

Chiropractic Solutions

"Our mission is to revolutionize the community's health outcomes, pediatric development, and expression of Life."

Dr. Christopher A. Hauck



www.ChiropracticSolutions.Info
www.WellAdjustedLife.Info



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SPECIAL REPORT

A Potential Decline in Life Expectancy in the United States in the 21st Century

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SUMMARY

Forecasts of life expectancy are an important component of public policy that influence age-based entitlement programs such as Social Security and Medicare. Although the Social Security Administration recently raised its estimates of how long Americans are going to live in the 21st century, current trends in obesity in the United States suggest that these estimates may not be accurate. From our analysis of the effect of obesity on longevity, we conclude that the steady rise in life expectancy during the past two centuries may soon come to an end.

The trend in the life expectancy of humans during the past thousand years has been characterized by a slow, steady increase^{1,2}—a pattern frequently punctuated by a volatility in death rates caused by epidemics and pandemic infectious diseases, famines, and war.^{3,4} This volatility was dramatically curtailed in the mid-19th century as infectious diseases yielded swiftly to improved living conditions, advances in public health, and medical interventions. During the past 30 years, the rise in life expectancy at birth in the United States decelerated relative to this historical pattern, and gains in life expectancy at older ages are now much smaller than they were in previous decades.⁵

How much higher can life expectancy rise? This is not just an academic question. The answer formulated today will have substantial influence on the rate at which taxes are levied and on the potential solvency of age-entitlement programs. Some scientists answer this question by extrapolating from historical trends, which has led to the recent prediction that life expectancy at birth will rise to 100 years in the United States and other developed nations by the year 2060.⁶ The United Nations used

a similar method but different assumptions to arrive at a projected life expectancy of 100 years for males and females in most countries by the year 2300.⁷ The Social Security Administration (SSA) arrived at a more tempered but still optimistic view that life expectancy in the United States will continue its steady increases, reaching the mid-80s later in this century.⁸

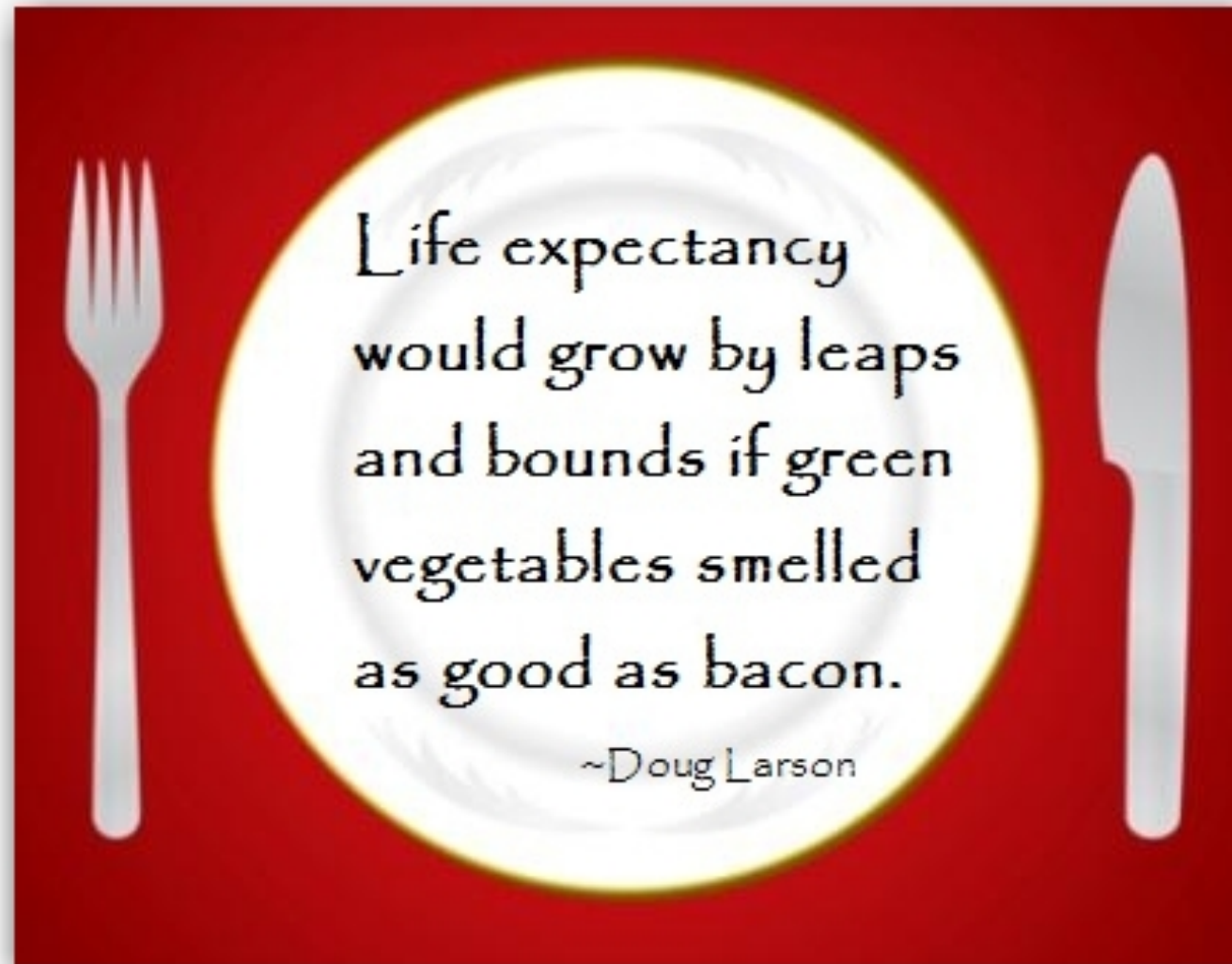
A recently convened panel of advisers,⁹ and some mathematical demographers who advocate the use of extrapolation,¹⁰ have advised the SSA to project an even more rapid rate of increase in life expectancy for the U.S. population beyond that already anticipated between now and the latter part of this century. The bases for this advice include a demonstration that the maximum life span in Sweden has increased since the mid-19th century,¹¹ the world record for life expectancy at birth in developed nations has been increasing by three months per year since 1850, mortality declines occurred at older ages in the Group of Seven industrialized nations during the latter half of the 20th century,¹² and the prediction that “negligible senescence” will be scientifically engineered for humans in this century.¹³ Negligible senescence is defined as age-specific mortality rates that remain constant throughout life as opposed to rising exponentially after puberty, which is common among humans and most other animals. This last point is important because it is the only “biologic” justification offered for the decision to raise forecasts of life expectancy.

Life-extending technology that might lead to much higher life expectancies does not yet exist and, should it be developed, must be widely implemented before it would influence statistics on population levels. We believe that potential forms of technology do not justify developing or revising forecasts of life expectancy. Extrapolation models fail to consider the health status of people currently

“For the first time in the history of man, children born after the year 2000 are not expected to live as long as their parents.”

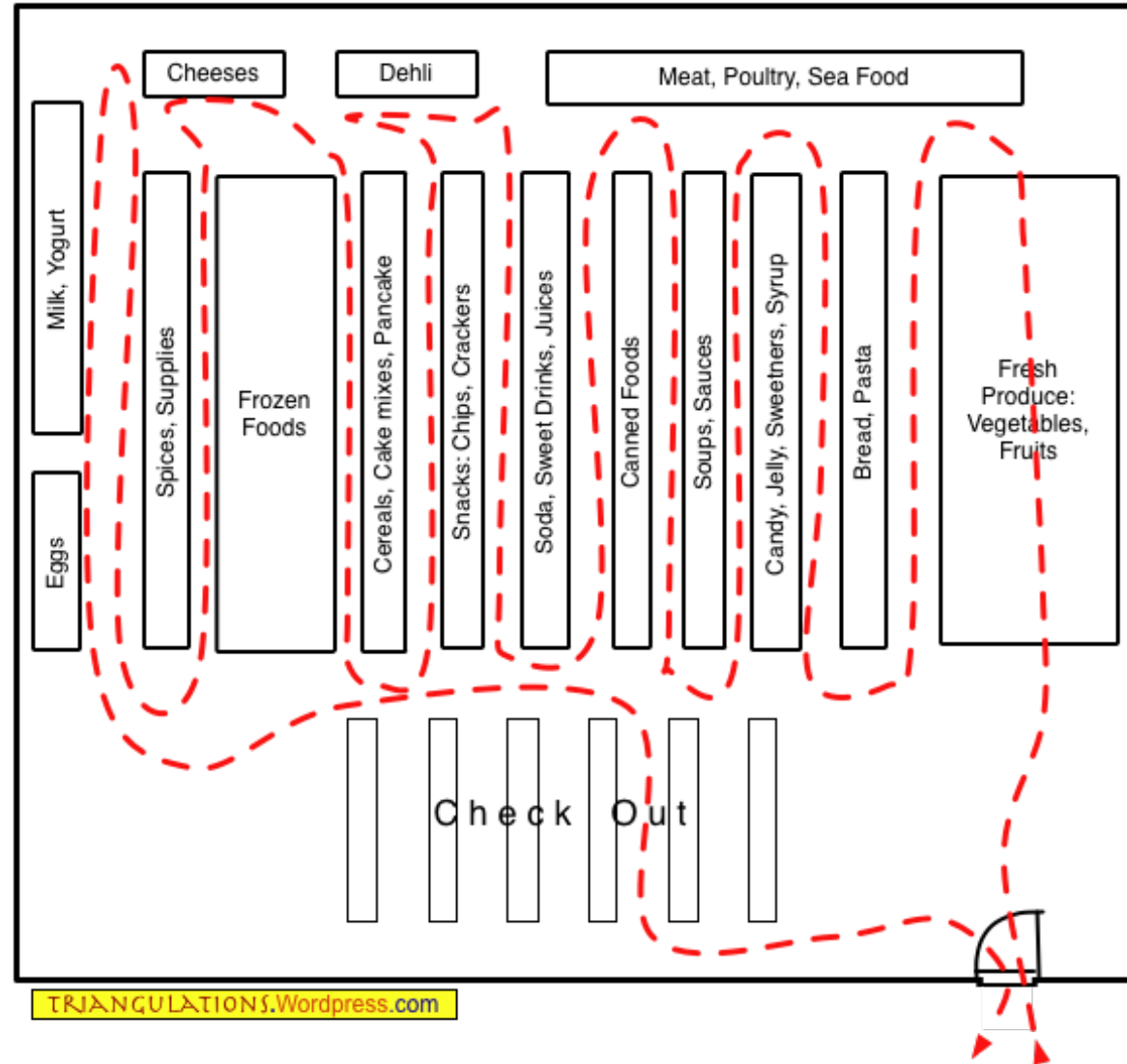
Centers for Disease Control 2009

The Myth of Willpower



The Happiness Advantage, Achor 2010.

How "They" Get You To Buy



U.S. FOOD CONSUMPTION AS A % OF CALORIES

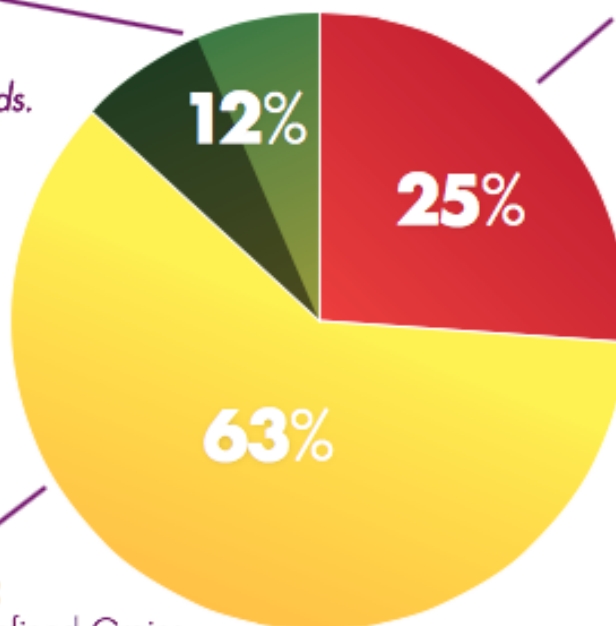
PLANT FOOD:

Vegetables, Fruits, Legumes,
Nuts & Seeds, Whole Grains
Fiber is only found in plant foods.

NOTE: Up to half of this category may be processed, for example almonds in candy bars, apples in apple pies or spinach in frozen spinach soufflé, and of course these would not be healthy choices. The focus should be on whole unprocessed vegetables, fruits, legumes, nuts and seeds and whole grains.

PROCESSED FOOD:

Added Fats & Oils, Sugars, Refined Grains



ANIMAL FOOD:

Meat, Dairy, Eggs, Fish, Seafood
Cholesterol is only found in animal foods. Animal foods are the **PRIMARY** source of saturated fat.

GUIDE TO HEALTHY EATING:

Much easier to understand than the USDA Food Pyramid, with no food industry influence.

Eat **LESS** from the animal and processed food groups and **MORE** whole foods from the plant food group.

In general, food from the animal and processed food group contribute to disease, while **WHOLE** foods from the plant group contribute to good health.

Satiety Cascade VS. Pleasure Pathway

DO's and DONT's



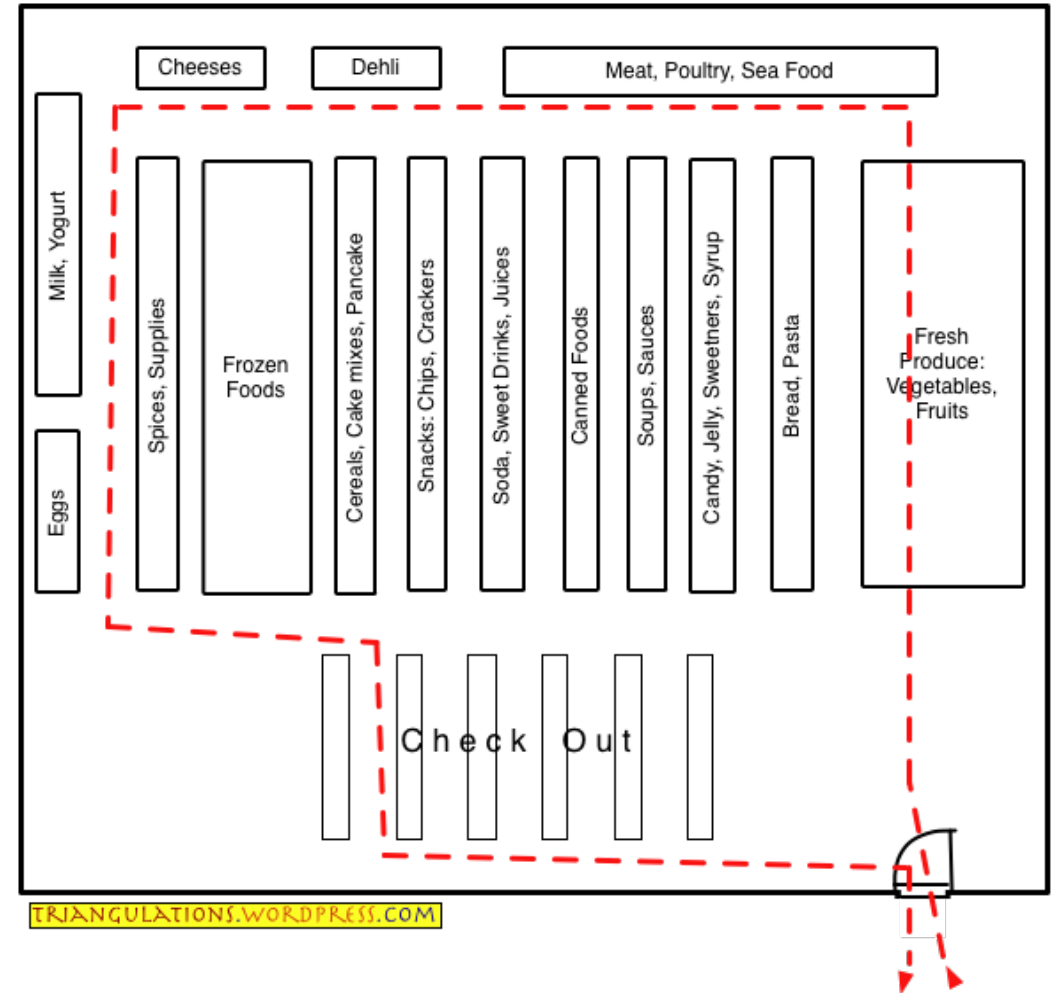
STOP DOING

SLOW DOWN

START DOING

The New Path

1. Make it harder to succumb to the old habit
 - Periphery 1st
2. Put the new habit in the path of least resistance
 - Do/Do Not list
3. Battle won at check out



SUGAR & CARB CONFUSION

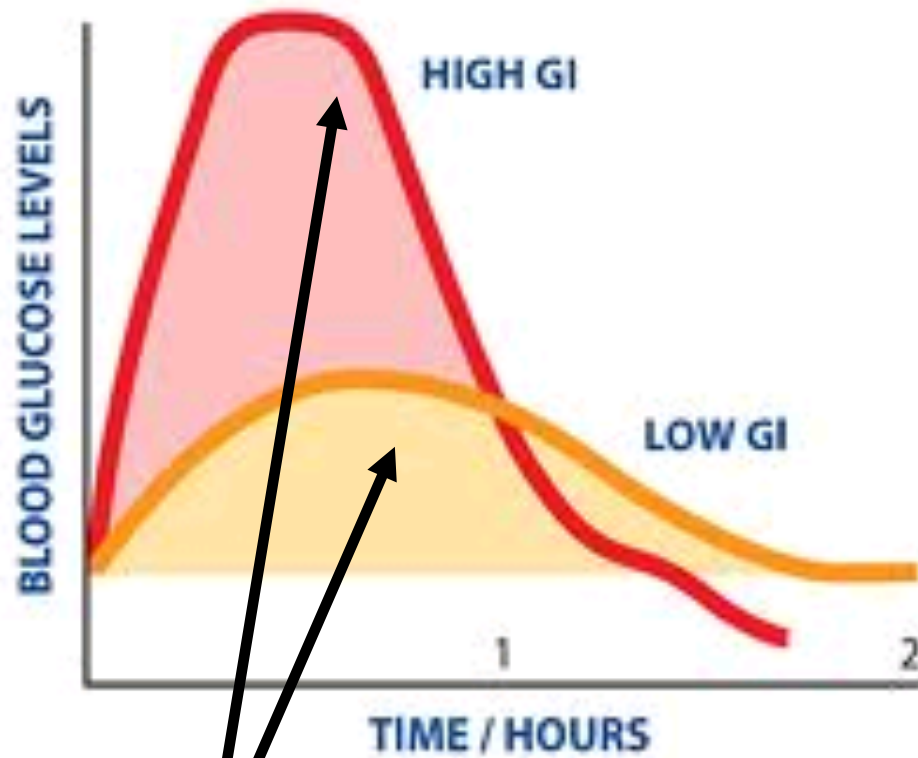


Insulin = Fat Storage Hormone



Elevated Insulin Locks you into Fat Storage Mode

Carb Confusion



Pancreas releases insulin

High GI
(70 and above)

Medium GI
(56 to 69)

Low GI
(55 and under)

Glycemic Index / Load

Walnuts	0	Table Sugar	59
Salmon	0	Coke	63
Hummus	6	Pita Bread	68
Black Beans	30	Bagel **	72
Carrots	35	Wonder Bread	73
Apple	39	Whole Wheat Bread	71
Orange	40	Whole Grain Bread	51-72
Brown Rice	50	Rice Cake	82
Oatmeal	55	Pretzels	83

Jenkins, American Journal of Clinical Nutrition. 1981

DO's and DONT's



STOP DOING

SLOW DOWN

START DOING

About 19,700 results (0.19 seconds)

Search Ask the Dietitian

Food	Glycemic Index	Serving Size
Carrots	32	1 large carrot raw 7 to 8 ½ inches long or ½ cup slices
Potatoes baked or mashed any variety	85 baked 74 mashed	Baked potato (Russet variety) or 1/3 cup mashed with milk
Rice cakes	78	3 rice cakes
Cheerios (plain since no value for Honey Nut variety)	74	1 cup

1 more column

[Carbohydrates & Glycemic Index - Ask the Dietitian®](#)

www.dietitian.com/carbos.html

When is “Whole Grain” really Whole Grain?

Healthy Life Original 100% Whole Wheat Whole Grain Bread

Nutrition Facts			
Serving Size 2 Slices (41g)			
Servings Per Container 11			
Amount Per Serving	%DV	2 Slice	1 Slice
Calories 70		Calories from Fat 5	
Calories 35		Calories from Fat 0	
% Daily Value*			
Total Fat 0g,0g	0%	0%	
Saturated Fat 0g,0g	0%	0%	
Trans Fat 0g,0g			
Polyunsaturated Fat 0g,0g			
Monounsaturated Fat 0g,0g			
Cholesterol 0mg,0mg	0%	0%	
Sodium 150mg,80mg	6%	3%	
Total Carbohydrate 16g,8g	5%	3%	
Dietary Fiber 5g,3g	20%	12%	
Sugars 2g,1g			
Protein 5g,2g			
Vitamin A 0% 0%	Vitamin C 0% 0%		
Calcium 10% 4%	Iron 4% 2%		
Thiamin 6% 4%	Riboflavin 2% 2%		
Niacin 6% 2%	Folic Acid 2% 0%		
* Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

NO Bromate
NO Hydrogenated Oil
0 Grams *Trans* Fats
NO Saturated Fats
NO Cholesterol

INGREDIENTS: WATER, 100% WHOLE GRAIN WHOLE WHEAT FLOUR, SOY FIBER AND/OR WHEAT FIBER AND/OR SUGAR CANE FIBER, WHEAT GLUTEN, YEAST, BROWN SUGAR, CONTAINS 2% OR LESS OF THE FOLLOWING: MOLASSES, SALT, DOUGH CONDITIONERS (MONO & DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, ETHOXYLATED MONO- DIGLYCERIDES, ASCORBIC ACID, CALCIUM PEROXIDE, AZODICARBONAMIDE), CALCIUM PROPIONATE (TO PREVENT SPOILAGE), GUAR GUM, YEAST NUTRIENTS (CALCIUM SULFATE, CALCIUM CARBONATE, AMMONIUM SULFATE), FUMARIC ACID, WHEAT STARCH, PALM OIL, SOY LECITHIN.

CONTAINS: WHEAT, SOY.

LEWIS BAKERIES, INC.
GENERAL OFFICES: EVANSVILLE, IN 47710

Allergy Advisory: Produced on the same bakery equipment as baked goods containing milk, eggs, or nuts. Therefore, this product may inadvertently contain milk, eggs, or nuts to which some people may be allergic.

- A food manufacturer can use the term “whole grain” no matter how much whole wheat the product contains
- Look For:
 - Whole grain flour or 100% whole grain
- Avoid:
 - Made with
 - Wheat flour
 - Multigrain
 - Enriched
 - Stoneground

While we make every effort to post the most current product nutrition facts and ingredients on this web site, your best source of product information is what is printed on the package you purchase.

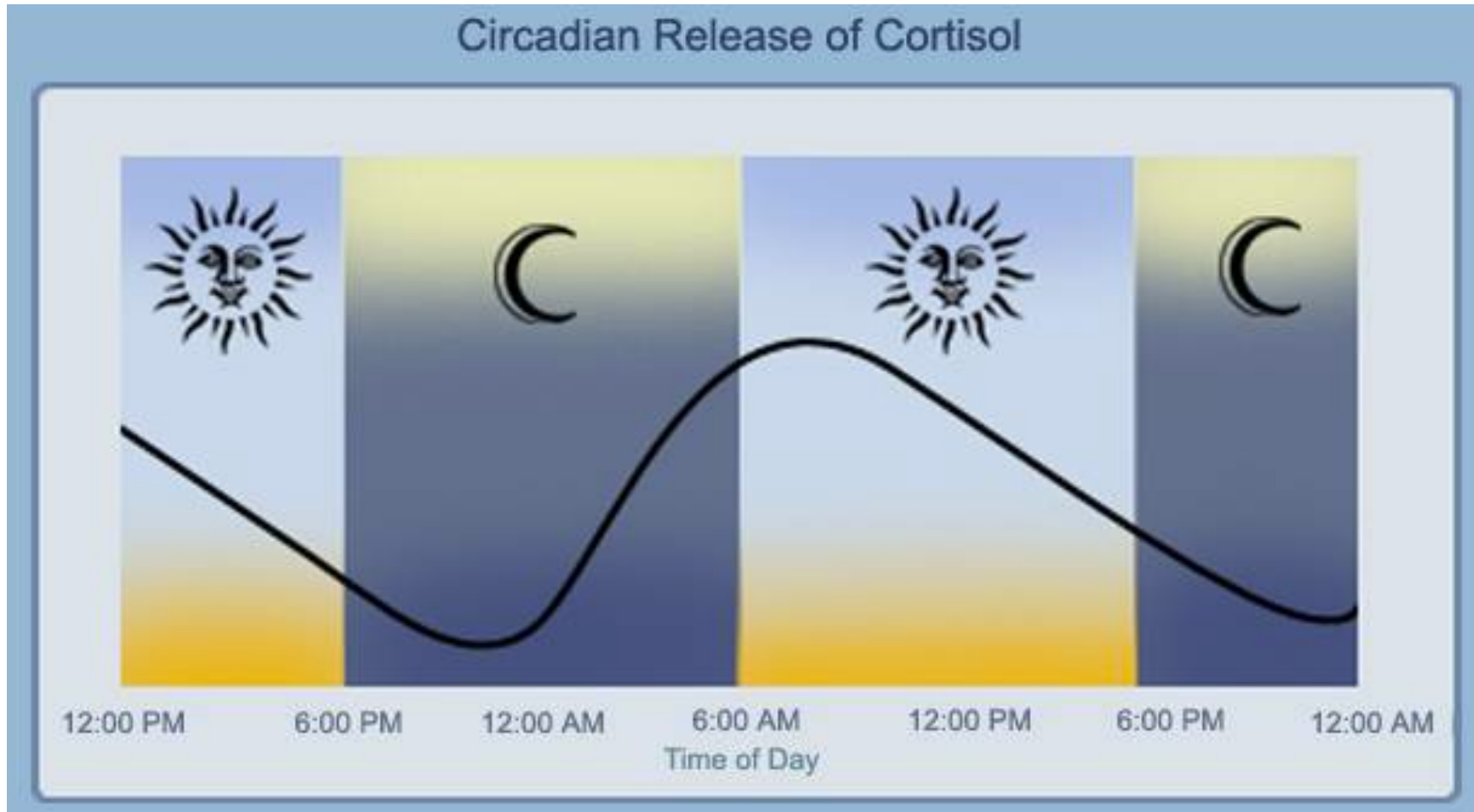
The Laws of Protein

- Lentils
- Quinoa
- Seeds*
- Nuts*
- Hummus
- Avocado
- Broccoli
- Spinach
- Kale
- Peas
- Sweet Potato
- Lean meats & fish

A close-up, side-profile photograph of a middle-aged man with dark, curly hair and a beard, sleeping peacefully on a white pillow. His eyes are closed, and his hand is resting near his face, with his index finger pointing towards his mouth. He is wearing a white t-shirt. The background is a soft, out-of-focus white surface.

Sleep
Matters!

Normal Healthy Hormones



DO's and DONT's



STOP DOING

SLOW DOWN

START DOING

Laws of Sleep

- e-fast 30 min – 1 hr before bedtime
- Avoid CHO's before bedtime
- Sleeping Environment
- Sleeping Posture
- 8 hrs. minimum



Stress



DO's and DONT's



STOP DOING

SLOW DOWN

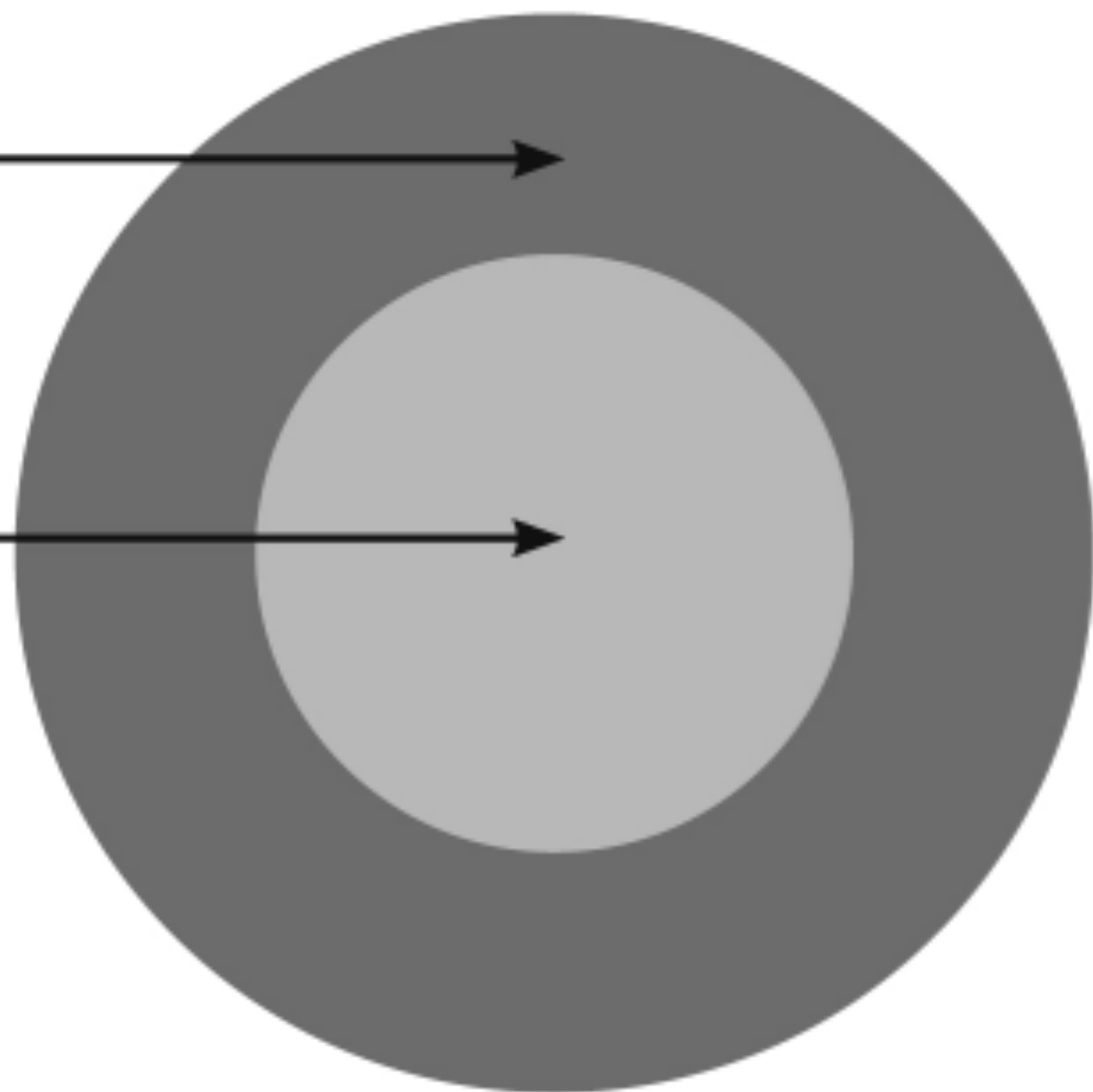
START DOING

CONCERN:

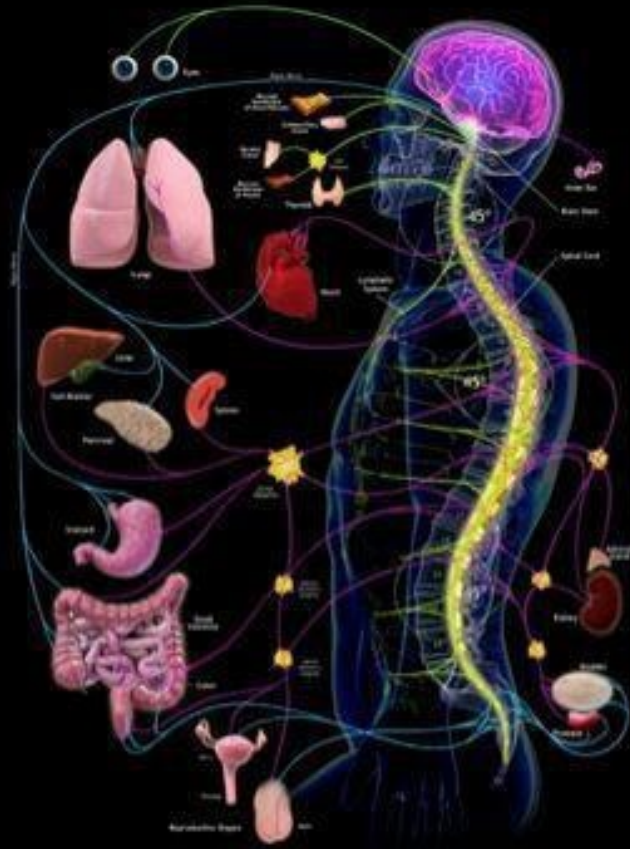
Things that worry,
bother, frustrate

INFLUENCE:

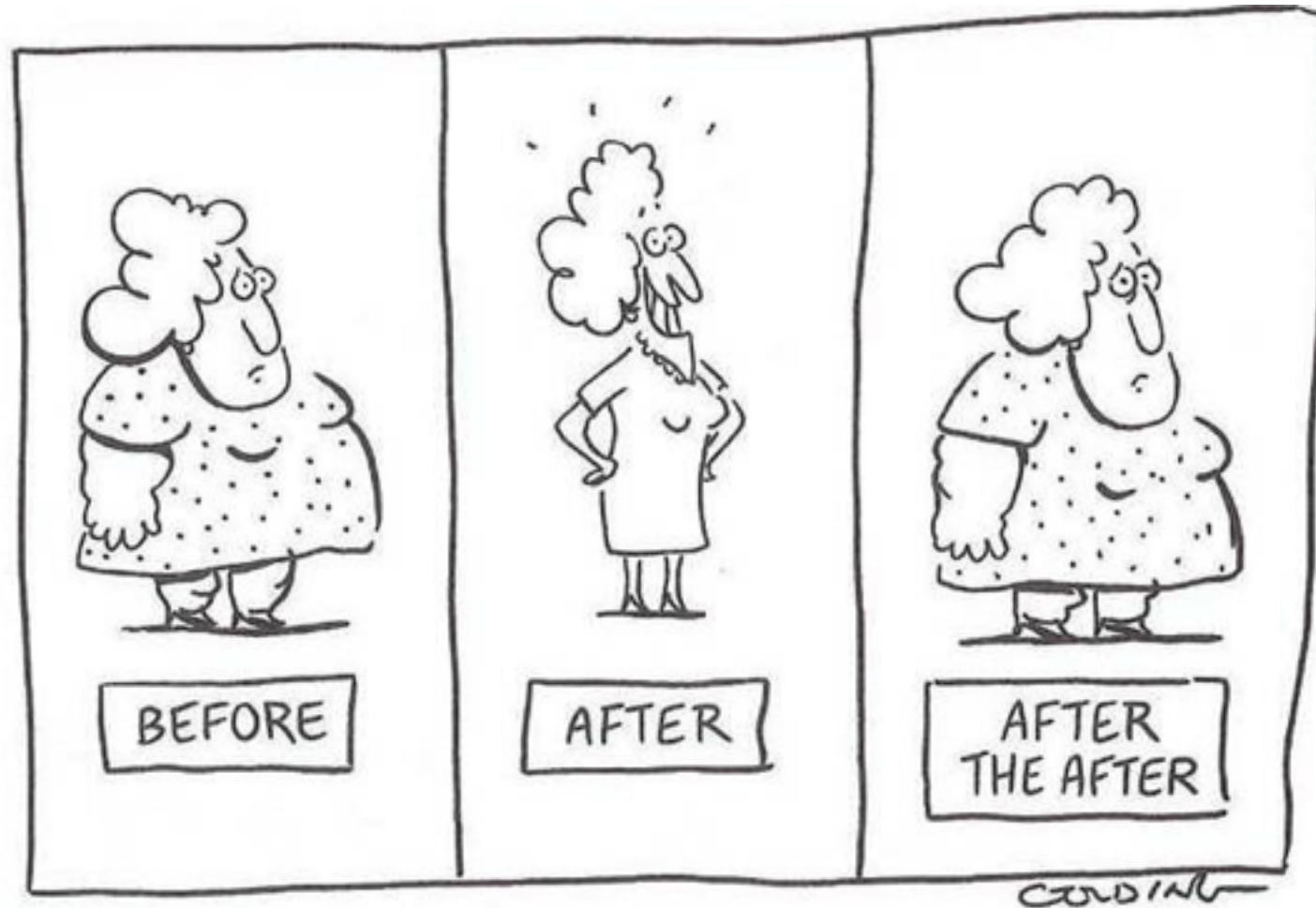
Things you can do
something about



Basic Anatomy & Physiology: Your nervous system controls how you heal and function.



Dieting Without Exercise = Failure



Dieting Alone

VS. Exercise Alone

- Lose equal amounts of weight
- Lose less fat
- Lose muscle
- Lower metabolic rate
- Doesn't protect against further weight gain
- No defense against insulin resistance

- Lose equal amounts of weight
- Lose more fat
- Gain Muscle
- Higher metabolic rate
- Protects against further weight gain
- Defends against insulin resistance

DO's and DONT's

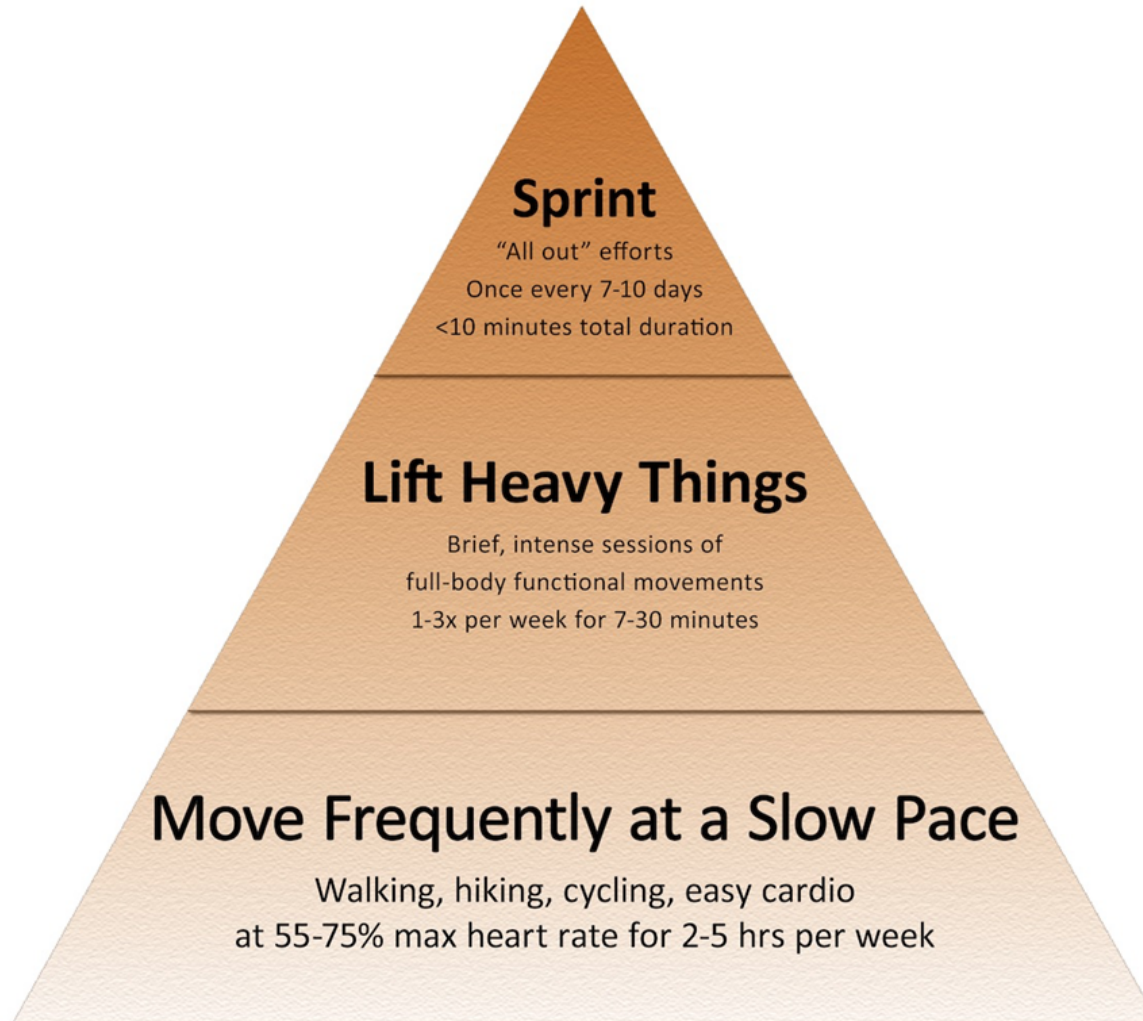


STOP DOING

SLOW DOWN

START DOING

Move !



Spinal Hygiene Tip

"The key to lifelong health is more than just traditional gym exercises. The answer is to rediscover a lifestyle of constant, natural low-intensity movements."

-Dr. Joan Vernikos

former director of NASA's Life Science Division

A NASA life scientist's plan for lifelong health, youth, and energy through natural everyday movement ... without going to the gym

Sitting Kills



Moving Heals

How Simple Everyday Movement Will Prevent Pain, Illness, and Early Death — and Exercise Alone Won't

JOAN VERNIKOS, Ph.D.

former Director of NASA's Life Sciences Division

Raise your hand if you want to live to 94 !



Thank You



1. The New Path
2. Whole Foods
3. Hormones Dictate Outcomes
4. Low Glycemic CHO's +Protein
5. Sleep Matters
6. Circle of Influence + Nerve System
7. Now is the time !