



Healthy Living Chiropractic Email Newsletter

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

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Have we got some great news for you! We've discovered the secret of staying young and healthy! Why, it was right under our noses (and for some of us, that's literally true). See the article below.

It is one of the most beautiful compensations of life that no man can sincerely try to help another without helping himself. – Ralph Waldo Emerson

The affairs of the heart are directly connected to the brain and it's the heart's natural intelligence that must be unfolded for the brain to operate with greater efficiency. – Joseph Chilton Pearce

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How to stay young and healthy

As we increase in years too many of us begin suffering from a very common condition called DS, otherwise known as “disuse syndrome.” It’s often caused by getting into a rut and not climbing out!! Remember, if you don’t use it, you lose it. If you stay indoors your skin gets pasty and dull; if you don’t give your muscles something to do they get weaker and smaller; if you sit around your joints lose lubrication and age faster; if you don’t drink enough water you dry up; if you don’t stay creative you get bored and depressed; if you don’t have love in your life you stupefy; if you don’t correct your subluxations you lose energy, balance and



deteriorate; if you don’t eat nourishing foods you get sick – there are so many ways to do yourself in.

To cure DS: go for a walk every day, run around a bit, sing, make music, play, get some sun (it’s good for you, just don’t overdo it), drink lots of water, eat organic foods (and avoid junk), get massages, see us for spinal adjustments, give and get hugs and most importantly laugh a lot – preschoolers laugh an average of 400 times a day, adults only around 8 times a day (they seem to cry more too). What does that tell us? Open yourself up to laughter, love and tears and your heart will always be young. If your heart is young, your mind and body will surely follow. As 90 year old Jack LaLane, the world famous health advocate, chiropractor (and role model) says: “Old age is always 20 years away.” PS Hanging upside down is good too – it gives you a different perspective on life.

Our computer got hit

In this world of computer viruses it was just a matter of time before we got hit. We recently received the following message: “ALERT: You have just received the Amish Virus. Since we do not have electricity nor computers, you are on the honor system. Please delete all of your files. Thank thee.”



Fibromyalgia and Chiropractic



Millions of people suffer from fibromyalgia: fatigue and radiating, gnawing, shooting or burning muscle, tendon and joint pains. Other symptoms include "tender points" on the neck, shoulders, chest, rib cage, lower back, thighs, knees, elbows and buttocks and increased sensitivity to pain, heat, cold, touch and bright lights.

As if the above weren't bad enough add sleeplessness, irritable bowel syndrome, headaches, irritable bladder (interstitial cystitis), depression and/or anxiety. What can fibromyalgia sufferers do?

The medical approach

Fibromyalgia is a medical mystery. (1) Injections of novocaine, procaine and xylocaine; cooling sprays; muscle relaxant drugs; cortisone injections; and other drugs have been tried with mixed results. Heat, massage and other modalities have had limited success.

Research is pointing to spinal trauma as a cause. In one study adults with neck injuries had a 13 fold increase of fibromyalgia within one year of their injury. (2) Others have found an association between trauma and fibromyalgia. (3).

The chiropractic approach

More fibromyalgia sufferers are seeing chiropractors. In one study of 5 men and 18 women (age 11 to 76) with fibromyalgia and chronic fatigue syndrome every patient was able to resume normal activities including full time work and maintained their improvements one year later at follow up. "Improvement in symptoms of 92-100% was achieved in both syndromes...." (4)

In another study 45.9% of those with fibromyalgia experienced moderate to great improvement under chiropractic care while anti-depressant medication benefited 36.3% and exercise helped 31.8%.(5) In another study 60% of patients had at least a 50% reduction in pain symptoms with chiropractic. (6) Similar results were found with those suffering from fibromyalgia with tender/trigger points, numbness, tingling, and pain.

Surely every fibromyalgia sufferer should visit a doctor of chiropractic. It may make the difference they're been searching for.

BabyWalkers



Another study shows babywalkers are a bad idea. Researchers studied 102 babies using babywalkers. Babywalker use was associated with delay in achieving normal milestones. "Babywalker use was not associated with achieving sitting with support, sitting alone, standing with support, and walking with support. We found strong associations, however, between the amount of babywalker use and the extent of developmental delay." Baby walkers also increase injuries in infancy. (7)

Antibacterial Soaps

Here's a really interesting article: The Truth About Antibacterial Soaps--And Why You Should Avoid Them http://mercola.com/2004/mar/20/antibacterial_soaps.htm

We're from the government and we're here to help you

"It's embarrassing. We had a paralegal who did bad research." Aliso Viejo, CA City Manager David J. Norman explaining why the city almost banned dihydrogen monoxide H₂O (water) due to its perceived health risks.

http://www.mercurynews.com/mld/mercurynews/news/breaking_news/8185305.htm

Chiropractic Questions and Answers



What Is the Youngest Age for Chiropractic Care? There is no age limit.

Newborns may need to be adjusted, especially if they had a difficult or traumatic birth. Chiropractors had adjusted sick newborns in hospitals with miraculous recoveries reported.

On the upper end of life, people can be adjusted well into their advanced years with no ill effects. Of course your chiropractor is trained to know if there is any condition that would contra-indicate a certain adjustment technique and we tailor our care to every patient so that they get the spinal adjustment that is the safest and most comfortable for them to receive.

Chiropractic is for people of all ages.

Even teenagers need Chiropractic

Even alien life forms such as teenagers need spinal care. Bring in your child for a quick chiropractic check-up. We can't promise the music they listen to will be better but you never know – adjustments are known to do pretty incredible things. But they are able to locate subluxations they are carrying and correct them now before they cause problems later.



Words of wisdom

Our cells are constantly eavesdropping on our thoughts and being changed by them. A bout of depression can wreak havoc with the immune system; falling in love can boost it. Despair and helplessness raise the risk of heart attacks and cancer, thereby shortening life. Joy and fulfillment keep us healthy and extend life. This means that the line between biology and psychology can't really be drawn with any certainty. A remembered stress, which is only a wisp of thought, releases the same flood of destructive hormones as the stress itself. –
Deepak Chopra

Chiropractic and Spinal Research



Remember, all people can benefit from chiropractic care no matter what condition they may have.

Disc herniation. A 44 year-old man had severe neck pain, constant burning, left arm pain, left shoulder pain and left index finger tingling. An MRI scan revealed a large left herniated disc at the C6-7 level. By the fifth week of chiropractic care the patient's symptoms completely resolved. An MRI 14 months later revealed that the herniation had disappeared. (8)

Whiplash and lower back. This study interviewed 52 patients who had been involved in a whiplash injury. The

patients in this study had no previous motor vehicle accidents, were wearing lap and harness seat belts and had no previous low back pain. The researchers found that 85% of the patients reported lower back pain after the whiplash. People who suffer whiplash injuries will go on to develop low back pain. (9)

Attention deficit hyperactivity disorder (ADHD). This is the case of a 10-year-old boy with a three year history of hyperactivity, ear infections, headache and allergic symptoms. Chiropractic analysis revealed cranial, cervical, thoracic and pelvic subluxations. After his first few adjustments all his physical health problems had cleared up. By his 11th adjustment all hyperactivity symptoms had abated. (10)

Hot tub ok if you have high blood pressure?

You've read the signs at the side of the hotel Jacuzzi or hot tub saying if you have a heart problem or high blood pressure it's not safe to enter. But is that really true? Not according to researchers who assessed the health risks for themselves. They got 21 patients with stable hypertension to sit in a hot tub for 10 minutes and guess what? Their blood pressure actually went down when they were in the tub, and then rose within 10 minutes of them getting out of the tub. (11)

Humor



Quantas Airlines asks every pilot to fill out a form called a gripe sheet, telling mechanics problems encountered with the aircraft. The mechanics correct the problem, writing on the lower half of the form the action taken. Below are examples of actual forms. By the way, Quantas is the only major airline that has never had an accident. (P = problem logged by pilot. S = Solution and action taken by the mechanics.)

P: Left inside main tire almost needs replacement.
S: Almost replaced left inside main tire.

P: Test flight OK, except auto-land very rough.
S: Auto-land not installed on this aircraft.

P: Something loose in cockpit.
S: Something tightened in cockpit.

P: Dead bugs on windshield.
S: Live bugs on back-order.

P: Autopilot in altitude-hold mode produces a 200 feet per minute descent.
S: Cannot reproduce problem on ground.

P: Evidence of leak on right main landing gear.
S: Evidence removed.

P: DME volume unbelievably loud.
S: DME volume set to more believable level.

P: Friction locks cause throttle levers to stick.
S: That's what they're there for.

P: IFF inoperative.
S: IFF always inoperative in OFF mode.

P: Suspected crack in windshield.
S: Suspect you're right.

P: Number 3 engine missing.
S: Engine found on right wing after brief search.

P: Aircraft handles funny.
S: Aircraft warned to straighten up, fly right, and be serious.

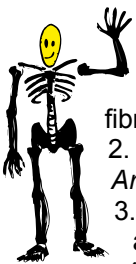
P: Target radar hums.
S: Reprogrammed target radar with lyrics.

P: Mouse in cockpit.
S: Cat installed.

P: Noise coming from under instrument panel. Sounds like a midget pounding on something with a hammer.
S: Took hammer away from midget.

See you next month – and don't forget to stay young by using your body and mind and heart every day. Don't forget to call your mother (and father).

Want copies of this newsletter for your friends? Please feel free to forward this to them (hey - this isn't *Napster*! Share it with your friends with our blessings!) Please remember that everyone needs to be free from subluxations, so bring your friends and loved ones for a spinal checkup.



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NEWS YOU CAN USE TO SAFEGUARD YOUR HEALTH



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In The Interest of Safeguarding Your Health,

Antioxidants Reducing Alzheimer's

A recent study of 4,740 elderly Americans suggests that a combination of vitamin E and C supplements may decrease the risk of Alzheimer's disease. Volunteers who had been habitually taking the vitamins showed a 78 percent lower chance of developing the disorder. This was a preliminary observational study, and the researchers note that a larger-scale controlled trial should follow before any firm conclusions are drawn.¹

1. *Archives of Neurology*, January 2004.
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Cod Liver Oil for Osteoarthritis?

A study from Cardiff University in Wales concludes that cod liver oil helps delay the development of some types of osteoarthritis. Before undergoing joint replacement surgery, a small group of patients was each given 1,000 mg of extra-high-strength cod liver oil. Among these patients, 86 percent showed reduced levels of enzymes associated with cartilage damage postsurgically; a placebo group showed a reduction in only 26 percent of the cases. The researchers believe that the fish oil lessens osteoarthritis from many other causes as well.²

2. Reuters, Feb. 12, 2004, reporting on the work of professor Bruce Caterson and associates.
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Baby Couch Potatoes

British researchers say a couch-potato lifestyle begins early in life, and trends are discernible in children as young as three years of age. Researchers calculated the total energy expenditure of 3- and

5-year-old children, and found the numbers to be much lower than recommended levels. They blame television, video games, and other lack of physical activity for the increasing prevalence of obesity in recent years.³ Almost 16 percent of children between the ages of 6 and 16 in Britain are classified as obese.

3. *Lancet*, Jan. 17, 2004.
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Medicare Pork

A new study published in the journal *Obesity Research*⁴ suggests that the average American contributes about 175 of his or her tax dollars each year toward medical treatments for conditions afflicting obese Medicare and Medicaid patients.⁵ Excessive body mass contributes to or induces diabetes, cardiovascular disease, some types of cancer, gallbladder disease, and a number of other maladies. This research concludes that on average, the obesity-related component results in payments comprising about 5 percent of all medical costs. The percentages vary somewhat by state, with Alaska at the top of the list at 6.7 percent, and Arizona at the bottom at 4 percent. Nearly two-thirds of the population is either overweight or obese, according to government standards.

4. *Obesity Research* 2004;12:18-24.
 5. Associated Press, Jan. 21, 2004.
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Breast Cancer and HRT

A Swedish study of hormone replacement therapy⁶ has been stopped after researchers noticed an alarmingly high rate of cancer recurrence in women who had a history of the disease. The randomized clinical study, originally designed for five years, was called off after two years when 26 women were diagnosed with cancer recurrence, while a similar-sized control group produced only seven cancer diagnoses.⁷

6. *Lancet*, Feb. 7, 2004.
 7. Associated Press, Feb. 2, 2004.
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Fat Drugs

Some new drugs being developed to help the medical profession fight the obesity epidemic appear to increase the risk of colon cancer, according to a new study published in *Nature Medicine*.⁸ The subject of this study was an experimental compound (GW501516) being developed for treatment of "metabolic syndrome," the label given to overweight individuals who have high blood pressure and undesirable cholesterol levels. The drug interacts with a receptor called "peroxisome proliferator-activated receptor-delta," but the exact reason for the increased incidence of colon cancer is uncertain.

8. *Nature Medicine*, March 2004.

Antidepressant Use in Children

Scientists from the National Institute of Mental Health are warning that parents and doctors should be more careful when giving children antidepressants. A number of studies have suggested an increase in suicidal tendencies when children use such drugs. Although the evidence is not yet conclusive, it is sufficient to raise concern about the skyrocketing use of drugs such as Paxil, Zoloft and Effexor in children.⁹

9. Associated Press, Feb. 2, 2004; interview with Dr. Matthew Rudorfer of the National Institute of Mental Health.

C-Reactive Cancer

A statistical analysis of 22,000 patient records by Johns Hopkins researchers suggests that elevated blood levels of C-reactive protein may be an early indicator of colon cancer. Patients with the highest levels were 2.5 times as likely to subsequently be diagnosed with the cancer than those with the lowest readings. About 150,000 people are diagnosed with colon cancer each year in the United States; approximately one third of those succumb to the disease.¹⁰

10. Reuters, Feb. 4, 2004.

Noisy Hospitals

A report from the Mayo clinic has surprised many medical professionals with something that has been obvious to patients for years: You can't get a good night's sleep in a hospital. One would think that the need for sleep in the healing process would be obvious to medical personnel, but anyone who is unfortunate enough to have been hospitalized overnight can tell you it's rarely a consideration. ("Wake up, Mrs. Jones, it's time for your sleeping pill.") Researchers placed noise-measuring devices in empty rooms, and also spent a few nights in a thoracic surgery recovery unit. Peak noise levels were as high as 113 decibels, slightly less than that produced by a chainsaw. One volunteer noted that such noises woke her at 1:15 a.m., 3:15 a.m., and 6:10 a.m. during a typical night. Patients who are actually being treated, of course, fare much worse.¹¹

11. *American Journal of Nursing*, February 2004.

More Fevers, Fewer Allergies

A study published in the *Journal of Allergy and Clinical Immunology*¹² suggests that children who have more fevers during the first year of life tend to suffer from fewer allergies as they get older. By age 7, half of those who had no fever during their first year were showing allergic sensitivities. For

those suffering two fevers during that time period, less than one third exhibited allergic reactions. The study examined the medical histories of 835 children in Detroit. Fever was defined as a temperature of at least 101 degrees. Fevers associated with upper respiratory infections were particularly associated with fewer allergic reactions later on.

12. *JACI*, February 2004.

Calories Climbing

A new federal study reports that Americans, especially women, are consuming a lot more calories per day than they did in years past. Combine this with the fact that fewer calories are being burned overall, and one might ask where the net difference is going: apparently, to the tummy and thighs, since about 39 million Americans are now classified as obese. Women between the ages of 20 and 74 have been munching out lately on 22 percent more calories than they did in 1971. Nearly all of the increase is coming from more carbohydrates. Men consume about 8 percent more than they did in 1971. The current average calorie consumption (as of the year 2000) is 1,877 for women and 2,618 for men.¹³

13. www.cdc.gov/mmwr/preview/mmwrhtml/mm5304a3.htm.

Mercury and Brain Damage

A disturbing study from the Harvard School of Public Health¹⁴ reports measurable brain, neurological and heart damage in children after pre- and postnatal exposure to mercury from a predominately seafood diet. More than 1,000 mothers and children from the Faroe Islands in Denmark participated in this 14-year study. Most of the women tested at government limits for mercury by way of hair analysis; the children were tested via cord blood at birth, and by hair analysis at ages 7 and 14. The researchers performed a number of tests that revealed poor adaptation of the heart to varying demands for blood output and delays in nerve transmission in the brain that were more severe as the measured levels of mercury increased. The researchers were also concerned that they were able to discern problems in children whose levels were not much higher than EPA and other independent authority limits.

14. *Journal of Pediatrics*, February 2004.