



Beat the System: How to Survive a Hospital Stay

Tips and Tricks for Avoiding (And Surviving) Hospitals and Nursing Homes

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3 WAYS TO PREVENT SURGICAL MISTAKES

Doctors might have dedicated a large portion of their lives learning their trade, but that doesn't mean they're perfect. And while you should trust your doctor's doing his or her best to make you better, there are things you can do to make sure mistakes aren't accidentally made.

Here are a couple of surgical mistakes to watch out for to prevent a potential malpractice suit.

- **Require Automated Surgery Scheduling** — If you've ever tried to read a doctor's handwriting, you'll know why this is important. Scheduling a surgery through a computer ensures that all parties can understand what needs to be done, and can avoid confusion and chance once you're on the surgical table.
- **Help Your Doctor Out** — If you're having surgery on your right knee, make sure you mark it yourself. No one else cares about your body as much as you do. So many sure you do everything you can to eliminate risk before you go under.
- **Don't Rush Pre-Op** — Your doctor is working for you, make sure he goes over everything before the operation.

Before you go under the knife, you should know there are 4 surgeries you should avoid if possible.

1. Stents for Stable Angina — if you're having a heart attack, a stent can be a lifesaver. But in cases of stable angina, it's no better at preventing a heart attack or prolonging life than regular exercise and taking statins.
2. Complex Spinal Fusion for Stenosis — some doctors believe this surgery will prevent back pain caused by stenosis, but there's no general consensus on the best way to treat that type of pain.
3. Hysterectomy for Uterine Fibroids — this type of surgery increases a woman's chances of incontinence by the age of 60.
4. Knee Arthroscopy for Osteoarthritis — this surgery involves placing a tiny camera in the knee and then using small instruments to repair torn or aging cartilage. Regardless, it's no more successful than non-invasive remedies.

WANT TO STOP A DEADLY INFECTION? STOP WASHING YOUR HANDS!

If you or a loved one is in a hospital or nursing home (or trying to stay out of one), you've probably heard all about the dangers of developing infections.

Infections are a leading reason that seniors are hospitalized. And hospital-acquired infections are a major cause of extended hospital stays and even death among senior citizens.

Everyone will tell you that washing your hands is the first line of defense against an infections. But that comes with a very big caveat.

Washing your hands might not be as beneficial as your mother told you — at least once antibacterial soaps and sanitizers come into play.

Triclosan, an antibacterial compound found in most hand sanitizers, has a number of detrimental effects you don't normally read about.

It might "disinfect and kill 99.9% of all germs," but at what cost?

The substance can cause chronic skin irritation if used for a prolonged period of time. Additionally, some bacteria might develop resistance against the compound, giving you a false sense of security.

Even worse, if you develop an infection with one of these resistant bacteria, it can be incredibly difficult to treat with conventional antibiotics.

Plus, triclosan could even disrupt the natural function of your body's endocrine system.

Cleanliness is important, don't get me wrong. But if you're using any soaps or sanitizers with triclosan, your safest bet is to throw them right in the trash.

HOW TO STAY ON YOUR TOES AND PREVENT BALANCE ISSUES

Back in 2010, the government reported that 2.3 million Americans suffered from some sort of non-fatal fall.

Over 600,000 of those people had to spend some time in the hospital because of their injuries. While they survived, these mishaps can be expensive — and they could cost you your independence if they result in a serious fracture.

On top of that, the constant fear of losing your balance can take its toll on your daily life.

A study released by Harvard Medical School might have found the culprit behind many of these falls. The researchers believe certain types of medication might be affecting a person's balance, making them more likely to suffer from an accident.

The following medicines might be affecting your balance:

- antidepressants
- anti-anxiety drugs
- antihistamines prescribed to relieve allergy symptoms

- blood pressure and other heart medications
- pain relievers, both prescription and nonprescription
- sleep aids (over-the-counter and prescription forms)

Also note that a combination of these medicines might have negatives effects. Talk to your doctor if you think your balance issues might be caused by one of the medications you're currently on.

DON'T LET THESE COMMON DRUGS STEAL YOUR MEMORY

Cognitive decline... whether we're talking about memory loss or a more serious diagnosis like dementia or Alzheimer's... is a major reason people end up in nursing homes and other care facilities.

And once you get one of these diagnoses, there's a good chance you're not getting out.

But what you may not know is that there's a type of drug that might be sitting in your medicine cabinet right now that could increase the risk of cognitive impairment. In other words, it could affect your ability to think. A number of drugs such as antidepressants, bladder medication, heart medication, painkillers, and antihistamines contain a substance known as an anticholinergic.

People with long-term use of this substance are more likely to develop dementia than those who are not exposed to it. Here's a sample of some common drugs that contain the anticholinergic agent:

- Symmetrel
- Elavil Asendin
- Sal-Tropine

- Cogentin
- Dimetapp, Lodrane
- Tegretol
- Histex, Carihist
- Chlor-Trimeton, Chlophen
- Thorazine
- Tavist
- Anafranil
- Clozaril
- Flexeril
- Enablex
- Norpramin
- Bentyl
- Dramine
- Benadryl
- Senequan, Zonalon
- Urispas
- Atarax, Vistaril
- Anaspaz, Cystospaz, Levsin

If you can live without these drugs, then it's probably best to avoid taking them.

DON'T LET TANKING ENERGY LEVELS THREATEN YOUR INDEPENDENCE

You might not think of low energy levels as a great threat to your independence.

But just think about it for a moment. Once we start slowing down... when we lose the energy to get out of bed in the morning or stay mobile... we start having trouble caring for ourselves and our homes.

The next thing you know, you're talking about downsizing, or maybe even assisted living.

Turns out, there are things that you might be doing, eating and drinking every single day that are weakening your cells and killing your energy. These feelings aren't necessarily caused by old age — they could be entirely in our control!

Energy Killers in Your Diet

There are two food groups in your diet that are killing your energy levels.

The culprit? Grains and sugars — these carbohydrates will sap your energy within just a few hours of eating them.

And there's one meal in particular that can impact your entire day — breakfast!

It's long been said that breakfast is the most important meal of the day.

But most people make terrible choices regarding what they eat.

Eating a breakfast laden with sugar and carbohydrates might fill you up in the short-term, but cause you to come crashing back down by the time afternoon hits.

To ensure this doesn't happen, it is crucial to avoid these kinds of foods.

Breakfast cereals, pancakes, waffles, hash browns, breakfast sandwiches, and the like are all laden with carbs. These fill you up and give you a sugary high, but only for a short period of time. Afterwards, they leave you bloated and tired.

The problem is, even seemingly “healthy” options can lead to a similar sugar spike and crash.

For example, what would you choose as the healthier option: low-fat yogurt and fresh fruit, or a bacon and cheddar omelette?

Most people would assume that sticking to a yogurt mixed with fruit for breakfast is the way to go. But they're wrong!

To create low-fat products like yogurt, manufacturers have to take the fat out and put something else in — usually sugar. A fat-free “healthy” yogurt can have just as much sugar in it as a Snickers bar!

Nina Teicholz is an investigative journalist and bestselling author. She wrote an Op-Ed in *The Wall Street Journal*, which explains “Even seemingly healthy low-fat foods, such as yogurt, are stealth carb-delivery systems, since removing the fat often requires the addition of fillers to make up for lost texture — and these are usually carbohydrate-based.”

The carbohydrates and sugar in your fruit and yogurt cause insulin to spike, which leads to stored fat. It also means hitting that mid-morning slump and often being hungry again by 10 a.m.

Eggs, in comparison, are high in protein and good fats. They contain

the essential amino acids our bodies need for growth and repair.

Bacon and whole-fat cheese, when sourced from grass-fed animals free of added, synthetic hormones, are nothing but beneficial for you.

It wasn't until Americans started replacing animal fats with carbohydrates and vegetable oils that we really saw the rise of coronary disease.

So throw some sautéed, nutrient-dense organic vegetables into your omelet — and cook it in clarified butter, too!

Try selecting breakfasts that are full of healthy fats and protein. This will ensure that you stay energized all day long, as well as feel full longer.

Bacon, eggs, hearty vegetables, avocado... these are all great foods with which to start your day.

HOW TO WAKE UP WITH THE ENERGY OF A 5-YEAR-OLD

As we grow older, our bodies slow down. We watch our children and grandchildren jump out of bed, running circles around us as we struggle to get through our morning coffee and wake up for the day.

Luckily, there's a way that you can get that same energy boost in the morning.

Dr. Al Sears weighs in on why we feel so tired, and the secret that can reverse your fatigue:

It has to do with your mitochondria. More than 95% of your body's energy depends on tiny "organelles" in your cells. Each of your cells can contain hundreds or even thousands of these little power generators, called mitochondria.

Over time, our cellular power plants wear out. They break down. We feel the energy drain as fatigue. But the newest research reveals you can reverse this decline in your mitochondria and have energy to spare.

We can do it through *mitochondrial biogenesis*. This process can boost the number of mitochondria in your cells.

It used to be that the only reliable way to create new mitochondria for energy was with intense exertion. But now we know of another way. A simple nutrient can do the same thing. It's called *pyrroloquinoline quinone* or PQQ.

PQQ is a coenzyme like CoQ10. You probably know CoQ10 as an antioxidant, and the fuel that your cells use to make energy. It protects your mitochondria. It also boosts the energy output from each of your cellular power producers.

But PQQ goes even further. Yes, it protects the power plants you already have. But it also triggers the growth of new mitochondria.¹

With new power plants, old cells can produce energy like new cells. That's critical for your brain and your heart. Those organs use the most energy in your body. They're "energy hogs" and can have as many as 2,500 mitochondria in every cell.

In animal studies PQQ helped heart muscle cells beat oxidative stress. It did it by boosting mitochondrial numbers.²

PQQ also protects your brain, and gives you better memory and clearer thinking. Japanese researchers did a study where they gave some people 20 mg of PQQ every day. Others received 20 mg of PQQ plus 300 mg of CoQ10.

After 12 weeks the PQQ significantly improved their higher cognitive function and their memory. Those taking CoQ10 along with PQQ got an even bigger boost.³

I believe that someday PQQ will be classified as an essential micronutrient. It's that important. So to help you get more PQQ, here's what you can do right now:

- Your body can't produce PQQ on its own. But you can get some from your food.
- You can get PQQ in some foods, but the problem is, most people don't know which ones, and that includes doctors and nutritionists.
- PQQ-rich foods include parsley, green peppers, kiwi fruit,

pa-paya, and the fermented (naturally produced, not processed) soy food called natto that the Japanese love to eat. These foods have about 2-3 mcg in a 100 gram serving. Green tea has about double that amount in an 8 ounce cup.

- These foods will give you some PQQ, and it's good to eat them. But to build a lot of new mitochondria, this is a case where you'll want to supplement.
- Studies using 10 to 20 mg per day show extraordinary results. That's a good place to start.
- You'll want to be careful because most PQQ supplements on the market right now only give you a fraction of that amount. Make sure you're getting enough to make a difference in how you feel.
- Take PQQ when you wake up in the morning or at least early in the day. It doesn't matter if you take it with or without food.
- I also recommend taking PQQ with CoQ10 — not in place of it. CoQ10 is still critical. It helps all your mitochondria — the new and the old — pump out more energy.

TRY THIS CHINESE ENERGY FIX

If you want to boost your energy levels, this one might take some getting used to.

Pai-Da therapy is a Chinese method which uses patting and slapping to restore health and energy. The idea is that wherever the skin is slapped, poisonous waste in the body is drawn out and eliminated.

It has been found to increase circulation and stimulate the central nervous system. Not only will you feel awakened and rejuvenated, but it also can have benefits for your immune system.

Start by patting your head. From there, work your way down your body — slap the back of your shoulders, your armpits, the inner sides of your elbows, your knees and your feet. From there, you can pat any additional affected parts of your body.

It is encouraged to perform Pai-Da with focus, power and thought. Simply slapping yourself without being mindful of the process will not produce results.

For more details on this ancient practice, visit chiaweb.com.

DAVID HASSELHOFF'S SECRET WEAPON?!?

David Hasselhoff is famously fit. So what's his secret to staying young and energized?

In an interview with *Daily Mail*, a British publication, Hasselhoff revealed his secret.

“I swear by acupuncture to help me relax and keep me looking young.”

If that's the trick, it certainly seems to be working for him! Hasselhoff also said that despite his age — the actor is 61 — he still feels like he's 40, and can outlast everyone at the gym.

Hasselhoff is not the only one who swears by acupuncture to give him an extra boost. Increased physical energy and relief from fatigue are just two of the many health benefits of the ancient practice.

One article on AcuTakeHealth.com — a website dedicated to the art of acupuncture — explains that, “Many people report having more energy in the hours, days and even weeks after acupuncture treatment. You may notice that you're avoiding that post-lunch coma, feeling more motivated to hit the gym, or just sensing a little extra spring in your step.”

Relax your way to an energy boost, and give acupuncture a try.