



# Optimum Health

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A Newsletter from JANZEN & JANZEN CHIROPRACTIC (408) 379-0133 May 2008

*"Associate yourself with men of good quality if you esteem your own reputation, for 'tis better to be alone than in bad company"*  
- George Washington

## How To Boost Memory In Just 6 Minutes? Does Lack Of Sleep Cause Diabetes? And Does The Earth Really Revolve Around The Sun?

**T**ype-2 diabetes is rampant in the United States. It is linked to many other conditions and costs an unimaginable amount of money every year in research, treatment and "sickness" costs.

An absolute ton of research has been done on Diabetes, and the most common cause has been attributed to lifestyle factors such as:

- Too much food
- The wrong kinds of food(s)
- Lack of exercise

Many cases of Type-2 diabetes have been either controlled or completely reversed, through strict diet and exercise programs.

But now there is something else that can change a diabetic's life, literally, overnight!

Actually, much less than overnight. Here is why: According to a study published in the December issue of the journal SLEEP, subjects who reported sleeping 5 or fewer hours each night were significantly more likely to have diabetes over the follow-up period compared to subjects who reported sleeping 7 hours.

These findings held true even after the researchers adjusted for variables such as physical activity, depression, alcohol consumption, ethnicity, education, marital status, age, obesity and history of hypertension.

### 7-8 Is The Magic Number

"They" always say you need 8 hours of sleep to stay healthy and perform your best. Well, in this case, it looks like "they" might be correct!

According to sleep experts, most adults need 7 to 8 hours of sleep each night to feel alert and well rested.

Adolescents and teenagers need about 9 hours each night, younger kids require 10-11 hours a night, and children in pre-school, 11-13 hours.

**The American Academy of Sleep Medicine offers the following tips on how to get a good night's sleep:**

1. Follow a consistent bedtime routine.
2. Establish a relaxing setting at bedtime.
3. Get a full night's sleep every night.

4. Avoid foods or drinks that contain caffeine, as well as any medicine that has a stimulant, prior to bedtime.



5. Do not go to bed hungry, but don't eat a big meal before bedtime either.
6. Avoid any rigorous exercise within six hours of your bedtime.
7. Make your bedroom quiet, dark and a little bit cool.
8. Get up at the same time every morning.

### The 6-Minute Memory Boost!

German scientists say they have found a "relaxing" way that improves performance on memory tests.

Just 6 minutes of "shut-eye" for volunteers was followed by significantly better recall of words, New Scientist magazine reports.

"Ultra-short" sleep could launch memory processing in the brain, they suggested.

One UK researcher disagreed, saying that longer sleep was needed to have an impact on memory.

Dozens of studies have probed the relationship between sleep and memory with clear evidence the body's natural sleep-wake cycle plays an important role.

The team from the University of Dusseldorf wanted to see just how short a sleep could have any discernable impact.

They used a group of students who were asked to remember a set of words, then given an hour's break before testing.

During that hour, some of the students were only allowed to sleep for approximately 6 minutes, while the rest were kept asleep.

**Remarkably, on waking, the napping students performed better in the memory test.**

Some theories suggest the processing of memories takes place in deep sleep, a phase which does not normally start until at least 20 minutes after falling asleep.

However, the team, led by Dr. Olaf Lahl, said it was possible that the moment of falling asleep triggered a process in the brain that continued regardless of how long the person actually stayed awake.

"To our knowledge, this demonstrates for the first time that an ultra-brief sleep episode provides an effective memory enhancement," he wrote.

Professor Jim Horne, from the Sleep Research Center at Loughborough University, said that while the study was "interesting", he was yet to be convinced that the effect was purely one of memory enhancement. "The idea that memory could be enhanced in just 6 minutes is quite a unique finding and one has to be rather cautious about it. "There is quite a bit of evidence that memory processing probably takes place more than 6 minutes into sleep."

It would be nice to only need a 6-minute nap to boost memory. But, most of us are hoping it takes a little longer.

**Now for something completely different but even more entertaining!**

Here's a little quiz: Does the Earth revolve around the Sun or does the Sun revolve around the Earth?

The answer is: The Earth revolves around the Sun. Sadly, according to the National Science Foundation, 1 in 5 Americans think the Sun revolves around the Earth.

Reading has declined not only among the poorly educated, according to a report last year by the National Endowment for the Arts.

In 1982, 82% of college graduates read novels or poems for pleasure; two decades later, only 67% did. More than 40% of Americans under 44 do not read a single book, fiction or nonfiction, over the course of a year. The proportion of 17-year-olds who read nothing (unless required to do so for school) more than doubled between 1984 and 2004. This time period, of course, encompasses the rise of personal computers, Web surfing and video games.

**And here's something shocking about video watching and children.**

Despite an aggressive marketing campaign aimed at encouraging babies as young as 6 months to watch videos, there is no evidence that focusing on a screen is anything but bad for infants and toddlers. In a study released last August, University of Washington researchers found that babies between 8 and 16 months recognized an average of 6 to 8 fewer words for every hour spent watching videos.

This has led many to believe older methods of teaching and spending one-on-one time with children to be far superior to "video baby sitters".

*Welcome New Patients!*

**By the way, since so many of our patients achieve full recovery, we always have room for more referrals. Thank You!!!!**

Michael Cantwell of Mountain View  
Sachin Dhingra of Palo Alto (Ref By: Vaibhav Puri)  
John Wareham of San Jose (Ref By: Patti Wareham)  
Nicole Thomas of Santa Clara (Ref By: Dr. Joe Maemone)  
Kip Lockwood of Campbell (Ref By: Julie Baxter)  
Yolande Faris of San Jose  
Alan Whittaker of Sunnyvale  
Peter Ridgway of San Jose  
Thomas Murdick of San Jose  
John Tomlinson of Campbell  
Mark Roberts of Saratoga (Ref By: Leslie Roberts)  
Mark Roberts of Saratoga (Ref By: Leslie Roberts)  
Yvette Kwong of San Jose (Ref By: Tammy Smorynski)  
Jeff Hull of San Jose  
Laura Starbird of San Jose (Ref By: Matt Rissman)  
Tony Firth of San Jose (Ref By: Jerry Mack)  
George Aguilar of San Jose (Ref By: Lora Anderson)  
Marisha Hallarces of San Francisco (Ref By: Melena Cacciuri)  
Laura Okin of Los Gatos  
Jasmine Bowlds of San Jose  
John George of San Jose (Ref By: Tom Urbaniak)  
Hideki Hitachi of Campbell  
Jordan Cimoli of San Jose (Ref By: Tiphonie Cimoli)  
Aric Armon of Milpitas (Ref By: Richard Armon)  
Georgette Fletcher of Los Altos (Ref By: Laura Fletcher)  
Jonathan Leventhal of San Jose (Ref By: Laura Leventhal)  
Pam Gundersen of Los Gatos  
Kam Poon Ng of Fremont (Ref By: Chung Ng)  
Karim Mayfield of Daly City  
Mediha Jatic of San Jose (Ref By: Carol LHeureux)  
Justin Holscher of San Jose (Ref By: Tommy Snider)  
Ray Welsh of Campbell (Ref By: Barbara Simmons)  
Matt Gagliardi of San Jose (Ref By: John Godinez)  
Vikas Kapur of Sunnyvale  
James Shen of Saratoga (Ref By: Rajat Srivastava)  
Trina Weller of Los Altos  
Alisha Kovall of Campbell  
Sal Calcagno of Boulder Creek (Ref By: Geff Malone)  
Bryant Montalvo of Saratoga (Ref By: Robert Montalvo)  
Logan Stamps of (Ref By: Linda Stamps)  
Joe Antra of Windsor  
George Fujii of Mimden (Ref By: Frank Shamrock)  
Tony Gregorio of Campbell (Ref By: Mike Gravelle)  
Sheldon Jacobs of Saratoga

## Did You Know?

Exercise may be the best wonder drug of them all - maintaining not just your body, but your mind as well. Scientists are finding exercise may actually help prevent mental decline as we age. Regular exercise may enhance memory, planning and organization skills, as well as the ability to juggle mental tasks. Researchers believe regular exercise - for at least 30 minutes on most days of the week - can help keep your brain sharp. Exercise improves how well the body can pump blood to the brain, helping it perform better. Scientists speculate that activity stimulates the growth of nerve cells in the hippocampus, the region of the brain involved in memory. Another positive effect deals with lowering blood pressure. This is important to most adults, particularly as they age. In fact, most elderly people have high blood pressure. Those with uncontrolled high blood pressure are more likely to have trouble thinking, remembering and learning. Activity can also help with depression, a common problem among the elderly. Depression can affect memory and concentration. Exercise helps relieve feelings of depression by increasing blood flow and improving how the brain handles the chemicals that are responsible for mood. You can't beat exercise. Not only can it help your brain, it can also keep your muscles and joints strong - all important for helping prevent falls, dealing with arthritis, strengthening your heart, improving your energy levels, and warding off health problems such as diabetes and certain cancers. Even if you have lived a sedentary life up until now, you can still limber up to help keep your brain - and your body - in shape.

## Tip Of The Month: 8 Habits To De-Cluttering Your Mind & Living A More Peaceful, Productive Life



**1. Control Your Mind.** One of the pioneers of the self-help revolution, Napoleon Hill, said in his best selling book, *Think and Grow Rich*, thoughts are things and we become our dominant thought. Nothing could be truer. Problem is, most people concentrate on the negative all of the time. So that's what becomes their reality. Before you go to bed each night, take a few minutes to write down what you are going to (not want to) accomplish the next day. And then take a moment to

actually feel what it will be like once you have accomplished those things. Soak in that feeling. **2. Identify what's important.** Things either lead towards your goals or away from them. Most of us spend most of our time doing things that don't lead us to our goals. Make a list of the things that are really important to you and then make a conscious effort to **ONLY DO THOSE THINGS**. Stop wasting your time on the things that lead you away from where you want to go. **3. Eliminate.** Now that you've identified what's important, you can identify what's not essential. What things in your life are not truly necessary or important to you? What are you thinking about right now that's not on your short list? By eliminating as many of these things as possible, you can get a bunch of junk off your mind. **4. Evaluate how much sleep you are getting.** Once again, most of us do not get enough sleep and when we do sleep, the patterns are all messed up. For example, do you sleep later on weekends than the rest of the work week? Make getting the proper amount and quality of sleep a **HUGE** priority in your life. **5. Take a walk.** Getting outside and doing some kind of physical activity is a great way to get stuff off your mind. Spending some physical energy clears the mind. **6. Cut back on TV.** Some call the television the "idiot box." It's probably true. People are watching it more and more instead of reading or doing other activities. Television can "stir up" your brain. Cut down on the hours you watch and you will probably have a calming effect on your mind. **7. Just forget it!** We all hold grudges and stew over things we can't change or control. The key is practicing the ability to simply let go and instantly forget the things we can't do anything about. Once again, it's not easy, but it may add years to your life through stress reduction. **8. Clean up your surroundings.** Clean and organize your home, car and work area. The subconscious mind picks up on everything. If a cluttered mess surrounds you, your thoughts will become a cluttered mess too. Remember, thoughts become things.

# Patient Quiz

The winner from April's quiz is Aaron Davis. Here is the question and answer.

**Q:** What is the best way to burn fat?

**A:** There IS no "best way". But the question gets attention so we thought we'd use it. See, if you don't enjoy what you are doing, chances are you won't stick with it. Therefore find out what you like and do it. It could be a brisk walk, cycling, tennis, weight training, hiking...the key is to stay active and eat right. By not consuming more calories each day than you need, you won't get larger in the first place. But for most people, a combination of diet and exercise is best. You can exercise all day long but if you aren't eating right, you won't get the results you are looking for. So don't fool yourself by walking or working out 30-60 minutes a day and think you're covered...if you're not eating right or eating too much, you'll still gain weight and fat!

## *May Quiz Question*

*Q. What is a "meniscus"?*

Remember, the winner of the patient quiz will receive an AMC gift card.

Please e-mail quiz responses to: [jjaccounts@sbcglobal.net](mailto:jjaccounts@sbcglobal.net)

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## Optimum Health Newsletter

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