

ASHBY ADVISOR

Eighty-fourth edition
November 2022

Let's start with my picks for the top nutritional deficiencies that I have noticed over the past 30+ years. If you have read my newsletters, you will know my #1 right away.

#1 – Vitamin D – Several thousand studies have shown low Vitamin D levels correlate to just about every disease we have. You can check out a newsletter I devoted to D on my website in the archives. Here is the link: <http://www.ashbydc.net/newsletter.htm>

#2 – Magnesium – Between 50% and 70% of the adult population is low. Most people need 400-500 mg/per day from all sources. If you eat fairly healthy start with 250mg chelated magnesium (bonded to an amino acid). Magnesium is involved in over 300 reactions in the body. Low levels are associated with anxiety/depression, cardiac arrhythmias, constipation, muscle spasm and joint problems to name a few.

#3 – Five to eight servings of vegetables and fruit daily. Higher vegetable/fruit intake is correlated with lower rates of cancer and greater longevity. Also correlates to better weight management. Not very many people hit this threshold daily.

By the way – French fries and ketchup do not qualify as 2 servings of vegetable /fruit. They should count against your total instead. For vegetable I prefer fresh frozen first, then fresh (unless it is home grown or local grown). Obviously organic is better if available (and if it is affordable.)

A hidden source of headaches/facial pain: The Temporomandibular joint (TMJ)
10% of the population has a TMJ Problem.

Signs/symptoms:

- Pain in the temples
- Clicking/popping/locking jaw pain
- Cheek pain
- Neck pain
- Teeth grinding (night more prevalent, but daytime is also a factor)

If you have any of these, let me know and I can screen/check you out.

Quote of the email: "Somewhere between handling challenges, taking care of business, and juggling responsibilities, you may have lost pieces of yourself which you long to recover. Perhaps they were buried and forgotten long ago. Rediscovering is more than just being reminded of these golden treasures. It is being able to excavate your riches by pulling them out, polishing them off, and allowing them to shine again."

— Susan C. Young

ASHBY ADVISOR

Eighty-fifth edition
February 2023

Coffee is good for you, unless you have severe high blood pressure (160/100 or higher). Drinking more than two cups a day doubled the risk of cardiovascular disease in this group. Moderately high blood pressure did not have this negative effect with coffee.

– Journal of American Heart Association

Exercising in the morning lowers risk of heart disease and stroke. 8:00am → 11:00am were the most beneficial times to exercise, regardless of activity for the rest of the day. Women got the most benefit.

– European Journal of Preventative Cardio

Tennis elbow treatment: Platelets Rich Plasma (PRP) has been used in chronic tennis elbow for over 15 years. A recent review of all studies with PRP found little to no benefit compared to placebo injection. An initial observational study in 2006 looked really good, but has never been replicated in randomized control trials. My Question - > is "injecting" with saline (the placebo) just as good as PRP?

– BMJ Open Sport & Exercise Medical

HDL/LDL (New Data)

Higher HDL cholesterol is not protective against heart disease. Low HDL raises the risk only in Caucasians.

Higher LDL is still predictive of heart disease.

Researchers currently can't say what high HDL really means.

-Journal of Am College of Cardiology

Allergies: Too much of the bacteria streptococcus salivarius in the nose may be why some people have chronic hay fever. 17 times more of this bacteria in the nose of allergy sufferers.

- Jan12th Nature Microbiology

ASHBY ADVISOR

Eighty-sixth edition
March 2023

Obesity and early puberty in girls and boys.

Being overweight or obese in the years 2-7 in childhood was associated with early onset puberty. But those with excess weight between 2-4 years who got to normal weight at age 5-6 did not have early puberty. Early puberty is associated with depressive disorders, substance abuse, eating disorders and disruptive behavior. Journal of Pediatric March 2021 and American Psychology Association March 2016

Rebuilding Heart tissue

A newly designed biomaterial that can be administered by IV promotes cell and tissue repair in hearts of rodents and larger animals. Researchers say that using this hydrogel material could prevent congestive heart failure (CHF). If the FDA approves it, human trials could start within 2 years. Nature Biomedical Engineering December 29th, 2022

Parkinson's early warning

One of the best early predictors of a Neurodegenerative disease (esp. Parkinson's) is REM sleep behavior disorder (RBD). This is where the person acts out his dream. They may become combative or throw things. This can start 1-15 years before a brain disease is diagnosed. (not to be confused with sleep walking or talking) RBD can also be triggered by antidepressants, narcolepsy or brain stem tumors.

Quote of the email: Take care of your body... It's the only place you have to live. Jim Rohn

ASHBY ADVISOR

Eighty-seventh edition
May 2023

Clean Air

Xyzal/Zyrtec & Intense itching

Long and sometimes short-term use of Xyzal and Zyrtec and the generic have been reported by thousands of patients to cause intense itching when discontinued. Resuming the medication stops the itch. The medication may alter a receptor site for histamine in the body for some people. Weaning off very slowly works for some patients to avoid the intense itching, but still may need small (tiny) doses to keep it away.

Microplastics in Rain

In a paper by the "American Chemical Society" it was found that PFAS microplastics (a probable carcinogen) were found in **rainwater** from around the world that exceed EPA safe levels for drinking water. "It's part of the environment now." (Environment and Science Technology, August 2nd, 2022.)

Why does my knee hurt?

Non traumatic knee pain, usually without swelling may have nothing to do with the knee. Many times, the problem is a structural or functional issue in the feet, hips or low back or a combination of these. Imbalance, weakness, or misalignment can put a lot of stress on the knee. How to know if this is a problem for you? Call my office. I see these all the time.

Quote of the email: "Your present circumstance don't determine where you go; they merely determine where you start." Dr. Lauren Fogel Mersy

ASHBY ADVISOR

Eighty-eighth edition
August 2023

Some quick information while we wait for some cooler weather.

Shingles Treatment: Here's a novel way to apparently shorten the time and lessen the misery of shingles. 200mg of Tagamet (generic name "Cimetidine") taken 3 times during the day and a 400mg dose at night. Take it until the symptoms are gone for 10-14 days. Tagamet is an over-the-counter medication for excess stomach acid, ulcer and GERD.

- Studies done in the 1990's found faster recovery with Tagamet than placebo.
- Smith/Kline Pharmaceuticals has no plans to run studies again as a specific treatment for Shingles since the generic is available. (No Patent Coverage).
- Treating shingles now with Cimetidine costs about \$30.00 for 1 month. 1-2 months to complete treatment.

Pickleball!!! Pickleball!!! This fast-growing sport has taken over the baby boomers. It's fun, social, and very easy to learn. However, it can come at a hefty injury cost. UBS has estimated medical cost from the game at between 250 million and 500 million dollars so far in 2023. It is the number one sport injury I have seen this year as well.

Why?? Older (over the age of 60) players with compromised joints and falling on hard surfaces.

Suggestions on safer play:

- 1) Get checked to see what limits you might have to begin with. (i.e., shoulder range of motion, hip range of motion, etc....)
- 2) See if you need to be doing a routine of simple stabilization exercises before you start playing.
- 3) Don't play so often. Let the body recover. You can't go from minimal activity to suddenly playing 6-10 games per week. Overuse of joints & muscles that don't recover quickly.
- 4) So, see me before, after, but hopefully not both.

"The trouble with Pickleball is it starts out as fun."

ASHBY ADVISOR

Eighty-ninth edition
September 2023

Greetings, everyone. I was going to save this newsletter for next month but with the uptick in viral/upper respiratory cases let's do it now.

These recommendations are from a quadruple board-certified M.D. on how to boost your immune system for the fall/winter season (and I agree with this list).

- 1) Vitamin D. up to 4000 units daily without doing blood monitoring. With blood testing (best) you should keep your level at about 50n/ml or slightly higher.
- 2) NAC (N-Acetyl Cysteine) 600 mg twice daily. (Usually done for about 6 months)
- 3) Zinc. No more than 40mg daily from all sources. I usually recommend 10-20mg daily. Too much interferes with copper absorption.
- 4) Quercetin. Up to 500mg daily. Usually, 250-500 mg
- 5) Rest/Sleep. This is my recommendation. Try not to push too many events/parties/late nights if you can. Sleep is great for the immune system.

Of course, this list is not exhaustive and I'm sure some of you have found other things that have worked for you in the past. Let me know what you have found helpful. There is always more for us to learn.

Remember to look at yourself and family members to see how they are doing with movement and balance. Whether young or old. Body imbalances can lead to nagging or chronic pain and unnecessary wear on joints and bone structure. Let's check it out.

If you have any health topic you would like me to consider for a future newsletter, just let me know.

And as always: Thank you for referring family/friends/neighbors to our office. I will sincerely do my best to help everyone that comes. Your referrals help keep this office going. Thanks again.

ASHBY ADVISOR

Ninetieth edition
December 2023

Preventing Long Term (lifelong) musculoskeletal problems.

Extremely common questions I hear from patients that come in with pain without any seeming known injury is: Why am I in pain and why am I so imbalanced/out of adjustment/alignment?

A lot of the times the answer goes back a long way. I will give you a perfect example of what happened recently.

My granddaughter slipped and fell on a slick sidewalk and scraped the side of her hip. The next day she wanted me to "doctor" her scrape – which I did. Then I decided to check pelvic leveling to see if anything was "off", and it was.

So, I obviously adjusted her and had her level again. I prevented a potential musculoskeletal imbalance and compensation pattern from developing and maybe causing her pain in later life.

These can show up in altered sports performance. That's why so many athletes work with trainers and chiropractors. Keeping peak performance is critical for them. While that may not be critical to that little T-Ball, soccer player, dancer, it can be important in preventing longer term issues Such as, knee/hip/back or shoulder pain and worn-out joints.

So, get those kids and grandkids into the office for a checkup.
An ounce of prevention.....

Common statements I hear when asking about previous (old) injuries ... "I was a rough kid I was always hurting myself" ... "I was from the old school of rub some dirt on it, walk it off and get back out there"



ASHBY ADVISOR

Ninety-first edition
2024

A NO-NO with bananas. For those who enjoy fruit/green smoothies – Don't put bananas in it. Your berries/veggies contain a lot of healthy polyphenols. But bananas contain polyphenol oxidase and that can negate a lot of the polyphenols in your smoothie. Just eat your banana separately if you want the full benefits. (Study done by California Davis & University of Reading UK) 2023

(Polyphenols are naturally occurring compounds found largely in the fruits, vegetables)
{<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2835915/>}

Protein intake for adults:

When I started researching this topic, I had no idea how controversial this subject is. I have literally rewritten this section 3 times trying to get a consensus amount....So....after spending hours on this here is the bottom line: (Note: These are for average adults trying to maintain muscle mass. If you are trying to add more muscle a little higher would be better.)

Let's start with adult females under age 65: 50-70 grams/day. Hard work out days add 10 grams or a little more. Females 65 and older 60-80 grams/day. The difference? As we age our ability to get that protein into the muscles gets less efficient.

Males under age 65: 70-90 grams/day add 10 grams on harder workout days.
Males 65 and older 80-100 grams/day.

Types of protein to use: For general protein intake: any sources that you would like to use. Note that animal proteins have a slightly greater effect on muscle building. Also: collagen peptides do not count as part of our total daily protein intake because it is not a complete protein.

So while we're talking protein:

Post operative recovery: Protein supplementation after orthopedic surgery, joint replacement or fracture repair improves outcomes in all of these. Researchers noted less muscle atrophy, improved function, and faster recovery. (About 15-20 grams/day extra for about 3-4 weeks.)

Remember the basics of healthy living:

Eat a variety of healthy foods, mostly plant based. Avoid processed foods, more exercise, move regularly, manage stress, get sleep, get outdoors often, have friends, get involved with your community, enjoy life.... and just get off the couch.

ASHBY ADVISOR

Ninety-second edition
2024

I get a lot of questions about collagen. Does it work? How much do I take? What brands are best?

So lets do a quick take on Collagen.

- It's a protein that makes up about 30% of the body's total protein.
- There are at least 28 types of collagens. Types I-V are the vast majority. I is found in the greatest abundance. (over 90%).
-
- It is not a complete protein – it lacks the amino acid Tryptophan.
- It helps build skin, muscle, bone, tendon, and ligaments.
- It helps the linings of blood vessels and organs.
- It tends to weaken in our body as we age – especially over 60 (wrinkles, thinning cartilage, etc...)

Food Sources of collagen

1. Chicken cartilage and skin. (No more boneless/skinless chicken breast)
2. Bone broth
3. Fish skin (scales also but who wants to eat fish scales!)
4. Beef short ribs with connective tissue
5. Gelatin – (Knox and Jello) watch out for the sugar and additives in Jello

You can also take a Collagen supplement. I use the Vital Proteins Collagen peptides from Sam's Club.

Consumer labs rated them as a best buy and higher quality. It contains Type I, II and III collagen. (Most common) Most sources recommend 10 grams daily. I mix it with oatmeal in the morning.

Does it work? That depends on which studies you read. The National Institutes of Health (NIH) thinks the overall research is positive. Anecdotally many of you have had positive results.