows a man with a murderous alter ego. Moore will play a tough detective whose devotion to her craft catches the attention and respect of the serial killer she is hunting, which leads to a symbiotic relationship. The movie was rated R for good reason. There was plenty of language unbecoming a prom queen and a fair amount of nakedness but the most disturbing part was the bloodshed. I don't want to give away the movie but the acting was in my opinion superlative on the part of Mr. Costner and William Hurt. Demi Moore is in this show and acts about as well as she did in G.I. Jane. (Which isn't really saying too much.) She has two scenes in the movie where they show her swimming in a skimpy bathing suit. My wife thinks it must be written into her contracts that her "plastic" purchases have to get a certain number of scantily clad appearances per film. If you see the movie let me know if you can come up with a reason for these scenes. The movie itself was great. It has been a while since I have seen a movie that made me jump. Costner's character just exudes the average guy quality that he is best known for but it is now offset by the maniacal nature of his alter ego which leaves you speechless. The ending is crazy. I give it a 4.5/5 phalanges.



We also saw Oceans Thirteen and because I was a big fan of the previous Oceans movies so I was looking forward to this one. Here is the trailer: <http://www.imdb.com/rq/title-tease/trailers/title/tt0496806/trailers-screenplay-E32963-10-2> I have to say they did a great job at keeping me entertained. There was just the right amount of action and just the perfect amount of humor. You will have to check your logical brain at the door because there are huge leaps of faith and omissions that any thinking person wouldn't be able to get around. At one point in the show the crew is tunneling underground with the device they used to dig the Chunnel (one leap) and it breaks down which forces them to get a new Chunnel digging device with in a day or so (even bigger leap). All told though a great movie that will leave you feeling happy. I give it a 4/5 phalanges.



### **What To Eat Or Not...**

Summer is here and we have all begun to use our grills more that we do in the winter. There is nothing that says summer like the smell of a barbeque cookout with the scent of chicken and burgers being flamed nearby. The urge to grill seems to be almost primal and I often think of the early man roasting his family's saber toothed tiger steaks as I poke and probe the meat on mine. Science unfortunately has something to say about grilling and it isn't so good. When most of us grill the thing that we look for in our grilled meats is that nice char. We want a little bit of burn to happen so that our meat has the "taste" of the grill. The problem with that is that when we cook meat or flesh to the point of burning a slightly sinister thing occurs. The protein and fat at the surface of the meat burns or denatures and forms substances known as heterocyclic amines or nitrosamines. Nitrosamines have been shown to be carcinogens which means like cigarettes and aspartame they can cause cancer. The effectiveness of nitrosamines at causing cancer lies somewhere between cigarettes and aspartame and the amount each of us consumes of any of these things puts us at greater risk for problems. Having a steak or two on the grill won't kill you but an accumulation of nitrosamines from life long consumption or exposure has been positively related to the increased incidence of many types of cancers. The reason for this is that once the nitrosamine gets inside you, it targets certain cell types like those in your intestinal tract or liver and we think it "flips a switch" on the cell's reproductive machinery which tells it to grow in an out-of-control fashion. Current researchers believe that a little bit of abnormal cell growth is always occurring in all of us but when the body gets old or is overly challenged in the immune department the effect of carcinogens can exert a more significant effect. All things in moderation is the moral of this lesson. Don't cook your meat to the point of burning it and instead of beef or chicken choose things like fish which when grilled correctly leave the char on the skin which most of us don't eat anyway. Trimming the fat off of your choice of meat will help as will choosing a leaner cut of beef. Marinating meat first can prevent foods from charring. As well as keeping potential cancer causing agents down in the meat, marinating also keeps meat tender and adds flavor to your meal. If you think you are OK because you don't actually eat the food you grill don't be so sure. Researchers have found that the people most at risk for high concentrations of nitrosamines are those who actually cook the meat. It seems that much of the great smell that comes off the grill is filled with airborne nitrosamines which like second hand cigarette smoke can have a silent effect. All things in moderation I tell you. That's the key.

### **Dr. Carol Low's Corner**



## **Center for Conscious Living**

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Carol B. Low, Psy.D., licensed clinical psychologist

The Center for Conscious Living, the clinical psychology practice of Dr. Carol B. Low, has been housed within CWC since 1996! Dr. Low specializes in medical problems

that have a psychological component. These include Irritable Bowel Syndrome (IBS) and other functional digestive disorders; autoimmune disorders such as Multiple Sclerosis (MS), diabetes, Rheumatoid Arthritis (RA): allergies and asthma, and chronic pain problems from low back pain to neuropathy to Reflex Sympathetic Dystrophy (RSD) and headaches. In disorders such as these, there is impaired communication between brain and body that needs to be fixed for healing to proceed. For example, in RSD the thalamus in the brain that gates pain signals has failed to register that the painful limb has healed. In allergies, the body is reacting to otherwise harmless substances as if they are toxic.

Dr. Low uses a relatively unique set of treatment techniques including clinical hypnosis, cognitive and rational emotive behavior therapy (REBT), and sensorimotor psychotherapy (SP) to reestablish the mind-body connection at a higher level of functioning. Research on clinical hypnosis abounds demonstrating its efficacy in such mind-body disorders as well as in preparing for surgery and childbirth, stopping smoking, losing weight, and getting over anxiety and depression. REBT is one of the most effective tools for alleviating depression, anxiety, phobias, and processing change at a cognitive level while the hypnosis works at a more intuitive level. SP is a specialized technique for working through body memories of trauma that is often used in conjunction with other techniques.

Psychological services also include family and couples therapy and weekend intensives for out-of-town clients. Dr. Low has training in early childhood education and childbirth preparation, as well as a Masters in Applied Family and Child Studies, and a Masters and Doctorate in Clinical Psychology. Please stop in and meet Dr. Low on your next visit.