



Health & Happiness News

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Inside this issue:

To Sunscreen or not to Sunscreen

Sit Up

Understanding Trans Fat Labels

From the Desk of Dr. Steve

Compost Bins and Rain Barrels

Summer Bulletin!

You are important to us and we value the fact that you trust us with your health. Please feel free to pass this newsletter on to friends and neighbors. Enjoy!



Notable things we have learned from the movies

- Every police investigation will require at least one visit to a strip club.
- The Eiffel Tower can be seen from any hotel room in Paris.
- Striking one match will provide enough light to illuminate an area the size of the average football stadium.
- Ventilation ducts are roomy enough to allow anyone to wiggle through them. Villains never think to search them.
- Medieval peasants all had perfect teeth.
- Mothers will cook elaborate breakfasts of bacon, eggs, waffles, and pancakes only on days when no one in the family has time to eat.

To Sunscreen or not to Sunscreen...

We are constantly warned of the dangers associated with the sun. The impression we get these days from sunscreen manufacturers and health officials is that we should never go out in the sun without applying a good amount of sunscreen 30 minutes prior to heading for the great outdoors.

However, there is a great controversy among physicians and scientists.

Many sunscreens on the market today contain a large number of toxic chemicals such as Oxybenzone, PABA, Titanium Dioxide and Dioxybenzone, which invades your skin and increases the opportunity for cancer to arise. Another known chemical used in various countries is Avobenzone. While it works to absorb the radiation from the sun, it releases free radical on the skin which becomes breeding ground for cancer cells to take hold.

It has also been discovered that sunscreen blocks the overall production of Vitamin D.

Vitamin D, also known as the sunlight vitamin, is a fat-soluble vitamin essential in the overall health and strength of your bones. It assists in the absorption of calcium, the production of healthy cell growth and is needed to protect against osteoporosis, osteomalacia, muscle weakness, depression, prostate cancer, breast cancer, and even effects diabetes and obesity. Lack of Vitamin D can cause sleep disturbances due to low melatonin production. Vitamin D also works to help prevent some cancers, for example, skin cancer which is associated with a low level of vitamin D in the body.

For us to be at our peak nutritionally, we need 1,000 units of Vitamin D per day. A glass of milk only has 100 units while a multivitamin has 400 units; still well below the required amount. The sun is our primary source for this vitamin. In addition, the body's saturation point is long before sunburn occurs, when the skin turns slightly pink. Our bodies have no chance of reaching overdose exposure as the internal production turns itself off until the need is required again.

The question then is how do you protect yourself from the sun without the use of product containing these harmful chemicals? Most of it is just a lot of common sense such as staying out of the sun during the peak sun hours –from 10:00 AM to 3:00 PM. However, if you must be in the sun during this time, it is recommended to wear a long-sleeved, light-weight shirt, hat and sunglasses.

Eating foods high in antioxidants greatly boosts your body's ability to handle sunlight without burning. Other powerful antioxidants include superfruits like pomegranates and blueberries. It is also important to look for products with little additives and those that are free of artificial substances.

Although sunscreen is considered the front line defense in the quest to protect ourselves from the sun's rays, they also can pose a potential health risk due to their chemical makeup. It is prudent to consider other options in our desire to protect ourselves.

To check your sunscreen against harmful chemicals, visit Skin Deep at <http://www.cosmeticsdatabase.com/special/sunscreens2008/index.php>



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Sit Up!

Ergonomics has been around for a while. It's the idea that good posture at the desk right now, as you read this, in fact, could reduce physical problems in the future, whether it's bad backs, blurry vision, or carpal tunnel syndrome. The following are a few tips on how to maintain proper posture at work. Conventional wisdom has said that the eyes should be between 18 inches and 24 inches from the computer screen when in fact the farther away the better, as long as you can read the words on the screen. In the past, the conventional wisdom has been that your keyboard is supposed to be directly in front of your work area, but now it turns out that there's nothing wrong with pushing the keyboard back as long as the forearms have support, the wrists are kept straight and the elbows aren't resting on anything hard or sharp. As for the mouse, the closer to the keyboard, the better.

From the desk of Dr. Steve



Last year, I decided to plant a garden after my son Andre bit into a strawberry that crunched like an apple. I literally jumped because, last I checked, a ripe looking strawberry should not crunch like an apple! I asked him: "Have you ever had a strawberry fresh from a garden?"

He, of course, said NO.

Right there, I had waves of nostalgia of the wonderful corn, raspberries, rhubarb and strawberries that my dad would grow in his huge garden. My nostalgia got the best of me and I was off to get wood and soil to put in two good size garden boxes.

I just cut a bunch of lettuce from my garden and had a great salad for lunch (it's really cool to know the lettuce grows right back!) and it felt really good to have planted it, nurtured it and in turn, it nurtures me.

Even if you live in an apartment, you can also grow a garden in a window box or create a patio garden to enjoy the nutrition and satisfaction of eating what you've grown.

Thank all of you for being a part of my office and for allowing me to help you.

Have a wonderful day.

Dr. Steve

Visit us on the web!

<http://www.glchiro.com>

Understanding Trans Fat Labels

The U.S. Department of Health & Human Services' "Dietary Guidelines for Americans" and the National Academy of Sciences' Institute of Medicine recommend eating no more than 2 grams of trans fat — a fat produced when hydrogen is added to vegetable oil — per day.

But a loophole in the food labeling laws has allowed food companies to proclaim "no trans fat" on the package as long as the food contains less than half a gram.

Common foods with trans fats include shortening, margarine, crackers, cookies, donuts, and snack foods.

To know for sure, look at the ingredient list — if it contains partially hydrogenated vegetable oil or vegetable shortening, the food contains some trans fat.

**Feel free to speak to Dr. Polenz
on more ways to keep your body chemical-free.**

Compost Bins and Rain Barrels

The Seattle Public Utilities (SPU) is offering huge discounts on the cost of high-quality compost bins between now and the end of September. You can purchase one at www.seattle.gov/binsandbarrels or by calling (206) 684-0190.