

# ASHBY ADVISOR

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Hope you will enjoy this newsletter while I'm enjoying the cool mountain air of Colorado.

Two studies on weight loss: Weekends are a dieter's worst enemy. People tend to eat significantly more on weekends, offsetting their weight loss during the week. So the old adage of dieting all week to reward yourself on the weekend doesn't work if you are actively trying to shed pounds. This pattern would allow people to gain 9 pounds per year. Sounds typical.

The second study – keeping a food diary helps you lose weight. The group that kept a diary lost 18 pounds in 6 months vs. 9 pounds in the non-diary group. Actively keeping up with food consumption makes a difference.

Another great study showed that chiropractic care significantly out-performed medical pain clinics in the management of chronic lower back pain. There has always been great evidence for the effectiveness of chiropractic for acute low back pain. Now this landmark study from the UK points out what some of you already knew. Unfortunately, medical payors (insurance) are geared to limiting chiropractic to acute care mainly. Hopefully they will see that we're better at chronic pain management as well.

And finally an appropriate article for this hot weather: More hot flashes mean worse verbal memory. A study in the Journal Menopause showed that the more hot flashes a woman has per week, the more likely she was to report memory problems. The culprit – Cortisol maybe. It surges in the body with a hot flash. Too much Cortisol is associated with memory decline. It was a small study and further confirmation is needed.

Quote of the email: The doctor of the future will give no medicine but will patients in the care of the human frame, in diet, and in the cause and prevention of disease.

Thomas Edison