

# Chiropractic Wellness Center of Macomb Email Practice Member Newsletter

*This newsletter is provided courtesy of Karl R.O.S. Johnson, D.C., L.C.P. (hon.)*

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Chiropractic Wellness Center of Macomb offers a blend of traditional vitalistically oriented chiropractic and progressive analytical procedures to locate the cause of your health problems. Our goal is to enable you to experience quality living for life.



**Karl R.O.S. Johnson, D.C., L.C.P. (Hon.)**

50258 Van Dyke Avenue, Suite E  
Shelby Township, MI 48317-1374

**810.731.8840 or 810.726.KIDS**



[chirokarl1@earthlink.net](mailto:chirokarl1@earthlink.net)

[www.wellnesschiro.com](http://www.wellnesschiro.com)

For More Information About  
Chiropractic Visit:  
[www.chirousa.com](http://www.chirousa.com)

## **Pain...**

### **Not the only reason to visit your chiropractor.**

Many people are under the misconception that the only reason to visit a chiropractor is for pain. This could not be further from the truth. Although pain is commonly the motivating factor that prompts a patient to seek the help of a chiropractor, it should not be the only reason. The benefits of chiropractic care far exceeds the “my back hurts so there must be a problem” mentality.

The spine is the most central of all structures of the human body. It houses the spinal cord, the conduit for nearly all instructions from the brain to the body. It also is a structure that bears a significant amount of the body’s weight and is involved in virtually every movement that the body makes. Many times, subluxations (the chiropractic term for misaligned vertebra) do not cause pain. An undetected subluxation may be present for years before the negative effects of continued nerve pressure or joint misalignment cause symptoms or pain. Many of the body’s organs are not pain sensitive and problems go undetected until the organ stops functioning at its optimal capacity.

Periodic chiropractic examinations and adjustments are important to maintaining good overall health and well being. There is never a better time than the present to take control of your health and experience the life changing benefits of chiropractic care.

## **Patient Question of the Month: Are Chiropractic Adjustments for Everyone?**

Chiropractic treatments, usually referred to as adjustments, are good for just about everyone. There are certain conditions that preclude a patient from being adjusted but in most cases chiropractic adjustments are safe and effective. Some patients actually receive their first chiropractic adjustment moments after being born. Children respond exceptionally well to chiropractic care and most people that are exposed to the benefits of chiropractic at a young age maintain the healthy lifestyle that regular chiropractic care brings. In the rare instance that a patient is not a candidate for chiropractic care, your chiropractor will explain the rationale for his decision not to treat the patient and usually refer the patient for an alternative treatment.

## ***What is Scoliosis?***

Scoliosis is a side to side curvature of the spine that is most often first noted in childhood. When viewed from behind, the spine should be straight. There are two main types of scoliosis:

**PRIMARY** (idiopathic) - the cause is not known and it is most frequently found in young females

**SECONDARY** (compensatory) - the result of a readily identifiable cause such as poor posture, subluxation, different leg lengths, injury or disease.

In both cases the curvature develops slowly, usually during the growth years from age 12 to 16. In severe cases, the spinal curvature may be disfiguring and cause the rib cage to compress the heart and lungs causing them to work improperly.

### ***How to Detect Scoliosis.***

Early detection is essential if treatment is to be effective. Because the spine continues to grow well into the early 20s, if left uncorrected it often worsens. Once the curvature is fully developed, correction by any means becomes much more difficult and serious complications are more likely. If your child has not been examined, it would be wise to arrange that by the time they reach age 12. This would include a detailed physical examination, and if warranted, x-rays should be performed. Schools commonly perform scoliosis screens in the fall. It is a good idea to have your child checked in the spring too, just before the growth spurts that are common in the summer.

(1) While standing behind your child, check the level of the ears, shoulders and hips. Each side should be approximately equal. (2) Have the child bend forward. The spine should be straight as they bend, and not veer off to either side and both sides of the rib cage should be approximately at the same level. (3) Find an old pair of shoes, and check for uneven wear on the heels and soles.

Pay attention to any symptoms your child reports such as "growing pains", fatigue, or back or leg pain. Scoliosis may not cause any symptoms so a thorough chiropractic examination should be performed.

### **CHIROFACT of the Month**

In 1987, West German researchers published a study of 1250 five-day-old babies that found chiropractic techniques "frequently resulted in immediate quieting, cessation of crying, muscular relaxation and sleepiness."

A 1989 Danish Study found that 94% of infants with colic that were treated with chiropractic adjustments of the vertebral column responded thus constituting an effective treatment of the condition."

### ***What Can Be Done?***

Your chiropractor is trained to determine which approach to treatment is most advisable. If scoliosis is present or suspected, your child's spine should be reassessed at least at 6-month intervals. Chiropractic care may include spinal adjustments, exercise plans, and postural and activity advice. Severe cases are referred for additional care.

Chiropractic care maintains the mobility of the joints of the spine and allows the spine to develop normally. If the curvature is caused by misaligned vertebra the chiropractor will make adjustments to correct the misalignments and correct the curvature, naturally. Bracing does nothing to correct the curves as many people think, but just maintain the present curve. Proper chiropractic treatments can prevent progression of the curve and may help reduce it. Call your chiropractor today and schedule a scoliosis screen for your children.

**To make your appointment with Dr. Johnson call  
810.731.8840 or 810.726-KIDS**

# NEWS YOU CAN USE TO SAFEGUARD YOUR HEALTH

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## Blood Pressure and Infant Formula

A study published in *The Lancet*<sup>1</sup> suggests a link between bottle-feeding and high blood pressure later in life. This study of 216 pre-term babies takes into account a number of other risk factors for hypertension. The babies were divided into three groups: one received donated breast milk, one a normal infant formulation, and the other a formula designed for pre-term infants. The special diets lasted about one month, until each baby went home from the hospital. Sixteen years later, the children were evaluated. Those who had received breast milk exclusively after birth had a 3.2-point lower systolic reading on average than teens from either of the formula groups.

1. *The Lancet*, February 10, 2001.

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## Fat Diet, Thin Bones

Researchers from the University of California, Los Angeles, report that mice fed a high-fat diet lose a dramatic amount of minerals from their bones. A 15-percent bone loss was observed in the hind legs of rats that were fed the high-fat diet for seven months. The study has been published in the *Journal of Bone and Mineral Research*.<sup>2</sup>

2. *JBMR*, December, 2000.

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## Heart-Rending Relationships

A Swedish study suggests that a woman's cardiovascular health is significantly impacted by the quality of her marriage. In this study, marriage stress was associated with a near tripling of recurrent heart problems. Work stress did not seem to affect these women the way other studies have suggested it does men. The study followed 187 women already diagnosed with heart disease over a five-year period.<sup>3</sup>

3. *JAMA*, December 20, 2000.

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## Local versus General Anesthesia

A four-year analysis of 140 studies from around the world suggests that a lot of patients are dying from complications attributable to general anesthesia. This study reports that, for

similar surgeries, patients who opt for local anesthesia suffer fewer blood clots, infections, heart attacks and kidney failures. Overall, the administration of local anesthesia instead of general (in which the patient is rendered unconscious) cut the death rate by about 30 percent.<sup>4</sup>

4. *British Medical Journal*, December 16, 2000.

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### **Surgical Sweet**

Laparoscopic surgery, an increasingly popular technique that involves tiny incisions and slender surgical instruments threading through the patient's body, has caused some concern recently relating to colon cancer treatment. There have been some reports of a resurgence of the cancer, by which the new tumors are spread along the route that the instrument took during surgery. But now Turkish researchers suggest that the application of a little honey through the laparoscopic path may prevent this. The researchers have published their work, a study of 60 mice, in the *Archives of Surgery*.<sup>5</sup> Their technique produced tumors in all 30 mice that did not have the honey treatment, while tumors grew in only 8 of the 30 that were treated with honey.

5. *Archives of Surgery*, December 2000.

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### **Coffee and Cigarettes**

Researchers looking into the effects of coffee and cigarettes on bladder cancer were intrigued by their findings in a study published recently in the *Journal of Epidemiology and Community Health*.<sup>6</sup> Tobacco and caffeine are thought to increase the likelihood of the disease, with smoking more likely so. However, they found that while smokers who didn't drink coffee were seven times more susceptible than nonsmokers, those that did had only three times the risk. The researchers aren't sure why coffee would offer a protective benefit, but one might hypothesize that the diuretic affect should reduce the relative concentrations of toxins in the bladder. The authors of the study point out that it still makes more sense to quit smoking than to take up drinking coffee as a precaution.

The study involved 1,500 volunteers; those drinking two cups of coffee or fewer per week were classified as non-coffee drinkers for the purpose of this study.

6. *JECH*, December, 2000.

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## Transient Ischemic Attacks as Stroke Precursors

A study of 1,700 patients at the University of California at San Francisco reports that about 10 percent of those experiencing a transient ischemic attack will have a stroke within the following three months. This number is in line with previous studies. However, they found that half of those strokes occurred within two days, a finding that surprised the researchers. They suggest that patients experiencing symptoms such as sudden numbness or blurred vision should call 911 and be hospitalized immediately. Unfortunately for many patients, doctors often postpone work-ups for a few days, especially if the attack only lasts a few minutes.<sup>7</sup> Also, there is little data to indicate what (if any) treatment is an effective preventive technique.

7. *JAMA*, December 13, 2000.

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## Mushrooms for HIV

Medical scientists from Tanzania are promoting mushrooms as a way to increase immunity and reduce HIV replication. The species *ganoderma lucidum* in particular is thought to be especially beneficial. However, instead of extracting some particular active compound into a drug, they are recommending using it as a whole food dietary supplement. They say that instead of having a direct effect on the virus, it enhances the body's immune system to produce effects superior to analgesics for cancer pain, in addition to helping the body suppress the HIV virus and tuberculosis infections. According to researchers, the mushroom has "medicinal functions attributed to synergistic effects of lectins, terpenoids, steroids, nucleic acid and immunomodulatory proteins."<sup>8</sup>

8. Dr. Titus Kabalimu of the Tanzania Commission for Science and Technology (Cotech), at a Zero Emissions Research Initiative meeting in Dar-es-Salaam, January 11, 200, reported by OTC news service.

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## Designer Pig Food

Researchers from Iowa State University are testing the hypothesis that salmonella can be reduced in pork products by feeding the pigs yogurt. The three-year grant from the U.S. Agriculture Department is an investigation into alternatives to antibiotic use in farm animals. Preliminary results show a reduction in salmonella in young pigs fed a milk product rich in *lactobacillus*.

In a related project, Ohio State University reports that pigs grow faster (and perhaps tastier) when 10 to 15 percent of their normal corn diet is replaced with potato chips.<sup>9</sup>

9. Associated Press, January 7, 2001.

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### **Avocados for Livers**

Japanese researchers<sup>10</sup> report that avocados appear to be good for your liver. Over a two-week period, they fed rats one of 22 fruits, in addition to D-galactosamine, a chemical known to induce liver damage. The avocado-fed rats fared the best, followed by those consuming watermelon, papaya, lychee, kiwi, Japanese plum, grapefruit, fig and cherry.<sup>11</sup> The researchers are planning a follow-up study on human volunteers with liver disease.

10. Hirokazu Kawagishi of Shizuoka University, and associates reporting to a meeting of the American Chemical Society in Honolulu, December 18, 2000. 11. OTC, December 18, 2000.

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### **Charlie Chaplin for Allergic Reactions**

Another study from Japan published in a letter in the *Journal of the American Medical Association*<sup>12</sup> suggests that laughter speeds recovery from allergic reactions. Twenty-six allergy-sensitive volunteers were injected with allergens to produce welts and skin rashes, then spent 87 minutes watching television. Half watched a Charlie Chaplin comedy, the other half watched weather reports. At the end of that time, the skin reactions of those who had seen the movie had shrunk; the weather viewers showed no such effect. This work was inspired by other reports (particularly those of author Norman Cousins) that laughter has a healing effect.

12. *JAMA*, February 14, 2001.

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### **Low-Fat Strokes**

Researchers from the Harvard School of Public Health, analyzing results from a health study of nurses that began in 1980, report a possible link between very low saturated fat diets and a particular type of stroke. They found that the risk of an intraparenchymal hemorrhage was doubled in these women, compared to those who consumed a moderate amount (25 to 36 grams per day) of saturated fat. Because the strokes occurred primarily in women with elevated blood pressure, the authors speculate that the low-fat diet led to a structural weakness in the vascular system, resulting in a rupture of a blood vessel.<sup>13</sup> The research was inspired by findings from Japan, where the incidence of hemorrhagic stroke has been observed at twice the normal rate in regions that consume very little saturated fat.

13. *Circulation*, February 1, 2001.