

31
years

The World's Best Inside Information

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Bottom Line

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PERSONAL

HEARD BY OUR EDITORS

Pawnshop companies provide a strong stock opportunity, we hear from analyst David Burtzlauff. High unemployment plus credit card companies slashing credit lines have forced more middle-class households to turn to pawnshops for loans. At the same time, high prices for gold and silver have led more people to pawn jewelry—the most profitable type of item for pawnshops. His favorites, each with more than 1,000 pawn and loan stores: Cash America International (CSH) and EzCorp (EZPW).

30-Day Diabetes Cure

You may even be able to throw away your meds!



Stefan Ripich, ND

Good posture helps you live longer
Dr. Steven Weiniger tells 800,000 readers about StrongPosture™ Exercise for wellness (in addition to pain relief & rehab)

take aspirin for this purpose without first talking to their doctors.

Xiang-Lin Tan, MD, PhD, is a research fellow at Mayo Clinic, Rochester, Minnesota, and leader of a study presented at a recent meeting of the American Association for Cancer Research.

Falling home prices and rising rents make buying cheaper than renting in nearly 80% of major US cities, says real estate expert Heather Fernandez. An analysis of 50 cities in the second quarter of 2011 focused on two-bedroom apartments, condos and townhomes using an affordability index, which includes median home prices and monthly rental fees. Note: It's still much cheaper to rent than buy in New York City, Kansas City and Fort Worth, Texas. More information: Type "Trulia rent vs. buy index Q2 2011" in any search engine.

Heather Fernandez is vice president of marketing at Trulia, an online real estate resource, San Francisco. www.Trulia.com

have been proven to reduce blood sugar, improve the effects of insulin (a hormone produced by the pancreas that controls blood sugar), promote weight loss and, in many cases, eliminate the need for medications. A UCLA study found that 50% of patients with type 2 diabetes (the most common form) were able to reverse it in three weeks with dietary changes and exercise.

How you can do it, too...

➤ **Eliminate all HFCS.** A 2010 Princeton study found that rats given water sweetened with high-fructose corn syrup (HFCS) gained more weight than rats that drank water sweetened with plain sugar, even though their calorie intake was exactly the same. *Reasons:* The calories from HFCS fail to trigger *leptin*, the hormone that tells your body when to quit eating. Also, HFCS is more likely than natural

to be converted to fat...and overweight is the main risk for diabetes.

to do: Read food labels carefully. HFCS is the main sweetener in sodas and many processed foods, including baked goods such as cookies and cakes.

Don't drink diet soda. If you give up HFCS-laden soft drinks, don't

switch to diet soda. Diet sodas actually cause weight gain by boosting insulin production, leading to excessively high insulin in your blood that triggers greater fat accumulation and even more cravings for sugar.

A study published in *Diabetes Care* found that drinking diet soda every day increased the risk for type 2 diabetes by as much as 67%.

If you crave sweet bubbly beverages, pour one inch of pure fruit juice into a glass and then top it off with ▶

Bottom Line/Personal interviewed Stefan Ripich, ND, a naturopathic physician based in Santa Fe, New Mexico. He practiced for 10 years at the Palo Alto Veterans Administration Medical Center and established the first holistic clinic in the VA system. He is coauthor, with Jim Healthy, of *The 30-Day Diabetes Cure* (Bottom Line Books). To order, go to www.BottomLineSecrets.com/diabetes



Did you know that...

...walking speed predicts longevity? Recent finding: Faster walking is associated with living longer. Example: An 80-year-old man who walks at an average of one mile per hour has a 10% chance of living to age 90. An 80-year-old man who walks at 3.5 miles per hour has an 84% chance of living until 90.

Stephanie Studenski, MD, professor, department of geriatric medicine, University of Pittsburgh, and leader of a study of 34,485 people, published in *The Journal of the American Medical Association*.

...US firms pay the second-highest taxes among major industrial nations? The top combined rate imposed under the US federal tax code and by states is 39%. After deductions and exclusions, the average "effective" corporate rate is 22.5%. That is still higher than the corporate rate in any industrialized nations, except for Japan, where the rate is 33.5%.

Analysis by *Barron's*, 200 Liberty St., New York City 10281. Weekly. \$199/yr.

...the rate of macular degeneration has decreased by more than 30% since 1994? Experts predicted that the number of cases would increase as the population aged, but the reduction in smoking and improvements in diet, exercise and control of high blood pressure have contributed to the drop.

Ronald Klein, MD, MPH, professor, department of ophthalmology and visual sciences, University of Wisconsin, Madison, and leader of a study published in *The Archives of Ophthalmology*.

...nearly one in five women are childless today, compared with one in 10 just 30 years ago? Highly educated women with master's, doctorate or professional degrees are the most likely to remain childless.

D'Vera Cohn, senior writer, Pew Research Center, Washington, DC, and coauthor of an analysis of census data for women ages 40 to 44. www.PewResearch.org

...more incoming college freshmen are starting school as teetotalers? Recent finding: The percentage of freshmen who didn't drink alcohol for the past 30 days jumped from 38% in 2006 to 62% in 2010.

Brandon Busteed, CEO, Outside the Classroom, which provides alcohol-education training at colleges, Needham, Massachusetts. www.OutsideTheClassroom.com

STAND TALL

Straighten Up!

How Good Posture Eases Pain and Helps You Live Longer

Steven P. Weiniger, DC ■ BodyZone.com



How many times did your mother tell you to stand up straight? She had the right idea, but how straight you stand is just one element of good posture. Also important is balance.

To understand this, imagine that you're holding a broom vertically in one hand. It takes very little strength to hold it upright. Now imagine that the broom is leaning forward about 12 inches. Being out of balance will make it feel much heavier. The same thing happens with our bodies. An unbalanced posture causes increased force on the muscles, tendons, ligaments and joints.

WHY IT MATTERS

A study in *Journal of the American Geriatrics Society* found that people who hunched had a mortality rate that was 1.44 times higher than those with better postures.

Low back pain, neck pain, joint injuries and arthritis also have been linked to poor posture and body mechanics. And you're more likely to fall if you have poor posture. Studies have demonstrated a progressive increase in fall risk with a greater degree of forward head posture.

Assymetry of balance even can affect athletes who appear to be in good condition. When their balance is more symmetrical, their performance improves. For example, they report better golf scores, tennis serve accuracy and pitching speed.

TEST YOUR BALANCE

There's no such thing as "perfect" balance, because we're always moving

and adjusting to different positions. In general, people who maintain good balance feel strong and comfortable in any position.

Try this: While standing straight, lift your left foot off the floor. Hold the position, then put your foot down and repeat on the other side. You should be able to balance on each side for at least 20 seconds. If you wobble or have trouble maintaining the position, you have an asymmetry of strength that will impair your balance in any position.

HOW TO IMPROVE

Good balance requires equal strength in muscles on both sides of your body—particularly in the core muscles. The following exercises take just 10 minutes a day but can help you improve your balance so you can live longer and pain-free...

STORK. This is similar to the self-test exercise, above. Stand up straight with your arms hanging loosely at your sides. While looking straight ahead, raise your left knee until your thigh is parallel with the floor... your right knee should be ▶



Bottom Line/Personal interviewed Steven P. Weiniger, DC, an instructor at New York Chiropractic College and a managing partner of BodyZone.com, a national online health information resource and referral directory to chiropractors, physical therapists and other posture-exercise professionals, Alpharetta, Georgia. He is author of *Stand Taller, Live Longer: An Anti-Aging Strategy* (BodyZone). www.StandTallerLiveLonger.com



►► locked, not bent. Hold the position for 30 seconds, then repeat on the other side.

Doing this several times a day will strengthen muscles in your abdomen and hips. It also will help you become aware of the small movements that are needed for good balance.

This exercise is harder than it looks. If you wobble or have to extend your arms for balance, put your foot down, slightly adjust the position of your head, shoulders and pelvis, and try again.

BALL SIT. Many people who think that they have good posture and balance often don't. One hip might be lower than the other, for example, or the head might be tilted slightly to one side. Balancing on an inflatable exercise ball is one of the best ways to synchronize your perception of balance with reality.

Helpful: Exercise balls are available at sporting-goods stores. I recommend an "antiburst" ball—different manufacturers call it different things, such as "slow deflate." A good ball costs \$25 to \$35. A cheap ball can pop if punctured. When selecting a ball, choose a size that allows you to sit just forward of the top of the ball. Your thighs should be parallel to the ground and your knees and hips at a 90° angle.

Ball exercises don't lie. It's easy to sit on an inflatable ball when you're upright and your body is aligned properly. If your balance is off, even by just a little, the ball will keep shifting—or you will fall off.

Sit on the ball with your feet flat on the floor, your back straight and your head balanced between your shoulders. Hold for five slow breaths.

You'll know you're balanced when you can sit perfectly still without the ball rolling out from under you. You also will notice that it takes relatively little strength to maintain the position.

Bonus: The act of balancing activates the deep core muscles of the torso. Even when you're well-balanced, the muscles will be contracting and lengthening as you inevitably

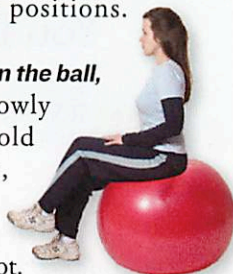
shift position. This strengthens the muscles and helps improve balance in all positions.

BALL PROGRESSION. Once you can maintain your balance sitting on the ball, you can intensify the core-muscle workout by purposely shifting positions.

Examples...

While sitting on the ball,

lift your foot slowly off the floor, hold for a moment, then put it back down. Repeat with the other foot.



While sitting on the ball and staying as motionless as possible,

slowly cross your right leg over your left. Hold this position for 30 seconds to a minute, then do the same thing with the other leg.



NECK RETRACTIONS.

Neck pain is one of the most common symptoms of poor posture.

Reason: For every one inch that the head is positioned in front of center, the force on the neck and shoulder muscles doubles. This exercise helps increase the awareness of head position while strengthening the muscles that control head and neck movements.

What to do: Stand straight with your back against a wall, with your feet shoulder-width apart about a foot from the wall. You should be looking straight ahead, with the tips of your shoulder blades pulled inward toward your spine.



Breathe out, and with your finger, press your head against the wall. Keeping a finger on your chin helps keep your head level. Then breathe in, and let your head tilt slightly forward, keeping your head and chin level. Repeat the forward and backward motions, each time elongating your neck a little more. Do this for five slow breaths, breathing in as you

go slightly forward and breathing out as you press firmly back while keeping your head level.

PELVIC WALL TILT. This exercise helps align your internal perception of your body position with an objective reference point—a vertical wall. Wall tilts also strengthen the core muscles that we use to maintain and adjust balance and posture.

Stand against a wall with your back straight and your feet shoulder-width apart, about one foot from the wall. Flatten your lower back so that the small of your back touches the wall. At the same time, contract your lower abdominal muscles so that your navel moves toward the wall.

Then gently arch your lower back so that it moves away from the wall. Keep the rest of your body still. Tuck your lower back against the wall again, and repeat. While you're doing the exercise, make sure that you're not leaning one way or the other. Do this for five slow breaths, breathing in as you slowly arch and breathing out as you press firmly into a tuck.

HANDS-ON-RIBS BREATHING. You wouldn't think that how you breathe affects your posture, but it does.

Many people use the muscles of the rib cage when they breathe. Known as chest breathing, this pushes the head forward and can increase neck and shoulder pain. With this exercise, you can develop the better habit of *diaphragmatic breathing*, which expands the lung cavity and helps you maintain a more balanced head position.

While standing, place your hands on the sides of your ribs, just above your waist. Breathe in, and expand your rib cage...then breathe out while pressing your hands against your ribs. Repeat five times, taking slow, deep breaths.

You'll notice that your ribs expand and contract farther when you focus on moving your belly with each breath. With chest breathing, the expansion of the rib cavity is reduced. ■ ■

