

HEALTH CAPSULES ADVISORS:
George J. Goodheart Jr., D.C., Diplomate; Henry Kamin, M.D.; Elliot Michael, D.P.M.;
Ellen Morson-Peuplie, Ph.D.; Robwert H. Poritzky, D.D.S.

HEALTH CAPSULES ORDER FORM

Name _____

Address _____

City _____ State _____ Zip _____

Phone (____) _____

\$ _____ Enclosed for my personal Subscription.

\$ _____ Enclosed for a Gift Subscription(s) for the person(s) listed below.

\$ _____ TOTAL ENCLOSED

Please charge to my _____ MasterCard or _____ Visa Card # _____ Exp. _____

Name on Card _____

Signature _____

Please send my Gift Subscription to:
(List additional names on separate sheet)

Name _____

Address _____

City _____ State _____ Zip _____

Phone (____) _____

GOOD NEWS!

HEALTH CAPSULES is now available on a subscription basis. The informative health newsletter is \$10.00 for an annual subscription (6 issues).
\$15.00 for an annual subscription to a Non-U.S.A. address.
Back issue price is \$3.00 per issue.

GIVE A GIFT SUBSCRIPTION TO A FRIEND!!

Please include the name and address of the individual(s) you would like to give the gift subscription to, and we will inform them of your gift.

Remittances for \$10.00 should be made payable to ICAK and forwarded to:

ICAK

P.O. Box 25276

Shawnee Mission, KS 66225

Health Capsules is published six times a year by the International College of Applied Kinesiology-U.S.A. Annual subscription price is \$10.00

Information herein is not medical advice or direction on personal health matters, which should be obtained directly from a physician. The opinions and positions recorded do not necessarily represent the officers, board, and members of the ICAK-U.S.A.

Material in *Health Capsules* may not be reprinted without permission from the editor. Send letters and requests to:

International College Applied Kinesiology-U.S.A.

P.O. Box 25276

Shawnee Mission, KS 66225

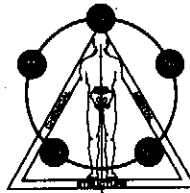
913-648-2828

Editor Dr. Philip Maffetone

Editorial Review Marc S. Rosen, D.C.

Publications Manager Terry Kay Underwood

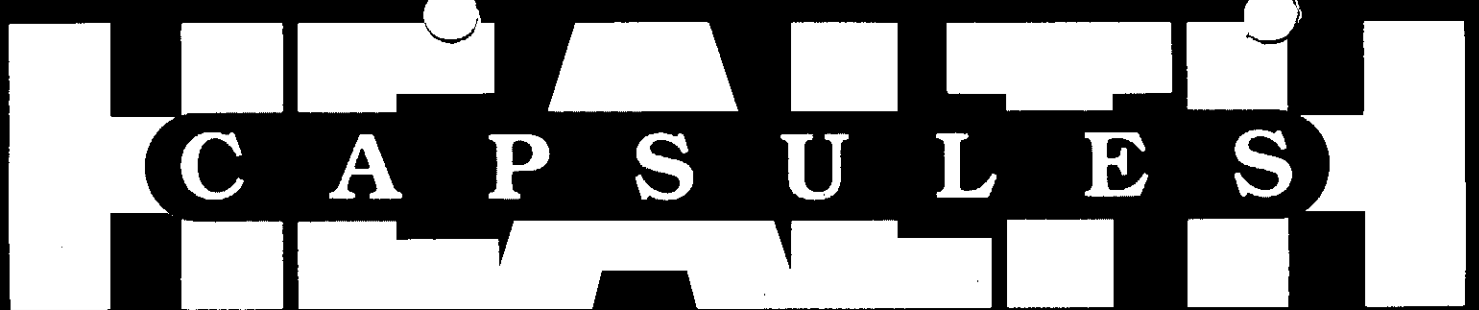
©



Health Capsules
P.O. Box 25276
Shawnee Mission, KS 66225

Address Correction Requested

Published by
the International
College of
Applied Kinesiology-
USA



HEALTH AND FITNESS — THERE'S A WORLD OF DIFFERENCE

Most people think of health and fitness in absolute terms - either they're fit and healthy, or they are unfit and unhealthy. However, many fit people are very unhealthy, and too many healthy people are just not fit. Running enthusiast James F. Fixx, who died during a jog, and basketball great, Pete Marovich, are examples of fit people who were not healthy.

Health and *fitness* have two separate meanings:

Health is a state where all systems of the body - nervous, muscular, skeletal, circulatory, digestive, lymphatic, hormonal, etc. - are working optimally. This process is called homeostasis.

Fitness is the physical ability to perform athletic activity.

As society became modernized and industrialized, people became less physically active. Only a couple of generations ago, most people worked hard to accomplish their daily chores. Today, those active chores have been replaced by door-to-door service, elevators, escalators, microwaves and Cuisinarts, etc. Forced activity, which we call exercise, is now a separate and unique cultural element.

This radical change from an active to an

inactive lifestyle has taken place, genetically speaking, within a very short time frame. The human body cannot adapt to such a drastic change within such a brief period without consequences. The stress of the body's adaptation difficulties has been related to the increased incidence of problems including heart disease, low-back problems and intestinal disease. Disease and dys-function have resulted from a loss of that natural performance, activity.

Most people consider themselves to be healthy when they feel well and have no major complaints in the form of symptoms. Unfortunately, there is no such thing as absolute good health. Everyone has some type of imbalance.

An example of this type of person is Joan. She had a great genetic makeup and had been healthy all her life. She was a good student in school but she'd never played any sports and was inactive as an adult. Now, at age 39, she thought she should start exercising. She began jogging five days a week, following a program she had read about in a running magazine. A month later, she needed to see a doctor. For the first time in her life, Joan had back and ankle pain, and was exhausted.

Continued on Page 2

AIRPLANES: CIGARETTE SMOKE IN NON-SMOKING AREAS

When the Surgeon General called for a ban of smoking on all airline flights, he stated "separating cigarette smokers from nonsmokers on airline flights does not necessarily prevent non-smoking passengers from absorbing carcinogens and other toxic substances found in tobacco smoke."

Studies have shown that passengers in non-smoking sections were exposed to significant levels of cigarette smoke. Some were affected to levels comparable to those in the smoking sections.

The older airplanes have systems which circulate 100% new air, while newer planes will circulate only 50% of the air. Because of this, the Surgeon General warned, more and more passengers will be exposed to higher levels of cigarette smoke in the future.

HOW TOBACCO COMPANIES TARGET CHILDREN...

(Reprinted with permission from Smokefree Educational Services, Inc., 375 S. End Ave. Suite 32F, New York, NY 10280-3843, 212-269-3843)

Almost all smokers begin using cigarettes in their teens or pre-teens. If cigarette companies are to replace the 2.5 million adult smokers who die each year worldwide from lung and throat cancer, emphysema, and heart disease, they must attract children. Here are some of the ways they try:

✗ **Sponsorship of rock concerts and sporting events.** Cigarette companies sponsor rock concerts and other music festivals with substantial young audiences. They also sponsor many sporting events. Every major league baseball park has a Marlboro or Winston billboard. Although cigarette ads are banned on TV, the best camera angles in televised

Continued on Page 2

USING WHOLE GRAINS

From the Kinesiology Center of Greater St. Louis comes some useful information and tips on including these basic building blocks in our diet.

The whole grains are a nutritious group of foods rich in fiber, complex carbohydrates (starch), and vitamins. Many traditional diets center around one or several of the grains, such as rice or millet in the Far East, corn in Latin America, and wheat, oats, barley or rye in North America and Europe. However, with the increase in processed and fast foods in our society, they are often forgotten now.

The phrase "whole grain" means a food made from one or more of the grains (wheat, oats, rice, etc.) without refining (removing the nutritious germ and the bran) or bleaching of the flour. We also use the phrase to mean non-ground, whole, grains.

As with all foods, the fresher the grain product, the more of its original nutrients are retained. Unground grains will last for years, if stored properly. However, once a grain is cooked or ground to make flour, it begins to lose some of its nutritional value. All commercial cereals and breads are made of flours ground weeks or months before use, and are less healthful than fresh ground foods. Truly fresh grain products also taste much better.

The 5 basic grains are:

- WHEAT
- OATS
- RYE
- BROWN RICE
- MILLET

Other grains are:

- BARLEY
- CORN
- BUCKWHEAT
- FLAXSEED
- SESAME SEEDS
- AMARANTH
- WILD RICE

These can all be bought unground at health food stores inexpensively. Barley and wild rice can be found at most groceries. Look for the whole grain, rather than rolled, ground, cracked, puffed, or otherwise processed versions. Instant white rice and rolled oats are examples of processed grains.

Any of the whole grains can be eaten as a starch dish at a meal, or in soups and casseroles. Cook the grains whole, like rice, using about 2 1/2 cups of water to each cup of dry grains. Cook for about 20-30 minutes (slightly more for rice), until tender and fluffy. Millet should be presoaked before cooking.

Prepared this way, they may also be eaten hot or cold as a breakfast cereal. This cereal makes an excellent breakfast, and is more nutritious than what we find with "granolas" and other prepared, pre-ground hot or cold cereals, including rolled oats.

A mixture of whole grains can be ground coarsely in an electric coffee grinder and cooked as a hot cereal or used as a side dish.

For baking, the very best solution is to have your own small mill and grind flour fresh for each batch. It's easy and worth it if you bake at all. If you do not have a mill, you can improve the quality of food baked with purchased flour by grinding a quarter to a half cup of mixed whole grains in a coffee grinder and adding it to your whole wheat, whole rye,

Healthy Recipes for Winter Weather...Lentils and Rice

- 1 Cup Lentils
- 7 Cups Water (Spring or Filtered Preferred)
- 1 Teaspoon salt
- 1 3/4 Cup Rice
- 5 or 6 Medium Sized Onions
- Virgin Olive Oil

Start with one cup of lentils and 7 cups of water in a saucepan. Add a teaspoon of salt and bring to a boil. Spoon in 1 3/4 cup of rice slowly - so that the water does not stop boiling. Turn down the heat - cover - and let cook for approximately 35-40 minutes. While the lentils and rice cook, slice 5 or 6 medium sized onions and saute in a little extra virgin olive oil. Add a minced clove of garlic and saute until the onions become translucent or soften. Add the onions to the rice and lentil mixture and let sit for another 10-15 minutes. Other vegetables such as carrots, mushrooms, and zucchini can be sauteed and added for variety. This mixture is great reheated, too!

Makes 8 servings.

Questions from our readers...

Q I am one of those people who is sensitive to sodium and must restrict it. In an attempt to do so, I purchased a device that senses the amount of sodium in foods. How accurate are these items? N.P.

A Sold as the *Salt Sensor*, this device is supposed to measure the amount of salt in your food. It does NOT measure sodium. It measures all salts, including potassium and calcium salts, and not just sodium salt. In tests by Consumer Reports, it was found to be very inaccurate as well as inconsistent.

Q I'm confused about the reports regarding salmonella in eggs. Is this a real concern? R.S.

A Salmonella poisoning is the most frequent type of food poisoning. This bacteria is most often transmitted in restaurants as a result of poor hygiene and insufficient refrigeration. This is also true in the case of eggs. Salmonella may occur on the *outside* of the egg (on the shell) but not on the inside unless transmitted there by a contaminated utensil or finger while cracking open the egg. Salmonella poisoning at home is less common, but in the case of eggs, soft (or hard) boiling an uncracked egg will destroy any bacteria which may exist on the shell. Also, when buying and using eggs, avoid ones which are cracked.

APPLIED KINESIOLOGY

(A.K.)...

A system which evaluates the structural, chemical, and mental aspects of a person, has attracted doctors from all fields of health care. It utilizes standard muscle testing as well as other accepted methods of diagnosis. Nutrition, diet, manipulation, acu-pressure, exercise, and education are used therapeutically to help restore well-being.

HEALTH & FITNESS

Continued From Page 1

Joan was trying to exercise at a level meant for someone who was very fit. What she didn't realize was that, although she was healthy, it takes time to build fitness. Her program was modified to meet her level of both health and fitness. Within three weeks, she felt like herself again. Now, at 41, Joan feels better than she did when she was 30.

Unfortunately, many people with sincere intentions - athletes included - are becoming less healthy through exercise. Very often when people take up a physical activity in order to get fit, they want to run the fastest and lift the most weight right away to make up for lost time.

It's sad to see the many injuries that accompany these poor exercise habits, caused by an improper balance between health and fitness. It's even worse to see how many people accept these injuries as a normal part of the process. Bring together any group of active people, from world-class athletes to once-a-week tennis players, and before long they will be proudly sharing horror stories of shin splints, muscle pulls, and back problems, as if their pain was a measure of their athletic ability.

In order for the body to work properly, health and fitness must go together. The healthy person must learn to develop his fitness. In turn, this should further build personal health. Whether jogging two miles a day or training for the New York Marathon, this activity should match your needs at a specific time.

Many people don't fall neatly into the healthy or fit categories. Instead, we have gray-area problems. These are the people who seem OK. They don't have an existing disease state, but neither are they functioning at an optimal level. They are the people who have yearly physicals when they are told "everything is just fine," yet they have symptoms such as sinus headaches, back pain, heartburn and fatigue. They may also be the people who are jogging one day and die of a heart attack the next.

Exploring the gray area of health and fitness requires listening, learning, thinking, and understanding. When people gain an understanding of how and why the body works the way it does, they tend to take better care of it, respect it more and stay on a healthier course.

A lot of people, including doctors, have been programmed to a large extent by the media and ad campaigns. A re-education process is in order to bridge the gap between what's known scientifically and what's hearsay from unreliable sources. Thus, we can strive toward better health and fitness.

BEWARE OF THE "OCCULT FLU"...

For many, winter time means turning on the heat and tightening up the home to save on heating costs. It also means cold and flu season. But for some, the symptoms of what many call "the flu" may be due to the effects of carbon monoxide (CO) in the home.

Carbon monoxide is an odorless gas which can accumulate through the improper functioning of gas furnaces, boilers, and water heaters. All these appliances need plenty of fresh air to aerate and vent properly. Fireplaces and wood stoves, as well as exhaust fans, may also contribute to the loss of fresh air. If all these items don't function properly, it may lead to dangerous levels of carbon monoxide in the home.

Some simple rules can keep your home safe from harmful carbon monoxide:

- ✓ Maintain a regular source of fresh air, such as from a slightly opened southern window
- ✓ Use house plants to improve the environment of the home
- ✓ Have your chimney checked and cleaned annually
- ✓ Be sure your fireplace or wood stove is working properly
- ✓ Don't use whole-house exhaust fans during the winter months
- ✓ Use smaller exhaust fans (kitchen and bathroom) for only a few minutes, and only when necessary.

TOBACCO & CHILDREN

Continued From Page 1

games include views of these billboards. Philip Morris sponsors women's tennis through its Virginia Slims brand. Many children believe that women tennis players smoke. By associating smoking with healthy activities, cigarette companies place doubt in people's minds, especially children's, about the healthy effects of smoking. Earlier this year, R.J. Reynolds sponsored a rock concert in Taiwan featuring local teen idol, Hsuow-Yu Chang. Tickets were not for sale at any price. Admission was five empty packs of Winstons.

✗ **Vending Machines.** Some vending machines sell both candy and cigarettes. And some are located in arcades where there are plenty of young people. Although most states ban cigarette sales to minors, children easily buy cigarettes from vending machines. Clearly, children get the wrong message about the dangers of smoking when cigarettes and candy are offered side by side. Former Surgeon General C. Everette Koop called for a ban on cigarette vending machines. Koop told a congressional committee, "There is no logical reason why we should have a double standard for controlling the sale of tobacco and alcohol. Would we tolerate the sale of alcoholic beverages through vending machines? Of course not." (Editor's note: Presently, the state of Minnesota has a goal of being "smoke-free" by the year 2000. In Minneapolis, a proposal to ban cigarette vending machines is presently being considered.)

✗ **Free giveaways.** Cigarette companies give away hundreds of millions of dollars worth of free cigarettes each year. These companies used to give away free samples in schools. Now they give away their samples near schools, in shopping centers, or other places where children hang out. In foreign countries, American cigarette companies often hire children to give out free samples.

✗ **Movie Placements.** Almost half of all movie goers are under 21 years of age. And almost every major motion picture has a central character who smokes. Philip Morris reportedly paid \$350,000 for James Bond to smoke in the recent film "Licensed To Kill." James Bond is a hero to millions of children worldwide. His smoking will not go unnoticed among them.

✗ **TV Guide.** Cigarette ads are banned on TV because of TV's substantial and unavoidable audience of young people. Tobacco companies advertise heavily, however, in TV Guide. And TV Guide is often one of the first publications children learn to read on a regular basis.