

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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2001

Can We Find Our Holiday Spirit at the End of a Year That Will Certainly Live in Infamy?

Most people will agree that 2001 has been “one of those years”. One that most of us would like to forget, but none will too soon. From our economy to our sense of invincible security, we all saw first hand how change can occur without a minutes notice. But, through it all, can we now rejoice in the holidays?

The answer? Absolutely, positively, yes! This holiday season will give us all more reason than ever to rejoice in the love we share with our families and friends and their health. Health, like anything else can change without a minutes notice. There are things that we can all do to help protect ourselves and our cherished health and that of our loved ones.

We have all heard stories about people that survived accidents or made speedy, quicker than expected, recoveries from injury due to the shape they were in prior to the event. Chiropractic adjustments are ideal when it comes to keeping your body in a state of optimal readiness. A properly aligned spine allows for healthy nerve flow to all of your bodies muscles, joints and organs. A nervous system that is functioning without interference keeps your body in tune and better prepared for any of life’s unexpected changes. This year, give the gift of health, recommend chiropractic to someone that you care about and rejoice in the giving of one of our most precious commodities – Life.

Patient Question of the Month... Can chiropractors help with the sinus problems?

Chiropractic adjustments can make a world of difference for sinus pain sufferers. By correcting subluxations, misaligned vertebra, chiropractic adjustments allow proper nerve flow to all of the bodies tissues. The lymphatic system, our body’s internal defense system, is especially responsive to chiropractic adjustments. Adjustments have a way of “turning on” our lymphatic system thus allowing better drainage of toxins that have built up in our body. Another benefit of a chiropractic adjustment is that it relieves the body from other small non-perceivable nerve interferences that may be taking away from the body’s ability to effectively focus on a single problem such as an infection of the sinuses.

What is the difference between healing and curing a health problem?

When we think of curing a health problem we think of fixing a part of the body that is not working properly or removing the symptoms. Healing, on the other hand, better describes the process of making someone whole or sound, it includes making the body function better or at a higher level. Healing is complete.

We can cure a part, or at least make it feel better, with drugs, surgery and band-aids, but genuine healing requires awareness and attention to the whole of the patient by the physician. It doesn't take expensive diagnostic testing to bring about that kind of awareness. It merely calls for the willingness to look beyond the surface, to read between the lines, and to use the heart as well as the mind and knowledge gained via education.

Your body represents only a small portion of you as a person. If we were to look at people like icebergs, the ten percent that we see does not always tell the entire story of what is going on with the other ninety percent.

Healing addresses symptoms in a manner that looks to the cause or origin. These causes may include such things as lifestyle, environmental influences, current or past emotions, traumatic experiences, or beliefs. Healing may explore what a symptom may be telling you about yourself. This involves helping people become more whole and function at a higher level than before.

Healing uses the body's inner power (your innate intelligence as described by chiropractors) and mind/body resources to restore or create balance and harmony, which results in health, vitality and joy. Thus, it may also focus on improving balance and overall well-being without a specific problem being present.

At first, it may seem like we are all okay. But contrary to what we think, our bodies and minds are dealing with an increased demand – even though it is subconscious. Eventually this demand can have an unwanted effect on how we feel. Some of the first signs can be tiredness, a feeling of lost emotion or simply put “just not feeling like yourself for some unexplained reason”.

What can chiropractic do?

Chiropractic adjustments are a great way to help your body find that essential balance. That harmony and whole feeling that comes with health. The correction of “subluxations”, known as misaligned vertebra, will help to reduce areas of stress, possibly hidden, on your nervous system thus

optimizing nerve transmission or flow through the entire body. This in itself helps the entire person (mind and body) to feel good both emotionally and physically. Make a commitment to and for yourself, experience the benefits of total health through chiropractic.

Chiropractic Fact of the Month

The human brain is growing! In 1860 the average weight of a male brain was 3 lbs. Now a man's brain weighs an average of 3 1/8 lbs.

There are around 30,000 million nerve cells in the body.

A nerve cell can transmit 1,000 nerve impulses each second.

ENJOY THE HOLIDAYS AND HAVE A GREAT NEW YEAR!

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To make your appointment with Dr. Johnson call
586.731.8840 or 586.726-KIDS

NEWS YOU CAN USE TO SAFEGUARD YOUR HEALTH

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In The Interest of Safeguarding Your Health,

Karl R.C.S. Johnson, D.C., L.C.P. (Honor)

"Placebo Non-Effect"

For many years, doctors have been taught that a dummy medication can produce an improvement in up to one-third of the patients in a medical study, a phenomenon called the "placebo effect." However, research by Danish scientists is calling this long-held belief into question. The study, published in the *New England Journal of Medicine*,¹ analyzed 114 studies from around the world that, in addition to keeping track of patients given placebos, also tracked patients given no treatment at all. In most of the studies that used objective means to evaluate patients, placebo patients fared no better than patients who received no perceived treatment.

The researchers speculate that flawed logic is to blame for the perception that placebos can help. In studies where patients report a subjective improvement, they may be giving the treatment the benefit of any doubt. Also, those involved in a study may be more careful about their health habits. The authors question the ethics of prescribing placebos (such as antibiotics for the common cold) in any setting other than a controlled medical experiment.

1. *NEJM*, May 24, 2001.

Measuring Children

A report from researchers at the Children's Hospital of Philadelphia suggests that a doctor who checks a child's height may not be taking an accurate measurement.

Pediatricians and family doctors erroneously measured two out of three patients (ranging from babies to teenagers) in this study of 660 children. Doctors were off by an average of 3/4 of an inch when a mistake was made, but some measurements were off by as much as 4-1/2 inches. Some of the reasons cited were floppy measuring arms on physician's scales, not requiring the youngsters to remove hats or shoes, high hairdos, or kids being squirmy.²

2. Associated Press, May 3, 2001.

Ecstatic Memory Problems

Research published in the *Journal of Neuroscience*³ suggests that the drug ecstasy, when used during pregnancy, can result in learning and memory problems. The drug, given to rats at the equivalent of a human's third trimester, produced problems with learning how to navigate mazes that lasted into adulthood.

3. *Journal of Neuroscience*, May 1, 2001.

Heart Catheterization

Researchers from Brigham and Women's hospital in Boston say that right heart catheterization, a procedure used more than a million times each year, is not only useless, but may be killing people. Their data suggests a three-fold increase in the number of heart attacks and other cardiac problems when the procedure is used.⁴ Catheterization is used mainly as a monitoring tool for blood pressure, oxygenation, and a number of other statistics during non-cardiac surgeries (such as hip replacements, gall bladder operations, and other procedures), especially when the patient has a history of heart problems. The researchers are not sure if the increased death rate is from the procedure itself or from doctors overreacting to the data obtained.

4. *Journal of the American Medical Association*, July 18, 2001.

Pesticides and Infertility

A study published in *Human Reproduction*⁵ offers further data suggesting that pesticide compounds may be responsible for some of the declining sperm counts around the world. The research was focused on farmers in Argentina, where pesticide use is heavy.

The data shows a significant association between pesticide use and decreased fertility.

5. *Human Reproduction*, July 27, 2001.

Depression and Heart Failure

Researchers from the Emory University School of Medicine in Atlanta report that the development of congestive heart failure in elderly persons is more likely if the patient is depressed.⁶

In this study of more than 4,500 patients with high blood pressure, those judged to be depressed were diagnosed with heart failure twice as often. Some suggest that, in borderline cases, stresses created by depression increase the workload on the heart enough to manifest the problem.

6. *Archives of Internal Medicine*, July 23, 2001.

Ritalin Legislation

In June 2001, Connecticut became the first state in the United States to pass legislation aimed at combating the growing abuse of prescription drugs among children in school. The unanimously approved law prohibits teachers, counselors, and other school officials from recommending psychiatric drugs for any child. The school can still recommend that a student be evaluated by a doctor, but it is the doctor who must suggest the mode of treatment.

Many legislators are becoming alarmed at the number of children taking such drugs, which they see as an all-too-easy solution for parents, teachers or doctors who don't want to deal with individual situations. Some schools were even demanding that certain children be medicated before being allowed into the classroom. The federal Drug Enforcement Administration says that, in some elementary and middle schools, as many as six percent of all students are taking these drugs.⁷

7. Associated Press, July 17, 2001.

Butter Instead of Margarine

This may be old news for many of you, but a study from the Netherlands concludes that butter is better for you than margarine. The study focused on the ability of the volunteers' blood vessels to dilate. The researchers found that dilation was restricted by about 30 percent in the group that consumed trans fatty acids (such as found in margarine or other hydrogenated fats), compared to the butter group. In addition, levels of HDL (good cholesterol) were 20 percent lower.⁸

8. *Atherosclerosis, Thrombosis and Vascular Biology*, July 2001.

Bacteria Mixing and Matching

Federal researchers using new technology have verified that any of the 36 most troublesome strains of *staphylococcus aureus*, and probably most of the other 2,700-plus varieties, are able to swap genetic material from nearby bacteria to help survive in their environment. This includes gaining resistance to antibiotics. The researchers say their work shows that resistance to a given drug is most likely to begin simultaneously or repeatedly in many different geographical locations, not spreading out from a single mutation as previously believed.

These findings are reportedly sending a "wave of terror"⁹ through the nation's public health officials.^{10,11}

9. Associated Press, quoting Dr. Abigail Salyers, a microbiological researcher at the University of Illinois, July 9, 2001.

10. <http://www.microbe.org/index.html>

11. <http://www.eurekalert.org/>

Estrogen Drugs Stimulating Ovarian Cancer

Researchers from the University of Southern California report that one of their studies suggests that a drug commonly used in postmenopausal women to prevent osteoporosis may encourage growth of ovarian cancer. The drug, an estrogen supplement called raloxifene, does not appear to affect breast cancers or the uterine lining. However, in a laboratory setting, ovarian cancer cells showed increased growth when exposed to the drug.¹²

12. Reuters, July 3, 2001, reporting on the work of Dr. Richard Paulson, an OB/GYN professor.

Shark's Fin Soup Danger

A consumer group¹³ contends that sharks may be more dangerous dead than alive, at least if you use their fins to make soup. It reports that tests performed by the Thailand Institute of Scientific and Technological Research found mercury levels in sample fins up to 42 times the safe limit for human consumption.

Most of the contaminated samples came from Hong Kong, which distributes such products worldwide; however, contamination was also seen in fins from other areas.¹⁴

13. *Wild Aid, a U.S.-based group.*

14. *Reuters, July 3, 2001.*

Elderly Deaths from Medication

A new study of hospital patients in Norway suggests that many elderly people are dying not from disease, but from fatal-side effects of their medications. The project determined that 18 percent of the deaths among the elderly patients studied were due, either directly or indirectly, to the medications they were given. This rate is much higher, say the researchers, than that for the general population. They suggest that doctors take more care when prescribing drugs for older patients with complicated conditions. Most of the deaths resulted from drugs used to treat cardiovascular disease (including circulatory problems) or asthma.¹⁵

15. *Archives of Internal Medicine*, October 22, 2001.

