BE CAREFUL IF YOU RUN MARATHONS

Long-distance runners can, in fact simply drop dead -- usually in the middle of a run, from fatal heart attacks. In 2010, three male runners died at the 32nd Detroit Free Press/Flagstar Marathon. They were 26, 36 and 65 years old. Each died within 16 minutes of each other during the run. All three had trained hard for the race. They all passed the fitness tests required for the marathon. In fact, about 14 percent of athlete deaths are linked to heart problems. Although exercise reduces your cardiovascular risk by a factor of three, too much vigorous exercise, such as marathon running, increases your cardiac risk by seven.

Healthier Talk reports: “That’s because the further you run, the more stress you put on your body ... long duration exercise releases chemicals that flood your body. And that leads to inflammation ... If you have hidden heart problems, this can be seriously risky.”

Olympic athletes also drop dead during races. In 2007, Ryan Shay was running in the Olympic Trials in NYC. He was just 28 years old. And he dropped dead of heart failure in Central Park... just past the five-mile mark.

Even women are at risk from long-distance running. Take Cynthia Lucero. She collapsed after running the Boston Marathon when she was just 28. While exercise is absolutely beneficial for optimal health, very strenuous exercise like marathons can increase your cardiac risk by seven, or can cause death.

Source: Healthier Talk May 23, 2011

COCONUT OIL IS HEALTHY FOR YOUR CHOLESTEROL AND YOUR THYROID
Most of the conventional advice relating to coconut oil and cholesterol are false and misleading. Coconut oil has been repeatedly shown to be beneficial rather than detrimental on cholesterol levels and heart health. It has been clearly established for over 80 years now that suppression of the thyroid raises serum cholesterol (and increases mortality from infections, cancer, and heart disease), while restoring the thyroid hormone brings cholesterol down to normal. Wonderful coconut oil does both; it balances your thyroid and normalizes your cholesterol levels.

As far as the evidence goes... coconut oil, added regularly to a balanced diet, lowers cholesterol to normal by promoting its conversion into pregnenolone. Coconut-eating cultures in the tropics have consistently lower cholesterol than people in the U.S. Mary Enig from the Weston A Price Foundation has also written at length about the beneficial effects of coconut oil on heart health and cholesterol levels.

Source: http://bit.ly/kG0Xf3

10 WAYS TO STOP SNORING
What Causes Snoring, and How is it Usually Treated?

Snoring is caused by reduced airways, stemming from either your throat or nasal passageway, and it’s the vibrations as the air struggles to get through your soft palate, uvula, tongue, tonsils and/or muscles in the back of your throat that causes the snore.

There are several conventional treatments for snoring and sleep apnea (where you temporarily stop breathing while sleeping), including antidepressant drugs and surgery. None of them come without potentially serious risks to your health.

Nasal continuous positive airway pressure (CPAP) is the most common treatment for sleep apnea. You wear a mask over your nose during sleep and pressure from an air blower forces air through your nasal passages. The air pressure is constant and continuous, and adjusted so that it is just enough to prevent your throat from collapsing during sleep. Nasal CPAP prevents airway closure while in use, however, apnea episodes return when CPAP is stopped or if used improperly, so it’s not a permanent fix.

Following a healthy diet, based on your nutritional type, and maintaining a good cardiovascular exercise program are far more effective at resolving sleep apnea.

Ten Natural Options to Stop Snoring and Improve Your Sleep. Fortunately, there are many natural, non-invasive techniques at your disposal before you turn to more radical medical intervention.

Here are ten of my favorite strategies.

1. Sleep on your side, not your back -- The reason why sleeping on your side instead of your back is recommended is because snoring is often due to lax muscles in your throat and tongue. When you lie on your back your throat and tongue muscles ease backward in your throat, causing a vibration as you struggle to breathe. An old folk remedy recommends sewing a tennis ball on the back of your pajamas to help keep you off your back while you sleep.

2. Raise the head of your bed – This simple tip can also help diminish the collapsing of your airways. Simply raise the head of your bed about four inches, by placing blocks or wedges under your mattress.

3. Normalize your weight -- Carrying extra weight around your neck can also cause your throat to narrow when you lay down, hence the higher incidence of snoring if you’re overweight. Normalizing your body weight could make a big difference. Reducing grains and sugars as I discuss in my nutritional guidelines is a great way to accomplish that.

4. Do throat and tongue exercises -- If they are stronger they are less likely to slip backward. Here’s an example of one such exercise: Begin by simply putting your upper and lower molars together, lightly. Next, open your mouth, focusing on pressing your molars as wide apart as you can, without over stretching. Repeat this ten to twenty times. After about 5 to 10 times you should feel your jaw muscles strengthening, and the back of your mouth opening up.

5. Use a steam bowl – Putting your head over a steam bowl and covering it with a towel, just before going to bed, can also work wonders to clear out, and reduce any swelling in your nasal airway that might be a contributing factor. Also keep your sleeping environment as clean and dust free as possible.

6. Use nasal strips – If your problem stems from obstruction in your nasal passageway, using nasal air strips can help increase airflow.

7. Avoid alcohol—Alcohol, and other muscle relaxing or sleep aid drugs will relax your tongue and throat muscles even more, making your snoring worse.

8. Avoid milk – Yes, drinking milk, especially at night, can also make snoring worse as it leaves a layer of mucus in your mouth and throat, so stick to plain water.
9. Avoid big meals late in the evening -- Don’t eat a big meal right before bed time. If your stomach is full it can push up against your diaphragm, further limiting your ability to breathe easy.

10 Use a Neti Pot – Neti pots are a proven and tested way to clean out sinuses and maximize airflow through the maze of sinus structures. Neti pots are available from ANTRAC for $65 and a FREE How to Use Your Neti Pot Booklet is included.

**MISSION STATEMENT:**
“I aim to get my patients as WELL as possible, as quickly as possible, and then to keep them WELL”.

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The Clinic is located at 216 Ramsay Street, Middle Ridge, 5 houses south of Kate’s Place, directly opposite the Blue Care Nursing entrance, and beside the Story Farm Park. Parking signage is present. Follow the pavers to Entry signs to the Clinic at the rear of the house.

**ACUPUNCTURE SCIENTIFICALLY CONFIRMED TO MINIMISE NICOTINE CRAVINGS AND TO ALLOW SMOKERS TO QUIT MORE EASILY**

The Journal of Chinese Medicine reported on a scientific study to determine the success of acupuncture to treat nicotine addiction. Some of the smokers smoked up to 60 cigarettes per day. There were 415 subjects who initially expressed interest in participating in the study. “The results that emerged from the data indicated that acupoint stimulation using lasers does indeed modify the physical symptoms of withdrawal and make it possible for motivated persons to succeed in overcoming habitual smoking of tobacco, and this was further supported by the subjective comments made by the participants themselves, especially during the treatment phases and at the follow ups at three and six months. It seems that therapy involving acupoint stimulation is best given as a course of several treatments on at least four and possibly more occasions”.

My No-More-Cravings Quit Smoking program is currently reduced from $830 to $595. Call NOW (4636 6100) and mention the WELLNESS Newsletter 10 to get the discount.

All the very best wishes for your optimal wellness and longevity from Louis and Linda.