



Back2Health

Your guide to better living

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HOW DO YOU KNOW?

Does being healthy mean that you are thin, can run fast, you “feel” good, or can lift a lot of weight? What is “real” health? There is a plethora of nutritional information in the media. How do you know who to believe and what methods REALLY work? You can streamline and elevate your athletic performance by making sure your diet is nutritionally sound and eliminate lifestyle habits that burden the body.

Essential or Non-Essential? When you are prone to nagging athletic injuries or if you have chronic disease such as arthritis or joint pain, muscle pain, skin and hair problems, consistent fatigue, etc, you may want to ask yourself, “*Why isn’t my body healing and repairing like it used to?*”.

HERE IS A KEY POINT

Your body is not going to waste nutrients and energy on non-essential tissue or functions, if there are more imperative internal problems/conditions needing repair.

Are your joints, skin, hair and muscle essential or non-essential tissues? The answer is “non-essential”. Your body can continue to survive without arms and legs. Same goes with skin, eye and fatigue disorders. If your body is not nutritionally sound, you will have warning signs such as skin problems, amenorrhea, chronic injury, dull complexion, possibly joint and muscle pain, bruising easily, etc.

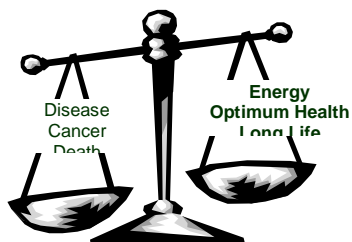
Do you eat a “perfect diet”? It is well documented that even if you eat the “perfect diet”, you still cannot get all of your nutritional requirements from your diet. Athletes need a higher level of nutrients from their diet than the average person. They expend much more energy and require optimal nutrition to heal and repair from the daily workouts. USDA nutrient data from 1975 and 1997 have revealed the average calcium levels in 12 fresh vegetables have declined 27%, Iron levels have dropped 37%, Vitamin A levels dropped 21% and Vitamin C levels dropped 30%. It’s not just in the United States. British nutrient data from 1930 and 1980 indicate reductions of essential minerals in both fruits and vegetables. Average calcium content declined 19%, Iron 22%, and Potassium 14% in the 20 vegetables compared. It is clear you must supplement your diet, even the “perfect diet”, if you want to attain optimal nutrition. But what do YOU need to supplement and how much?

Many athletes get caught up in counting fat grams and calories because they are concerned about their weight. Don’t get me wrong...overeating is not good. However overeating the wrong food items is more detrimental. In addition, under eating [especially for the athlete] can present its own host of complications. Under eating the wrong foods [processed, refined foods] actually can inhibit weight loss because of the way they affect your body chemically. Many athletes follow low fat and low calorie diets without any consideration for the nutritional quality of the food they are eating. If you are on a low calorie diet and you are still consuming hydrogenated fats/trans fats, you will have a difficult time losing the weight. There is a difference in quality of fats. Most importantly, the athlete needs fat in the diet. See our November 2006 newsletter [email tracey@bk2health.com for a copy]. There are blood tests that you can do to help you find the answers to these questions.

Think about this... “How much burden can your body take?”. Looking at the chart below, the more lifestyle habits you have on the left hand side of the scale, the greater your chances for disease, cancer and/or death. The more lifestyle habits you have on the right hand side, the greater chances you have of having full energy, optimum health and a long, active life.

We compare this to a weight scale.

Hydrogenated Fat
Smoking
Pollution (Water/Air)
Genetics [?????]
Food Preservatives/Dyes
Fried Food/ Fast Food
Vaccines
No Exercise
Stress (Mental/Physical)
Radiation
Caffeine
Drugs
Meat [hormones, steroids, etc]
Processed foods



[?????] Genetics
Clean Air/Water
Whole Foods
Vitamins/ Minerals
Balanced Life
Faith/Beliefs
Mental Stability
Exercise Relaxation
Fruits/Vegetables
Nuts/Seeds
Drug Free [prescribed, OTC and illegal]
Meat [no hormones, steroids, etc]

In light of this concept, if your health care provider can help you get you as healthy as you were before the symptoms started, wouldn't that be great? However, most of the time you are going to run into this "little" problem with your standard medical doctor. He says, "Your blood tests are 'Normal'". But you're thinking, "If my blood tests say everything is normal, how come I don't feel normal or well?..." Why do I still have these aches and pains? Most doctors only mention health issues that are outside of what is known as "clinical ranges". **Clinical blood levels are not sufficient for the athlete. Traditional medical tests are designed only to identify sick people at an advanced state. An athletes blood work needs to be read more critically. It must be at an optimal level. For instance, clinical cholesterol values are labeled "normal" between 100-199. However, any athlete below 130 is not going to perform at optimal levels. They will have decreased energy, healing and repair, hormones and other areas of health may be affected.** Proper testing and nutritional evaluation will provide the physical statistical scoreboard of their true state of health...not just the absence of disease. Athletes get this concept. We live by statistics!

Wouldn't you like to hear from your doctor, "Your blood tests are 'Optimal!'"? Our doctors will assess your test results using an ideal or "healthy" range. This is what our athletes need! This approach can identify problems early and allows for nutritional correction before disease develops.

Is there something special about the supplements we use? No! Quite honestly, you are free to get your supplements where ever you choose. We can give you some guidance in that area if needed. What's special about what we do and why we have such success in what we do is because we TEST. When we say "TEST", we mean standardized laboratory blood work. The vitamins and supplements we use on our clients are uniquely chosen to fit their systems because they are based upon their individual testing...not what worked for someone else. Everyone is unique, your genetics, environment and habits. If you currently take supplements, did a professional recommend them to you? Did they base it on your symptoms or did they TEST you with objective methods? You can't possibly know the cause of your symptoms, unless you've been tested. That's why we TEST; to know for SURE.

Remember... "Essential or Non-Essential"? Have you asked yourself, "Why isn't my body healing and repairing like it used to?" "Could my lung function or muscle strength be improved by supplementing my diet?" How do you know which nutrients you're missing?

Do you want to be compared to "Normal" or "Optimal"? Don't guess about your health. It's clear we cannot get all of the nutrients we need for optimal athletic performance from our diet. You must supplement your diet to get the optimal daily nutritional requirements for the athlete. The only way to know what supplements you need and how much is to get tested.

Don't Guess About Your Health... Schedule a Nutritional Consultation Today!

To make an appointment for a nutritional consultation, please call 402-898-1540.

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1. The information provided in this article is for educational purposes only.
 2. Your individual health status and any required health care treatments can only be properly addressed by a professional healthcare provider of your choice.
- Remember: There is no adequate substitution for a personal consultation with your chosen health care provider. Therefore, we encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.