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Achieving Wellness

By Dr. Cale Copeland BSN, DC

Genetics, Lifestyle & Health

On Wed. Mar. 12th at 7:00pm we are proud, excited, lucky and honoured to be presenting Dr. James Chestnut at the McPherson Playhouse in collaboration with Lifestlyes Markets and Dr. Richard Baxter.

With skyrocketing rates of cancer, heart disease (66% of us will die from one of those two), diabetes, obesity, depression, fatigue, insomnia, autoimmune disorders, etc. something needs to change. Do we blame our genes or our lifestyle? This talk will answer that question for you and so much more. Start taking steps so your life doesn't end up in a nursing home or full of suffering. **It is preventable**; learn how!

Dr. Chestnut is the world leader in wellness research and a hot-ticket international lecturer. I GUARANTEE this event will change your life and your families if you bring them. Tickets are available at this office, the McPherson box office 386.6121 or online at www.rmts.bc.ca

Things We Need To Know

Statins are a class of drugs used to lower cholesterol levels. They are one of the most commonly prescribed drugs. So here is the big question: Why are cholesterol rates skyrocketing? Is it lifestyle or genes?

Statins can result in muscle weakness and pain, and even debilitating and life-threatening muscle damage. A new study offers the first evidence that a gene known as atrogenin-1 plays a key role in statin-related muscle toxicity. Statins such as Lipitor, Zocor, and Mevacor lower cholesterol by inhibiting HMG-CoA reductase, a key enzyme in cholesterol synthesis. But they may also activate the gene atrogenin-1 gene, which plays a key role in muscle atrophy. Three separate tests showed that even at low concentrations, statin drugs led to atrogenin-1 induced muscle damage. As the concentration was increased, the damage increased as well. *The Journal of Clinical Investigation December 2007; 117(12):3940-51.*

Elevated cholesterol levels are simply the body's intelligent response to a chronically stressful environment (lifestyle). Attending the Eat, Move and Think Well™ talks at this office or seeing Dr. Chestnut speak on Mar. 12th will answer why we are sick and how we can get healthy naturally. Remember: the goal is not to lower cholesterol levels; that's treating a symptom, but to get well, and a side-effect of that is healthy cholesterol levels!

Laugh☺

Research shows laughter strengthens the immune system, reduces food cravings and increases one's threshold for pain. While preschool kids laugh up to 400 times a day, adults laugh a dismal 17 times per day! Laughter balances hormones by boosting the body's good hormones like endorphins and reducing stress hormones like cortisol, and builds the immune system by boosting the number of antibody-producing cells and enhancing the effectiveness of T-cells. In a study from the University of Maryland School of Medicine, researchers compared the effects of watching funny versus stressful films. Movies that elicited laughter caused blood vessels to relax and increased blood flow. Try looking at tough situations as a challenge rather than a threat; this takes the focus off anger, guilt, and negativity, and changes in perspective alter everything. A sage once told me not to take life too seriously. I must thank him.

The Move Well™ advanced seminar series resumes March 5th. Sign up to attend as seating is limited. This information is free for practice members and their guests.

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GET WELL
FOR
90 YEARS
NATURALLY!**



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and Changing Lifestyle Beliefs**

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