

# ASHBY ADVISOR

Edition Forty-two  
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It's already that time again. An update.

I think we need to review ice & heat protocols. I am frequently seeing patients either using the wrong one or just can't remember which to use, so they do neither.

**First rule:** If you are not sure whether to use ice or heat – go with ice/cold first. You are much more likely to cause further damage/swelling with heat than with cold or ice. (Remember do not place directly on skin)

**Second rule:** If you have just injured yourself – go with cold/ice. Stop the inflammation/swelling from becoming a problem.

**Third rule:** If it is a recurrent problem, happens a lot with being still, sitting/sleep, or happens more in the mornings – go with heat.

**Fourth rule:** DO NOT sleep on heat. This has caused a lot of people to get much worse due to increasing swelling.

By the way we have a copy of our ice/heat protocol on our website (under Health News) which brings us to the **next topic**.

You can access all the previous Ashby Advisors now online. So if you want to re-read something it is still available. There is no index/catalog of topics.

Here's the link <http://www.ashbydc.net> (control + click or copy and paste). Go to the "Newsletter" bullet and there is a drop down menu for archive's (pop up blocker's will have to be over ridden)

**Last:** A "Riddle me this Batman" question. What are the number one and number two risk factors that predict how long you will live?

Answer 1) Age. The older you are the higher the risk of death. 2) Interleukin-6, an immune marker that gets elevated with chronic inflammation.

I know, it was really a trick question. Those answers come from a study in the Journal of Gerontology: Medical Sciences. They followed 5888 people for 16 years, pretty significant study. Bottom line: inflammation is the number one controllable risk factor for early death. One easy to do remedy: Fish oil, and avoid inflammatory foods – processed foods, candy, soft drinks, fast food, you know the typical American diet.

Now go eat some Turkey!

Quote of the email: "When you are on the ladder of success, don't step back to admire your work."