



Optimum Health

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

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"Always bear in mind that your own resolution to succeed is more important than any one thing."

- Abraham Lincoln

New Study Explains How To Keep Hunger In Check

Plus: Important Warning About Caffeine And Miscarriage Risk

Good gosh. I just ate. So, why am I still hungry? And why am I so hungry all the time? Ever ask yourself those questions? Sure you have. Because we ALL have.

Fact of the matter is: almost everyone, at some time in there life, struggles with the "why am I so hungry all the time" issue.

What if science figured out what types of foods made you hungry and what types of foods actually curbed your appetite, would you be interested?

What Keeps Hunger In Check

Reuters reported on January 18, 2008 that U.S. researchers are now offering new insights into how diets work.

According to the study, diets high in protein may be the best way to keep hunger in check. They found that protein does the best job at keeping a specific hormone in check, while carbohydrates and fats did not fare nearly as well.

The study, which will appear in the Journal of Clinical Endocrinology & Metabolism, looked at the effectiveness of different nutrients at suppressing ghrelin, a hormone secreted by the stomach that stimulates appetite.

"Suppression of ghrelin is one of the ways that you lose your appetite as you begin to eat and become sated," said Dr. David Cummings of the University of Washington in Seattle, who worked on the study.

The researchers gave 16 people three different beverages, each with varying levels of carbohydrates, fats, and proteins.

They took blood samples before the first beverage, then every 20 minutes for six hours afterward, measuring ghrelin levels in each sample.

Fat Still A "No-No!"

Many popular diets say it's okay to eat decent amounts of fat. The interesting thing about this study is that it found fats suppressed ghrelin "quite poorly" and that they fared the poorest overall.

"Proteins were the best suppressor of ghrelin in terms of the combination of the depth and duration of suppression. That is truly satisfying because high proteins

are essentially common to almost all of the popular diets." Cummings said.

Yo-Yo Sugar Effect

They also found that eating carbohydrates resulted in strong ghrelin suppression at first, but ghrelin levels rebounded with a vengeance, rising to an even higher level.

This shows what many have surmised for a long time: That carbohydrates can make you hungrier in the long run. Which also answers the question, why am I so hungry even though I just ate so much?

Cummings said the findings may aid in future research on the effectiveness of different diets.

Clearly eating carbohydrates (like a bowl of ice cream) right before bed every night is NOT the best idea!

Caffeine's Shocking Effect On Miscarriage Rates

According to a new study, pregnant women who drink two or more cups of coffee a day have twice the risk of having a miscarriage as those who avoid caffeine.

For quite some time, there has been a debate as to whether caffeine affects miscarriage rates or not.

Researchers are saying this study may finally put that debate to rest.

They said the study provides strong evidence that 200 milligrams of caffeine per day or more significantly increases the risk of miscarriage, which was considered a high dose of caffeine, but 200 milligrams is the equivalent of only 2 cups of coffee.

No Coffee For At Least 3 Months

"Women who are pregnant or are actively seeking to become pregnant should stop drinking coffee for three months or hopefully throughout pregnancy," said Dr. De-Kun Li of Kaiser Permanente Division of Research, whose study appears in the American Journal of Obstetrics and Gynecology.

There have already been several studies done but none were conclusive. One problem was women



often stopped drinking coffee during the study because it made them nauseous.

This skewed the results. But this time the study was designed to rule out that variable and finally get a more definitive answer.

Their study involved 1,063 pregnant women who were members of the Kaiser Permanente health plan in San Francisco from October 1996 through October 1998. Women in the group never changed their caffeine consumption during pregnancy.

Results

What they found was women who consumed the equivalent of two or more cups of regular coffee or five 12-ounce cans of caffeinated soda - were twice as likely to miscarry as pregnant women who avoided caffeine.

Caffeine – Not Just Coffee

This risk appeared to be related to the caffeine, rather than other chemicals in coffee, because they also saw an increased risk when the caffeine was consumed in soda, tea, and hot chocolate. Many people think coffee is bad while tea is completely safe. The results of this study indicate that might not be the case.

Li said many researchers think caffeine is harmful because it stresses the fetus' immature metabolism. It may also decrease blood flow in the placenta, which could harm the fetus.

"To me, the safe dose is zero," Li said. "If you really have to drink coffee, try to limit it to one cup or at the most two cups." Or better yet, switch to decaffeinated beverages, he added.

Based on the findings, Dr. Tracy Flanagan, Director of Women's Health at Kaiser Permanente Northern California, said pregnant women should think about limiting coffee to one cup a day, and they might want to cut it out entirely.

"So many causes of miscarriage are not controllable, this is an opportunity to do something active."

And here's an important point: Reuters reported on January 9, 2008 about another study that found caffeine intakes less than 200 milligrams did NOT increase the risk of a woman miscarrying.

In this study, 2,407 pregnant women were followed through pregnancy; 258 miscarried.

Most women in the study who drank coffee or other caffeinated beverages consumed about 350 milligrams of caffeine daily before they became pregnant, and in very early pregnancy equivalent to 1.7 7-ounce cups of brewed coffee a day.

At the time of the interview, their average caffeine intake had fallen to 200 milligrams. At each of the three time points assessed, there was no statistically significant relationship between the amount of caffeine a woman consumed and her risk of miscarriage.

From this study, it seems as though caffeine consumption under 200 milligrams may be okay. But it's probably best to be on the safe side and cut caffeine out completely if you plan on having a child.

Welcome New Patients!

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

Shonie Carter of San Jose (Ref By: Frank Shamrock)

Joe McMurray of Gilroy

Dennis Larson of San Jose (Ref By: Bill Buchholz)

Tam Nguyen of San Jose (Ref By: Russ Giordano)

Kim Langone of Sunnyvale

Rex Frobenius of Mountian View (Ref By: Laura Schuster)

Allen Hobson of Los Gatos (Ref By: Tyler Boswell)

Megan Franza of Los Gatos (Ref By: Bonnie Middlebrook)

Barbara Sherrard of Saratoga

Mikhial Navaeardiyants of Santa Clara

Clint "Steve" Ledon of Gilroy (Ref By: Sean Ledon)

Linda Tremba of San Jose (Ref. By: Joe Tremba)

John Headley of Hollister (Ref By: David Cannistraci)

Arun Subramanian of San Jose

Robin Meyer of San Jose

Soraya Gillis of San Jose (Ref By: Andrea Bunguel)

Gilbert Gomez of San Jose

Brian McNay of Los Gatos (Ref By: Christi McNay)

Christos Kalantzis of San Jose

Jeanne White of Campbell (Ref By: Tammy Smorynski)

Alfeo Cayabyab of San Jose

Dario Estrabao of San Jose (Ref By: Darlene Sandoval)

Ian Lujan of San Jose (Ref By: Shawna Wood)

Analee Wartinger of Santa Clara (Ref By: Hilary Wartinger)

Ron Heikes of San Jose (Ref By: Ellie Patterson)

Steven Schroeder of Cupertino (Ref By: Silvia Schroeder)

Padmaja Nandigam of Palo Alto

Vaibhav Puri of Sunnyvale

Diane Lee-Swanson of Campbell

Jackleen Mendez of San Jose

Dina Talerico of Campbell (Ref By: David Lepp)

Rue Bland of Campbell (Ref By: Ray Vargas)

Daniel Reuter of San Jose (Ref By: Valerie Reuter)

Michelle Tung of Cupertino (Ref: By: Dr. Chhipwadia)

Did You Know?

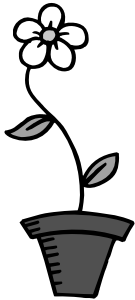
Experts agree that the time-honored practice of counting sheep or doing another such monotonous task may help induce sleep. Sleep specialists provide these additional tips to help you reach dreamland:

- Avoid caffeine (including caffeine-containing drugs), nicotine, and alcohol for four to six hours before bedtime. The first two are stimulants that can make it difficult to sleep. And while alcohol may have a sedating effect at first, it tends to disturb sleep after several hours.
- Don't exercise within four to six hours of bedtime. Working out earlier in the day, though, can actually improve sleep.
- Perform relaxing rituals before bed, such as taking a warm bath, listening to relaxing music, or eating a light snack.
- Before going to bed, try as much as possible to put your worries out of your mind and plan to address them another time.
- Reserve your bed for sleeping. To preserve the association between bed and slumber, don't watch television or do work in bed.
- Go to bed only when sleepy. If you can't fall asleep within 15 to 20 minutes, get out of bed and read a book or do another relaxing activity for a while, rather than trying harder to fall asleep.
- Make sure your bed is comfortable and the bedroom is conducive to restful sleep - quiet and at a comfortable temperature, for example.
- Wake up about the same time every day, even on weekends, to normalize the sleep-wake schedule.
- Don't take naps, or nap during the mid-afternoon for no more than 30 minutes.

TIP OF THE MONTH: Ways To Jump Start Your Energy This Spring!

No matter where we live, winter takes a pretty big toll on all of us. We all get sluggish, stop exercising as much, spend more time indoors (with your big behind parked on your couch) and eat a lot of junk food. After all, many of the fruits and vegetables are out of season.

After several months of borderline "abuse," your body and mind often need a little nudge in the right direction to get started and feel energetic again. Here's how to do just that:



1. **The first thing to do is clean up your diet.** The old saying, "you are what you eat" can't be more true. The more junk food you put in your body, the more sluggish you get. You also start to crave more food because your body doesn't have any good fuel. So, you eat more junk food... get more sluggish... then eat more junk food. Make a point to start eating right TODAY.
2. **Start moving!** If you've exercised in the past, start back on your old plan, slowly! And this time, write down small, frequent goals for yourself. If you have NOT exercised in the past, START! It can be as simple as going for walks 3-4 nights a week. The important thing is that you get started and get moving. Your body thrives on movement. The more you move, the more energy you get.
3. **Reassess all your goals.** Go through what's important in your life and what you want to achieve over the next few months. Write everything down and spell out, in detail, the steps to achieve them. Come up with a 3-4 month "action plan." The act of writing down your goals stimulates your subconscious mind to start working and achieving those goals immediately. Taking the time to actually write down your goals can work like magic!
4. **Start something new.** Find something that interests and challenges you either mentally, physically or both. Learning new things stimulates your nervous system, gives you renewed energy and keeps your mind sharp. Alzheimer's research has shown one of the best ways to combat the disease is to keep yourself mentally active. Make it a point to start or learn new things as often as possible.

Patient Quiz

The winner from March's quiz is Jack Little. Here is the question and answer.

Q: What are "Premature Ventricular Contractions?"

A: Premature ventricular contractions (PVCs) are extra, abnormal heartbeats that begin in one of your heart's two lower pumping chambers (ventricles). These extra beats disrupt your regular heart rhythm, which normally starts in the upper right chamber (atrium). As a result, you may feel a flip-flop or skipped beat in your chest. Premature ventricular contractions are very common — they occur in most people at some point. Most people who have premature ventricular contractions don't need treatment. If you have occasional extra beats but you are an otherwise healthy person, there's generally no reason for concern and no treatment needed. But if you are concerned, by all means, see a cardiologist and get checked out.

April Quiz Question

Q. What is the best way to burn fat?

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

Please e-mail quiz responses to: jjaccounts@sbcglobal.net

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