



# Bat-Zion Susskind-Sacks

*The art of living well*

## Newsletter



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- Myths relating to Physical Fitness



**"It is the mind that should listen, but it is the heart that should speak!"**

Source Unknown

## Running - did we get it all wrong?

Brian Sacks



When I was running in the seventies, my beloved ripple-soled running shoes seemed to lend wings to my feet. Then when, after a lay-off, I came back to running in the eighties, the ripple soles were gone from the shop shelves. In their place were the running shoes that we know today, with thick, well-cushioned heels almost forcing runners to strike the ground heel-first. "Heel strike" and "knee injury" became terms never far from runners' lips. And one man with unique credentials disapproved.

Gordon Pirie was a British multiple world record holder and Olympic silver medallist. He ran further in his lifetime - 216,000 miles - than anyone else in history. His book "Running Fast and Injury Free" is available for free at [www.gordonpirie.com](http://www.gordonpirie.com).

In it Pirie wrote "Running equals springing through the air, landing elastically on the fore-foot with a flexed knee. On landing, the foot should be directly below the body." He continued, "As the weight of the runner's body rides over the foot, the entire sole will rest flat on the ground - do not remain like a ballet dancer on your toes throughout the weight-bearing phase."

So Pirie advocates slightly shorter strides and "forefoot, bent leg" landing rather than "heel-strike, straight leg" landing. As trainer Sam Mussabimi said to athlete Harold Abrahams in the film "Chariots of Fire", "Remember, over striding. Death for the sprinter. Knocks you back. Like that!"

On my reading Pirie's judgement on running style, it did seem to make a lot of sense. After all, if one jumped off a high wall, one would instinctively land on one's forefeet with slightly bent knees, in order to better absorb the impact of the fall. So I looked up "fore-foot running" on youtube, and found <http://uk.youtube.com/watch?v=1fBh2qH4QbM> - "Run Right with Newton Running" - where similar logic is used to advocate exactly the same running style (and to sell unusually expensive running shoes). I also found a wealth of information and videos at [www.poseotech.com/video](http://www.poseotech.com/video).



So, if running is important to you, and your knees are important to you, I invite you to examine my sources and others, practice the style and decide for yourself whether, in fact, the shoe makers were wrong and Pirie was right.

## Heartburn



Heartburn is a term used by many to describe a variety of complaints. It is a burning sensation in the chest that can extend to the neck, throat, and face; It is the primary symptom of gastroesophageal reflux, which is the movement of stomach acid into the oesophagus. On rare occasions, it is due to stomach lining inflammation.

Among many who suffer from heartburn there is a gradual weakening of the sphincter muscle at the bottom of the oesophagus which functions as a one-way valve that regulates the movement of food into the stomach and prevents the contents of the stomach from moving back into the delicate oesophageal tissue.

## Heartburn (continued)

The heartburn generally starts following the consumption of fatty or spicy food and in many cases also as a result of overeating. Ninety five percent of the people who suffer from heart burn are overweight.

Other factors that can contribute to heart burn are:

- Stress
- Caffeine
- Smoking
- Medication
- Weakening of the sphincter as a result of aging.



As with many other problems, changing lifestyle and eating habits can help in alleviating the problem. Some suggest treatment with herbal remedies such as ginger, camomile tea, anise and cardamom. The usage of some Ayurvedic (traditional East Indian) herbs is also recommended.

When these do not respond, there is sometimes a need to treat the problem with medication aimed at neutralizing stomach acidity, as opposed to curing the oesophageal infection.

## Myths relating to Physical Fitness



Nowadays more than ever, people are aware of the importance of physical activity which can contribute not only to their health but also to their mood. However, sometimes people engage in the wrong activities as a result of certain myths. Here are some:

### Myth 1: One should not eat prior to going to sleep.

Wrong. One can and it is recommended to eat something light before sleep. Going to sleep on an empty stomach will affect the quality of our sleep and can cause restlessness, nervousness and an exaggerated need to eat the following day.

### Myth 2: Exercising and training stomach muscles will reduce fat levels in that area.

Wrong. It is impossible to cause spot fat reduction anywhere in our body. Stomach exercises will strengthen the stomach but will not reduce fat. The only part in our body that determine where fat will burn is our liver. In order to achieve the goal of fat burning, one has to engage in aerobic activity such as walking, biking, running and of course healthy eating habits.

### Myth 3: Power training turns fat into muscle.

Wrong. Fat cells cannot turn into muscle cells and muscles cells cannot turn into fat cells.

A muscle cell will develop when there is a physical activity. A fat cell will develop if we provide for it an environment rich with fat deposits which it can accumulate. Genetic factors have great importance on the quantity, the kind of cells and their development throughout a person's life. Proper nutrition and exercise can improve genetics.



Happy Tu B'shvat / Valentine's Day!

Yours in Health, Happiness and Success

Batzi

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