

STEWART CHIROPRACTIC NEWS... *Taking charge of your health!*

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OBESITY AND THE NEW YEAR



As we enter a new year, I can't help but notice all the buzz about weight loss, getting into better shape or health, and dieting. We hear about it in the news, on the Internet, and in the paper. It is estimated that 90% of all New Years' resolutions are centered on one of these categories. So, for all of us in these categories here is a little information that might help us stick to our resolutions.

Obesity has been getting a lot of press lately in relation to the negative health effects. We frequently hear facts, such as 400,000 deaths per year are due to obesity, strokes, heart disease, cancer, liver damage, and diabetes re also some of the effects of excessive weight. A very detailed report of these problems and obesity in general is found in the August 2004 issue of National Geographic.



However, there are effects of another sort: Health concerns that cause pain and suffering for millions but are not considered life threatening.

A growing number of research studies point to chronic inflammation in the body as a risk factor for several diseases, including heart disease, stroke, diabetes, and for death. A recent study, reported in the American Journal of Clinical Nutrition, looked at the effects of weight-loss, dieting, and exercise on inflammation. Inflammation can be detected by measuring levels of certain

substances in the blood such as c-reactive protein, interleukin 6 and alpha receptor 1, to name a few. Researchers measured levels of these inflammatory biomarkers in subjects before, during, and after study participation. Subjects included 316 overweight or obese sedentary men and women over the age of 60. All subjects had osteoarthritis of the knee, which confirmed that inflammation was present in their bodies. Men and women participating in the study were randomly assigned to one of four treatment groups: control group, dietary weight-loss group, exercise group, and dietary weight-loss and exercise group.



The control group had a 5% reduction in inflammation at the end of the study. The dietary weight-loss group had an average reduction of 40%. The exercise only group had a 32% reduction of inflammation. The weight-loss (diet) and exercise group had a 65% reduction in inflammation. By far, the best results were by those who combined exercise and proper nutrition together.

Excessive weight can also cause nutritional deficiencies in many cases. The journal, "Neurology" reported that nutritional deficiencies due to obesity in many cases cause marked muscle weakness, atrophy, pain, and numbness in the arms and legs. The researchers note that the symptoms are completely preventable and reversible by altering the diet to a more nutrient laden healthy diet and in some cases, adding proper supplementation symptoms can be reduced or relieved. For those with

arthritis, it is important to understand that arthritis is also completely preventable and reversible. However, the solution does not come in the form of medications, drugs, or pills. In fact, research has shown that most over-the-counter and prescription medications, if not all, cause or accelerate arthritis. A balanced regime of exercise, stretching, i.e. Yoga, holistic diet, and chiropractic care has shown a phenomenal success rate of reducing the pain of arthritis and the sources of the pain and other symptoms.



We Americans are always trying to find a short cut, a quick fix. The sad fact is that there is no getting around the laws of health. We can reduce 90% of our suffering and immensely increase our joy and satisfaction in life as well as help our pocket book, if we could just adopt these simple healthy lifestyle habits.

If anything, let's make that our new resolution.

DR. KEVIN L. STEWART takes pride in the 10 years he has offered skilled chiropractic care to his clients. His commitment to his patients and their health keeps him abreast of the



latest technologies as well as advances in patient care. In accordance with his commitment to patient comfort, satisfaction and convenience, Stewart Chiropractic is open 5 days a week and provides emergency care 24 hours a day, 7 days a week. In treatment

programs, prescribed gentle adjustments, advanced techniques, modern diagnostic, and therapeutic equipment are combined to attain optimum patient care.