

In Good Hands

A Free Monthly Newsletter For The Friends and Patients of: **Dr. Barry Rizzo**

“Happiness is nothing more than good health and a bad memory.” ~ Albert Schweitzer

“The Great Low-Carb, Low-Fat Debate Rages On With New Research Fanning The Flames...”



Toms River, & Northfield: It's January. Another New Year. And I bet one of your New Year's Resolutions just may be to shed a few unwanted pounds... so you not only look better... but also... become healthier and possibly add **QUALITY** years to your life.

Am I right?

After all – who doesn't want to look like a stud or studette and become healthier at the same time?

Ok. Maybe I went a little too far with the whole “stud or studette” thing – but – if you are interested in everything else I just said... there's some new research out that may help you...

Here's why: A recent Health Science Institute e-Alert gave the “skinny” on a team of researchers with the OmniHeart Collaborative Research Group that compared the effects of three different diets on high blood pressure.

The study took more than 160 patients with either pre-hypertension or stage 1 hypertension and separated them into three groups. Each group was randomly selected to follow one of three different diets for a duration of six weeks.

Here Are The Three Diets:

#1 Carbohydrate Diet: This was modeled on the American Heart Association DASH diet (Dietary Approaches to Stop Hypertension); low in saturated fats, high in carbs from fruits, vegetables and fiber, small amounts of fish, poultry, lean meats, beans and nuts.

#2 Protein Diet: This diet contained 10 percent more protein, mostly from beans, nuts, poultry, low-fat milk products and egg substitutes. Like the carb diet, 21 percent of calories came from unsaturated fats

#3 Unsaturated Fat Diet: In this diet, 31 percent of calories came from unsaturated fats, primarily monounsaturated fats and oils such as olive oil. Calories from protein totaled 15 percent (as did the carb diet).

As you can see – the amount of protein and fat are different in each – but these are not super high protein or fat diets.

Here's The Results:

The protein and unsaturated fat diets beat the carb diet in 3 key measures:

1. systolic blood pressure,
2. triglycerides and...
3. LDL cholesterol.

Both diets lowered systolic blood pressure more than the carb diet. The protein diet also lowered LDL cholesterol and triglycerides. LDL was not significantly affected by the unsaturated fat diet, but HDL increased and triglycerides went down.

According to the Health Science Institute e-Alert: In their conclusion, the authors' note that when a diet is fundamentally healthy, "partial substitution of carbohydrate with either protein or monounsaturated fat can further lower blood pressure, improve lipid levels, and reduce estimated cardiovascular risk."

So Where's The Weight Loss I Mentioned Earlier?

It just so happens there was a study discussed in the Annals of Internal Medicine that compared the results of 132 obese patients that followed either a low-fat or low-carb diet.

In the end, the weight loss was very similar. But...According to the authors in the Annals of Internal Medicine:

"For persons on the low-carbohydrate diet, triglyceride levels decreased more...and high-density lipoprotein cholesterol levels decreased less.

Participants on a low-carbohydrate diet had more favorable overall outcomes at 1 year than did those on a conventional diet. Weight loss was similar between groups, but effects on glycemic control were still more favorable with a low-carbohydrate diet." And of course, glycemic control (which can help prevent Type 2 Diabetes) is one of the most important reasons to follow a low-carb diet."

And according to a December 12, 2005 Health Science Institute e-Alert, "Another study (also reported in the Annals of Internal Medicine last year) evaluated 120 overweight subjects for 6 months as they followed either a low-fat or a low-carb diet. In that study, triglyceride levels dropped as HDL levels had a greater increase in the low-carb diet compared to the low-fat diet."

Now Before You Go Do Something Crazy...

Like eliminating carbohydrates and amping up the protein... you must understand this...

This newsletter is NOT suggesting EITHER low-carb, low-fat or any other diet for YOU.

The important thing to know is this: What you just read were the results from a few studies. And the results from a few studies do not necessarily prove or disprove anything.

Why?

One reason is that ALL studies are limited in one way or another. That's why they should be used as ONE piece of a large puzzle. Simply some information to help you make health decisions that are right for you.

For example. One thing that seemed to be absent from the studies above is something we have discussed before in this newsletter.

And that's the Glycemic index. What's the Glycemic index?

According to a great website, www.glycemicindex.com, "The glycemic index is a ranking of carbohydrates based on their immediate effect on blood glucose (blood sugar) levels. It compares food's carbohydrates gram-for-gram. Carbohydrates that break down quickly during digestion have the highest glycemic indexes. The blood glucose response is fast and high. Carbohydrates that break down slowly,

releasing glucose gradually into the blood stream, have low glycemic indexes."

In other words... all carbohydrates are not created equally. Some break down very rapidly in your blood stream and cause that burst of energy... followed by the inevitable crash and burn.

While others break down much slower and give you much more stable and lasting energy without the crazy high-low fluctuations.

Accordingly, the exact same amount of these two different carb sources will have very different results on not only your energy levels... but also... weight control and even mood swings.

So, how do you tell the difference?

The glycemic index (GI) is a numbered scale that ranks the food for you.

A GI score less than or equal to 55 is low.

Between 56 – 69 is medium.

And, greater than 70 is high.

So, how do you get these scores?

That's why www.glycemicindex.com is so great. Just go there and click on GI Database on the left side of the page. Then, simply enter the food and up pops the glycemic index.

What's really nice about this site is you can put in popular brand names like Raisin Bran. You might be shocked to find out Raisin Bran has a much higher GI than Frosted Flakes!!!!

You might want to check out the sight and put in the foods you most typically eat. You may be surprised what you find.

And don't forget, if you ever have any questions or concerns about your health, talk to us. Contact us with your, questions. We're here to help, and don't enjoy anything more than participating in your lifelong good health.

Welcome New Patients!

Here are the new patients that became members of our practice family this last month! We'd like to welcome you publicly, and wish you all the best!

Mike was referred by his Pain Mgmt Doctor

Richard referred by his Pain Mgmt Doctor

Tiffany referred by her boyfriend

Hershell referred by his Pain Mgmt Doctor

Sonja referred by her Orthopaedic Doctor

Nathalia referred by her Attorney

Betty referred by her Friend

Angelo & Tula referred by their Attorney

Caryl referred by her Daughter

Frank referred by his Daughter

Nichole referred by her Attorney

James

Mary

Gail

Toan

Dogan

Lucille

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

**“Making 2006 Your Best Year Ever
Using Walt Disney's Secret...”**

Ever think the whole world is secretly plotting against you?

No matter what you do – it's always a struggle... and... things just never seem to work out the way you want them to... **Plain and simple... life can be tough.**

But... did you ever wonder why some people seem to have the “Midas Touch?” No matter what they do – as long as *they* are involved – everything always turns to gold. They *always* get what they want and their lives run as smooth as a Rolls Royce cruisin' at 60 on a freshly paved road... I bet you think it's all about luck... don't ya?

Well, here's a little story to help make 2006 extra special for you and your family... and maybe... just maybe...

Give YOU The Midas Touch, Too!

You've heard of Walt Disney, right?

Well, not too long ago Mike Vance spoke at a seminar to over 1,000 people. Mike worked side-by-side with Walt Disney for many years and has been responsible for countless Disney breakthroughs.

Mike told this story that changed many lives... I bet it will change yours too:

One summer day in Los Angeles, he and Walt were scheduled to do some work. But, that day it rained, which is pretty rare for a June day in L.A.

So, instead of working, Mike and Walt went for a walk. Walt commented on the rain. How beautiful it looked as it balled up on the leaves of different plants. He mentioned how he loved the rain and missed how often they got rain in Florida. Then Walt brought Mike into his house... and... they both peered out the window and looked at all the beauty around them. Then Walt turned to Mike and said, *“Isn't it wonderful that we can stand here, as adults, staring out the window, looking back at our lives and realize all the dreams we had as children we have achieved as adults?”*

Why did Walt see so much beauty in the rain and other common things others take for granted or actually complain about? Because Walt was living his dream. And when you live your dream... *everything seems to work out and look beautiful.*

When you struggle... the world becomes a very, very, *very* ugly place.

Well, what about you? What do you realize when you look out your living room window? Are you living out your childhood dream? If not, when do you think you're gonna start?

It's no secret you have dreams. We all do.

It's also no secret most people put their dreams on the back burner... and... say they will get to them “someday” when things get better.

Well, for most, things never get better and that “someday” never comes.

Next thing you know, you wake up one day and your entire life has passed you by and you realize you never lived. Never lived out your dreams. It's sad... and... it doesn't have to be that way.

Not in this day and age with all the opportunity you have in front of you...

This reminds me of another great story... it's about a young child visiting his grandfather on his deathbed...

The young child asks his grandfather if there was anything he did in his life that he regrets. The grandfather looks up at his grandson... and says in only a way a wise, old grandfather could say...

“No. There is NOTHING I've done in my life I regret. The only regrets I have are for the things I DID NOT DO. I wish I had spent less time working... and more with my family. I wish I had traveled more. I wish I had done so many of the things I really wanted to... but thought I never had time... or money... to do. And I wish I would have told your Grandmother I loved her more.”

When elderly people are asked to reflect on their lives... you will never, ever find one that says they wished they worked more. Or they wished they struggled more. They ALWAYS wish they had done more of the things THEY wanted to do... they wish they had spent more time with family and loved ones... and... they wish they had acted and taken steps to live out their dreams... Take the time to look out your living room window right now. Do you see what Walt saw? If you don't... what are you going to do about it? And when are you going to start? It really is all up to you to give yourself the “Midas Touch.” That's something to think about as you and your family head into a brand new 2006.

Did You Know?...

- More Monopoly money is printed yearly than real money throughout the world.
- Penguins are not found in the North Pole
- People photocopying their buttocks are the cause of 23% of all photocopier errors worldwide.
- Rudolf the Red-nosed reindeer was actually created as a promotional figure for Montgomery Wards department stores.
- A whip makes a cracking sound because its tip moves faster than the speed of sound.
- Walt Disney got the idea for Mickey Mouse from watching mice play in a garage, where he was forced to work, because he could not afford to rent an art studio.
- About 100 people choke to death on ballpoint pens each year.
- Fish scales are an ingredient in most lipsticks.
- 80% of arrested criminals are male.
- One in ten people live on an island.
- 84% of a raw apple is water. It takes more calories to eat a piece of celery than the celery has in it to begin with. Chewing gum while peeling onions will keep you from crying.

Tip of The Month –“The 3 Keys To Succeeding At Anything!”

I'm sure you've seen success lists before. We all have. Especially this time of year. So, since you've most likely been bombarded with 101 ways to achieve your goals for 2006... I'm going to try to give you a few you may not have seen before. And, if you have, at least a new twist so-to-speak...



The first is... Clarity Of Purpose

In other words... knowing what you want; being able to picture what you want; and being able to imagine what you want so deeply that you feel as if you already have it.

Most people wish for things. This is NOT about the simple act of wishing. Wishing and a buck-fifty will get you no more than a cup of coffee at Dunkin Donuts. And that's a regular coffee – not one of those fancy lattes.”

What we are talking about here is being able to see exactly what you want in your mind's eye... in astonishing detail. You can see... and feel... every little detail about this “thing.” And whenever you picture your “thing,” you have a strong EMOTIONAL response. Not just a fleeting thought.

This emotional response should be so strong that you can actually feel that you have already achieved the desired result and are experiencing all the great things it will bring.

Great athletes do this all the time. Many are known to go to the stadium the day before a game and live the entire game... play-by-play... in their head. And when it is all over – they can feel what the victory is like.

This has become a big part of top-level sports and many sports psychologists work on these skills with multi-million dollar athletes.

The second is... Realizing The Simple Fact That You Don't Have Whatever It Is You Want And You Actually Have To... Go Out And Get It!!!

In other words... you have to know where you are right now in relation to what you want. Know your starting point. And you have to be honest with that starting point. Most people think they are much closer to achieving their goals than they actually are. This only sets you up for ultimate failure because you do not plan to take ALL the proper steps.

Without knowing and being 100% realistic about where you are starting – you can NEVER get to the finish line.

The third... and maybe most important... is...

Accepting The Reality About What It Will Take To Achieve Your Goal...
And Then Be Willing To Do Whatever It Takes To Get There...

Surprisingly, most people fail because they have no idea what they want in the first place. They have vague desires. Like to be rich. Or be happy. Or get married. What does all that really mean? Rich, happy and married means completely different things to different people. And you can never do what it takes to get what you want unless you know exactly what it is. In detail. So here's a little action plan to help you achieve your goals:

First, decide what it is you really and truly want.

Second, be willing to move heaven and earth to get whatever it is you want.

Third, don't stop until you get it.

And remember – most people fail because they never knew what they REALLY wanted and weren't willing to do what it REALLY takes.

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

Patient of The Month...

This month's patient of the month is Mrs. Maria Carmona! Congratulations! As usual, the patients of the month will receive a FREE DINNER for her and a guest, a person of her choice, for the dinner! Last month's winner, Laura Orozco enjoyed her dinner at Joshua Huddy Brew Pub & Grill. Make sure to look for your name in next month's newsletter.

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