

# The Spinal Column

A Free Monthly Newsletter For The Friends and Patients of: Dr. Roger D. Smith  
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“If your success is not on your own terms, if it looks good to the world but does not feel good in your heart, it is not success at all.”- *Anna Quindlen*

## Antioxidants...TOO Much of A Good Thing May NOT Be A Good Thing.

*Popular Belief Is That Antioxidants Prevent Heart, Parkinson's And Alzheimer's Disease – New Research Shows That Too Much May CAUSE One Of These Dreaded Diseases...*

It's a very popular and believable theory, mainly because it makes sense. It has also given hope to many people in search of ways to enhance and extend their lives... naturally. And let's not forget – it's profitable.

What we are referring to... of course... is the belief that taking antioxidants is good for you. Many believe they can prevent such diseases as heart, Parkinson's and Alzheimer's. Now a new study (published in the August 10<sup>th</sup> issue of *Cell*) sheds new light on this claim... and says that too much of a certain antioxidant may even cause heart disease.

To make sense of all this, let's talk about...

### How Antioxidants Are Thought To Work...

Heart, Alzheimer's, Parkinson's, and other deadly diseases are associated with oxidative stress, in which “free radical” molecules are produced in reaction to oxygen intake.

Free radicals travel the body, triggering chemical reactions that damage proteins causing them to form aggregates.

It is believed that antioxidants, such as vitamins C and E (and many others), offer health-promoting benefits by protecting against damaging free radicals.

That's why many people take antioxidants to prevent heart and other protein-aggregate diseases.

In a study on laboratory mice, University of Utah researchers (Ivor J. Benjamin, M.D. and Christi T. Smith Chair of Cardiovascular Research, division chief of cardiology at the Utah School of Medicine)

found that **an overload of natural antioxidants could actually lead to heart failure.**

### Powerful Antioxidant

Reductive stress is a condition caused by excessive levels of reduced glutathione, which is one of your body's most powerful antioxidants.

When your cells work properly, they produce just the right amount of reduced glutathione, which is healthy for your body. However, in some people, a mutated gene can disrupt the fine balance, causing the cells to produce too much.

In the study of laboratory mice with failing hearts caused by mutant alpha B-Crystallin, researchers found increased activity of the biochemical pathway leading to high levels of reduced glutathione in the animals.

Glutathione is regulated at multiple steps principally by the G6PD enzyme. To establish the connection between reduced glutathione and heart failure, Benjamin mated mutant alpha B-Crystallin mice that carried too much G6PD with mice that had far lower levels.

### Reduced Heart Failure

The resulting offspring had normal levels of reduced glutathione and did not develop heart failure.

The researchers found that by lowering the level of reduced glutathione in mice with failing hearts, they were able to increase their rate of survival dramatically.

“Lowering the level of reduced glutathione dramatically changed the survival of these mice,”



Benjamin said. “Basically, we prevented them from getting heart failure.”

Benjamin also added that although many people take antioxidants to prevent heart and other protein-aggregate diseases, there actually is scant evidence to prove they work. And that, “This is a case of too much of a good thing.”

“This field of medicine has not appreciated reductive stress and its influence on disease,” he said. “This is about balance needed in the environment of our cells, and it can have profound consequences on the treatments of heart disease and other serious disorders.”

#### “Too Much Of A Good Thing?”

This is a concept that is misunderstood by most of the population... and probably leads to many health problems.

What concept?

Most have a skewed concept of how the body functions and what... exactly... optimal performance... or... optimal health is.

#### “Optimal” Performance

For example, let’s take performance. Many athletes are constantly trying to boost performance with supplementation. Some natural (and legal) other synthetic and usually illegal.

Some athletes take anabolic steroids to boost performance. Steroids such as testosterone – help build muscle, strength and reduce recovery time. And they naturally occur in your body for these and many other purposes.

And naturally occurring steroids are good for you. So... if naturally occurring steroids do these good things for you – increasing their levels will do more good things for you.

And it is true – athletes that take the right steroids, increase their athletic performance. And increase it a great deal.

#### “Pathological” Performance

However, this is not OPTIMAL performance. This is PATHOLOGICAL performance.

Here’s why: Optimal performance is when your body is functioning at the highest level for your given genetic potential. Anything beyond that is ABNORMAL. Therefore PATHOLOGICAL.

It’s the same “too much of a good thing” Dr. Benjamin is referring to above.

And, it’s the same as far as antioxidants are concerned.

It makes complete sense that the proper level of antioxidants are good for you. And they probably help fight disease such as heart, Alzheimer’s and Parkinson’s.

## AT THE PROPER LEVELS!!!

Too many approach the use of natural supplements like the athlete approaches the use of steroids.

If a little is good – a lot is better.

**Know this:** There is a perfect balance in your body where everything functions at 100% of your genetic potential. More is not better – it is worse.

And as the study mentioned in this article demonstrated, too much of a good thing can be...

#### Poison!

This is why choosing and taking supplements (of any kind) is much more involved than going into GNC and aimlessly picking a bunch that are popular... or... sound good.

The old (and uneducated) belief that supplements can’t hurt you because they are natural is bologna.

Snake venom is natural. So is mercury. Some of the most dangerous substances in the world are natural.

The supplements you take should depend on your diet and particular needs.

Clearly, it’s all about finding YOUR perfect balance. And if you have any questions, please feel free to ask during your next visit.

And always remember:

**Too Much Of A Good Thing  
May NOT Be A Good Thing!**

**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 enjoy nothing 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!**

Lisa F. from Long Beach.

Michaela Q. from Long Beach.

*(Referred in by Wild Oats, Long Beach! Thanks!)*

Joan M. from Cypress.

*(Referred in by Arnold M.! Thanks!)*

John W. from Gardena.

*(Referred in by Sal Y.! Thanks!)*

Jane M. from Nebraska.

*(Referred in by Louren M.! Thanks!)*

Glenna G. from Westminster.

*(Referred in by Jim S.! Thanks!)*

Lou E. from Huntington Beach.

*(Referred in by Sue E.! Thanks!)*

*We would like to thank all of you for your referrals. With your help we can reach so many more people who desperately need this care and may not had heard about it without you!*

## Is Success Really A “Mystery”?

If you like reality shows and a good “mystery” story... you are in for a treat.

Let's see if I'm right...

The story you are about to read may seem very strange. But it is 100% true... and not only that... it holds one of the biggest keys to YOU living a happy and successful life...

### The Mystery Method

**Here's the story:** At the time of writing this newsletter, there is a brand new show on cable television called “The Pick-Up Artist.” The star of the show is a very interesting guy by the name of Erik von Markovik. He goes by the nickname: “Mystery”

Why is this guy so interesting?

Because he is hailed on the show as the world's greatest pick-up artist. Which means... he is the best in the world at going into any social setting... meeting women... and getting them to fall for him.

I know what you're thinking. This can't have anything to do with you and your life. I assure you it does. Quite a bit. So just stick with me just a little more...

Anyway, this “Mystery” guy has come up with a step-by-step system to teach lonely, shy guys how to meet women. And on this show, he teaches a bunch of them his system.

**And get this:** they actually have several night clubs and coffee shops completely wired with surveillance cameras... so... after each lesson... Mystery can watch his students go into the social setting and attempt to meet women.

### Now Here's The Important Part For You...

There is a 27 year-old guy on the show that goes by the nickname: Spoon.

And Spoon is just a complete wreck around women. He's even petrified just to walk into a social setting. But he does...

But then he just walks around. Nervous. Not talking to anyone. Obviously horrified. At one point he leaves the club and bursts into tears.

After that night he decided to quit the show.

Anyone watching the show would have to be disappointed. If you had half a heart, you would have felt for him and been rooting for him to succeed.

When he said he wanted to quit, Mystery and his staff told him that this was a very important choice that went way beyond just meeting women. It was a decision that was going to affect the rest of his life.

And they were 100% correct.

Listen. Just about every single person in the world that is struggling has at least a little Spoon in them.

How?

Most are so used to struggling, frustration and failure – they feel uncomfortable doing anything else. Doing something new. So they don't even try.

Spoon finally had all the right tools to achieve the goals he wanted – he just couldn't get out of his comfort zone (and his own way) and use them.

### One Of The Biggest Secrets To Success

**Know this:** One of the biggest secrets to success is having the ability to get out of your comfort zone and try something new. The comfortable path is NEVER the one that leads you to success. But the good news is... once you have the guts to step up and try something new... once you have a little success... that uncomfortable feeling is quickly replaced.

Whatever you want to do or achieve in life always starts with being uncomfortable... at least a little. Sure, others may look like they are cool, calm and collected... but... they are not.

And this includes your health.

If you have been a reader of this newsletter for any length of time – you know many things you can do to improve your health. Namely: Eating properly, reduce stress, exercise and regular Chiropractic check-ups.

Some of these things may be different for you. You may have to make a change. You may have to be uncomfortable for a little while. But that feeling won't last – and – the new life and health you gain will.

Reading about changing your health and life is one thing – actually taking the steps – is something else.

**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?... Life Expectancy Continues to Grow**

Life expectancy in the United States was the highest ever in 2004, continuing the trend shown in recent years. In 2004, life expectancy at birth in the United States reached a new high of 77.8 years, up from 77.5 in 2003.

Life expectancy at birth increased for both men (to 75.2 from 74.8) and women (to 80.4 from 80.1). Similarly, it increased for African American men (to 69.5 from 69.0) and for African American women (to 76.3 from 76.1).

Life expectancy at age 65 increased for men to 17.1 additional years (total of 82.1 years) from 16.8 (81.3 years) and for women to 20.0 (85.0 years) from 19.8 (84.8 years). Life expectancy at age 65 also increased for Black men to 15.2 (total of 80.1 years) from 14.9 (79.9) and for Black women to 18.6 (83.6 years) from 18.5 (83.5 years).

Overall, death rates for the total U.S. population dropped in 2004. The national age-adjusted death rate decreased 3.8% from 832.7 deaths per 100,000 population in 2003 to 801.0 deaths per 100,000 in 2004. There were declines in mortality among all reported racial, ethnic, and gender groups. The largest decrease was among Hispanic males (6.1%) and Hispanic females (6.3%)

The nation's leading causes of death for persons 65 and over were: heart disease (31.2% of all deaths of persons 65+ in 2003), cancer (21.6%), stroke (7.7%), chronic lower respiratory disease (6.0%), Alzheimer's Disease (3.5%), Influenza and Pneumonia (3.2%), and Diabetes (3.0%).

On the not-so-good side: Analyses of recent mortality rates suggest that while mortality for most of the leading causes of death among older persons is declining, there are several areas where it may be increasing. Recent years have seen increased mortality from essential hypertension and hypertensive renal disease as well as unintentional falls.

### **Tip Of The Month - "Can Sunshine Prevent 600,000 Cases of Breast and Colon Cancer Every Year?"**



like most people, you probably think the Sun causes cancer. And why shouldn't you? Recent news coverage has demonized the Sun... sending many running from it like Vampires at dawn. The truth is: overexposure to the Sun can cause problems. But here's what you probably don't know – underexposure can be dangerous to your health.

Here's why: A new study looking at the relationship between vitamin D serum levels and the risk of colon and breast cancer across the globe has estimated the number of cases of cancer that could be prevented each year if vitamin D3 levels met the target proposed by researchers.

Cedric F. Garland, DrPH, cancer prevention specialist at the Moores Cancer Center at the University of California, San Diego (UCSD) and colleagues estimate that 250,000 cases of colorectal cancer and 350,000 cases of breast cancer could be prevented worldwide by increasing intake of vitamin D3, particularly in countries north of the equator. Vitamin D3 is available through diet, supplements and exposure of the skin to sunlight. "For the first time, we are saying that 600,000 cases of breast and colorectal cancer could be prevented each year worldwide, including nearly 150,000 in the United States alone," said study co-author Garland. The paper, which looks at the dose-response relationship between vitamin D and cancer, will be published in the August edition of the journal *Nutrition Reviews*. The study combined data from surveys of serum vitamin D levels during winter from 15 countries. It is the first such study to look at satellite measurements of sunshine and cloud cover in countries where actual blood serum levels of vitamin D3 had also been determined. The data was then applied to 177 countries to estimate the average serum level of a vitamin D metabolite of people living there. The data revealed an inverse association of serum vitamin D with risk of colorectal and breast cancer. The protective effect began at levels ranging from 24 to 32 nanograms per milliliter of 25-hydroxyvitamin D concentration in the serum. The 25-hydroxyvitamin D level is the main indicator of vitamin D status. The late winter average 25-hydroxyvitamin D in the U.S. is about 15-18 ng/ml. The researchers maintain that increasing vitamin D levels in populations, particularly those in northern climates, has the potential to both prevent and possibly serve as an adjunct to existing treatments for cancer. "This could be best achieved with a combination of diet, supplements and short intervals – 10 or 15 minutes a day – in the sun," said Garland. It could be less for very fair-skinned individuals. He went on to say that "the appropriate dose of vitamin D in order to reach this level could be very little in a lifeguard in Southern California... or quite a lot for someone in Northern Europe who tends to remain indoors most of the year." The serum level recommended by the study would correspond to intake of 2000 International Units per day of vitamin D3 for a meaningful reduction in colorectal cancer. The researchers recommend 2000 IU/day, plus, when weather allows, a few minutes in the Sun with at least 40% of the skin exposed, for a meaningful reduction in breast cancer incidence, unless the individual has a history of skin cancer or a photosensitivity disease. Garland also recommends moderate Sun exposure and use of clothing and a hat when in the Sun longer than 15 minutes.

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

**Smith Upper Cervical Chiropractic Health Care would like to once again thank  
*Reina P. Charles* for helping us get this newsletter to you!**