

# In Good Hands

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

"Anyone who has never made a mistake has never tried anything new." ~ Albert Einstein

## Are You Ready For A Weight Loss Vaccine?

**T**oms River and Northfield – Just imagine if you could go to your doctor... get a simple shot... and you would lose weight while eating the same foods you eat right now... and without even setting foot in a gym! That's it.

WOW! Just get the shot... and presto... the pounds mysteriously disappear like money from your wallet in a Las Vegas Casino!

If there was such a shot... or better put... vaccine... would you want to know more about it?

If you would... you are going to find this very interesting.

Why?

Because an article in Reuters (Tuesday August 1, 2006) entitled, "Scientists Take Steps Towards Obesity Vaccine," discusses how a similar scenario may soon be on the horizon.

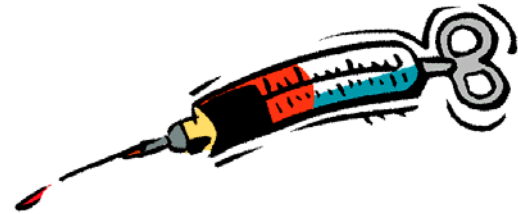
According to the article, U.S. researchers reported they developed a vaccine that slows down a key hunger hormone and kept rats from gaining weight, even when they over ate.

Researchers, from The Scripps Research Institute in California said that the vaccine is a long way away from being tested in humans. But, the results are fascinating... and... offer explanations as to how and why we gain... and lose... weight.

Here's how the vaccine is reported to work: Back in 1999, a hormone named ghrelin was discovered. Ghrelin helps control appetite in humans and animals.

According to expert, Kim Janda, and one of the directors of the study, "To have an impact on appetite and weight gain, ghrelin first has to move from the bloodstream into the brain, where, over long periods, it stimulates the retention of a level of stored energy as fat,"

So, the purpose of the vaccine was to prevent ghrelin from leaving the bloodstream and reaching



the brain. It was believed if ghrelin was stopped, its effects on weight gain would also be stopped.

Results?

According to Janda, "It appears that active vaccination against ghrelin is one avenue that can slow weight gain and fat build-up in the body. The study shows our vaccine slows weight gain and decreases stored fat in rats. While food intake was unchanged in all testing groups, those who were given the most effective vaccines gained the least amount of weight. The vaccine also appears to help control whether the body stores fat or burns it off. Our study is the first published evidence proving that preventing ghrelin from reaching the central nervous system can produce a desired reduction in weight gain."

The Reuters article went on to say, "The researchers vaccinated mature male rats that were then provided an unlimited amount of low-energy, low-fat food. Unvaccinated rats gained more weight than vaccinated rats fed the same food.

"Whether active immunization against ghrelin would help prevent the development of obesity caused by ... high-fat 'Western' diets, or would facilitate weight loss once obesity is established remains uncertain," the researchers wrote.

All this is interesting. But, there are a couple of important points here...

The first is the reason for all this research into a vaccination for weight loss. So, let's take a look at

how serious being overweight and carrying around a few extra pounds can be to YOU:

**Why 30-Year-Olds Feel Worse Than FIFTY-YEAR-OLDS And How It Can Lead To An Early Death...**

From little seeds... giant trees are grown. It just takes a little time.

The same is true about health. Little... seemingly insignificant factors... create major health problems. It just takes a little time...

For example, here's what Dr. Joseph Mercola recently said on his website, [www.mercola.com](http://www.mercola.com):

“About **136 million Americans are overweight or obese, along 25 million children** and teens, an epidemic that could actually make life expectancy in this country decline. People who are overweight, found a study by Columbia University researchers, are more likely to suffer from:

- **Pain**
- **Arthritis**
- **Heart disease**
- **Type 2 diabetes and other illnesses**

Further, overweight and obese women spend an average of **three more years being sick** than normal-weight women. Heavy men spend about one more year in ill health. Even overweight women under the age of 45 start experiencing many more medical issues, such as depression, than normal-weight women. And, being obese can make a **30-year-old person feel worse than a 50-year-old person** of normal weight.”

As you can see, being overweight is a serious health problem.

According to registered dietician Katie Bogue ([www.ucsdnutritionlink.org/fastfood.pdf](http://www.ucsdnutritionlink.org/fastfood.pdf)), Americans eat out 4-5 times per week.

And this is especially frightening... because... according to a recent New York Times article (July 28, 2006) many fast food restaurants have done an about face on healthy options. Over the past few years, fast food restaurants were offering... and marketing... healthier options. Now, according the New York Times article, **Burger King's** new BK Stackers, allow customers to pile as many as four pieces of meat and cheese and eight slices of bacon in between a hamburger bun, topping out at a heart-stopping **1,000 calories** and **1,800 mgs. of sodium**. No veggies are "allowed" on the quadruple burger,

according to an advertising slogan, but they probably wouldn't fit anyway...

But that's not the most serious fast food offender. You can leave that to **Denny's**, now offering an "extreme" version of its Grand Slam Breakfast, weighing in at **1,270 calories**, more than **2,500 mgs. of sodium** and **77 artery-clogging grams of fat**.

**The REAL Answer To Weight Loss And TRUE Health...**

In life, there are always two paths to choose from: The right path... and... the wrong path. And, if you are honest with yourself, you must admit, that you almost ALWAYS know the right path. But, we often don't choose that path... the right path... simply because it seems WAY harder than the other.

The same is true with your weight loss and health "path." The ONLY path to true weight loss is self control. Eating the proper food and exercising. Consistently. For the rest of your life.

Daunting task? Sounds terrible? Well, when you look at the alternative – sickness, disease and pain – it's pure bliss!

I know a weight loss vaccine sounds tempting. Even like a dream. But the real question is: What are the long-term side effects? And is something like that worth the risk when you already know the right path?

Free-will can be a real curse... isn't it?

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!

<i>Marylue- referred by her Orthopedist</i>	<i>Dawn</i>
<i>Joseph – referred by his wife</i>	<i>Peter</i>
<i>Romulo – referred by his Attorney</i>	<i>Joe</i>
<i>Raymond – referred by his Orthopedist</i>	<i>Kristina</i>
<i>Matt – referred by his Attorney</i>	
<i>Maryann – referred by her Orthopedic Spine Surgeon</i>	
<i>Robert – referred by his Family Physician</i>	
<i>Daisy – referred by her friend</i>	

## “The Grey Blur That Changed Everything...”

"We never saw it, or anything, before it bit. It shook me. It lasted about three seconds long. All I saw was, like, a gray blur. It let go and I just looked at the red blood in the water."

The night before Halloween, the top female surfer in her state for her age... and... one of the best in the nation... went to check out the surf. The waves were particularly good at the reef at Tunnels. So, 13-year-old Bethany Hamilton decided that's where she would surf the following day. A decision that changed her life... forever...

At 5:00am Halloween morning, Bethany woke up, ate a bowl of cereal and got a ride from her mom to the beach. Her father had an early day, too. He was on his way to the hospital for knee surgery.

Bethany surfed with her best friend and her best friend's father and brother. She caught about 10 waves...and then... laid on her surf board to take a rest.

Her right arm holding onto her board. Her left arm dangling in the water...

### **That's When The Grey Blur Struck...**

Without warning, a grey blur came out of no-where and latched onto Bethany's left arm. The 14-foot tiger shark shook violently for a few seconds... and then disappeared... with Bethany's left arm!

Without hesitation, Bethany's best friend's father and brother paddled and dragged Bethany onto the beach. Then made a tourniquet out of a surfboard leash. Their fast thinking and acting probably saved Bethany's life...

Bethany was in and out of consciousness during her 30-mile ride to the hospital. Strangely, she remembers the ambulance radioing the police.... Telling them to let go of her mother who had been pulled over for speeding while trying to keep up with the ambulance.

But an even more unique twist occurred when Bethany's father... already sedated for his knee surgery.... had to be whisked out of the operating room to make space for his daughter.

### **The Third Time Is Always The Charm...**

Thanksgiving morning. A handful of beach-goers look on as a tiny, blonde headed silhouette paddles feverishly for a wave. The spectators are glued to the scene that is unfolding....

The tiny, blonde silhouette misses the wave. The next rush from the sea narrowly escapes her attempt to latch on for a ride, too.

But the third attempt is the charm. Less than a month after a giant Tigers shark stole Bethany's left arm... she is riding another wave.

A family friend was quoted, "She caught the third wave and really ripped it, just like normal."

Bethany surfed for a couple hours that day. And then again the next day. She had a little difficulty catching the waves... and with her balance... but quickly adapted.

And her response to her new challenge was that she always had a problem flopping her arms around while she surfed. She said the shark attack had...

### **Cured Her Of That!**

I don't know about you... but... that I wonder how that big, grey blur would have changed MY life. Would I be able to go on...and do all the things I do now... so quickly and without hesitation?

It's so easy to get down and make excuses for the ways things are in our lives. But then there is Bethany: A 13-year-old with more courage and positive outlook on life than 99.9% of grown-up, "mature" adults.

When I first read this story, I couldn't help but think of a professional football star that was kicked off his team last year for all the problems he caused. As soon as he was released, another team signed him for \$25 million. And his Jersey is the highest selling jersey to fans in the league.

Maybe we are looking in the wrong places for or heroes.

Maybe Bethany should be the one with the \$25 million deal. And the millions of fans.

Just something to think about...

***We love helping our patients and their friends and relatives through their tough times and getting them feeling better! We are here to help you stay feeling better and looking younger! Don't be a stranger. Call us, and we will assist you in putting together a customized maintenance plan. It's not a luxury anymore! With our low monthly payment plan, 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?...

(Our monthly feature of tidbits of news and info to make your life easier and more fun, so you're healthy all the time!)

It is estimated that world traffic volume will increase from the current annual 24 trillion kilometers (15 trillion miles) to in excess of 100 trillion kilometers (62 trillion miles) by 2050. Travel by car will drop from 53% of total transportation use to 35%, with high-speed transport such as air travel increasing from 9% to more than 40%. The increase will put further pressure on in-flight tension as airlines scramble for more capacity per trip in an effort to keep operating costs down. The often-cramped seating arrangements, specifically in economy class, has led to an increase in passenger violence. The Airbus company might just have the answer to more comfortable travel with their new double-deck jet, the A380. The family of A380 aircraft, each with twin aisles and 2 levels, provides more room than any previous aircraft. Passenger ship style stairs lead between the levels. The cargo compartments can be used for shops, exercise areas and sleeping rooms. At the request of airlines and airport authorities, the A380 fits within an 80 x 80m (262 x 262 ft) horizontal box, to make best use of current runways, taxiways and gates. The A380 will use the same runway length as the Boeing 747, even though its fuselage is 25 cm (10 in) wider. Airbus also developed a new light material called Glare, made of fiberglass and aluminum alloy, which would shave several tons off the weight. Airbus aims to make the A380 the most pleasurable flying experience possible, regardless of a traveler's size or class of ticket.

## Tip Of The Month... 14 Tips That Make Traveling With Kids... FUN!



Ever travel with your kids? Dumb question. Of course you have. And since you have, you've heard the age old question, "Are we there yet?" And you also know how difficult it can be to keep your children occupied, happy, and... if you have more than one... out of each other's hair!

Well, if you'd like 14 sure-fire ways to make your next family trip more enjoyable for your kids... and... stress-free for you – you're gonna love this article by Laurel Smith. And all you moms out there are going to love her website, [www.momsminivan.com](http://www.momsminivan.com). So without further adieu...

### Car Travel Activities for Kids , By Laurel Smith

Time flies when you're having fun - The miles fly by too! You can make a long family car trip seem a lot shorter if you have fun with your kids along the way. Plan ahead with a few car activities, and making the journey can be as much fun as the destination. Here are a few ideas to get you started.

**Make a Trip-Journal or Scrapbook** - Give everyone a big spiral bound sketchpad and a box of crayons or markers. Each day of the trip or for each event along the way, draw a picture of what you did that day, or draw a map of where you went, and write about it. You can also paste in souvenirs. **Get a Good Songbook With All the Lyrics** - It's surprising how many songs you think you know, but you don't really know all the words to. Have a singing marathon and learn the old classics by heart. **Give Your Kids an Allowance for the Day** - Tell them that this money is for snacks, treats, souvenirs etc. Help them learn to budget their money and make good choices. **Let Your Children Have a Map** - Give your kids their own copy of a map of where you are going. Show them how far you have come, how much further there is to go and let them mark it with a crayon. Every time someone asks "How much further?" let them see for themselves. You might also like to get a compass and show them how it works along with the map. **Have Bubble Gum Blowing Contests** - The weirder the gum the better. Get it at the rest areas and try all the different flavors. **The License Plate Game** - Print a U.S. map off the computer and color in the states as you see license plates from each one. See if you can get all 50 states between Memorial Day and Labor Day. You might even record the time and date and the state where you saw it. This can be a family project as you build your "collection" of license plates together. **Cats Cradle or String Loops** - You just need a piece of string for this one. See if you can make "Jacob's Ladder", "Kitty Whiskers", or play Cats Cradle! **Magnetic Board Games** - Do your children know how to play classic board games like Chess, Backgammon, Checkers, or Chinese Checkers? What better time to learn than in the car to pass the time! The magnetic car versions of these games are nice because they are small and compact, and have easy ways to store the pieces so they don't get lost. **Counting Cows** - Count the cows you see on your side of the car. If you pass a cemetery on your side of the car, you lose all your cows. The one with the most cows wins. **Read Out Loud** - This passes the time quickly in the car for the reader and for the family members who are listening. **Lego Contest** - Have a contest to see who can build the best item that relates to where you are going. Use a shoebox to store the Legos, or large zip lock bags. **Guess How Far Away That Is** - Pick an object and have everyone guess how far away it is, then clock it on your odometer. **Play Favorites** - Have everyone think of different "favorite" questions for the group. What's your favorite... movie, flavor of ice cream, song, game, toy, place to visit, restaurant, book, animal, fish, etc. Be creative and don't forget to ask the driver too! **Aluminum Art** - Give everyone a sheet of aluminum foil. Have them mold it into anything they want: animal shapes, Frisbees, balls, jewelry, crowns, headband, necklaces and masks. Be creative. It's inexpensive fun and easy to clean up. Toddlers love this one too.

Remember that it's sometimes nice to sit in the back of the van with your kids while Dad is doing the driving and play some games right along side them. You might be surprised at how much fun you have too. Happy travels!

*Laurel Smith is a former schoolteacher and mother of three who has logged thousands of road trip miles both as a kid and a mom. Visit her website for more than 101 travel games and activities for kids at [MomsMinivan.com](http://MomsMinivan.com)*

**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 Anne Twomey! Congratulations! As usual, the patient of the month will receive a FREE DINNER and will bring as a guest, a person of their choice, for the dinner! Last month's winner, Peggy Flanagan, reported back that she had a great time at AppleBees, and was delighted to be named patient of the month! Watch for your name here in a coming month!