

# Well Being

Stillpoint Rehabilitation & Wellness, LLC

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## Use Flip-Flops with Caution

It has become common and even fashionable to wear flip-flops as a substitute for shoes. Researchers from Auburn University in Alabama studied the biomechanics of the flip-flop and determined that wearing thong-style flip-flops can result in sore feet, ankles and legs.

“We found that when people walk in flip-flops, they alter their gait, which can result in problems and pain from the foot up into the hips and lower back,” said Justin Shroyer, a biomechanics doctoral student.

For the study, the researchers recruited 39 college-age men and women and asked them to wear flip-flops or athletic shoes. They then had them walk a platform that measured vertical force as their feet hit the ground. A video camera measured stride length and the angle of the joints during the gait cycle.

Flip-flop wearers took shorter steps and their heels hit the ground with less vertical force than when the same walkers wore athletic shoes. People wearing flip-flops also don't bring their toes up as much as the leg swings forward. The reason may be that people tend to grip flip-flops with their toes, which shortens their stride. I have noticed that many people wearing flip-flops have flattened foot arches and that the inside of their foot drops down when their foot hits the ground (pronation) and does not roll over naturally. Over time, this becomes a fixed deformity which leads to chronic spine, hip, knee and foot pain.

If you must wear them, use flip-flops for short periods of time, but not as all-day footwear, and replace them every 3 or 4 months.

## An Interesting Yoga Research Study

Estimates indicate that 20 to 30 million people in the US practice Yoga. It has been used to improve physical and emotional well-being, as well as to alleviate chronic pain, stress and anxiety. A recently published research study compared a group of yoga instructors with a group of individuals who were not yoga practitioners and were asymptomatic. MRI studies of the cervical and lumbar spine were done on both groups and compared. There was significantly less degeneration in the discs of the yoga group, particularly in the cervical spine.

This is an interesting study. It would be great to see another study comparing those who are not instructors, but who practice yoga for health.

**For more info:**

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*For greater mental clarity after a meal, chew your food until it is liquid. The enzymes in your saliva break down your food into nutrients even before it gets to the stomach. Then, eat until you are three-quarters full. Stop before you feel any tinges of fullness.*

*"The best years of your life are the ones in which you decide your problems are your own. You do not blame them on your mother, the ecology, or the president. You realize that you control your own destiny."*

*Albert Ellis, psychologist  
(1913-2007)*

## Cell Aging Tests Now Available

Blood tests are now available which can tell you how fast your cells are aging. The tests measure the length of the telomeres, which are the caps on the ends of your chromosomes that protect the integrity of the DNA during cell division.

Every time a cell divides, the chromosomes unravel and the DNA is copied for the new cell. The telomeres become shorter each time, and this can lead to errors in the DNA copying process or cell death. Since all of our organs are composed of cells, this affects us globally.

Age management doctors and experts have been talking about the role of telomeres in the aging process for years now. It is not until

recently that this information has reached the mainstream health literature.

The findings suggest that high quality nutrition and a balanced multivitamin will help maintain telomere length longer. Specifically, studies have linked longer telomeres with levels of vitamin E, vitamin C, vitamin D, omega-3 fatty acids and the antioxidant resveratrol (found in red wine, blueberries). In addition, reducing homocysteine levels with folate and vitamin B supplementation may decrease the rate of telomere loss.

Similarly, conditions such as cardiovascular disease, insulin resistance, diabetes, hypertension, atherosclerosis and even dementia

affect telomere length.

A healthy lifestyle is still the best way to avoid premature cell aging. Specifically, avoiding an inflammatory diet, and optimizing exercise, sleep, nutrition, and nutritional supplements can give your cells a chance to age gracefully and gently.

If you are interested in getting your telomere length tested, ask your physician to order a blood test and help you to modify your risk factors for premature cell aging.

Read more about the test here:

<http://www.spectracell.com/telomere-testing/>

## A Simple Technique to Reduce Negative Thinking

Here is a technique taught by a Qigong master on how to reduce negative thinking. It is called a consciousness adjustment and the idea is to use your conscious mind to implant a thought into your subconscious mind.

It is based on the belief that the subconscious mind is most receptive to new thoughts twice per day. Immediately before falling asleep and right upon waking. Get in the habit of saying the following statements to yourself right before sleep and

right after you wake up, and you will gradually begin to see a noticeable change in your thinking pattern.

**Evening** – “Tomorrow will be better than today”

**Morning** – “Today will be better than yesterday”

Keep the statements as they are written. For this to work the statements need to be broad, as they are intended to change

your overall ability to think more positively and reduce negative thought patterns. Do not get into specifics. The key is to be consistent.

It is a great idea to write the statements down on index cards and keep them by your bedside.

Try this for a month and note the changes. Simple but powerful.