



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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Welcome to our office from the "Spine Gang."



Do you remember how electrical currents and 'unseen waves' were laughed at? The knowledge about man is still in its infancy. – Albert Einstein

Q. Which day has more collect calls than any other day of the year?

A. Father's Day

TABLE OF CONTENTS

eNewsletter pages 1-6, eNews to Protect Your Health pages 7-11

- **Keep your babies and children healthy with chiropractic**
- **Carpal Tunnel Syndrome**
- **Chiropractic questions and answers**
- **Words of Wisdom**
- **Chiropractic and spinal research**
- **Does Aspartame/NutraSweet cause brain cancer?**
- **Sunlight**
- **Hug your horse?**
- **Humor**
- **A Little History**
- **References**

Keep your babies and children healthy with chiropractic



You do so many things to ensure your baby's health: during pregnancy you eat right; you avoid cigarettes, alcohol and all drugs (even aspirin, cold, flu and other over-the-counter medications can damage your unborn child). You get your spine adjusted and educate yourself so you may have a natural, drug-free birth. After the baby arrives you breast-feed knowing that is the superior form of nutrition; in short, you do everything you can to make sure your baby is healthy.

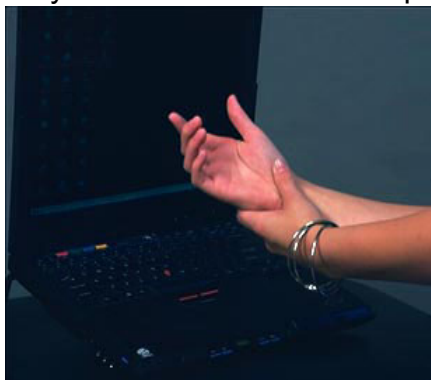
But have you had your child's spine checked? An unhealthy spine can affect your child's health for his/her entire life. Your doctor of chiropractic is specially trained to check your child's spine for areas of distortion causing nerve damage – the vertebral subluxation complex (subluxations).

Bringing in your family for care helps ensure that their bodies function at their best!



Carpal Tunnel Syndrome (CTS)

CTS often affects people involved in occupations requiring repetitive use of the hands and wrists (i.e. office and skilled labor jobs). Anti-inflammatory drugs may be prescribed for CTS, however they are ineffective in some patients and may cause adverse side effects.

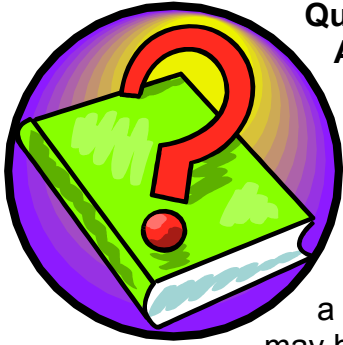


CTS sufferers should explore chiropractic. The relationship between spinal health and carpal tunnel has been documented by researchers who find spinal nerve irritation in patients who had carpal tunnel or ulnar neuropathy and who found that nerve compression in the neck can block the flow of nutrients to the nerves in the wrist, making it more susceptible to injury (this is called the double crush syndrome). (1,2) Not surprisingly, when 1,000 people with carpal tunnel syndrome were examined a large number were found to have

neck degeneration. (3)

Because of chiropractic's success with CTS anyone with this condition should see a chiropractor. An adjustment may make the difference between a pain-free wrist or surgery! (4)

Chiropractic questions and answers



Question: Is chiropractic care addictive?

Answer: No, it isn't. But if it were (just a little) there'd be a lot less sick people running (or lying) around and we chiropractors wouldn't get patients who last saw a chiropractor "a few years ago when my spine went out." It is possible to get used to feeling more balanced, less stressed and more energetic as a result of periodic chiropractic care. And you may become more sensitive to your body and know

when you've "lost" your adjustment.

Question: Can I visit a chiropractor only once?

Answer: Of course. Once is better than never. People have gotten wonderful results from just one visit. But for most people the pain or symptoms they experience is just the "tip of the iceberg." It's best to ask your chiropractor what your spinal care needs are.

Question: What will happen if I stop going?

Answer: Stress will continue to build up as before. The only difference is that it won't be reduced through chiropractic care. In a way chiropractic is like a safety valve, releasing pressure from your system. If the pressure stays high and is not relieved the body and overall health will suffer.



Words of wisdom

Happiness is in the heart, not in the circumstances. – Unknown

The very fact that you know about someone who is in trouble means that in some way you are able to help. Otherwise, why would this knowledge have entered your world? – Lubavitcher Rebbe

Chiropractic and spinal research



Remember, all people can benefit from chiropractic care no matter what condition they may have. If you have any specific questions please feel free to contact us.

Chronic spinal pain. 77 patients received needle acupuncture, a nonsteroidal anti-inflammatory drug (NSAID) or chiropractic care. Patients receiving chiropractic care demonstrated a 50% reduction for low back pain, 46% reduction for upper back pain and 33% reduction for neck pain. Acupuncture and NSAIDS achieved no significant improvement. (5)

Parkinson's Disease, Meniere's Syndrome, Trigeminal Neuralgia and Bell's Palsy. The author found the same spinal subluxation of C-1 or atlas in 16 Meniere's Syndrome, two Parkinson's Disease, two Trigeminal Neuralgia and two Bell's Palsy patients. The author writes:

“When the atlas returns to [normal position], the spinal cord relaxes...All 22 patients improved dramatically after one or two adjustments.” (6)

Back pain during pregnancy and labor. In this study of 170 pregnancies with reported back pain, 84% of patients receiving spinal care reported relief of back pain during pregnancy. There was significantly less likelihood of back labor when spinal care was administered during pregnancy. (7)

Does Aspartame/NutraSweet cause brain cancer?



Aspartame (NutraSweet, etc.) accounts for over 75% of the adverse reactions to food additives reported to the FDA. These reactions include:

headaches/migraines, dizziness, seizures, nausea, numbness, muscle spasms, **weight gain**, rashes, depression, fatigue, irritability, tachycardia, insomnia, vision problems, hearing loss, breathing difficulties, anxiety attacks, slurred speech, loss of taste, tinnitus, vertigo, memory loss, joint pain, seizures and death.

Shortly after Aspartame was released human brain tumors rose 10% and previously benign tumors turned virulent. It is little wonder that many health-conscious people believe avoiding NutraSweet improves their quality of life.

For great information see *The Aspartame/NutraSweet Fiasco* by James S. Turner, Esq. at <http://csf.colorado.edu/envtecsoc/2002/msg00440.html>

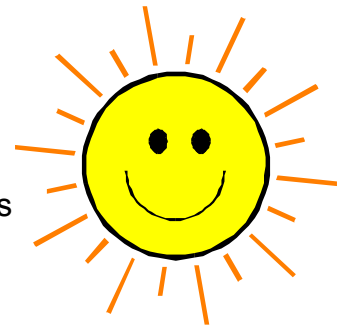
For great info on this subject also see *The Artificially Sweetened Times* at <http://www.vaclib.org/news/astimes.htm>

Aspartame/Nutrasweet are found in thousands of foods and substances.

<http://www.mercola.com/article/aspartame/dangers.htm>

Sunlight

Increasing evidence reveals that there is a chronic Vitamin D deficiency in many people that could easily be corrected by sunlight exposure on bare skin, no sunscreen. Just don't get burned! Articles are now describing the benefits of sunlight and its protection against cancer and other diseases.



Sun exposure decreases risk of MS

Children and adolescents who had high sun exposure had a decreased risk of multiple sclerosis (MS) later in life. Researchers concluded that insufficient exposure to ultraviolet radiation or vitamin D might therefore increase the risk of MS. Other studies have had similar results, indicating that ultraviolet radiation may be beneficial against multiple sclerosis. (8)

Sunlight and melanoma

There is evidence that a moderate amount of unblocked sunlight is actually beneficial to most people, reducing the risk of many diseases – including, paradoxically, melanoma itself. For example, in often-cited research on US Navy personnel in San Diego, researchers from the University of California School of Medicine found that more melanoma occurred among desk workers than among sailors who worked outdoors. (9)



Hug your horse?

Actually this is a picture of animal chiropractor Dan Kamen, DC giving an adjustment to one of his larger patients.

All pets, large and small, benefit from a chiropractic checkup.

Humor



My grandfather always said, "Don't watch your money; watch your health." So one day while I was watching my health, someone stole all my money. It was my grandfather.

– Jackie Mason

From Henny Youngman, King of the One-Liners

My wife and I went back to the hotel where we spent our wedding night. Only this time, I stayed in the bathroom and cried.

My wife was at the beauty shop for two hours. That was only for the estimate.

A doctor has a stethoscope up to a man's chest. The man asks, "Doc, how do I stand?" The doctor says, "That's what puzzles me!"

The other day I broke 70. That's a lot of clubs.

I have a lovely room and bath in a hotel. It's a little inconvenient, they're in two separate buildings!

There was a girl knocking on my hotel room door all night! Finally, I let her out.

My hotel room is so small, the mice are hunchbacked.

I just got back from a pleasure trip. I took my mother-in-law to the airport.

I wish my brother would learn a trade, so I would know what kind of work he's out of.

A Little History

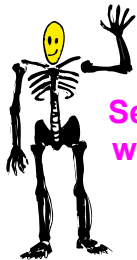
In Shakespeare's time, mattresses were secured on bed frames by ropes. When you pulled on the ropes the mattress tightened, making the bed firmer to sleep on. Hence the phrase "goodnight, sleep tight."

It was the accepted practice in Babylon 4,000 years ago that for a month after the wedding, the

bride's father would supply his son-in-law with all the mead he could drink. Mead is a honey beer and because their calendar was lunar based, this period was called the honey month we know today as the honeymoon.

In English pubs, ale is ordered by pints and quarts, so in old England, when customers got unruly, the bartender would yell at them to mind their own pints and quarts, and settle down. It's where we get the phrase "mind your P's and Q's."

Many years ago in England, pub frequenters had a whistle baked into the rim, or handle, of their ceramic cups. When they needed a refill, they used the whistle to get some service. "Wet your whistle" is the phrase inspired by this practice.



See you next month – and if you haven't visited the office for a spinal checkup in a while, please come by – we miss you! You'll have a healthier and happier Summer.

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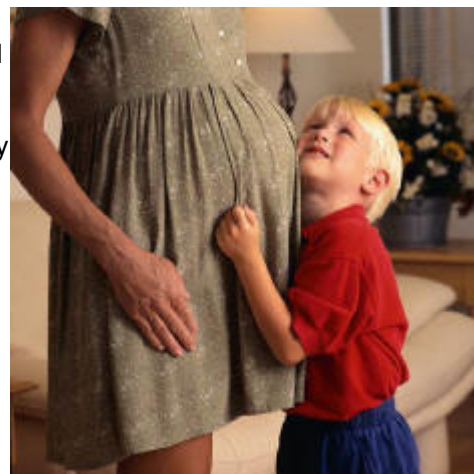
In this issue:

- **Infertility and Chiropractic**
- **ADHD Drug Alters the Brain in Young Children**
- **Low-Tar Cigarettes Not Any Better**
- **Medical Spending Continues to Rise**
- **Interesting Health Facts for 2003**
- **Four Legged Athletes Depend on Chiropractic**

Infertility and Chiropractic

Several recent published case studies have highlighted the benefits and miraculous results of chiropractic care for patients who were unsuccessful in their attempt to have children. In three successive issues of the Journal of Vertebral Subluxation Research, (JVSR), case studies were published of women who were having trouble with infertility, and who were helped by chiropractic care.

The December 8, 2003, JVSR reported on a case study of a 32-year-old female with a history of infertility, who had attempted to become pregnant since August 1999, with no success and sought chiropractic care in November of 2001. Prior to the chiropractic care, she had received unsuccessful conventional medical treatment, including detailed fertility testing, artificial insemination, in vitro fertilization, and treatment with the fertility drug Clomid. She sought chiropractic care on November 3, 2001.



Chiropractic analysis and correction was performed over the next six weeks and during this time, the patient's secondary complaints of low back pain and headaches improved dramatically. Additionally, the patient's fertility specialists noted that her estrogen levels, endometrial thickness, and cervical mucus levels were all at more favorable levels than at the time of the first in vitro attempt. A second attempt at in vitro fertilization was made on February 17, 2002, and the patient had a positive pregnancy test on March 2, 2002.

The second case was that of a thirty-four year old woman who presented for chiropractic care on January 10, 2000. Her concerns listed a variety of conditions, including a history of infertility. This patient made no other alterations in her lifestyle or clinical situation besides the addition of chiropractic care. Approximately 4-5 weeks into the care program the patient conceived naturally.

The third case was interesting because the woman was not trying to conceive. This case was that of a 65-year young female who presented with agonizing low back pain and severe lumbar degeneration. After four weeks of care she began spotting and was diagnosed as having a normal menstrual cycle. What was really interesting about this case was that she had experienced a severe fall at 13 years of age which resulted in a complete cessation of her menses at 18. She was diagnosed as infertile.

In each of these cases the chiropractic care was specific for correction of vertebral subluxations that were determined to be interfering with the normal function of the nervous system. This in turn disrupted the reproductive system of the patients. The conclusion of one of the studies sums up the process by saying, "The human body is designed to be healthy and to reproduce. Impairment of this ability indicates dysfunction on a fundamental level. Subluxations of the spine and the associated nervous system dysfunction can hinder proper function of body systems."

ADHD Drug Alters the Brain in Young Children

A December 13, 2003, article on WebMD, featured research showing that early use of the commonly prescribed ADHD drug, Ritalin, can lead to depression later in life. This evidence is based on new studies performed on rats. The article does note that it is an open question as to whether what passes for depression in lab rats has anything to do with depression in humans, but the evidence of the effect on the brain, according to this study was clear.



The findings come from a research team led by William A. Carlezon Jr., PhD, director of the behavioral genetics laboratory at McLean Hospital and associate professor at Harvard Medical School. The study appeared in the December 15, 2003, issue of Biological Psychiatry.

In a news release, Carlezon was quoted as saying, "Rats exposed to Ritalin as juveniles showed large increases in learned-helplessness behavior during adulthood, suggesting a tendency toward depression. These rats also showed abnormally high levels of activity in familiar environments. This might reflect basic alterations in the way rats pay attention to their surroundings."

The article stated that there are some close similarities between Ritalin and Cocaine. According to the article, although Ritalin and Cocaine have different effects on humans, their effects on the brain are very similar. The article noted that when given to preteen rats, both drugs cause long-term changes in behavior. Carlezon and colleagues explained that the drug short-circuits the brain's reward system. That would make it difficult to experience pleasure -- a "hallmark symptom of depression."

"These experiments suggest that preadolescent exposure to Ritalin in rats causes numerous complex behavioral adaptations, each of which endures into adulthood," Carlezon and colleagues conclude. "This work highlights the importance of a more thorough understanding of the enduring neurobiological effects of juvenile exposure to psychotropic drugs."

Low-Tar Cigarettes Not Any Better

Everyone knows of the health hazard that smoking causes. However, some believe that smoking low-tar cigarettes may not be as bad. A recent study reported by the London Associated Press on January 9, 2004, disputed this notion. According to the first study comparing lung cancer deaths among smokers of ultra-light, mild and medium filtered cigarettes, low-tar cigarettes do not carry a lower risk of lung cancer.

The study published in the January 10, 2004, British Medical Journal was conducted by scientists at Massachusetts Institute of Technology and the American Cancer Society. Researchers examined the link between the tar rating of the cigarette smoked in 1982 and deaths from lung cancer in the subsequent six years among 940,774 Americans over the age of 30 who were smokers, former smokers or had never smoked.

The results of the study found no difference in the lung cancer death rate among those who smoked the medium filtered cigarettes and those who used mild or ultra light varieties. Researcher Michael Thun, epidemiology chief at the American Cancer Society, states, "There was not a shred of evidence of reduced risk. The ultra light haven't been used as long as the light and it is possible that some difference in risk might emerge with longer term use of the ultra light, but this is very, very solid for the low tar."



Tim Lord, chief executive of the London-based Tobacco Manufacturers Association, said. "This was not a dastardly plot by the tobacco industry to launch products on health claims," Lord said. "We never claimed it to be safer and we did it at the request of the government. We were even asked to spend more of our advertising and promotional pounds to promote the lighter products than the stronger products."

Medical Spending Continues to Rise

A feature story in the January 9, 2004, issue of the Boston Globe highlights just how expensive medical care is in the United States. According to the article medical expenses climbed at a much higher rate than the rest of the US economy. The article reports that according to the Centers for Medicare & Medicaid Services, which tracks health care spending annually, employers, consumers, and government programs such as Medicaid spent \$1.6 trillion, or \$5,400 per person, in 2002 on medical care, a 9.3 percent jump over the previous year.



The major factor driving up the nation's health care bill was spending on hospital services. According to the article Americans spent 9.5-percent more on hospital care over the previous year. This trend is partly because patients underwent more surgery and had more MRIs and other expensive diagnostic tests in 2002.

The study, originally published in the journal Health Affairs, said that consumers spent \$212.5 billion out of their own pockets on co-payments and deductibles for hospital stays, doctors' appointments, and prescription drugs. This represented a 6-percent increase from 2001. The total of consumers' personal spending accounted for just 14-percent of overall

health care costs.

Joseph Newhouse, a professor at Harvard Medical School and the Harvard School of Public Health observes, "The one thing we can say is the savings we had from managed care in the mid-1990s is a thing of the past. The question the study doesn't answer, however, is whether the increased spending bought patients better health. In other words, was it worth it? Over long periods of time you can show the benefits of increased spending, but in any one given year, who knows?"

Interesting Health Facts for 2003

From the 2003 year end wrap up of the American Medical News comes an interesting section with some very interesting facts. Some of these facts may be startling and may not be generally known. Much of health care information available today does not reflect the facts. So we will attempt to sort out some truth from the sea of fiction. Below is a list and explanation of just some of the most interesting health facts for 2003.



- ④ 47 million adults in the U.S. are smokers. While most of the adult smokers in the country say they would like to quit, only 5% manage to do so each year.
- ④ About 8% of the adult population and 5% to 9% of children are affected by serious mental illness.
- ④ Asthma is the No. 1 reason for school absenteeism. In all, 4 million children have an asthma attack each year.
- ④ Only 22 states have regulations or guidelines on office-based procedures. During a two-year span, patients in Florida were 10 times more likely to die or be injured in surgeries performed at doctors' offices than those performed at surgical centers.
- ④ 38% of health professionals get annual flu shots. (What does that tell you? Maybe the don't work? Maybe health professionals know how bad they are?)
- ④ Medication errors cost the health care system more than \$1 billion a year.
- ④ Only 2 states have laws requiring doctors to write legible prescriptions.
- ④ Only about 10% of Americans die a sudden death. The other 90% experience a steady decline in health punctuated by a short "terminal phase" of rapid decline.
- ④ Although 20 states have some type of mandatory system for reporting medical errors, 90% of adverse drug reactions go unreported.
- ④ By 2030, 1 of every 5 Americans, will be 65 or older.
- ④ Childhood vaccines were 38 times more expensive in 2001 than in 1975.
- ④ \$1.4 trillion was spent on health care in 2001, about \$5,000 per person.
- ④ 70% of older teens have used the Internet to look up health information.
- ④ Administrative costs account for 40% of the price of an individually purchased health plan.

Four Legged Athletes Depend on Chiropractic

The January 9, 2004, issue of the Daily Racing Form carried a story of how race horses depend on chiropractic care. The article begins, "Marty's Zee", now 7, didn't make her first start until December of her 2-year-old year. But she romped by 10 lengths in just her second race, won a stakes in her fourth, and, overall, has won eight races from 25 starts and earned \$292,504." The story then went further to explain, "These accomplishments have come despite chronic back problems, and without regular chiropractic treatments, Marty's Zee may never have made it to the races."



The story notes that Marty's Zee is just one of many horses at Golden Gate Fields and other tracks whose careers have been saved or prolonged by chiropractic care. One of the most notable recent examples was the race horse Ten Most Wanted, who injured his back in the Kentucky Derby and, after undergoing chiropractic care, finished second in the Belmont and won the Travers and Super Derby. "Ten Most Wanted's spine got knocked out of line," said his trainer, Wally Dollase, adding that the chiropractic care "really helps."

The trainer of Marty's Zee, Bill Mahorney testified, "I could tell she had a problem when I worked her. I had used a chiropractor with some of my horses before, and I've been using it on her since she was 2. She couldn't have done what she has without it." "When I think it will help a horse, the first question I always ask owners is if they've ever been to a chiropractor," Mahorney said. "If they have, it's usually easy to get them to say yes."

Jerry Hollendorfer, northern California's leading trainer, has used chiropractic with his horses. But Hollendorfer notes that chiropractors can't make a slow horse run fast. "They don't move a horse up that can't run," he said. "It only helps horses reach their potential."

"The child's philosophy is a true one. He does not despise the bubble because it burst; he immediately sets to work to blow another one."

J.J. Proctor (British Author)