

Health, Fitness & Beauty Guide

How to keep exercising despite chronic pain

Pain is a great excuse if you don't like to exercise, and it's certainly something many people with chronic pain avoid.

Yet at the same time exercise is one of the things that can help make that pain go away.

"It can become a Catch-22 situation," says Dr. Victor M. Romano, a board certified orthopaedic surgeon and author of *Finding The Source: Maximizing Your Results – With and Without Orthopaedic Surgery* (www.romanomd.com). "We don't want to exercise because we have pain, and yet exercise will usually help you reduce the pain over the long run.

Research has shown that exercise is an essential aspect in the treatment of chronic pain. Lack of exercise can cause a downward cycle

of deconditioning and worsening pain. But exercise can help those with chronic pain engage in enjoyable and essential activities of daily living with greater ease. Cardio exercise, interval training, and weight lifting are the three types of exercise most people should include once a week in their workouts. Stretching should be included in every workout, Romano says.

Doctors generally ask patients to rate their pain on a scale of one to 10. The average intensity of pain experienced for 12 or more hours over a 24-hour period is considered their baseline pain. Romano says if, during exercise, pain levels increase by more than 2 points from the baseline you should stop and modify that exercise to ensure you do not cause

a flare up of your pain. Of course, a good diet is also important.

Furthermore, obstructed breathing, from a deviated septum, allergies or a cold, will impair your balance and strength. Restoring clear nasal breathing will improve your performance.

For people who suffer from chronic pain, Dr. Romano offers these exercise tips:

Try shorter exercise periods. Interval training is very helpful in patients with chronic pain. Short bursts of exercise can be more beneficial and less stressful than one long workout. Even five minutes is better than nothing. Everything counts.

Weight training is also important for seniors and women to strengthen bones. Research has proven that weight training is good for

a "fight or flight" response, during which the body produces adrenaline that mobilizes stored fuel so you can run away or pick up a stick and fight. That fuel is stolen from muscles and organs, tearing down lean body mass, as well as leaving energy in the bloodstream that the body converts to fat if it's not used.

To bust stress, try relaxation techniques such as breathing exercises. Take a walk or do jumping jacks; find a way to discharge the nervous energy pumped into your bloodstream.

• Sleep well. The deep sleep states are when anabolic processes take over to build lean body mass, so high-quality, undisturbed sleep is essential. Your bedroom should be cool, dark and quiet. If you need white noise, make sure that it's constant and not irritating.

• Get exercise and make it fun. Exercise builds lean

body mass, so get plenty of it. But make sure it's some-thing fun so you'll enjoy it and keep up the habit.

• Eat right. Try low carb diets like the Paleo Diet, which feature a wide variety of protein sources, fruits, veggies and healthy fats. You may also want to consider incorporating a dietary supplement into your routine, such as Lean 2.0 Weight Management, which supports fat loss and helps you increase lean body mass by working directly with your metabolism.

For more information, visit www.getlean2now.com

everyone, regardless of sex or age. Make sure to incorporate it into your exercise program.

Stretching is important. Go to Facebook, download our Romano Stretches, and incorporate them into your daily routine, even if you don't exercise that day.

Try yoga or tai chi. These programs have shown

success with people with chronic pain.

Clear your sinuses. If your breathing is obstructed, use nasal sprays or get nasal strips that will open your breathing and further improve your strength and balance.

Mind over matter. If you need to do an exercise that

you know is going to be painful, start by taking some deep breaths and focus your energy. Take your time.

"Even though exercise for somebody with chronic pain sounds counterintuitive," Romano says, "it is very important as part of recovery therapy."

Most Americans are overfed and undernourished

By Jeffrey Blumberg

Americans are eating more than ever. Today, the average adult consumes about 3,700 calories per day. That's nearly 30 percent more than we ate in 1961-- and about double what's recommended.

Despite these calories, tens of millions of Americans are undernourished.

Since many of our extra calories are coming from processed foods rich in sugar

and saturated fats, we're not getting enough nutrient-rich fruits, vegetables and whole grains.

Curbing our consumption habits -- and trimming Americans' waistlines -- will be difficult. But Americans can start to get the nutrients they need with a multivitamin.

More than eight in ten Americans lack the recommended amounts of vitamins D and E. More than

four in ten don't get enough of vitamins A and K, calcium and magnesium.

These inadequacies corrode people's bodies. A lack of vitamins C, D, and K can weaken bones. A shortage of vitamins B12, C, D, and E can impede cognitive performance. Healthy blood pressure cannot be maintained without the proper amount

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Forget calorie counting

(StatePoint) For years, the general wisdom was that the only scientifically proven way to shed pounds and inches was to consume fewer calories than one burned each day. Unfortunately, that formula doesn't work for everybody. Why? Experts say that this is because successful weight loss is associated with a wider range of factors.

According to Margie Adelman, president of Simplipur, a maker of dietary supplements, these are clinically proven actions that promote fat loss, which every dieter should know about:

• Rethink your goals. In dieting, your number one goal shouldn't be to lose pounds but rather to increase your lean body mass. Healthy weight loss is all about burning energy, and the leaner your body mass, the more energy you can burn. It's by "building lean" that you will lose fat.

• De-stress. Stress triggers

Puget Sound area highest for new cases of Melanoma

Washington ranks among the top 10 states for the highest rates of new cases of melanoma of the skin. Jefferson, Island, King, San Juan, Kitsap, Skagit, Thurston and Snohomish counties had higher rates than the overall Washington state rates (2011-2015).

Washington State Cancer Registry data shows rates of newly diagnosed cancerous

melanoma of the skin increased by about six percent each year from 1992 to 2000. Since then, these rates increased steadily by about two percent each year.

There may be many reasons for the surprisingly high skin cancer rates in the Puget Sound area. It may be due in part to a mistaken assumption that, since skies are often overcast and temperatures mild, the risk of sun damage is low. Eighty percent of the sun's UV rays can pass through clouds and can reflect off surfaces like water, sand, or snow, increasing exposure to UV

radiation.

Wearing sunscreen is important -- even on days when temperatures are low and skies are overcast. Some days have a higher UV level, which means there's a higher potential for damage to skin. Finding the daily UV levels is as simple as doing a quick web search, or downloading an app that sends a daily UV update to your phone. A score of three or higher means you need to slather on the sunscreen.

The Department of Health encourages families to take precautions against the sun's UV rays all year round.

Healthy gut for well-being

(BPT) - Is avoiding unhealthy foods enough to keep our bodies in top shape?

While gut health is not something many people consider, Mayo Clinic experts agree that it is important to pay attention to as it can affect your overall well-being. Here's what you need to know about your gut and how it concerns your health.

Hundreds of different bacteria species live in your gut

The lining of your gut is covered in bacteria, and these organisms create a micro-ecosystem called the microbiome. Before you stare at your stomach in horror, know that many of these bacteria species are good for you and should be nurtured with specialized plant fibers called prebiotics.

Prebiotics encourage healthy bacteria growth and can be easily incorporated into your diet, as they are found in many fruits and vegetables. Look for foods containing complex carbohydrates, which can't be digested by the body and instead become food for the healthy bacteria living in your gut.

Probiotics offer another way to help maintain a healthy balance of good bacteria living in the gut. The difference with probiotics is that they actually contain live organisms adding specific strains of healthy bacteria to your microbiome. Probiotics can be found in foods like yogurt, kimchi, sauerkraut and Kombucha.

You can also find prebiotic and probiotic supplements designed to help with specific conditions. Consult your

doctor before adding supplements to your diet.

A healthy gut may be connected to weight loss

In a preliminary study, Mayo Clinic collected and analyzed gut bacteria samples from a group of 26 participants enrolled in the Mayo Clinic Obesity Treatment Research Program. The research team found that those who did not lose weight had different gut bacteria than those who did. Dr. Purna Kashyap, a Mayo Clinic gastroenterologist and co-author of the study, says that these findings "suggested to us that gut bacteria may possibly be an important determinant of weight loss in response to diet and lifestyle changes."

Poor gut health can exacerbate certain autoimmune disorders

While there are species of healthy bacteria living

in your gut, some species in the microbiome are not helpful. Having an imbalance of the two can lead to poor gut health, which can then exacerbate certain autoimmune disorders such as irritable bowel syndrome, celiac disease and rheumatoid arthritis.

Improving your diet is the best way to foster healthy gut bacteria. Along with eating more fruits and vegetables, eliminate as much processed foods and added sugar as possible. It's also a good idea to reduce meat consumption and to incorporate alternative proteins such as legumes, tofu and nuts into your diet.

By improving your gut health, you have the potential to boost your overall well-being. Learn more about the benefits of healthy gut bacteria by visiting us at mayoclinic.org.

Undernourished

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of magnesium, potassium, and vitamins C and D.

It's unlikely that Americans will improve their diets soon. Unhealthy foods are generally pretty tasty, found everywhere – and cheap. Healthy foods are harder to come by.

Multivitamins won't make Americans eat less – and they can never replace a good diet – but they can prevent nutritional inadequacies that seriously harm our health.

I've researched this subject extensively. In a national survey published in *Nutrients*, a team of experts and I found that frequent use of multivitamins by adults markedly decreased inadequacies for a long list of nutrients – including vitamins A and C, calcium, and iron, to name a few.

Multivitamins can also

help children aged 8 to 18 achieve adequate levels of magnesium, phosphorous, vitamins A, C, and E, according to a study in the *Journal of Pediatrics*.

Unfortunately, fewer Americans are using multivitamins. From 2005 to 2012, the proportion of American adults who took one dropped from 40 percent to 31 percent.

The Dietary Guidelines for Americans – which advise us all on proper eating patterns – have identified only four nutrient shortfalls as "of public health concern." Yet there are nearly a dozen nutrients for which people also fall short.

Given that multivitamins can readily and inexpensively fill these nutrient gaps, it is surprising that the Supplemental

Nutrition Assistance Program (SNAP), the USDA initiative that provides low-income Americans with a monthly benefit to purchase food, excludes these supplements from the list of covered goods. Policymakers can easily expand access under SNAP to include multivitamins.

Americans are taking in too many empty calories and too few essential nutrients. There is a ready solution to one of these problems. Policymakers should take it.

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