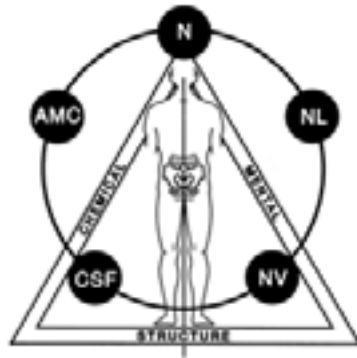


Protect Against Air Pollution

The EPA has funded a study on reducing the effects of air pollution with the intake of fish oil and olive oil. Exposure to air pollution has been shown to increase cardiovascular disease. Advanced age is among the factors associated with susceptibility to the adverse effects of air pollution. Dietary fatty acid supplementation has been shown to decrease cardiovascular risk through multiple mechanisms. This study evaluated the efficacy of supplementation with marine fish oil or olive oil in protecting against cardiovascular effects induced by controlled exposure of middle-aged healthy volunteers to concentrated air pollution particles. The subjects were between 50 and 72 years old and were randomly assigned to receive 3 g/day of fish

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Whiplash – more than just a Neck Injury



You are stopped at an intersection when a car behind you rear-ends your vehicle. The impact of the accident pushes your car forward. It takes about 100 milliseconds for your body to catch up to the forward movement of your head. Your shoulders travel forward until they are under your head, and your neck extends forward as your head tilts slightly down toward your steering wheel. The seat belt engages and holds your left shoulder back and restricts the neck muscles on the left side of

Whiplash

your neck. You open your mouth in surprise and your jaw is twisted as your head is twisted. You lock your arms on the steering wheel and force your arm bone back into your shoulder joint. You step on the brakes, bringing the car to an abrupt halt and force your pelvis back on the side that you brake with. The sudden stop throws your head and neck backward, and they bounce against the headrest. In a matter of seconds, you've experienced the classic mechanism of injury in an auto accident.

Most individuals involved in rear-end collisions later experience symptoms in the low back, shoulder area, neck region, and in the head. Although most of these people recover quickly, a small number develop chronic conditions that result in severe

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The Hip Socket

Do you have an ache on the outer portion of your hip after walking a long time?

Do you get a sharp pain in the outer portion of your hip when you exit a car or turn over in bed? Do people ask you why you have a slight limp?

You may have a problem in your hip joint or socket.

The hip is comprised of a ball and socket joint. You have a strong ball at the top of your leg bone, the femur, and a bony socket in your pelvis. We have both large and long muscles that control leg and pelvic motion and small and short muscles that are involved in stabilization of this ball and socket joint.

These muscles and their associated tendons are subject to wear and tear injuries over time. Common causes of this misuse of muscles have many origins. Improper foot support with a dropping of the arch will cause a torque of the lower leg. This torque causes the muscles, especially the small muscles around the hip socket to overwork leading to overuse syndromes. The same can be said for individuals with real, anatomical, and muscular physiological short legs. Knee injuries, which change the way you walk, exit a car, bend or even roll over in bed can again lead to excessive use of muscles that are not designed to work the way you need them to.

Hip pains are common in runners and walkers. Other factors like the training surface can be culprits. Roads and walks are commonly slanted to let the water run off. If you consistently walk or run on one side of the road – you are basically walking with one leg shorter than the other. Over time, this can lead to changes in your ankle, knee, and hip joint. Worn out shoes, inadequate stretching, improper mechanics of

walking and running are also causes that have to be investigated and corrected.

Women runners and walkers are more prone to hip problems because of the genetic formation of their hips. Generally, a female pelvis is wider than a male's. This means that when the foot strikes the ground, there is more torsion and pronation of the ankle that will occur than when a male produces the same action.

The examination and treatment of general hip joint pain begins with an examination of the mechanics of the lower extremity.

Does your ankle support your body weight without excessive twisting? Does your hip excessively rotate, drop, or roll when you walk or run? Does your knee twist or excessively bend when you get up from sitting, walk or run?

These are all signs that something is wrong with the mechanics of the lower leg.

Are your leg lengths close to being even? Is there excessive muscle tension in the long large muscles of your pelvis and upper leg?

These are signs of a pelvis problem that causes excessive shifting of weight to one side.

Uncorrected, these imbalances will lead to degeneration in the joint. When this happens, the inner surface and the outer surface of the ball become roughened. This roughening acts like sandpaper on the cartilage wearing it down.

Treatment may involve one to possibly all of these areas. Only a skilled examination that pays close attention to the balance and integrated functioning of all of these components will uncover all of the imbalances that must be treated to



improve the muscle function and coordination.

The treatment has to be individualized to allow proper balanced muscle action. Chronically weak muscles need to be treated so that they can function normally. Some of these will require rehabilitation to increase their strength to the levels needed to support your body weight and anything that you are lifting or carrying. Other muscles will need stretching or procedures designed to fully relax the muscles. Finally, after correcting any problems in the ankle, foot, knee and pelvis, gait training may be needed to normalize the pattern of walking to ensure proper weight transfer as you walk or run.

Degeneration or inflammation in the socket may require specific nutritional modifications aimed at reducing the inflammatory process, stabilizing the cartilage, or in rebuilding the muscles. Each of these is important. If you do not have adequate dietary intake of factors necessary to build muscle, then all of the exercise in the world will not build the muscle. Likewise, a diet that promotes inflammation will continue the inflammation process.

The Best Oil - Olive Oil

The Mediterranean diet is heavily dependent on olive and olive oil consumption. There are many health benefits to increasing olive oil in your diet. In the Greek diet, there is a high presence of animal fats. However, their intake of extra virgin olive oil reduces heart attack risk to half that of those living in the United States.

If you compress an olive to get its oil, you will get fairly

dark green oil. The olive contains polyphenols that have many health benefits. If your olive oil is yellow or amber in color, the healthy factors in the oil have been removed and the oil is good for lubricating your car or a squeaky door. The darker the green, the better the oil. However, heating the oil reduces dramatically the health benefits of the oil.

Olive oil helps reduce the risk of cardiovascular diseases and high blood pressure.

In those Mediterranean countries where olive oil is heavily consumed, such as Greece, Italy, and Spain, there is a low incidence of cardiovascular disease.

A study from 2002 showed that Virgin Olive Oil helped lower cholesterol. After one week of daily olive oil intake, blood tests showed that the participants had higher levels of phenol and Vitamin E in their bodies. These help control healthy cholesterol levels.

Olive oil has shown beneficial effect on ulcers and gastritis. The mild vegetable mucilage in olive oil helps

protect your body's digestive tract and helps prevent constipation. A tablespoon of olive oil consumed on an empty stomach acts as a soothing, nutritious laxative. It can help relieve upset stomachs and heartburn as well. Olive oil also helps defend against ulcers because it protects the stomach and intestinal linings from gastric acid.



Regular use of olive oil has been associated with lower rates of asthma and rheumatoid arthritis.

The monounsaturated fats in olive oil are used by the body to produce substances that are anti-inflammatory in nature. By reducing inflammation, these fats can help reduce the severity of arthritis symptoms and the severity of asthma.

While most other fats are associated with an increased risk of colon cancer, olive oil is actually associated with a reduced risk of this disease. Olive oil contains 77% monounsaturated fatty acids, 14% saturated fatty acids, and 9% polyunsaturated fatty acids, plus vegetable mucilage and Vitamin E. Monounsaturated fatty acids are far less easily damaged by oxygen than other types of fat. They are therefore less likely to produce free radicals, which damage cell membranes and can cause cancer.

Olive oil is also rich in vitamins A, B-1, B-2, C, D, and iron. Most importantly, olive oil helps the body maintain strong levels of vitamin E, which aids in delaying the aging process. You can also use olive oil as face moisturizer since the healthy fatty acid existing in olive oil encourages

One of the problems in reading nutritional articles is that they tend to center on one nutrient. While clinical studies are done exploring the benefits of a single nutrient, studies confirm that they work better when used in conjunction with other nutrients. For example, a study was done in heart patients where they took just one or two nutrients and compared the results to studies that took the nutrients in combination with other vitamins and minerals. The patients who took the multiple micronutrient supplements showed the best improvement.

Another study of over 2000 stroke patients showed that there was a 20% reduction in the likelihood of having a 2nd stroke if a combination of nutrients was added to their diet.

Consequently, if you read about a specific nutrient helping a condition always consider if you plan on adding this into your diet that the first thing you need to do is have a base of a good broad spectrum multivitamin multi mineral. This forms the basis of your nutritional approach. To this you add the nutrients that are specific for your personal conditions.

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Head and Neck in a Whiplash Injury

Most people hold the steering wheel at 10 and/or 2 o'clock. When we become aware of an impending accident, we tend to open our mouth slightly.



At impact, our neck goes forward, the head first backwards and then forward in a twisting action due to the restraint of the seat belt. Because the mouth continues to open due to the surprise of the accident, the jaw joint becomes twisted and strained.



Then, then head and neck go backwards in a twisting action. The combination of this causes strain and possible tearing of the neck muscles and ligaments in the spine.



pain and sometimes disability.

Signs and symptoms

People who experience whiplash may develop one or more of the following symptoms, usually within the first two days after the accident:

Neck pain and stiffness

Headaches

Pain in the shoulder or between the shoulder blades

Low back pain

Pain or numbness in the arm and/or hand

Dizziness

Ringing in the ears or blurred vision

Difficulty concentrating or remembering

Irritability, sleep disturbances, fatigue

Diagnosis and Treatment

How whiplash injuries occur is clearly understood, but the extent and type of injuries varies greatly. The diagnosis of whiplash is often one of exclusion. Most injuries are to soft tissues such as the discs, muscles and ligaments, and cannot be seen on standard X-rays. Accurate and specific muscle testing is one of the best ways to determine which structures have been injured.

In the past, whiplash injuries were often treated with immobilization by means of a cervical collar. However, the current trend is to encourage early movement rather than immobilization. This helps to prevent excessive adhesions that can occur in the healing process.

Ice may be applied for the first 48 hours followed by gentle active movement.

The exact treatment that is needed

depends on the extent of damage, which structures, ligaments, muscles, tendons, discs were injured, and the time between injury and the beginning of treatment. The longer after an accident before proper care is started, the longer care may be needed. This is due to the amount of adhesions between tissues that can occur that limits range of motion and increases localized tenderness, aches, and pain.

As was described in the example above, treatment may need to be directed to:

1. The pelvis due to the forces exerted on it when you brake
2. The ankle and foot due to twisting while braking
3. The shoulder from forces jamming the joint as you hold the steering wheel
4. The wrist from holding the steering wheel
5. The neck from a whiplash type injury
6. The TMJ – jaw joint – from your jaw being twisted as your head snaps forward and back

Unfortunately, injuries to the ankle, pelvis, shoulder and TMJ can all cause increased muscle tension in the neck and confuse the person trying to help you with your injury. Only examining all of the different areas that can be injured, determining if they have been, and then directing treatment to the injured structures returns you as quickly as possible to a pre-injury state.

Remember, the longer care is delayed, the more you increase your chances of not recovering fully.

The Adductor Muscles

The adductors lie on the inside of the thigh. They help control the swing of the leg in walking, supply support for the knee, aid in rotation of the pelvis and help to stabilize the leg bone in the hip socket.

They can be divided into long and short muscles and these two groups have slightly different functions.

Shortening of the muscles may cause instability of the knee, ache and soreness in the hip socket area, groin pain and changes in walking and running where the leg is pulled across the midline and you are more liable to trip over your own feet.

The adductors are easily strained. They are important for supporting your knee and the leg. When they are injured, you have a tendency to have inner leg pain or ache, inner knee pain, walk with an abnormal stride width, have pain and ache in the area of the hip socket.



You can have atrophy of the muscle which is easily seen or felt. The muscles will feel smaller and softer. This can occur on both sides.

Left untreated, this muscle can be a major contributing factor in degeneration of the hip socket and inner knee ligament problems.

The muscle can be tender to palpation, but the easiest sign is a decrease in the ability to bring the leg out to the side. When the muscle is damaged, at least a portion of the muscle will shorten. Massaging the muscle can dramatically increase the range of motion of the leg.

Massage

Place hand lotion on the skin over the muscle and massage up the inner aspect of your thigh ten times concentrating on the most tender areas. Use your knuckles or your elbow using not only a straight massage but also a sawing action across the muscle.

Always massage towards the heart, up the leg, to prevent injury to the veins.



Continued from page 1

oil or 3g/day of olive oil for 28 days. They were then exposed to concentrated air pollution particles for 2 hours on consecutive days.

Various health factors such as heart rate variability, blood lipids, blood coagulation markers, and endothelial function were measured.

The results showed that fish oil protected against disturbances in the autonomic nervous system that regulates heart rate and stabilized the blood fats and that the olive oil stopped the negative effects of the pollutants on the endothelial lining of the blood vessels.

The heart rate variability is a measurement of the cardiac beat to beat flexibility. When this is abnormal, the heart has difficulty returning to a normal beat rhythm after exercise or due to stress.

If you live in an area that has high levels of air pollution, intake of these natural substances can positively affect your health status.

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Dr. Benjamin Lau, M.D. stated that garlic is an acronym for its health benefits:

G = Good for many things

A = Antioxidant effects

R = Restoration of memory

L = Life extension

I = Immune modulation

C = Cancer prevention

Garlic's health effects:

- 1 Is a super antioxidant**
- 2 Lowers blood pressure**
- 3 Boosts immune function**
- 4 Balances blood sugar**
- 5 Prevents heart disease**
- 6 Assists in fat metabolism**
- 7 Relieves intermittent claudication**
- 8 Cancer prevention.**

Super food: Garlic

Since ancient Egypt, garlic has been one of the oldest known medical remedies. Preserved garlic was found in many of the tombs of the pharaohs. The ancient Greeks cited garlics healing qualities. Even the Vikings and the Phoenicians stocked garlic on their voyages. Louis Pasteur recognized garlics antibacterial properties and Albert Schweitzer used it to help treat dysentery.

Garlic has the following positive health effects:

- 1 Acts as a super antioxidant
- 2 Lowers blood pressure
- 3 Boosts immune system
- 4 Balances blood sugar
- 5 Prevents heart disease
- 6 Assists in fat metabolism
- 7 Relieves intermittent claudication
- 8 Aids in cancer prevention.

Garlic is loaded with fighter nutrients as well as manganese, selenium, germanium, vitamin A, vitamin C and zinc. It is an important stimulator of the body's defense system. The sulfur compounds found in garlic increase the function of our white blood cells.

Garlic also has anti-

ral, antibacterial, and antifungal effects. It has been used to help patients with chronic fatigue associated with Epstein-Barr virus infections. Garlic also has the benefit of helping to remove toxic metals and functions as a heavy mineral chelation agent in the body. Heavy metals like mercury and lead impair the immune system.

German research has shown that garlic reduces the free radicals that cause damaged cholesterol. Understand LDL is harmless but if oxidized, it is extremely dangerous to the arterial walls. One of the keys is to inhibit the oxidative stress from free radicals on LDL-cholesterol. This research concluded garlic also inhibits the infiltration of damaged fats and cholesterol through the walls of the arteries.

Other studies from 1987 show garlic reduces levels of LDL cholesterol while increasing the levels of HDL cholesterol. Another German study, done in Heidelberg, showed that regular garlic intake decreases stiffness of the arteries especially the aorta.

Studies have also shown

that garlic is very effective in improving circulation in the extremities, the peripheral vascular system. In one study of patients with impaired walking due to pain in the legs, adding garlic to the diet resulted in an increase in their walking distance as well as decreases in their blood pressure, cholesterol levels and spontaneous blood clotting.

One of the most common objections to garlic is the change in one's breath. If it is over consumed, garlic will change your perspiration for a day or two.

Raw garlic is very strong and overeating can cause irritation of the digestive tract.

There are a few people who are allergic to garlic. Symptoms of garlic allergy include skin rash, increased temperature, and headaches. Also, garlic could potentially disrupt anti-coagulants as it is a blood thinner, so it's best to avoid eating or taking a garlic supplement before surgery.

After massaging the muscle, stretching exercises can be done.

Each of the stretches should be done slowly with no stress. Hold each position for a count of fifteen. At no time should you push or pull hard. The goal is to slowly elongate the muscles.

Standing side to side stretch

Stand with your feet just wider than your shoulders. Lean out to the side, bending the knee on the opposite side you are stretching. Continue slowly until you feel a pull on the inside of the thigh. Hold this position and then repeat to the other side. Shift your weight from side to side and repeat this five times. If you have problems keeping your body straight, hold on to a chair while doing the exercise.



Long adductors bent stretch – skater’s stretch

Stand with your feet wider than your shoulders and bend over at the waist, keeping your back as flat as you can. You can support your weight with your arms on your thighs or use a chair if needed. Shift your



weight from side to side holding the extreme position for a count of fifteen. Repeat this five times to each side.

Short adductors lying

Lie on your back with your knees bent and your feet together. Let your



thighs rotate out letting your knees fall down towards the floor or bed. Stop when you feel a stretch in the inner thighs. Hold this position for a count of fifteen. Bring the knees together and repeat two times.

Adductor – active stretch

Sit with the soles of the feet together, knees bent and rotated to the side. Push your knees up against your hands or elbows firmly for a count of five. Relax and let your leg rotate out towards the floor. At the limit of its natural motion, repeat the contraction followed by relaxation of the muscle. Repeat this five times. Do not push the knee down with your arms.



Stretching Rules

Stretching should be done before any strenuous activity.

This includes yard work, moving furniture and doing any moderate to heavy lifting.

Stretching can increase your flexibility and improve the range of motion of your joints. Before stretching, warm up by walking.

Keep stretching gentle.

Don't bounce.

If you feel pain, you've stretched too far.

Hold a stretch for about 10 - 15 seconds then switch sides and repeat.

Stretching time can be reduced by turning your eyes in the direction of the part being stretched.

ADHD and Omega-3 oils

Australian researchers have shown that children with higher levels of omega-3 in their blood levels had lower levels of anxiety and shyness as well as better reading skills.

Not surprisingly, they found that almost 40% of children with ADHD had low levels of EPA and DHA.

These findings were confirmed in a Japanese study. In this study, the dosage of omega-3 oil was increased relative to the amount of animal fat in the diet. The animal fats contain arachidonic acid. The higher the intake of the animal fat the higher the dose of EPA and DHA that was given to the children.

After 4 weeks of taking the increased dosage of EPA/DHA, blood levels reached normal. An evaluation of their behavior showed significant improvements in attention, decreased hyperactivity, and improved conduct in school.

In September

**Do you need orthotics?
Are your shoes worn
out?**

**Calcium
Caffeine**

soft and supple skin.

Research has shown that consumption of olive oil, the richest dietary source of oleic acid, helps suppress the action of a cancer-promoting gene found in about a third of breast cancer patients. *Annals of Oncology. Jan. 2005*

A four-year study of over 2,000 men and women found that those whose eating habits most closely followed the Mediterranean pattern – high in fruits, vegetables, beans, and unsaturated fats from olive oil and fish, low on meats and dairy – were least likely to develop breast cancer. *Source: Annals of Neurology*

The American Diabetes Association recommends keeping saturated fats to a minimum to avoid heart disease and other complications. For people with diabetes, extra virgin olive oil is an excellent source of fat because it reduces bad LDL cholesterol, raises good HDL cholesterol, and adds only trace amounts of saturated fat. In addition, regular consumption of olive oil can reduce the chances of developing insulin resistance, a risk factor for diabetes, heart disease, strokes, and other conditions. *Source: Diabetes.org*

Extra virgin olive oil contains a compound that mimics the pain-relieving action of ibuprofen. Regular consumption of extra virgin olive oil may therefore help decrease the risk of

stroke, heart disease, certain forms of cancer, and some dementias.

In 2008, the Journal of the American Medical Association reported that consuming 15 to 30 milligrams a day of vitamin E – primarily from nutrient rich food sources, such as extra virgin olive oil, almonds, and sunflower seeds – had been found to help older adults retain mobility as they age. This was from a study of Italians over age 65 that indicated that vitamin E played an essential role in preventing a decline in physical functions like walking, standing up from a chair and basic balancing activities which are essential for independence and quality of life.

When you shop for olive oil, look for dark green extra virgin oil from one country. After you open it, realize that air is one of the enemies of oil. If you buy a large bottle, pour it into smaller bottles to maintain its integrity. Another option is to purchase a wine stopper that removes air from the bottle. Transfer your oil to a decorative wine bottle and use the vacuum stopper to remove the air. This will prevent your oil from oxidizing.

Use olive oil as you would butter. Make your own salad dressing with the oil, balsamic vinegar, herbs, or mustard to your taste and enjoy the health benefits.



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