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I want to wish you a happy, healthy and prosperous New Year. This is the third new letter since October 2009 and I hope you will find the information useful.

The last act of Governor Corzine was to sign into law Bill #565, which clarified the scope of practice for chiropractors, which might prove to be of assistance in getting greater reimbursement when you submit your bill to the insurance carrier. The most important part of this bill is that it allows chiropractors to carry and sell vitamins, homeopathic remedies and herbal products directly from our office. We will give a discount on any nutritional supplement you need for yourself and your family.

Now for the news information that I came across during the last two weeks in the New York Times Science Section, that will impact your health and well being. On 1/21/10 there was an article, a medical writer Tara Parker-Pope about the advancement in ankle joint replacement due to arthritis or injury. This article told us that the advancement in prosthetic design has improved greatly in this joint and 2009 some 4,400 replacements were done. What was more important information presented in the article was the number of knee and hip replacement done in 2009, which totaled some 770,000. I did further research and found that in 2004 some 717,000 replacements were done in the US and this number was broken down into 247,000 hip and 468,000 knee replacements most of these were total type.

This brings us to the realization that many of these hip and knee were replaced not due to injuries, which are beyond our control, but because of being overweight something we can control and change and hopefully avoid. The statistics stated in this newspaper article that 66 % of all Americans are overweight. However at the Center for Disease Control (CDC) used a combination of overweight and obese using what is know as Body Mass Index to be a staggering 68% of the population. The CDC pointed out that the need for joint replacement increase from age groups accordingly 18-44=11%, 45-64=34% and 65 and older=56%. As a whole being over weight or obese is responsible for 71% of all knee and hip replacements.

Because of this situation we will be carrying at our office a special products to help lower the craving for carbohydrates and sweets, which help to lose weight. I can also help you by doing diet analysis and show you how to exercise to stay fit and keep the proper BMI.

The BMI range from low to high is as follows: Anorexic-less then 17.5, Underweight from 17.5 to 18.5, Normal from 18.5 to 25, Overweight from 25 to 30, Obese from 30 to 40 and Morbidly Obese greater then 40.

OVER

## How to calculate your Body Mass Index

$$\frac{\text{Weight in pounds}}{\text{Height in inches} \times \text{Height in inches}} \times 703 = \text{BMI}$$

Suppose you weight 160 pounds and are 5 feet 10 inches tall.

1. Convert your height into inches or 70 inches
2. Now square your height in inches  $70 \times 70 = 4900$
3. Divide weight by the squared height:  $160 / 4900 = .0326$
4. Multiply by the correcting factor of 703- $.0326 \times 703 = 22.9$  BMI

This formula just gives you are rough estimate if you want to know what your normal weight should be. Considering the chart the optimal normal rate range form 18.5 to 25.0.

Dieting and loosing weight is not easy, but if you can understand some simple principles of calories and portion sizes it become much easier. Currently at Barnes and Nobles Books there are at least 1929 book on weight loss available and you could loss weight by following any one of these programs. So where should you begin? The answer to this question is simple, begin at the beginning! You ask what is the beginning? Let me explain.

The beginning is the a unit of heat (energy), known as a calorie which is defined as the amount of heat required to raise the temperature of kilogram of water by one degree at sea level. We derive calories from the foods we eat and there are three simple divisions and they are carbohydrates, fats and proteins. From each of these categories we derive the unit of energy referred to as calories. You must remember that Calories Do Count and no matter which type of foods carbohydrates, fats or proteins the energy derived if not completely used to fuel your body will be stored as fat.

A simple formula for number of calories need to maintain your current body weight and that has been determined to be 16 calories per pound of lean mass of your body weight is the amount of calories that are required when active. Using the BMI formula if my ideal body weight is 150 lbs. x 16 calories my maximum in put should be 2,400 calories a day. If for some reason I want to loose weight I could lower this amount by say 400 calories a day this over the course of 30-day amount to 12,000 calories. A pound of fat contains 3,500 calories and therefore I should lose 3.42 pound in a month.

The last thing you need to know is the caloric value of each component of food if we use the metric system then 1gram (gm.) and 1 ounce would equal 28.34 grams. So the simple method to figure caloric content is the following: carbohydrates have 4 calories per gram, proteins have 4 per gram, and fat has 9 calories per gram. If you convert this to ounces 1 ounce of carbohydrate or protein has 113.4 calories, and fat has 255.15 calories per ounce.

