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***Greetings to All Our Friends!!
October is here, there's a chill in
the air. Happy Halloween to you
my dear!***

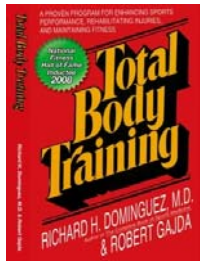
Resting Ligament Injuries by Bob Gajda, RKT

If resting injured parts is generally desirable, there is one case where it is absolutely crucial, and this is when ligament injuries are involved. If an injured ligament is not rested, if frequent stress is put upon it and it is continually stretched, this leads to increased lengthening of the ligament, with the result that it will heal looser. This in turn leads to joint instability, which leads to insecurity and decreased ability to function with the joint.

Arthritis is a common complication of unstable joints that have been used over a period of years. This is especially true for the knee joint. The best research available shows that a completely torn knee ligament takes one year to heal to normal strength. But no matter how long it takes, a ligament injury must be protected and rested as long as necessary. Ligaments should return to function only when they are safely healed and the muscles are strong enough to provide the extra support necessary to prevent the later complications of what is called ligamentous instability.

When to return to activity is the most difficult question of all. The athlete is the worst person to answer this question, because he or she will always want to return too soon. A physician or experienced trainer will give the best answer. Follow that advice!

For more information on healing, read Bob Gajda's "Total Body Training."



**Get Your Copy of Total Body Training Today!
Now Available at both GHPN locations!**

Words of Wisdom by Mary Lou Gajda

"When we serve others, it is we, more than anyone, who benefits from the service. Selfless service fill us with satisfaction and joy and we become more expansive."

- Amma

October Reading Recommendations:

"Freedom"

He remains a devotee of the wide shot, the all embracing, way-we-live-now novel
by Jonathan Franzen

"Flower Remedies"

Unique healing treatment
by Edward Bach, M.D.

"The Grand Design"

A marvelously concise book with new answers to the ultimate questions of life
by Stephen Hawking and Leonard Mlodinow



"Aging Body; Aging Mind" Seminar Highlights by John Stelnicki, Physical Therapist

I attended an aging seminar entitled "Aging Body; Aging Mind" on September 15th. I wanted to share the highlights of the seminar with everyone.

Osteoporosis-Reversible risk factors

-Calcium and Vitamin D intake. According to the National Osteoporosis

Foundation, take the RDA for calcium 1,200 mg and Vitamin D3 1,000 IU

- Inactivity- everyone should engage in regular weight bearing exercise
- Smoking and excessive alcohol intake
- Excessive soda intake
- Excessive caffeine intake

Nutrition for osteoporosis, specifically fruits and vegetables, has emerged as an important protective factor in bone health. These nutrients include magnesium, potassium, vit C, vit K and several B vitamins, and carotenoids.

Heart Disease-Tips on how to reduce risk factors

- Eating less fat, less sodium, fewer calories, more fiber, more fruit and vegetables
- Maintain body weight at appropriate body mass index range
- Saturated fat intake less than 7% of calories, polyunsaturated fat 10% of calories, monounsaturated up to 15% of calories.
- Cholesterol less than 300 mg/day
- Sodium less than 2,300 mg day
- 30 minutes of exercise/day

Antioxidants and Aging

Vitamin E, may protect against cancer, RDA is 15 mg/day, can be found in vegetable oils, nuts, green leafy vegetables and fortified cereals.

Vitamin C, diets high in vitamin C related to lower rates of cancer and heart disease.

Vitamin A and Beta-carotene, eat more orange and yellow vegetables.

Bio-flavonoids, vit P and citrin, help prevent cancer and heart disease.

Resveratrol, found in skins of red grapes, more cardioprotective effect than vit E.

Omega-3 Fatty Acids/Fish Oils

These help to lower cholesterol and triglyceride levels.

People without heart disease: eat variety of fish 30in per week (salmon, herring, halibut, tuna, lake trout). Include oils/foods rich in alph-linolenic acid (flaxseed, canola oil, walnuts, kidney and navy beans, mangos). (White, albacore, tuna has more mercury than canned light tuna, no more than 6 ounces of white tuna/week.).

People with heart disease: 1g of EPA+DHA/day, considered in consultation with physician.

Hypertension, keeping BP below 120/80. Above this is considered pre-hypertension. Practical measures to reduce high BP are reduce sodium intake, maintain adequate intake of Calcium, Magnesium, Potassium, vit D3, and keep cholesterol below 200, exercise daily, avoid nicotine, sleep 7-8 hours, address stress or loneliness.

How to determine your heart attack risk. www.reynoldsriskscore.org. (will need to know blood pressure levels and some values from a blood test)

Other sources for valuable info on ALTERNATIVE MEDICINE and SUPPLEMENTS:

www.nccam.nih.gov/health/atoz.htm

www.umm.edu/altmed

www.supplementwatch.com



At Gajda Health Plus we offer programs on improving balance, fall prevention and returning to optimal function. Call us for a complementary assessment and enhance your lifestyle.

Alzheimer's - Can It Be Prevented Or Even Cured? by Susie Lawrence

Chances are you do, or will know, someone with Alzheimer's. It is a very sad, emotionally and physically debilitating disease for the person who has it and their families and close friends.

I would like to share this article I recently read on www.NaturalNews.com .

Popular Asian Spice Can Cure Alzheimer's Disease

Nature is full of various herbs and spices that protect against disease and even treat and cure it. According to Chris Kilham, an ethnobotanist and Fox News "Medicine Hunter", turmeric root - also known in its extract form as curcumin - is one such powerful spice that appears to both prevent the onset of Alzheimer's disease and even cure it.

"People who develop Alzheimer's disease get a sticky plaque in the brain called amyloid beta. Such plaques either develop as a result of Alzheimer's, or they are the direct cause of it. But either way, they are directly related to the degenerative process."

However, studies show that turmeric actually eliminates these plaques, both when they are first starting to form and even during the late stages of their advancement.

"What we have in turmeric is something that appears to inhibit the development of Alzheimer's disease..and actually help to reduce the occurrence of plaque in the brain if you have it. We know in animal studies, when animals actually have amyloid beta plaque in their brains and they're given turmeric root...that plaque is reduced."

Observational studies have also shown that people groups who eat large amounts of turmeric virtually never get Alzheimer's.

"In countries where people consume a lot of turmeric, there's a very low incidence of Alzheimer's disease. In India and Southeast Asia, it's a rare disease. And in the U.S. it's very, very common.

According to Kilham, drug companies are hard at work trying to develop drug

versions of turmeric, but he recommends eating real turmeric whenever possible, and taking turmeric extract supplements if eating the spice in food is not an option.

"A challenge that we face is that drug companies can't patent turmeric root. So they will continue to try to develop something else. But eating turmeric, eating its extracts appears to be protective against of the most horrific and debilitating diseases we know."

I believe it's worth a try.



Back To School, Back To Action by Robert Weil, Sports Podiatrist

Chris Fox, my co-host on the Sports Doctor Radio Show, and I often talk about how impressive the high school sports teams are in our areas. Pick any sport this fall - football, girls volleyball, cross country, girls tennis, soccer - or for that matter, any season, and we've got some of the best.

Hopefully, all athletes were well tuned in to the important mixture of summer training, "intelligent rest" and recover time. Too often, the "more is better" syndrome overwhelms the necessity of time off from what often is year-round playing, training and practice. I feel that one of the most important arts of sports medicine is the constant balance of smart, aggressive schedules and overuse.

A classic example at the highest level of sports is young pitching phenom Stephen Strasburg of the Washington Nationals. Even surrounded (hopefully) by all sorts of sports medicine experts, coming out of college with almost unprecedented hype, throwing 100mph - first shoulder woes, a few weeks off, rehab, return, torn forearm tendon...major Tommy John surgery! Was he over-pushed? Good question.

With new attention on concussions in high schoolers and younger athletes, one important point made is the youngster not telling (for various reasons) their coach, trainer or parents that symptoms are present. Even though most overuse injury concerns aren't nearly as serious as concussions, that reluctance to report symptoms is of concern. I often hear from a young athlete that his or her foot, ankle, shin, knee, etc., hurts but "I can't back off. My coach or parent doesn't listen. They will get mad; I'll get cut." Many times, it's self pressure that's involved.

I've rarely met young athletes (all levels included) faking discomfort. Pay attention. This is where the reliance on drugs, usually over-the-counter pain

meds and anti-inflammatories starts. There are exceptions, but a good rule is, if your kids need these drugs to keep in the action, you're pushing over the line. As I've mentioned in many previous articles, in the lower extremities, if injuries and problems persist or don't respond to rest and treatment, pay attention to foot mechanics. Check my website and read about orthotics and overuse injuries.

In response to last month's article on "Which sports have the best athletes?" Here are a few of the responses:

"Triathletes are the best; they have to master, train and compete in three very different sports."

"Figure skaters, and Evan Lysacek in particular."

"My vote goes to water polo and its incredible demands. Feet never touch the bottom, constantly treading water."

"Pole vaulters: strength, speed, agility."

"Hockey. Constant speed, explosive agility."

Thanks to all who responded! They're all great athletes!



Dr. Robert Weil is a sports podiatrist from Naperville with an office in Aurora. You can hear him on his weekly radio show at 6:30pm Thursdays on 90.9FM. Contact him as drweilsportsdoctor@yahoo.com and visit his website at www.sportsdoctorradio.com.

Patient Testimonial

by Dan Zetzi

A few years ago, I realized I really needed to get back into shape when my eight and ten year old nieces ran circles around me in a spirited game of freeze tag. In high school, I had participated in track and field and thought running would be a good activity to pick back up. As I started to run on a frequent basis, I started getting knee and ankle pain that really impaired my ability to run on a regular basis.

Fortunately, along the way I was referred to Dr. Weil who not only helped diagnose my ankle problems but referred me to Gajda Health Plus Network to help me recover. This was in late 2009, and I had set a goal to climb Mt. Kilimanjaro in Africa in the summer of 2010 with my brother, John. As a warm up, we had decided to run in the Indianapolis 500 Festival Mini-Marathon, the largest half marathon in the U.S. Bob Gajda and John Stelnicki helped me formulate an exercise routine that allowed me to get back into shape while strengthening my ankles and legs. Thanks to their help, I was able to complete the Indianapolis 500 Festival Mini-Marathon.

The next goal was to reach the summit of Kilimanjaro, and I was departing for Africa ten weeks after the half marathon. John was there to help me work through the issues that I noticed during the mini-marathon and by the time I left for Africa, I felt pretty confident. The climb itself was really strenuous on the ankles due to mud and loose gravel ("scree" for the hikers out there). Thanks to John's help, I was able to make it to the top without any ankle problems.

I wouldn't hesitate to recommend Gajda Health Plus Network for anyone that needs physical therapy or help getting back into shape. Thanks again to John, Bob, and Susie for helping me achieve my goals.



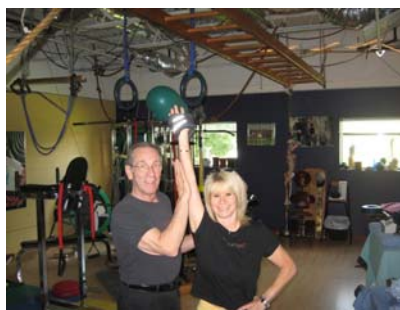
Dan and John Zetzi at the Summit

"We Get Emails!"

Hi Susie!

Thank you so much for sending Bob's magic potions! I just want to thank you for all your help. All three of you were wonderful to work with. I am sure I will be back in the future, probably sooner than I would like, for the minor aches!! I am going to work on the strengthening that John showed me and hopefully things will improve over time. Thanks again for making therapy sessions enjoyable!

Take care,
Maureen Hoefler



Bob and Maureen

Levaquin Induced Tendonitis by Susie Lawrence

We recently received a call from a past patient. It seems his son in law is a victim of Levaquin Induced Tendonitis. Levaquin is an antibiotic frequently used to treat sinus infections and other bacterial infections. This man is young, physically fit and is now suffering from tendonitis in his legs, forearms and hands. He is unable to pick up his newborn twins.

I myself was suffering from a sinus infection earlier this year and my doctor prescribed Levaquin. I happened to read the side effects which stated it could cause tendonitis or tendon rupture, even as long as six months down the road from taking it. Needless to say, it alarmed me. However, as we all know there are always so many side effects listed on drugs, I figured it to be rare. So I finished my prescription.

I work out and run regularly, never had any problems. I suddenly started having some ankle pain. Thankfully, John was able to start treating it right away and the symptom went away. Then out of nowhere, I started having pain in my tendon in my thumb whenever I would pick something up or stretch it away from my fingers. It eventually went away. Now I am having some pain in my knee which John is treating. It made me think, getting old? Or something to do with the Levaquin I took?

In relating these stories, it turns out that there are several of our patients who they themselves have taken this drug or know someone who has and have suffered tendon pain. There are several articles on the web regarding Levaquin Induced Tendonitis including www.tendonitisexpert.com/levaquin-side-effects.html. In 2001 the FDA issued a national public warning about the possibility of Levaquin induced tendonitis and tendon ruptures.

I urge everyone to think twice, three times, before taking this drug. I don't know why it affects some people more immediately or more seriously. I just wanted to make everyone aware of this and discuss it with your doctor before taking it.



Could GMO Salmon Destroy the Entire Salmon Industry?

If the FDA approves GMO salmon as "safe" for the food supply, it could destroy the existing salmon industry by creating widespread distrust among consumers. That's because the FDA insists genetically engineered salmon will not be labeled! Read the article from Natural News by clicking on:

http://www.naturalnews.com/029957_genetically_modified_salmon.html .



Discover ASEA

Discover your body's Strongest Defense, Natural Balance and Best Performance. Introducing ASEA...the only patented product that gives your body the natural molecules that assist the body to fight cellular inflammation, increase endurance, speed up recovery, and create chemical balance that is required for optimal immune function.

Log onto www.teamasea.com/qhpn for more information on this great new product!!



All the health information you need in one trustworthy website! *Free!*

You can learn more about your health; find information for school projects; look up your prescriptions and over-the-counter medicines and prepare for your next doctor's visit . . . all by visiting www.medlineplus.gov

Free Injury Assessment!!

Got a nagging injury that won't seem to go away? Call us at either location and mention our October newsletter and receive a free 15 minute injury assessment.



***As spirits roam the neighborhoods at night,
Let loose upon the Earth till it be light...***

~Nicholas Gordon



***As always, we'd all like to thank you for your continued
trust in us.***

-The Gajda Health Plus Family