

In Good Hands

A Free Monthly Newsletter For Friends and Patients of: DRS DAVID & GRADY BIRSELL
WEB SITE: birdsellchiropractice.com

"Love Is The Drug You've Been Looking For..."



Quad Cities – The more we know – the less we understand. I have no idea who said that... or when. But how true it is.

And here's something else that's true: Albert Einstein once said, *"How on earth are you ever going to explain in terms of chemistry and physics so important a biological phenomenon as first love?"*

And explain love is exactly what scientists are trying to do...

Anthropologist Helen Fisher, author of "Why We Love," Art Aron, a psychologist and professor at Stony Brook University in New York and Lucy Brown, a professor in neurology and neuroscience at the Albert Einstein College of Medicine in New York teamed up not too long ago to study the phenomenon.

What Happens To Your Brain When You Are In Love...

They studied 17 people who recently had fallen head-over-heels in love. People who admitted to spending 80% of their waking hours thinking about nothing else but the person they were in love with. The average person in the study was in love for seven months.

And the findings were published last year in the Journal of Neurophysiology.

One of the most amazing things the researchers found was when the subjects were asked if they would die for the person they loved – EVERY SINGLE ONE SAID YES, WITHOUT HESITATION.

In another part of the study, the subjects were placed in an MRI that takes computerized images of the brain.

While in the MRI, the subjects were asked to (1) stare at pictures of the person they were in love with and (2) stare at pictures of people who either elicited neutral or negative emotions.

And the results were shocking... at least it was to the researchers...

The part of the brain that showed the most activity while the subject looked at the "love pictures" was the center related with rewards and pleasure.

According to a February 14, 2006 CNN article on this subject, this was, *"a finding not nearly as poetic as romantics would have thought. It turns out that, to the brain, love is just another reward, much like chocolate or money, or like a drug to an addict. This brain system gets used every time you want something."*

Nothing But A Reward...

The researchers said romantic love is a reward.

The researchers went on to explain how their view of love had changed after the study.

For example, Brown said at the beginning of the study she thought love was a strong positive emotion. *"Now I have changed the way I think about early-stage romantic love," she said. "It's a motivation; the person [we're in love with] is a goal. Emotions come and go. We feel euphoria, but we feel anxiety too. This core system that is driving the person who is in love toward their sweetheart is much more important in a sense than an emotion."*

And Fisher felt the same: *"Romantic love is not only an emotion, it's a basic mating drive, and it's stronger than the sex drive."*

The researchers also went on to explain some of the different stages of love and how it changes over time.

That's all well and good... but...

What was REALLY learned here? I mean, what was learned that could have a dramatic effect on you and your health?

To explain, let me tell you a quick story about a debate between a Chiropractor and a researcher.

This was many years ago when there was limited research about the effects of Chiropractic care.

The Chiropractor told the researcher that his treatments worked because he had treated thousands of patients and saw the results first hand with back pain, neck pain, carpal tunnel syndrome, headaches and many other conditions. It had happened

too many times... over and over... and it could not be a coincidence.

The Only Form Of Proof...

What was the researcher's response? You can't say that Chiropractic helps those conditions because you don't have SCIENTIFIC RESEARCH to prove it. What happens in your office is not PROOF.

The Chiropractor's response was brilliant. He asked the researcher if he had ever been in love. The researcher quickly said... yes... of course.

So you believe in love?

Yes.

Do you have any SCIENTIFIC RESEARCH that proves the existence of love?

The researcher paused. Then stumbled over his words a little...

Well... no.

Then you can't say you've ever been in love... can you?

And you can't say love actually exists... can you?

Being in love outside of a scientific study is not PROOF... is it?

That was quite a lively exchange. And... of course... we all know love is real. We didn't need to wait for an MRI scan to prove it... did we?

Just like we didn't need to wait for all the scientific studies we now have today before you knew Chiropractic works. All you had to do was leave the office without pain to know that... right?

But, that MRI scan tells us much more than just the existence or location of love. It proved the way we think dramatically alters the function of your brain.

In other words, what we think about and the emotional state those thoughts put us in triggers our brains to release certain chemicals. And these chemicals affect our health. They can make you healthy or make you sick. They can give you pain... or... take it away.

That's why it's no big shock that stress is probably the leading cause of death in the United States.

What's that? You thought the leading killer was heart disease?

It is. But, what do you think one of the leading causes of heart disease is?

Yeah, scientists go back and forth on the fat and cholesterol thing. Now there is research on both sides of that debate. But, there are many that think stress... not diet... is the *biggest* factor.

“Not everything that can be counted counts, and not everything that counts can be counted.”

Albert Einstein

Whether it's the biggest... or second biggest factor... I don't think we need to wait another 10 or 20 years and a new MRI scan to prove it. And we also don't need to wait that long before we start taking control of our life and what we allow to affect our brain and our health.

Whatever your dominant thoughts are – you become. That includes a sinner or a saint. Winner or loser. And, sick or healthy.

Of course, there are genetic conditions and limitations. And you also have to maintain your health physically. That's why Chiropractic works so well. Because it addresses both at the same time.

One last prediction: You will see more and more “research” proving the things we already know... ☺

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!

Kent Brockmann, Sherry Coverdill
William Daly, Martha Gizinski
Gretchen Jones, Terry Jones
Susan Kasinger, Lee McIntire
Cheryl Norris, Jeremy Orey
Stacey Rettig, Brian Varble
Mark Prebyl, Ken Coverdill

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

"What Real Friends Are Made Of..."

This is an incredible story.

It was emailed to me quite a while ago... and I have no idea who wrote it or where it originally came from. Or, if it is fact or fiction.

But I do know this...

It made me reflect on my past, present and future. And it has changed my life for the better. I bet it will do the same for you, too. That's why I'd like to share it with you here.

Here's the story:

One day, when I was a freshman in high school, I saw a kid from my class walking home from school. His name was Kyle. It looked like he was carrying all of his books. I thought to myself, "Why would anyone bring home all his books on a Friday? He must really be a nerd."

I had quite a weekend planned (parties and a football game with my friends tomorrow afternoon), so I shrugged my shoulders and went on.

As I was walking, I saw a bunch of kids running toward him. They ran at him, knocking all his books out of his arms and tripping him so he landed in the dirt. His glasses went flying, and I saw them land in the grass about ten feet from him. He looked up and I saw this terrible sadness in his eyes.

My heart went out to him. So, I jogged over to him and as he crawled around looking for his glasses, I saw a tear in his eye. As I handed him his glasses, I said, "Those guys are jerks. They really should get lives." He looked at me and said, "Hey thanks!" There was a big smile on his face. It was one of those smiles that showed real gratitude.

I helped him pick up his books, and asked him where he lived. As it turned out, he lived near me, so I asked him why I had never seen him before. He said he had gone to private school before now.

I would have never hung out with a private school kid before. We talked all the way home, and I carried some of his books. He turned out to be a pretty cool kid. I asked him if he wanted to play a little football with my friends. He said, "Yes". We hung out all weekend and the more I got to know Kyle, the more I liked him, and my friends thought the same of him.

Monday morning came, and there was Kyle with the huge stack of books again. I stopped him and said, "Boy, you're gonna really build some serious muscles with this pile of books everyday!" He just laughed and handed me half the books.

Over the next four years, Kyle and I became best friends. When we were seniors, we began to think about college. Kyle decided on Georgetown, and I was going to Duke. I knew that we would always be friends, that the miles would never be a problem. He was going to be a doctor, and I was going for business on a football scholarship.

Kyle was valedictorian of our class. I teased him all the time about being a nerd. He had to prepare a speech for graduation.

I was so glad it wasn't me having to get up there and speak. Graduation day, I saw Kyle. He looked great. He was one of those guys that really found himself during high school. He filled out and actually looked good in glasses. He had more dates than I had and all the girls loved him. Boy, sometimes I was jealous.

Today was one of those days. I could see that he was nervous about his speech. So, I smacked him on the back and said, "Hey, big guy, you'll be great!" He looked at me with one of those looks (the really grateful one) and smiled. "Thanks," he said.

As he started his speech, he cleared his throat, and began. "Graduation is a time to thank those who helped you make it through those tough years. Your parents, your teachers, your siblings, maybe a coach...but mostly your friends. I am here to tell all of you that being a friend to someone is the best gift you can give them. I am going to tell you a story."

I just looked at my friend with disbelief as he told the story of the first day we met. He had planned to kill himself over the weekend. He talked of how he had cleaned out his locker so his Mom wouldn't have to do it later and was carrying his stuff home.

He looked hard at me and gave me a little smile. "Thankfully, I was saved. My friend saved me from doing the unspeakable."

I heard the gasp go through the crowd as this handsome, popular boy told us all about his weakest moment.

I saw his Mom and Dad looking at me and smiling that same grateful smile. Not until that moment did I realize its depth.

Never underestimate the power of your actions. With one small gesture, you can change a person's life. For better or for worse.

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 Chiropractic care! Don't wait until you can no longer move!

Did You Know?...

1. *It was once law to say "God Bless You" to one who sneezed? During the 6th Century, it was customary to congratulate people who sneezed because it was thought that they were expelling evil from their bodies. During the great plague of Europe, the Pope passed a law to say "God bless you" to one who sneezed*
2. *Forks were first used in the Middle Ages, but eating with one was considered scandalous. In the 11th Century, when a Greek princess died shortly after introducing forks at her wedding with a Venetian Doge (chief magistrate) Domenico Selvo, it was perceived as divine punishment. So what did people eat with before using forks? They used wooden spoons, knives and, of course, their hands.*
3. *Aspirin was discovered during experimentation with a waste product. Friedrich Bayer followed in his father's footsteps and opened his own dye business. All dyes had come from organic materials. Bayer died on May 6, 1880, and while the company was still in the fabric dye business, it went on to employ chemists to come up with innovative dyes and products. In 1897, one of the chemists, while experimenting with a waste product of one of the dye components to find relief for his father's rheumatism, chemically synthesized a stable form of salicylic acid powder. The compound became the active ingredient in a pharmaceutical wonder product: Aspirin. The title was named "a" from acetyl, and "spir" from the spirea plant, meadowsweet (*Filipendula ulmaria*, also known as *Spiraea ulmaria*), the source of salicin. However, the chemist did not discover "aspirin." He "rediscovered" it after studying experiments on acetylsalicylic acid made 40 years earlier by French chemist Charles Gergardt. In 1837, Gergardt produced good results, but the procedure was difficult and time consuming. He decided that it was not practical, and set it aside.*

Tip of The Month "Why Shopping Carts And Computer Mice Can Be Hazardous To Your Health..."



Here's something you'll probably find interesting... and... may keep you from getting sick. A recent report by the Korean Consumer Protection Board analyzed six items commonly handled by the public for sources of bacterial infections. The kind of infections that get you sick all the time. And here's what they found: Shopping cart handles were by far the worst... with 1,100 units of bacteria per 1.5 square inches...

YUCK!!!

Makes you think twice about going shopping... doesn't it?

Here's the rest of the list that may make you think twice about doing a few other things, too...

- **A computer mouse used at an Internet cafe: 690 units**
- **Hand straps on a bus: 380 units**
- **Bathroom door handles: 340 units**
- **Elevator buttons: 130 units**
- **Hand straps on subways: 86 units**

So what can you do to avoid getting sick if all these things you touch everyday are covered in deadly bacteria?

The first thing to understand is that we were not made to function in a sterile environment. Far from it. Our bodies are constantly interacting with large amounts of bacteria all the time.

Some bacteria is helpful to your body. For example... there is "good" bacteria present in your digestive tract that helps you break down and assimilate your food. Without this good bacteria, your body would have serious health problems. That's why, when you take antibiotics, you can have intestinal problems – like diarrhea. Because antibiotics can't determine which bacteria is good and which is bad. It kills both.

And think about this – you are in contact with "bad" bacteria – the kind that makes you sick – every single day. So, why aren't you sick all the time?

And why aren't doctors that have sick patients breathing on them all day constantly sick too?

The answer lies in the fact that your body was made with the ability to determine which bacteria is bad and fight it off... while living in harmony with the good bacteria.

So why do you get sick at all? You get sick for many reasons because your resistance becomes lowered and your body can no longer fight off the "germs" efficiently.

Some of those reasons are: stress, diet, lack of exercise and/or sleep, and a malfunctioning nervous system from spinal malfunction. Since it is impossible to live in a bubble and not be exposed to all this bacteria... what's the best way to avoid getting sick? The best way is to eat right, get plenty of sleep, avoid stress and get routine Chiropractic check-ups.

And one last piece of advice: One of the best ways to avoid unnecessary contact with all these germs is to wash your hands! But, not with those anti-bacterial wipes or soaps. Some experts are concerned that those products are simply creating resistant strains of the bacteria; like the deadly strains of bacteria we now have that have become resistant to antibiotics.

So the best thing to do is use plain old soap and water.

Remember, we're always here, using the miracle of Chiropractic to help your body heal and maintain the health you deserve.

Patient of The Month... This month's patient of the month is Chelsea Morrissey! Congratulations! As usual, the patients of the month will receive a FREE Whitey's certificate for some delicious ice cream. Watch for your name here in a coming month!

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