

In Good Hands

A Free Monthly Newsletter For The Friends and Patients of Dr. Jacob Hans
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"Honesty is the best policy, and spinach is the best vegetable." ~Popeye the Sailor

"Diabetes Soars Among Kids and Teens...

America's Number One Source Of Calories...And The Conflict Of Interest You Need To Know About!



San Diego -- This is a real problem, especially if you have kids. Why?

According to a new study, the number of kids and teens with Type 2 diabetes has jumped 15-fold just in the last generation!

And it is happening all over the world.

But that's not the worst part. So what is? Here's what: There is evidence that 50% of the young people with Type 2 diabetes don't even know they have it. This can lead to serious kidney and heart damage at a relatively young age.

Now here's the really important part: Type 2 diabetes is a condition brought on by your lifestyle. In other words, unlike Type 1 diabetes (where you are born with it and the cause is unknown), Type 2 is caused by the foods you eat and the activity level in your life.

In the past, these lifestyle factors took quite a while to catch up with people. That's why Type 2 Diabetes has always been almost exclusive to adults.

Children and adolescents had mostly Type 1.

What's really shocking is the first pediatric cases of Type 2 diabetes were not observed until the late 1970's. By 1990, about 3 percent of Type 2 diabetes' cases were children and adolescents. And today, that number is a staggering 45%.

**In Just About 30 Years We Have Gone From
ZERO Type 2 Diabetes Cases In Children And
Adolescents To Almost Half Of All Cases
Occurring Under The Age Of 18!!!**

"Though the diagnosis was initially regarded with skepticism, Type 2 diabetes mellitus is now a serious diagnostic consideration in all young people present with symptoms of diabetes," said Orit Pinhas-

Hamiel, a pediatric endocrinologist in the diabetes unit of Sheba Medical Center in Ranana, Israel.

She went on to say, the new research also demonstrates that Type 2 diabetes is *"not limited to certain ethnic groups, nor to particular regions, but has now become nearly universal."*

But what's more important – Type 2 diabetes cases are following the same pattern in children as in adults... which is...

The Cases Increase With An Increase Of Obesity And Inactivity

And, what's not too shocking is: countries with the highest rate of Type 2 diabetes among adults also have the highest rates among children.

Why is it NOT too shocking?

Here's why: When you eat certain foods that contain a type of sugar called glucose, that glucose enters the blood stream. In healthy people, the cells of the pancreas secrete just the right amount of insulin. Insulin allows the glucose to be absorbed into the cells of your body and used for energy and broken down.

In Type 1 diabetes, these pancreatic cells have been destroyed by some unknown cause. Therefore, Type 1 diabetics cannot produce the insulin needed to break down the glucose in your blood stream.

That's why Type 1 diabetics must have insulin shots.

In Type 2 diabetes, a person gradually loses the ability to make insulin or use it efficiently. This leads to an unhealthy and dangerous build-up of glucose in the bloodstream.

Unlike Type 1 diabetics, Type 2 can usually control their blood sugars with exercise and proper

diet. Some advanced cases require drugs or insulin injections.

Basically, you are born with Type 1 diabetes... and... your lifestyle causes Type 2.

So Why Is There Such A Rise In Adolescent Type 2 Diabetes?

One of the major factors in developing Type 2 diabetes is high intake of simple sugars.

Simple sugar enters your bloodstream rapidly and causes a spike in blood sugar. This causes your pancreas to work hard. Eating a lot of simple sugars basically causes your pancreas to work overtime.

And, your pancreas can only work so much overtime before it starts to shut down. This is called insulin resistance.

This process is sped up by the amount of simple sugars you eat, weight and lack of exercise.

So here's an interesting new fact:

Sweet Drinks Are Now The Leading Source Of Calories In The Typical American Diet!

That's right. Soft drinks and other sugar-added drinks are now the number one source of calories in the average American's diet – with white bread being number 2!

This is according to ongoing research done by, Odilla Bermudez, PhD., of Tufts University to confirm the relationship between obesity and certain foods.

What's even worse is: Another risk factor for developing Type 2 diabetes – obesity – has reached record numbers in children worldwide.

Here are the childhood obesity percentages reported for the European Congress on Obesity:

- England = 20%
- Spain = 30%
- United States = 30%
- Italy = 36%

Here's a quote from the same European Congress that is quite telling: "We think we probably underestimated the dimension of the issue. We are often accused of exaggerating the estimates, but whenever we do get the actual figures, they turn out to be worse than we expected."

So, does it really come as a shock to anyone that – with all that consumption of simple "junk" sugar and child obesity -- Type 2 diabetes' rates are skyrocketing in our children?

And, don't you think there should be a national campaign by groups such as the American Diabetes

Association (ADA) to make parents more aware of the risks of sugar consumption, lack of exercise and weight gain?

Well, I don't think you are going to see such a campaign no matter how bad the stats get. Why?

The Conflict Of Interest...

In April, the ADA announced a multi-million-dollar partnership with Cadbury-Schweppes, candy makers and the world's third leading producer of sugar added soft drinks.

And, all of a sudden, ADA's Chief Medical Officer, Robert Kahn, believes sugar consumption has nothing to do with developing Type 2 diabetes!

In a recent interview he stated, "What is the evidence that sugar itself has anything to do with diabetes? There is no evidence."

Oh really. And tobacco has nothing to do with cancer!

My advice is to look at the new statistics in this month's newsletter and take action immediately.

Cut out or seriously limit your and your family's consumption of soda and other sugar filled food and drinks. And I don't recommend all those chemical "diet" drinks. The best thing to drink is usually plain old water. And, of course, start an exercise program. It doesn't have to be anything too crazy. If you have any questions, just let me know – I'm here to help!

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 don't enjoy anything 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 Hampton

(Referred by Lifesource website!)

Chantal Davis

(Referred by Lifesource website!)

Amber Schonger

(Referred by Lifesource website!)

Inspirational Story Of The Month –
(Names And Details Have Been Changed To Protect Privacy.)

“How *Catching Fish* Can Help You Lose Weight, Become Healthier, And Get Many Of The Things You Want In Life...”

Over the years, I have become a serious student of “success.”

From a young age, I was always interested in why some people constantly seemed to get what they wanted. Everything always seemed to magically work out for them...

While so many others struggled and were plagued by... what seemed to me at the time...as...

Bad Luck!

I don't know which type of person you are today... but... for a long time... I was the “bad luck” type. I found it extremely difficult to achieve all the things I wanted in life. No matter how hard I tried, I struggled and things just didn't seem to “go my way.”

It was quite depressing and I wondered when MY big break was finally going to come. What was it that these successful people had that I didn't? Could it really be just plain old *luck*?

You may be feeling the same way, too. If you are... or... you just want to achieve more success in your life – whether it be...weight loss, start a new career, make more money, become healthier, get out of pain or have better and more loving relationships with your family and friends...Whatever it is...I've got very good news for you. And that news is – although I believe luck does exist, it is NOT the determining factor in YOUR success. Success in all those aspects of your life CAN be achieved. And, in most cases, it can be achieved quite rapidly, if you act on the simple principle you are about to discover.

And... it doesn't matter how “bad off” you *think* you have it right now. This principle will work no matter where you are in life and can take you wherever you want to be – within reason. By “within reason” I mean this is NOT something like you see on late night infomercials that claims you can be Donald Trump or look like a swimsuit model overnight. Not at all. This is a rational, logical approach that can help you reach REALISTIC goals in a REALISTIC time period.

So what does catching fish have to do with all this? Let me tell you a great, inspirational story that will tell you what and prove my point...

I'm not sure exactly what year it was, but forty-something years ago, a ten-year-old boy was out in the woods hunting by his home in Texas. On this fateful day, he pried his way through some thick weeds at the edge of a pond.

As he poked his head through, his eyes instantly met with a monstrous fish (a largemouth bass) sunning itself in the shallow water. The two stared at each other for a few seconds and then she slowly turned and disappeared into the murky depths.

Even though it was only a brief moment, it changed that little boy's life forever. You see, it wasn't too long after that, this little boy decided he was going to catch the world record largemouth bass... and... he dedicated his life to achieving that lofty goal.

As this boy matured into a man, he researched and learned everything he could about this fish. It wasn't long until he was consistently catching more huge fish than anyone else. His plan consisted of a couple key elements: (1) Think like a fish – NOT A FISHERMAN, and... most importantly... (2)...Do The Right Thing...In The Right Place...**Long Enough!**

Well, virtually every day for over 30 years, this man pushed off the dock at 5:00 a.m. to do the right thing, in the right place, long enough. And, even though he has come close, to this day, he has NOT caught the world record fish.

Disappointed? Don't be. This man's name is Doug Hannon. And Doug has never had a “real job” in his life. He has spent his entire life... and still spends most of his time... doing what he loves. He has lived out his wildest dreams -- how many people can say that? How about you?

And, in the meantime, he has become well known as the “Bass Professor” – the best big bass fisherman alive. He is frequently featured on ESPN, has written two books and is the inventor of several fishing devices and lures.

So what's the REAL moral of this story and how can it help YOU achieve what YOU want in life? The moral is... *doing the right thing, in the right place, long enough*. The key is setting goals and being consistent in your behavior to achieve them. Not giving up at the first sign of adversity. And making sure you seek out expert advice so you are putting all that effort into the RIGHT PLACE!

Doug says many times in his books – if you are not fishing where the world record fish lives... you have no chance of catching her. The same is true with anything you choose to do in life.

It has been my experience that there is an overabundance of “expert advice” from struggling people. Always beware of the so-called “wizard.” EVERYONE has an opinion. Usually the best advice is CONTRARY to what everyone else is doing.

So, if you want to see your life change for the better... set your goals, get REAL expert advice and start doing the right thing, in the right place, long enough... and start doing it TODAY!!!

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 Network Spinal Analysis care! Don't wait until you can no longer move!

Did You Know?...

- *The most popular Campbell's soup in Hong Kong is watercress and duck gizzard.*
- *The average caterpillar has 2,000 muscles in its body; the average human, 700.*
- *If your stomach didn't produce a new layer of mucous every two weeks, it would digest itself.*
- *Why don't your eyes freeze in winter? There's lots of salt in your tears.*
- *When your face blushes, the lining of your stomach turns red, too.*
- *Americans will eat 90 acres worth of pizza today.*
- *The typical U.S. 18-year-old has spent 11,000 hours in school and 18,000 hours watching TV.*
- *The most productive day of the workweek: Tuesday.*
- *The average city dog lives three years longer than the average country dog.*
- *Half of all Americans over the age of 55 have no teeth.*
- *One in three consumers pay off his or her entire credit card bill every month.*
- *The blue whale's tongue weighs as much as an adult*

Tip of The Month – “**10 Barbeque Tips To Make Your 4th Of July Happy, Healthy And Safe!!!**”



It's time to celebrate the 4th of July! And, what's a 4th of July party without a killer barbeque? Answer: **NOTHING!!!** But – there is one thing worse than a 4th of July party without a barbeque... **getting sick from the food!!!** So...Here are 10 tips to make sure you grill safely and prevent any food-borne illness:

1. How To Defrost Frozen Food Safely

Completely defrost meat and poultry before grilling so it cooks more evenly. Use the refrigerator for slow, safe thawing or thaw sealed packages in cold water.

2. How To Marinate - Meat and poultry can be marinated for several hours or days to tenderize or add flavor. Be sure to marinate food in the refrigerator, not on the counter. If some of the marinade is to be used as a sauce on the

cooked food, reserve a portion of the marinade before putting raw meat and poultry in it. However, if the marinade used on raw meat or poultry is to be re-used, make sure to let it come to a boil first to destroy any harmful bacteria.

3. How To Transport Food - When carrying food to another location, keep it cold to minimize bacterial growth. Use an insulated cooler with sufficient ice or ice packs to keep the food at 40° F or below. Pack food right from the refrigerator into the cooler immediately before leaving home. Keep the cooler in the coolest part of the car.

4. Make Sure To Keep Cold Food Cold - When using a cooler, keep it out of direct sun by placing it in the shade or shelter. Avoid opening the lid too often, which lets cold air out and warm air in. Pack beverages in one cooler and perishables in a separate cooler.

5. ALWAYS – Keep Your Entire Cooking Area Clean - Be sure there are plenty of clean utensils and platters. To prevent food-borne illness, don't use the same platter and utensils for raw and cooked meat and poultry. Harmful bacteria present in raw meat and poultry and their juices can contaminate safely cooked food.

6. Make Sure You Cook Food Thoroughly - Cook food to a safe internal temperature to destroy harmful bacteria. Meat and poultry cooked on a grill often browns very fast on the outside. Use a food thermometer to be sure the food has reached a safe internal temperature. Whole poultry should reach 180° F; breasts, 170° F. Hamburgers made of ground beef should reach 160° F; ground poultry, 165° F. Beef, veal, and lamb, steaks, roasts and chops can be cooked to 145° F. All cuts of pork should reach 160° F. NEVER partially grill meat or poultry and finish cooking later.

7. Just Like #4, Keep Hot Food Hot - After cooking meat and poultry on the grill, keep it hot until served -- at 140° F or warmer. Keep cooked meats hot by setting them to the side of the grill rack, not directly over the coals where they could overcook. At home, the cooked meat can be kept hot in a warm oven (approximately 200° F), in a chafing dish or slow cooker, or on a warming tray.

8. Don't Mix Serving Platters - When taking food off the grill, use a clean platter. Don't put cooked food on the same platter that held raw meat or poultry. Any harmful bacteria present in the raw meat juices could contaminate safely cooked food.

9. How To Smoke Safely - Smoking is done much more slowly than grilling, so less tender meats benefit from this method, and a natural smoke flavoring permeates the meat. The temperature in the smoker should be maintained at 250° F to 300° F for safety. Use a food thermometer to be sure the food has reached a safe internal temperature.

10. Pit Roasting Can Be Delicious But... Cooking may require 10 to 12 hours or more and is difficult to estimate. A meat thermometer must be used to determine the meat's safety and doneness. There are many variables such as outdoor temperature, the size and thickness of the meat, and how fast the coals are cooking.

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